



JULY / AUG 2009



Moving Faith into Action Since 1891

VOL 7 ISSUE 4

## BRAGGING BOARD

St. Mary Court 854, Crosby, MN held their annual Alzheimer's Collection after all four Masses at St. Joseph Catholic Church in Deerwood and in Crosby the weekend of July 4th - 5th.

*Another great idea?*  
Coming up on August 27th, St. Mary Court 854 will host their monthly bingo party – serving approximately 60 to 70 residents – at the Cuyuna Range Medical Center in Crosby, MN.

### HEARTS & HANDS

July 16  
**FOR ASSUMPTION SCHOOL BUILDING PROJECT**  
St. Francis Ct. 610  
Hibbing, MN

July 22-24  
**BENEFICIARY PENDING**  
St. Adolph Ct. 901  
Park Rapids, MN

*continued on page 2*

# COURT RELATIONS ~ On the Move ~

*My part of working on the Society's new insurance and annuity products is almost complete ... The SS-4 forms have been filed with the IRS and all courts have received and changed their bank accounts to the new EIN's ... The 990-N forms have been filed with the IRS on behalf of all courts for this year ...*

It seems like a large portion of what has required my presence in the Home Office is now complete. Of course there's always something that requires my attention, but the major projects for this year are slowing down.

I can now make time to do what I really want and need to do ~ visit you!!

- Invite me to your Hearts and Hands events ~ I'm a pretty good worker!
- Invite me to a court meeting or recognition event ~ I love to talk!
- Invite me to your court if it's struggling ~ together we can consider options and discuss possibilities!

Obviously the cost of going to your court is a factor, and it may not be possible for me to respond to invitations from distant courts, but invite me anyway. I'll do what I can to attend while carefully watching my budget. Let's live Love, Benevolence, and Charity together!



## CONVENTION 2010

The NCSF National Convention will be held in Cedar Rapids, Iowa on **August 12-15, 2010**. It promises to be an important event for our Society, with much to be discussed and decided! My guess is that there will be some fun as well! Start thinking about who your court will elect for delegate(s) and what issues you think should be addressed. More information will follow in Court Connections and the NCSF magazine.

★ COURT CONNECTIONS ★

*Aim Travel*  
COURT RELATIONS  
800.344.6273 EXT. 204

## ASSOC. MEETING

July 14  
DAVENPORT  
DIOCESAN ASSOC.  
St. Theresa Ct. 308  
Oxford, IA

date pending  
WINONA  
DIOCESAN ASSOC.  
St. Mary Ct. 208  
Wabasha, MN

date pending  
ST. CLOUD  
DIOCESAN ASSOC.  
St. Philomena Ct. 631  
Melrose, MN

## ANNIVERSARY

10TH ANNIVERSARY  
Our Lady Ct. 1211  
Portland, OR

## FRATERNAL MVP AWARD

This National Fraternal Congress of America award is given as **recognition of outstanding fraternal and volunteer service.** There are 52 Fraternal MVP awards given each year, and you can apply for one at any time. Like the Fraternalist of the Year award, these are based upon an individual's prior year of service. If you know of a deserving member in your court, call Jim (800-344-6273 x204) for an application. Remember that all our members that apply for the NCSF Fraternalist of the Year – but are not selected – are submitted for the Fraternal MVP award by the court relations office.

# July 4, 1776

## What Started it All for America

**As we gather with family and friends to celebrate Independence Day, it's important we call to mind what makes this day so significant in American history.** On this day 233 years ago, representatives of the 13 British colonies in the Americas declared their justification for, and demand to be, independent of British rule. These men knew that war and suffering would follow their declaration, but they valued freedom more than their own safety.

**The Articles of Incorporation for our Society state that a purpose we are to pursue is to “encourage patriotism and loyalty of the United States of America”. (#4)** You are an American today because of the bravery and foresight of the patriots who laid their lives and fortunes on the line so many years ago. Remember them and their beliefs ... thank the brave men and women who today protect the dream of the Declaration of Independence.

