

# FRATERNAL JOURNAL



## Official Newspaper of the Polish Union of U.S.A.

A Non-Profit Organization

Spring, 2009

Volume 17 # Number 2

Wilkes-Barre PA

www.PolishUnionUSA.com

## Young Members: Apply Now For Henry J. Dende Scholarship Grants

The Polish Union of U.S.A. through its Education Fund is pleased to once again offer financial assistance to our young members who are pursuing post-secondary education during the 2009-2010 academic year.

You may download the official application from the Polish Union website: [www.PolishUnionUSA.com](http://www.PolishUnionUSA.com) or through the Polish Union Home Office, P.O. Box 660, Wilkes-Barre, PA 18703-0660. Phone (570) 823-1611 with any question

### Eligibility

#### Requirements

1. All Applicants must be a qualified insured member of the Polish Union of U.S.A. in good standing for a minimum of five (5) years and presently carry at minimum of \$5,000.00 of Polish Union of U.S.A. permanent life insurance (excluding term insurance). Approved applicants with between \$5,000 and \$7,499 of insurance will receive a \$200.00 scholarship grant. Approved applicants with between \$7,500 and \$9,999 of insurance will receive a \$300.00 scholarship grant. Approved applicants with \$10,000 or more of insurance will receive a \$400.00 scholarship grant. All eligibility requirements must be met and fulfilled.

2. Applicant must obtain and submit a letter of admission or verification from the university or college, graduate school, junior college, business or nursing school or trade school that he/she will be attending. The applicant must be a high school graduate, entering the fall term in the year he/she is applying for Scholarship Grant, and be a full time student (12 semester hours).

3. All applicants must write an essay which must be a minimum of three (3) full pages on one of the topics set forth below. It must be typed, double-spaced, with 1" margins all around, using Font 12, Times New Roman. The essay must be submitted along with the applicant's fully completed application, school verification and photograph. Polish Union reserves the right to use the essays and photographs for publicity purposes and information.

4. Deadline for submitting completed applications for Scholarship Grant is May 31ST of the current year. All applications must be postmarked not later than May 31st. Any applications received after this date will not be considered. Applications are not sent out automatically. It is the applicant's responsibility to request an application from the home office, or download it from the Polish Union web site, [www.polishunionusa.com](http://www.polishunionusa.com).

5. Completed applications, school verifications, and essays are to be mailed to the Education Fund, Polish Union of U.S.A., P.O. Box 660, Wilkes-Barre, PA 18703-0660, or e-mailed to [www.polunion@epix.net](mailto:www.polunion@epix.net)

6. Present Scholarship Grants are given to each approved applicant once per



school year with a limit of up to four times. Scholarship Grant checks will be issued and sent to the applicant, with the understanding that it will be applied toward applicant's tuition or books.

7. Polish Union accepts no responsibility for decreases of other grants or loan amounts due to the awarding of the Polish Union Scholarship Grant to the student. Students are solely responsible for all aspects of their financial aid status and, thus, should be aware of the consequences of applying for a Polish Union Scholarship Grant.

8. By signing the application it is the students understanding that the Scholarship Grant does not obligate the student to return said grant unless the student does not complete two (2) full semesters of the current school year for which they are applying.

### Topics For The Henry J.

#### Dende Scholarship Grant

##### 1. Service to Country

During recent years we have seen an increased emphasis on people serving our country in various ways. We usually think of men and women who volunteer in our Armed Forces, Join the Peace Corps, Volunteers in Service to America, AmeriCorps or similar groups prominent over the years. Do you think service to the Country should be voluntary, mandatory, or left up to the individual to decide? Please offer your views on this matter in general and elaborate on any ideas you have to help guide our youth toward informed citizenship.

##### 2. Hopes and Expectations

We are in the midst of extensive changes both in our country and that of the whole world. Constantly we hear of concerns about the future. As you prepare educationally to meet the challenges of tomorrow, please share your thoughts about what you would like to see accomplished during the next five years. For example, look at our country; the economic situation, health care problems, immigration, or any global issues of concern to you.

## Thanks For The Space



Father Scott Sterowski has been very kind to offer the Sacred Hearts Hall to use for debutante meetings and Council #17 meetings.

In the picture from left to right are Emily

Huber, debutante chairperson, Rose Wartko, Polish Union President, presenting a donation from Polish Union to Father Scott Sterowski, and Alice Czyzyk, 2nd Vice President.

