

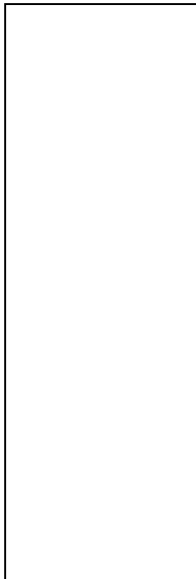


Saint David Men's Club

www.SaintDavidMensClub.org

April 2009
Newsletter

St. David Men's Club
3900 S. University Drive
Davie, FL 33328



Club Officers

Your officers for the 2008-2009 club year are:

President	Bill Greco	954-966-8050
Vice President	Tom Fitzgerald	954-214-4803
Treasurer	Bob Salerno	954-581-8718
Secretary	Kevin Murray	954-424-6652
Board Member	Steve Armstrong	954-797-7497
Board Member	Scott Lee	954-472-5497
Past President	Bob Balandis	954-473-0244

Please feel free to contact any board member with any questions or comments. Please meet at the monthly board meeting to ensure your issues are added to the agenda. Note: all board meetings are held two weeks prior to the general meeting at 7:30pm in the parish hall. Board meetings are open to all members.

Sunshine Committee

The Men's Club Sunshine Committee exists to provide a way for all of us to express our sympathies to members and their immediate family who have experienced serious illness or the loss of a loved one. If you are aware of a member in this situation, please contact either Ray Wyman (954-473-2147) or Tom Vinceguerra (954-227-9940).

- Please keep George Caffrey in your prayers as he is recovering from surgery at Holy Cross Hospital.

Easter Prayer

God of mercy, you wash away our sins in water, you give us a new birth in the Spirit, and redeem us in the blood of Christ. As we celebrate Christ's resurrection, increase our awareness of these blessings, and renew your gift of life within us. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Humor

A doctor in Dublin wanted to get off work and go fishing, so he approached his assistant. "Murphy, I am going fishing tomorrow and don't want to close the clinic. I want you to take care of the clinic and take care of my patients." "Yes, Sir." says Murphy

The doctor goes fishing and returns the following day and asks, "So, Murphy, how did it go?". Murphy told him he took care of 3 patients.

"The first one had a headache so I gave him Tylenol".

"Bravo Murphy, and the second one?"

"The 2nd one had indigestion, and I gave him Maalox."

"You're good at this Murphy" replied the Dr., "how about the 3rd one?"

Sir I was sitting here and suddenly the door flies open and a young gorgeous woman bursts in like a bolt out of the blue. She tears off her clothes and lies down naked on the table and shouts "HELP ME, for the love of St. Patrick! For 5 years I have not seen any man".

"Jesus Murphy, What did you do?" "I put drops in her eyes"

April Sudoku Puzzle – Al Wiczorek

Complete the grid so each row, column and 3x3 square contains every digit 1-9. Solution next month.

8		3	4		7	9	6	
	5				1		2	
6	1	9					7	
1					3		5	
		8	5	1	6	2		
	4		7					8
	9					7	3	6
	8		6				9	
	6	4	3		2	1		5

Thank You BB&T

Special thanks to BB&T - Branch Banking and Trust Company for their donation of postage for this month's newsletter. This donation is a significant saving to our expenses each month.

Pancake Breakfast

Our final pancake breakfast will be held on Palm Sunday (April 5th). Captain Tom Fitzgerald invites everyone to stop by after mass and help serve a few plates and coffee. Hope you make it.

Men's Club Calendar of Events

Apr 02 General Meeting 8:00 pm Parish Hall,
 Nominations for Board
Apr 16 Board Meeting 7:00 pm Parish Hall
May 07 General Meeting 8:00 pm Parish Hall, Elections
May 16 Annual Golf Tournament at Plantation Preserve

Shop to Earn

Please remember our deal with www.shoptoearn.net/stdavid. This unique website offers great opportunities for Members to:
· Save money when buying any item on-line and help support St. David's Men's Club every time you shop on-line. It is very simple. Just go to the www.shoptoearn.net/stdavid.

When you shop, the Men's club will be eligible to receive cash back on millions of products. You will be supporting your Men's Club and Church every time you purchase. Check out the vast number of participants: ProBass Outlet; Wal-Mart; Macy's; Target; Golfsmith; Home Depot; Drugstore.com; Barnes and Noble and so many more. BE SURE TO ENTER:

USER NAME: StDavid

PASSWORD: enter club password.

Hope Outreach

Our neighbors are in need and the pantry shelves at Hope Outreach can use all the help we can provide. Please bring non-perishable food items to the Thursday meeting for those less fortunate than us.

