



TRINITY TOPICS

The Newsletter of Trinity Episcopal Church

POTTSVILLE, PENNSYLVANIA

Phone: 570.622.8720

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July/August 2018

Dear Sisters and Brothers in Christ,

The summer is upon us! The amount of daylight increases and our activity levels seems to lengthen as well. Different patterns of daily activity seem to be present as we enjoy the goodness of the warmer weather and extend our daytime activities well into the evening. The rhythm of the seasons in northeastern Pennsylvania provides us with rhythms for our lives as well.

It seems just yesterday that I answered what I discerned and you too discerned as a call to God's service in the Church in an official, ordained capacity. It seems just yesterday that my ministerial classes began, concluded, and began again. And it certainly seems like yesterday that Bishop Sean rested his hands upon me and ordained me to the transitional diaconate. But every passing day seems like today because I experienced the joy of your love and the wonder that I could and do love you all back! Who knew that my journey for a Church to worship, to learn, to serve, and to love would have lead to this? Well, frankly, I think God knew, for He placed me here, at Trinity to learn again and again and again this marvelous, expansive, and wondrous Love He has for all of us! And He brought me to you in order that I would experience it in community and write it on my heart!

I have stated before that my ordination is an ordination of all of us. I believe that your lessons, your teachings, your love thrust me into this ordination, and the blessing of me is also a blessing of you because of what you have done for me. I take this moment to offer my gratitude to you for what you may have done for me, whether known by you or just vaguely perceived as contributing to me. But I know. And yes, so does the God of All-Knowing. I again offer my sincere gratitude for your prayers, your gifts, your mentorship, and your presence leading to and at my ordination. I will carry you with me as I continue trying to blaze a trail for the Episcopal Church here in Schuylkill County.

Our Eucharist Celebration is "done in remembrance". And an interesting word associated with that remembrance is anamnesis: never forgetting. I hope to hold you all in anamnesis: never forgetting your strength, your courage, your gifts, and yes, your love for me and for this God we all serve. And may this Omnipotent, Omniscient and All-Loving God continue to bless and hold you today and always.

Your brother in Christ,

Deacon Kurt

(The Rev. Dr.) Kurt K. Kovalovich

Trinity Church's Mission Statement

"Living, loving, sharing in the name of Jesus Christ"

Vision Statement

"Honoring the past as we build a strong foundation for the future, while sharing our Christian faith through service to the community."

Shared Picnic

On Sunday, July 22, there will be a service, picnic and fun day at Knoebel's Grove in Elysburg. This is being planned by the Diocese of Central PA which includes the mission Church of the Resurrection of Mt. Carmel. Our shared ministry has met with representatives of the Central PA diocese and this is an opportunity for shared worship and Confirmation with Bishop Audrey Scanlan and fellowship with our fellow Episcopalians. Stay tuned in the bulletins for more information including the time. There will be no service at the Chapel on that day.

Parish Picnic

On Sunday, August 19 we are planning once again to have our shared picnic with our sister parishes and our partner parishes. What a great time of fellowship we experienced last year. This day would include a concelebrated Eucharist followed by great fellowship and scrumptious food. We have invited our new Bishop, Kevin Nichols and we are hopeful that he will attend. We will be reserving the Island Park in Schuylkill Haven once again. Please plan to join us for this great community event. There will be no service at the Chapel on that day.

UTO

Our United Thank Offering Ingathering will take place on two Sundays this fall, September 30 and October 7, so that our offering can be presented at the Diocesan Convention on October 12 and 13. We have so much to be grateful for and we can acknowledge our blessings by using our UTO boxes. Please remember to put your envelope number on your box or UTO envelope so you may receive credit on your statements.

Lay Eucharistic Ministry

There will be no scheduled visits for the summer, however; if you would like a visit and to receive Communion, please call the office or Kathy Burda and a visit can be arranged with one of our Lay Eucharistic Visitors.