## Joyous Easter Wishes!

### Wesołego Alleluja!

#### From The Officers

President: **Rose Wartko**; 1st Vice President, **Bernard Kolodziej**; 2nd Vice President, **Alice Czyzyk**; General Secretary, **Charlotte L. Androckitis**; Treasurer, **John Bednarski**; Medical Examiner, **Dr. Leon Skweir, M.D.**; General Counsel, **Jeffrey J. Malak**; Chaplain, **Rev. Patrick L. Albert**

#### And The Board of Directors

**Anastasia Bachurek, Terri Rumensky, Joseph P. Pudlosky, Jr., Chester Tracewski, William J. Giebus**

#### And District Directors

**Mrs. Toni Storts, Mrs. Joan Wisinski**

**Polish Union of U.S.A.**



#### PERIODICALS POSTAGE PAID AT BUFFALO, NY

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## Contribute To The Educational Fund



Created by the Polish Union of U.S.A., the Henry J. Dende Educational Fund provides the monies to issue scholarships to our young member each year.

We appeal to our members to contribute to the fund on a regular basis. We also encourage you to consider naming the Educational Fund as the beneficiary on your insurance certificate.

**Send Donations To:**  
**Polish Union of U.S.A. •**  
**Henry J. Dende**  
**Educational Fund •**  
**P.O. Box 660 •**  
**Wilkes-Barre, PA 18703**

**Find Fraternal  
Journal File  
Articles and Get  
The Latest**

## In Memoriam

Our sympathy to the families of recently deceased members of Polish Union of U.S.A.

Group	Member	State
100	Michael Sworen	NJ
189	Stasia Pelczar	PA
138	Stella Elmendorf	PA
155	Marjanna Wentz	NJ
51	Natalie Dudzinski	NJ
138	Julianna Maleska	MI
395	Betty R. Tayoun	PA
138	Jennie Yarrish	PA
131	Richard Ludorf	PA
293	Helena Lushinski	AZ
275	Chester Sendra	IL
73	Irena Stawicka	PA
400	Bernice Soltis	PA
395	Mary Kulick	PA
73	Bernard Szot	PA
401	Edna Pankauski	PA
70	Anthony Norczyk	NJ
385	Stella Potrawski	IL
74	Anthony L. Attardo	PA
385	Cecylia Szramiak	FL
180	Solomea Jesencky	NJ
227	Sylvester Pezanowski	PA
155	Genowefa Shimshock	NJ
227	Vincent Wierzbicki	PA
401	Marcella Petruzzi	PA
395	Regina Srebro	PA
395	Della Zvirblis	PA
240	Rosemary Pezanowski	PA
227	Izabell Pezanowski	PA

May the souls of the faithful departed rest in peace.

A Mass for deceased members is celebrated monthly by Chaplain Rev. Patrick L. Albert

**The thing I hate about an  
argument is that it always inter-  
rupts a discussion.**

—G.K. Chesterson

## Life Insurance is Important

You, as a member of Polish Union, can do your family and friends a great favor by enrolling them as a member of Polish Union. Only a member can take advantage of all our fraternal benefits.

Fraternal benefits are what sets us apart from commercial life insurance companies. As a non profit organization, we strive to assist our members as best as we can. Trying to understand life insurance can be a daunting experience. With so many other companies offering what appears to be hundred of different types of insurances, it can leave one feeling overwhelmed and bewildered.

There is no question that selling life insurance is a hard job, however we must remind others that not only do we sell life insurance, something everyone needs, but we also offer many fraternal benefits such as scholarship aid for students, picnic for the whole family, children's holiday parties, egg decorating, Miss Polish Union, and the Debutante Ball. However, to receive these benefits, a person must be a member of the Polish Union. Remember, our plans of insurance are competitive and are backed up by our over 117 year history. Polish Union members are more than just a number.

I would like to remind our group secretaries and members that we must all do our part to increase membership for the Polish Union. Our membership priority is something that all our secretaries need to address.



President's  
Desk

ROSE A. WARTKO

If all our secretaries took the time to enroll at least two members every month, it would help our membership. Life insurance is one of the best ways a parent or spouse can demonstrate love to family members. Life insurance is a systematic way to save for the future, it means income for the future. It means income for you and your family in the time of greatest need. It is the guaranteed way to provide for your family's financial security and peace of mind.

If you or members of your family need more insurance, please call your group secretary or you can call the home office at (823-1611) and Chris or Linda will be glad to help you. Have you checked your beneficiary on your insurance policy lately? Did you move recently—need to change your address?