President's Report From Bill Greco



To All Members,

Gentlemen, we are ramping up for our Annual Golf tournament next month and I promise I won't get married and miss it this year. Al Leja has been working hard at collecting gifts and sponsors for this event. Get yourself a foursome together, sponsor a tee box or green, but most importantly come out and have a great time on a great course. See you at the meeting.

Bill

2008-2009 Club Elections

Can you believe another year has passed since we last elected a slate of officers for the Men's Club? Nominations will be made at the April meeting for all positions except the even-year Board member. All candidates must have attended 6 meetings during the past 12 months. Elections will be held at our May meeting.

Everglades City Fishing Trip

Our next fishing trip has been scheduled for May 29, 30 and 31. The cost is \$210 per person. Space is limited so sign up early. If you have your own boat, cost is reduced to \$135. The cost includes two nights at the hotel, Friday night BBQ, continental breakfast Saturday along with a box lunch and Saturday night buffet.

Thanks to Bill Cull for his efforts in organizing this event again. Contact Bill directly for more information.

SOME TIPS FOR A HEALTHY HEART By Al Wieczorek

As I mentioned during the March 09 meeting that a result of my coronary bypass surgery at Memorial Regional Hospital in January I have become more informed about dietary issues as a result of some booklets I acquired there and I wish to pass along some of that information to help you avoid the need for similar surgery or angioplasty especially. My surgery was performed as a result of my failure to pass a nuclear stress test in December which a subsequent angiogram (or catheterization) showed that plaque build-up had 100% blocked one coronary artery and the three others were each 80% blocked.

The arterial plaque was attributed to excessive saturated fats in my diet over my relatively long lifetime and my cardiologist advises me to avoid saturated fat and wants me not to consume more than 4 grams in a serving. In one of the booklets I acquired it was clarified that there are three types of fat in the food we eat, namely

- 1) Saturated fat (Which is generally solid at room temperature and found in food of animal origin. Red meats and whole milk dairy products like butter and cheese are high in saturated fats. Four kinds of vegetable foods also are high in saturated fat; coconut oil, palm oil, kernel oil, and hydrogenated vegetable oil the latter is an unsaturated fat processed to produce a highly saturated fat; for example to make stick margarine firm at room temperature.
- 2) Mono-saturated fat (This is found in food both from animal and plant origin. Olive oil, canola oil and peanut oil are the richest sources.
- 3) Polyunsaturated fat. (Which is generally liquid at room temperature only comes from food of vegetable origin such as safflower oil, sunflower oil corn oil and soybean oil

All foods contain mixtures of these three types and the proportions are listed at the top of the nutrition label federally mandated on the food items sold in a grocery store, but not at a restaurant. In following the advice of my cardiologist I now read the nutrition label on each food item I buy at Publix or Costco and avoid fried food items at a restaurant. that label also lists the amount of protein in the food item. Since hospital staff advised me that protein facilitates healing of from surgery I now tend to consume food with a high ratio of protein to saturated fat.

The booklet contends that the average American's diet is a major culprit that contributes to the development of heart disease as currently we consume about 40% of our calories from fat. The booklet recommends that for a healthy heart this amount be reduced to 25 to 30% with only 8% due to saturated fat, and 10% each from polyunsaturated and mono-saturated fat. This recommendation probably has merit so I plan to assess my own levels AS part of this assessment I'm collecting nutrition label information of some common food items and preparing a list for comparison which I hope to provide in a subsequent issue. Bon Appétit

2009 Retreat at Our Lady of Florida

April 17-19th will be the dates when the St. David Men's Retreat will be held at the Our Lady of Florida Retreat Center in North Palm Beach. The theme this year is: "Christ Our Hope". Provide yourself an opportunity to recharge your spiritual batteries with the serenity of the waterfront retreat center. A series of talks with plenty of time in between for reading, resting, prayer or good conversation can be had.

The retreat begins Friday night and concludes with a Sunday mass ending at noon. All meals and a private room are provided. A \$30 deposit will hold a room for you. If you can afford it, a \$195 total donation is suggested, but the Men's Club makes a donation every year to cover the expenses of those who are short of funds. Do not let financial concerns keep you from the opportunity to strengthen your faith.

If you have any questions, please contact Rick Clawson at 954-579-0917 or any other member who has previously attended. Additional details at www.ourladyofflorida.org.

Annual Golf Tournament

It's tee time again at the Plantation Preserve Golf Course on Saturday May 16 at 1:00 pm. Get your foursome together and start your practice rounds now. A registration form is available on-line on our website. (www.saintdavidmensclub.org). Green Fees are \$100/golfer.

All members are asked to contribute a bottle towards a basket of cheer to be auctioned off at the awards dinner. We are in need of donations for door prizes, please try and obtain promotional gifts (dinner coupons, hair cuts, oil changes, car washes, etc.) from local merchants with whom you do business.

Please contact Al Leja or Scott Lee for additional information regarding the tournament.