North Parish Peach Festival

Wednesday, August 15

Holy Apostles Church
307 E. Hancock St.
St. Clair, PA

6pm to 8pm
Tickets \$5.00

Come enjoy peaches, ice cream, baked goods and a beverage.
Eat in or take outs available.

For tickets, see Bonnie Hynoskie, Lois Hewes
Or call the church office at 570-429-7107.

The Ordination of Dr. Kurt Kovalovich

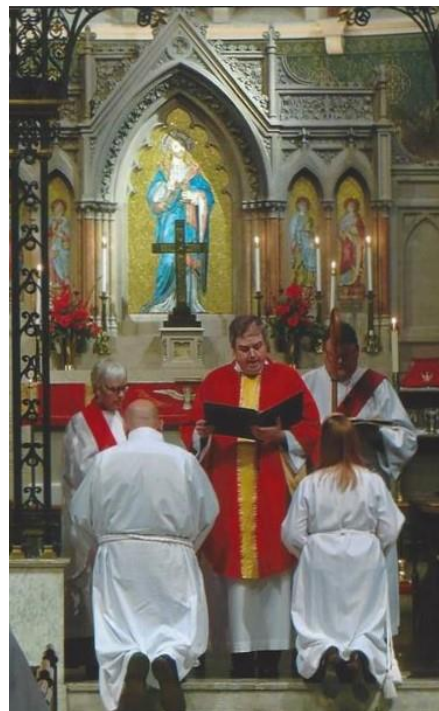
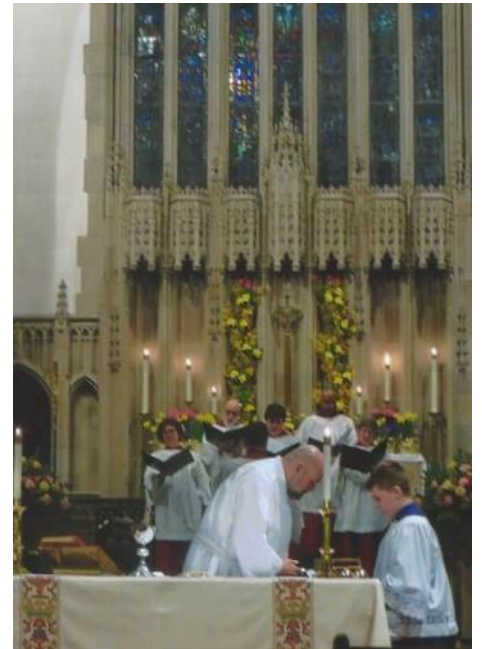
Palm Sunday and Easter Sunday



THE ORDAINATION OF
KURT KRIZTOFER KOVALOVICH
&
JENNIFER MARIE SCOTT
TO THE SACRED ORDER OF DEACONS
IN CHRIST'S HOLY CATHOLIC CHURCH



19 May, 2018
Eleven o'clock





EUCHARIST: CONFIRMATION: BAPTISM: PICNIC: FELLOWSHIP

JULY 22, 2018 @ 11 AM KNOEBELS AMUSEMENT RESORT ELYSBURG

The Diocese of Central PA and our partner, the Mission Church of the Resurrection, Mt. Carmel, has invited us to a celebration of Eucharist with Confirmation and Baptism, followed by a pot-luck picnic. We have Tent Six from sunrise to Park closing. Fortunately those familiar with the park, if you stand in the middle of the parking lot facing the ferris wheel, tent six is in the cluster of tents and pavilions off to your left.

***THERE WILL NOT BE EUCHARIST AT TRINITY JULY 22! ***



Join the Episcopal Church of Schuylkill County as we offer Hugs and Kisses, and balloons, and information at the Episcopal Church Booth at the Schuylkill County Fair, **July 30** through **August 4**, from **4 till 8** Come for an hour, or come for the entire week! This has always been a wonderful time of fellowship and sharing, good food and interesting folks!