## The Declaration of Independence of the Thirteen Colonies

In CONGRESS, July 4, 1776

*“The unanimous Declaration of the thirteen united States of America,*

*When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation. We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness ... We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by the Authority of the good People of these Colonies, solemnly publish and declare, that these United Colonies are, and of Right ought to be Free and Independent States; that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.”*

## alzheimer's association™

**NCSF is proud of our members' efforts to raise funds for our National Project, the Alzheimer's Association.**

**Looking for ways to make a donation?** In the past members have raised funds for donation by: canisters / recycling, bake / garage sales, breakfast / luncheon, bingo / card party, treasury donation, and memory walk.

**Fall is for walking!** The fall season is when many Alzheimer Chapters hold their memory walks. Go online and visit your local chapter's website to view when memory walks in your area will be held.

# Rules of the Road

## FOR COURT ACTIVITIES

**I have been asked by several courts to review the rules for various court activities to ensure that everyone understands the correct procedures.**

This is a good idea since I too often have to hold Hearts and Hands summaries until I receive the required documentation, and that delays sending out the Society's matching check. Please know that it would be a lot easier to just approve everything and send out the checks! But as a fraternal insurance society, we – like all fraternal insurance societies – are audited yearly and we must be able to prove where local court and Society money comes from and where it is distributed. This is why it is necessary for us to receive certain court activity documentation.

The rules I will highlight here can also be found on the activity forms or brochure. These are the ones that I see causing the most delays for courts:

### HEARTS AND HANDS

#### ● **Your Application**

Our office must receive your application at least a month before your event so we can approve it and send your court a summary form. If you are requesting fliers or a press release please realize that these take extra time to produce, so send the application earlier.

#### ● **Summary Form**

After the event, you need to return the completed summary form, **original** receipts for expenses and **original** deposit slip(s). The original deposit slip is not the one you give to the bank teller, but the confirmation slip they give back to you. This slip validates that the deposit went into your court account. Make copies for your court records.

#### ● **Member Sign-In**

Members who worked on the project should sign in on the second page of the summary form. Each member should sign their own name rather than one person signing for everyone. At least five (5) member signatures are required.

#### ● **Beneficiaries**

Any community organization can be the beneficiary – your school, parish, library, local fire department, etc. It can also benefit a family or individual in need. Funds must be raised for local organizations/chapters only (e.g. local Chapter of Alzheimer's Association) – no national or world-wide projects.

#### ● **Co-Sponsorship**

Remember, we cannot co-sponsor with another fraternal insurance organization.

#### ● **Check Presentation**

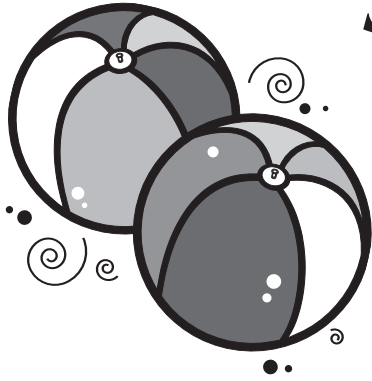
We will mail the check to a court officer for presentation so the court can be recognized for its hard work. Please indicate which officer should receive it.

### JUNIOR ACTIVITIES

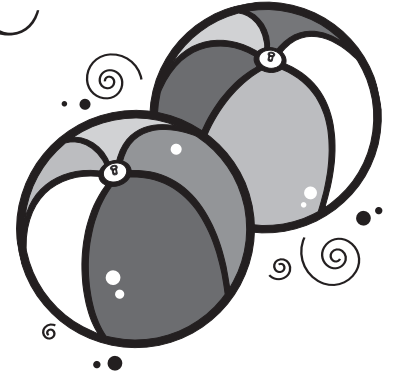
There is not much difficulty with these forms going immediately through for payment. We encourage any court with a few juniors in the local area to try to host junior events. Just a few reminders:

- At least 5 junior members must be present at an event to qualify for subsidy.
- For the guest event, each junior member who is participating in the activity can invite up to 5 guests.
- Having the event supervisor/junior director add the roster numbers for each junior member saves a lot of office time.