MARK YOUR CALENDARS!

EUCHARIST AND PICNIC!

SUNDAY AUGUST 19 AT 11 AM! Set-up: 10:30 AM

Join your fellow Episcopalians for Holy Eucharist and a fellowship picnic on Sunday, August 19, 2018, at Island Park in Schuylkill Haven. We have invited North Parish, Calvary-Tamaqua, St. James-Schuylkill Haven, Mission-Mt. Carmel, and St. Gabriel-Douglaville, and St. Thomas-Morgantown. There will NOT be services at Trinity that Sunday.

The Music Corner by Cora A. Gamelin-Osenbach

Choir Changes

There will be changes coming to the music program in the fall. As you are all aware, we have been a small group for some time and unfortunately, no new members have come forward. Because of many other commitments and priorities, the choir schedule will change to singing on major feast days and not every Sunday. Different forms of the psalms will be presented to include the congregation at times, there will be opportunity for learning new hymns and service music and we are hopeful that the children's music program will continue at some services throughout the year.

Even though our music program will look a bit different, we pray that the quality will remain the same. Thank you for your continued support.

Concert Series

We will begin our 12th season this fall. Please see the enclosed flyer for details. We have moved to a three concert schedule since September and May can be very uncomfortable for both artists and audience with no air conditioning. We are so grateful to be blessed with patrons and audiences who continually support this community outreach. I am thrilled to be part of the first concert with our good friends the Fairfield Duo and organist Cody Mead will return in December offering some Christmas music in his program. In March, the Copeland String Quartet will visit us again as our audience requested.

Old Fashioned Rummage Sale and Soup Sale

Friday, October 5, 3pm to 7pm

And

Saturday, October 6, 8am to 1pm

(\$2.00 Fill a bag starting at 12:00 till 1:00)

Church Parish Hall, Second & Howard Avenue

Trinity Episcopal Church Concert Series

Calendar of Upcoming Events for the 2018-2019 Series



October 14, 2018

Fairfield Duo

Cora Gamelin-Osenbach, soprano



The exquisite combination of our great friends, flutist Nora Suggs and classical guitarist Candice Mowbray, will team with soprano Cora Gamelin-Osenbach. Come for a wonderful afternoon of collaboration with original compositions and classics heard in a new and exciting way.

December 9, 2018

Cody Willmot Mead, organist



Organist Cody Willmot Mead will return with his sensitive, virtuoso skills in a program that includes Advent and Christmas music. He is the organist and choir director at historic St. Mary's Roman Catholic Church in Newport, RI, and is very active in musical organizations in that community. We welcome the return of this native Pennsylvanian.

March 31, 2019

The Copeland String Quartet



For fourteen years, the quartet has been inspired by the vast repertoire for the intimate format of a small ensemble. Join us and be inspired by their love and enthusiasm for this genre as we celebrate their return.

Sunday Afternoons at 4:00

No Admission Fee - Free Will Offering Taken

Handicapped Accessible

Reception following the concerts to meet the Artists

For more information, please contact Trinity Episcopal Church 200 S. Second Street, Pottsville, PA
570-622-8720 email: trinitypottsville@verizon.net web: trinityepiscopalpottsvillepa.org

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>1 PENTECOST VI</u> 9:00am Service at Chapel of the Resurrection</p>	<p>2 7:30pm AA</p>	<p>3</p>	<p>4 Office Closed NO Noon Healing Service</p>	<p>5</p>	<p>6</p>	<p>7</p>
<p><u>8 PENTECOST VII</u> 9:00am Service at Chapel of the Resurrection</p>	<p>9 Summer Reading Program 7:30pm AA</p>	<p>10 Summer Reading Program</p>	<p>11 Summer Reading Program NO Noon Healing Service</p>	<p>12 Summer Reading Program</p>	<p>13 Summer Reading Program</p>	<p>14</p>
<p><u>15 PENTECOST VIII</u> 9:00am Service at Chapel of the Resurrection 10:30am Vestry Meeting</p>	<p>16 4:30pm Soup Kitchen 7:30pm AA</p>	<p>17</p>	<p>18 NO Noon Healing Service</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p><u>22 PENTECOST IX</u> 11:00am Shared Service with Central PA Diocese at Knoebel's <u>No Service at CBC Chapel</u></p>	<p>23 7:30pm AA</p>	<p>24 1:00pm MPTF Meeting at the Rectory</p>	<p>25 NO Noon Healing Service</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p><u>29 PENTECOST X</u> 9:00am Service at Chapel of the Resurrection</p>	<p>30 7:30 AA Schuylkill Co. Fair Episcopal Churches of Schuylkill County</p>	<p>31 Schuylkill Co. Fair Episcopal Churches of Schuylkill County</p>				

August 2018

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			<i>1 NO Noon Healing Service Schuylkill Co. Fair Episcopal Churches of Schuylkill County</i>	<i>2 Schuylkill Co. Fair Episcopal Churches of Schuylkill County</i>	<i>3 Schuylkill Co. Fair Episcopal Churches of Schuylkill County</i>	<i>4 Schuylkill Co. Fair Episcopal Churches of Schuylkill County</i>
<i>5 <u>PENTECOST XI</u> 9:00am Service at Chapel of the Resurrection</i>	<i>6 7:30pm AA</i>	<i>7</i>	<i>8 NO Noon Healing Service</i>	<i>9</i>	<i>10</i>	<i>11</i>
<i>12 <u>PENTECOST XII</u> 9:00am Service at Chapel of the Resurrection 10:30am Vestry</i>	<i>13 7:30pm AA</i>	<i>14</i>	<i>15 NO Noon Healing Service</i>	<i>16</i>	<i>17</i>	<i>18</i>
<i>19 <u>PENTECOST XIII</u> 11:00am Shared Cluster Service & Picnic, Schuylkill Haven</i>	<i>20 4:30pm Soup Kitchen 7:30pm AA</i>	<i>21</i>	<i>22 NO Noon Healing Service</i>	<i>23</i>	<i>24</i>	<i>25</i>
<i>26 <u>PENTECOST XIV</u> 9:00am Service at Chapel of the Resurrection Back Pack Blessing</i>	<i>27 7:30pm AA</i>	<i>28</i>	<i>29 NO Noon Healing Service</i>	<i>30</i>	<i>31</i>	



Charles Baber Cemetery Preservation Trust

Beat the Heat

Summer months divide people into two categories: If people like being outdoors all the time, like swimming, golfing, hiking, bicycling, gardening, picnics, don't mind mowing the lawn, and enjoy hot weather, they really like summer. If they are not particularly fond of outdoor sports, hate mowing the lawn, can't tell a flower from a weed, hate any sort of bug, including gnats, and mind the hot weather, then they really dislike summer. If you are in the category that likes summer, then you will like walking through the grounds of the Baber Cemetery. If you are in the category that doesn't like summer, then you will still find that walking among the many variety of shade trees, on the grounds of the Baber Cemetery is tolerable. And if you want a real treat, pack a sandwich, or a salad, or some crackers and cheese, a bottle of water, and perhaps a folding chair or a blanket, and have your own private picnic among the coolness and serenity of nature. Listen to the birds or the pileated woodpecker pecking, watch the fat robins hopping on the ground, or the squirrels running up and down the trees, or the butterflies seeking the small yellow flowers about the property. Maybe you will see the red winged blackbirds that have their nest in the rushes in the pond. The hawks, who may have a nest high up in one of the trees, may be calling to each other or be perched on the steeple or on a near-by memorial marker.