Most courts do an excellent job and there is no problem sending their forms on for payment. We are a “fraternal” Society and by definition are to support your local efforts to enhance parish and community, and aid those in need. Paperwork is regrettably a necessary part of what we do, and we try to keep it to a minimum. Congratulations on your past success and good luck as you continue to live ‘Love, Benevolence and Charity’. If I can be of any help in your court activities please call and let me know.



# Summertime Myth or Fact? YOU DECIDE!!!



As we enter into summer, we all remember what our mothers and fathers told us to keep us safe ... Don't stare at the sun! Don't swim until at least an hour after you eat! Use as high a number SPF sunscreen as you can find! Were they correct? Do we know the facts about summer safety or do we need to do a little more research? Take this quiz and find out. Good Luck!!

<http://encarta.msn.com/encnet/departments/elementary/?page=Quiz172&Quizid=172>

- |   |  |  |
|---|--|--|
| <p><b>(1) It's hotter in the summertime because Earth is closer to the Sun.</b><br/>a) True            b) False</p>     | <p><b>(5) If you go swimming less than an hour after eating, you will get stomach cramps and drown.</b><br/>a) True            b) False</p>  | <p><b>(8) You can get sunburned through a window.</b><br/>a) True            b) False</p>  |
| <p><b>(2) Waterproof sunscreen can cause blindness if it gets in your eyes.</b><br/>a) True            b) False</p>     | <p><b>(6) Sunscreens with a sun protection factor (SPF) of 40 or 50 do not provide significantly more protection against ultraviolet (UV) rays than SPF 30 sunscreens.</b><br/>a) True            b) False</p> | <p><b>(9) Having a good "base tan" will help prevent sunburn if you'll be spending a lot of time in the sun.</b><br/>a) True            b) False</p> |
| <p><b>(3) If you stare at the Sun, even during an eclipse, you could go blind.</b><br/>a) True            b) False</p>  | <p><b>(7) Eating bananas will attract mosquitoes, while eating garlic will repel them.</b><br/>a) True            b) False</p>   |  |
| <p><b>(4) Too many visits to the tanning salon can damage your internal organs.</b><br/>a) True            b) False</p> |  |  |

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**1B.** It's not the distance from the Sun that causes the seasons, but Earth's position relative to the Sun. Earth is tilted on its axis at a 23.5° angle. In the summer, even though we're slightly farther from the Sun, the Northern Hemisphere is tilted so the Sun's rays hit it more directly than they do in the wintertime. **2B.** Just because a sunscreen is waterproof doesn't mean it can't be flushed from the eyes with water or tears ... while sunscreen can irritate your eyes, there is no evidence that it can cause blindness. **3A.** Direct sunlight can damage the retina--light-sensitive nerve endings in the back of the eye--causing impaired vision or blindness. **4B.** Although tanning, either naturally or on a tanning bed, can cause skin cancer or eye damage, it cannot harm your organs. UV rays and microwaves are two different things, and UV rays cannot cook you from the inside out. **5B.** Not once has a drowning death been attributed to swimming with a full stomach. Yes, swimmers can develop cramps in the water, but few are the result of eating right before swimming. **6A.** Tests have shown that sunscreens with an SPF of 15 block 93% of UV rays, while SPF 30 sunscreens block about 97%. Anything higher than 30 still hovers around 97%. **7B.** The only proven way to prevent mosquito bites is to keep your skin covered and wear an insect repellent containing the chemical DEET. **8A.** While most car windshields and newer windows in homes are treated to filter out the sun's UV rays, they can't block them entirely, so it's still possible (though, admittedly, not likely) that you can get burned through a window. **9B.** There is no such thing as a healthy tan. A dark tan on fair skin is only equivalent to a sunscreen with SPF 2 or 4, which won't provide much additional protection from the sun.