The majority of the paths offer some type of shade, but the absolute best shade and cool paths are the dirt paths below the terraces to the northeast and down the hill from the chapel. It is one main dirt road leading from the terraces to the lower level, with two smaller paths running along the hillside. You will be walking among the tall and massive red oaks, a chestnut oak, many Norway maples, many eastern white pines, two white ash that are hidden among the oaks and maples, several black cherry with their blackened corn flake looking bark, two pin or fire cherry trees with their smooth barks, and several skinny red maples. These paths offer a chance to walk in the woods and feel a part of nature without worrying about ticks or snakes, or bears, or other wild animals. Another favorite and shaded path that is grassy and very picturesque, because the trees form an overhead canopy, is on the loop (called Maplewood Avenue) that is northeast of the pond and edges along the base of the hillside of the D.H.H. Lingle School's parking lot. This path is slightly elevated with a good view of the lower level, the steeple of the chapel rising above the surrounding trees, and the main road and hillside leading down from the chapel. This path is also lined with many interesting trees like the black locust and the black walnut, who look alike at first glance because both their leaves are long from 11"-18" with 15-23 leaflets that form opposite each other. However, the locust has rounded leaves and thorns, and the walnut has pointed leaves. There are box elder, whose young twigs are bluish grey; there is a sugar maple with mushrooms growing 1/4 up the side of its trunk; there are sassafras whose leaves look like mittens; lots of Norway maple saplings, several black cherry, and a few elm saplings. There is one lonely mulberry, but we don't know whether it is red or white. There are two rows of arborvitae that cut the lower burial section in half. They may have tiny bluish or grey-green berries. Edging the south east side of the loop is the sweetgum with their star-shaped leaves. And between the dirt path on the loop and the dirt paths coming down the hillside, are the beautiful reddish barked dawn redwoods with their long soft feathery fern-like leaves.

To the casual walker, everything looks like one big mass of green. But take the time to look closer. There are so many shades and variations of green, yellow-green, and blue-green with each specie differing from the others. Many of the maples like the sugar, red, Norway, sycamore, and Japanese will be developing their winged fruits. The winged fruit on the dwarf Japanese maples looks like butterflies stuck to the fine lacy leaves. The tuliptree will have its yellow and green tulip shaped flowers. The American basswood and the little leaf linden will have tiny fruit balls dangling from their long brackets. Come and visit, and beat the heat!

Charles Baber Cemetery Preservation Trust

Memorial Day

The 4th grade Pottsville Area school children, the Joint Veterans' Association and Trinity Church's representative, Deacon Kurt Kovalovich, celebrated Memorial Day on Thursday, May 24th at the Charles Baber Cemetery. The Veterans' Association gave each of the children a new flag and each class went to a different section of the cemetery to find and replace last year's old worn flags. The children returned with the old flags, which the Veterans collected for proper disposal. Kurt then read to the children and talked to them about Memorial Day. This was followed by the playing of taps and a gun salute from the Veterans who were in attendance. The children always have a great time, especially with a couple of hours off from school. Thank you Kurt for your kindness of missing a day's work in order to serve at this special Memorial Day celebration.

Growing Grass Bring Moans and Groans

Memorial Day weekend is our most busy time with a high volume of visitors coming and bringing flowers to their loved ones' grave sites. This year, prior to Memorial Day, we had eight days of rain out of fourteen days which accelerated the growth of the grass and prevented the mowing of the grass to such an extent that Bob, Tom, and Randy just could not stay ahead of all the mowing prior to the holiday weekend. Because of the high grass and the unkempt look, we had a few complaints from out-of-state visitors. Unless you walk the property on a frequent basis, no one realizes what a tremendous job grass mowing is. Picture a 25 acre field filled with hills, steep banks, gullies, several small streams, a pond, and holes from the ground either sinking or from the ground hogs digging burrows. Now add huge stone memorial markers in irregular lines every couple of feet. Your assignment is to mow that 25 acre field and weed-whack around those big monuments within a 20 day period while accounting for 12 rain days out of the 20. And by the way, the chapel has to be fully cleaned and vacuumed, and plaster patching has to be done around the windows before services start in June. And fresh mulch has to be placed on the flower beds around the chapel. Everything must be done by Memorial Day when many guests are coming with high expectations of a fully mowed, weed-whacked, well groomed and manicured cemetery. Tom, Bob, and Randy do a fantastic job, so if you hear someone complaining that the grass is too high, please ask them to be patient and understanding. We are hoping to get one or two Career Link workers who are paid by the state. These workers, who are between the ages of 17-21, are assigned the weed-whacking job. Last year no one applied for summer work with Career Link. If anyone wishes to volunteer to help with the weed-whacking for a few hours, please see Bob, or Tom, or Randy.

Sunday, September 9, 2018

20th Annual Baber Appreciation Day

NATURE & HISTORY WALKING TOURS 3:00 BAKE SALE 3 –6:00

BASKET RAFFLE 3:00 TO 5:30 PICNIC BEGINNING 4:30

THIRD BRIGADE BAND CONCERT 4:00 - 5:45 SOLEMN EVENSONG SERVICE - 6:00 PM

Hot dogs, bake beans, chips, watermelon and water will be provided.

NEWS FROM MARION C. PRICE TRUST FUND



Every day brings a new headline or TV news segment asking, “Are you getting enough_____?” The blank can be filled in with just about any vitamin, mineral, vegetable, fat – you get the idea. Maybe this explains why the supplement business is booming and shows no signs of slowing down. But that doesn’t mean you should pop pills like candy.

With any supplement or over the counter medication it is essential for you to check with your doctor before taking and to include in your list of medications.

Fish Oil is a dietary source of omega-3 fatty acids – substances your body needs for many functions, from muscle activity to cell growth. Omega-3 fatty acids are derived from food and are essential for good health. Try to get them from your diet by eating fish - broiled or baked, not fried.

People take fish oil to reduce the risk of heart attacks, and strokes, to treat high triglycerides and high blood pressure and to improve symptoms of rheumatoid arthritis. While generally safe, (300-500mg/day) too much fish oil can increase your risk of bleeding and might suppress your immune response. Take fish oil supplements **only** under a doctor’s supervision.

Vitamin A is a nutrient important to vision, growth, cell division, reproduction and immunity. It is found in many foods, such as spinach, dairy products and liver. Other sources are foods rich in beta-carotene, such as green leafy vegetables, carrots and cantaloupe. Your body converts beta-carotene into vitamin A.

The recommended daily amount of vitamin A is 900 micrograms (mcg) for adult men and 700 mcg for adult women. A healthy and varied diet will provide most people with enough vitamin A. Taking too much vitamin A can be harmful. Oral use of vitamin A supplements while taking these medications used to prevent blood clots might increase your risk of bleeding.

Vitamin C is a vitamin your body needs to form blood vessels, cartilage, muscle and collagen in bones, it is also vital to your body’s healing process and plays a role in supporting a healthy immune system.

Because your body doesn’t produce vitamin C, you need to get it from your diet or supplements. Vitamin C is found in citrus fruits, berries, potatoes, tomatoes, peppers, cabbage, brussel sprouts, broccoli and spinach.

Most people get enough vitamin C from a balanced diet. The recommended daily amount of vitamin C for adult men is 90 milligrams and for adult women is 75 milligrams. When taken at appropriate doses, oral vitamin C supplements are considered safe. Tell your doctor that you are taking vitamin C supplements before having any medical tests. High levels of Vitamin C might interfere with the results of certain tests, such as stool tests for occult blood or glucose screening tests. Vitamin C may interfere with the absorption of certain drugs, please check with your pharmacist or health care provider if you are taking any medications containing aluminum, chemotherapy, estrogen, statins or warfarin.

Vitamin D is necessary for building and maintaining healthy bones. Vitamin D isn't found in many foods, but you can get it from fortified milk, fortified cereal and fatty fish such as salmon, mackerel and sardines.

Your body makes vitamin D when direct sunlight converts a chemical in your skin into the active form of the vitamin. The amount depends on many factors, including the time of day, season, latitude and your skin pigmentation.

Many older adults don't get regular exposure to sunlight and have trouble absorbing vitamin D, so taking a multivitamin with vitamin D will likely help improve bone health. Vitamin D is essential for calcium absorption.

The recommended daily amount of vitamin D is 400-800 international units (IU) for adults to 70 years and 800-1,000 IU for people over 70 years.

Many calcium supplements also include vitamin D. Taking too much can cause stomach issues or kidney problems. Consult your pharmacist or healthcare provider if you are taking Dilantin, Lipitor or Lanoxin.

Vitamin E is a nutrient that's important to vision, reproduction and the health of your blood, brain and skin.

Foods rich in vitamin E include canola oil, olive oil, margarine, almonds and peanuts. You can also get vitamin E from meats, dairy, leafy greens and fortified cereals. The recommended daily amount of vitamin E for adults is 15 milligrams a day. Most people get enough vitamin E from a balanced diet.

If you've been diagnosed with mild to moderate Alzheimer's disease, some research suggests that vitamin E therapy might help slow the progression but might increase the risk of prostate cancer.

Talk to your doctor before taking vitamin E if you have: a vitamin K deficiency, retinitis pigmentosa, bleeding disorders, diabetes, a history of previous heart attack or stroke, head and neck cancer or liver disease.

The supplement might increase your risk of bleeding. If you're planning to have any procedure or surgery, talk to your doctor about stopping vitamin E beforehand.

Calcium is essential for building and maintaining strong bones. It helps muscles work and nerves carry messages between the brain and other parts of the body. We can find calcium in yogurt, milk, cheese, canned salmon and sardines, broccoli, kale, collard greens, fortified cereals and juices.

Adults need 1,000 milligrams (from all sources) every day. Women over 50 and men over 70 need 1,200 milligrams per day. The more calcium you take at one time, the harder it is for your body to process it. Aim for 500 milligrams or less at one time. More than the recommended daily amount may be harmful.

Talk to your doctor if you are taking a prescription medicine for osteoporosis, Paget's disease, seizures, thyroid problems or an antibiotic. Calcium can make certain drugs less effective.

Trinity Episcopal Church

200 South Second Street
Pottsville, PA 17901
Phone: 570.622.8720
Fax: 570.621.3221
Return Service Requested

**Deadline
For
September/October "Topics"
Friday, Aug. 17, 2018**

Non-Profit Org.
U. S. Postage
PAID
Permit No. 305
Pottsville, PA 17901

July Birthdays

1 – Tony Bacon, Ida Long
2 – John Pritiskutch
3 – Lea Bortner
4 – Jerry Simatos
6 – Leigh Ann Siminitus, Alice Sapp
9 – Alexandra Matson
11 – Kendyl Moyer
14 – Kitty Murray
20 – Reynolds Hostetter
21 – Allesondra Pritiskutch
25 – Miriam Harris, Jessica Nabholz
28 – Nancy Buehler, Daniel MacArthur,
Janine Hinnershitz
31 – Robert Bednar

August Birthdays

1 – Connie Guensch
2 – Donna Ross
4 – James Coulson
5 – Tristan Murray
6 – John Fahenstock
7 – Chris Nabholz
8 – Alana Spotts, Sandra Snyder, Emily McCall
12 – Doris Kauffman
15 – Allen Greiner
16 – Edna Rauco, MacKenzie Menuchak
18 – Dottie Kelly, Anne Marie Brennan
20 – Matthew Foester
22 – Kathy Burda
23 – Delaney Burns, Layne Reedy, Peter Bortner
24 – Waverly Bacon IV
25 – Patrick Moore Sr.
26 – Cynthia Ryland, Jake Oerther
27 – Justin Lindenmuth, Elliot Wehr
28 – Tracy Frederick
30 – Frank Yuengling
31 – Nancy Billie, Bill Malarkey