Happy Mothers Day and Happy Fathers Day

## What Is An Executor, and What Are Their Responsibilities?

Hello. My name is Attorney Jeffrey J. Malak and I am General Counsel of the Polish Union and a partner in the law firm of Chariton & Schwager, Wilkes-Barre, PA. I will be providing you with information which you may find useful with regard to various legal topics. Please look for the Lawfully Yours column in future Fraternal Journal issues.

Lawfully  
Yours



JEFFREY J. MALAK, ESQ



An executor is an individual or institution nominated in a Will and appointed by a court to administer the probated Will in the estate of a decedent. An executor may also be called a personal representative.

An executor has certain specific powers, duties and liabilities. Traditionally, the executor's duties may include arranging the decedent's funeral, taking possession of the decedent's assets, paying the debts of the decedent, filing appropriate state and federal tax returns and timely distributing decedent's estate to the beneficiaries.

An executor may be removed if the person is wasting or mismanaging the estate, has failed to perform any duty, has become incapacitated or for any reason if the interests of the estate are likely to be jeopardized

by continuance in office.

When a person dies without a Will, an administrator is appointed instead of an executor. An administrator performs the same role as an executor.

**LEGAL DISCLAIMER:** I am not giving you legal advice. Information provided in this column is of a general educational nature and may not reflect the law in your state. If you have a particular situation which you wish to review, you should consult with an attorney of your choice who is qualified to provide help in the area of law with which you are concerned.

## In Search of Miss Polish Union 2010

Deanna Namowicz, Miss Polish Union 2009, will look to crown the new Miss Polish Union 2010 this coming fall. The chance to become Miss Polish Union is an excellent way to become involved in your local community, represent the Polish Union, and build important leadership skills for the future. The duties of Miss Polish Union include attending some of our community events and children's parties. Applications will be coming out this May, but if you are interested or have any questions, please contact the home office at (570) 823-1611.

## Calling All Debutantes

The 31st Annual Debutante Ball will be held this November, 2009. All girls who are between 15-19 years of age, and a Polish Union member, are eligible to become a Debutante. This magical affair is a once in a life-time event that will build memories for a life time.

Applications will be coming out this May. If you have any questions regarding this spectacular event, or would like to get involved, please contact this year's chair person, Emily Huber, at Casper3819@aol.com or call the home office at (570) 823-1611.



Home Office of the Polish Union of U.S.A., Downtown, Wilkes-Barre, PA  
*The beautifully designed edifice was dedicated in 1938. The lower floor contains a two-room auditorium. Business offices and board room are located on the second floor. There are many designs on the exterior and interior of the building which refers to the fraternal's ethnic heritage.*

## Polish Union of U.S.A. Officers and Board Members 2006-2010

**President:** Rose Wartko, 1st Floor, 848 N. Main Ave, Scranton, PA 18504 •.  
**General Secretary:** Charlotte L. Androckitis 53-.S9 N. Main St., Wilkes-Barre, PA 18701  
**Treasurer:** John Bednarski 327 Lee Park Ave., Wilkes-Barre, PA 18702  
**1st Vice-President:** Bernard Kolodziej 36 Goodwin Dr., Hunlock Creek, PA 18621  
**2nd Vice-President:** Alice Czyzyk 600 Beech St., Scranton, PA 18505  
**Medical Examiner:** Dr. Leon Skweir, M.D. 2060 Minesite Rd., Allentown, PA. 18103  
**General Counsel:** Jeffrey J. Malak 138 S. Main St., Wilkes-Barre, PA 18703  
**Chaplain:** Rev. Patrick L. Albert 612 Hudson St., Forest City, PA 18431

### DIRECTORS

**Mrs. Anastasia Bachurek** 1083 Carmalt St., Dickson City, PA 18519  
**Mr. William J. Giebus** 90 Warner St., Plains, PA 18705  
**Mr. Joseph P. Pudlosky, Jr.**, 15 Sunset Lake Rd., Hunlock Creek, PA 18621  
**Mrs. Terri Rumensky** 620 Pancoast St., Dickson City PA 18519  
**Mr. Chester P. Tracewski, Jr.** 112 First St., Blakely, PA 18447

### DISTRICT DIRECTORS ILLINOIS & MD-WEST

**Mrs. Toni Storts** 1816 Downing Ave., Westchester, IL 60154  
**Mrs. Joan Wisinski** 13210 S. 85th Ave, Palos Park, IL 60464

### HONORARY OFFICERS

Joseph A. Zak, Hon. Vice President; Bernard Kolodziej, Hon. Vice-President; Helen Czeck, Hon. Ass't Secretary; Aloysius Bogusko, Hon. Director; Loretta Chiskowski, Hon. Director.

### Honorary Member

Cardinal Adam Maida, Archbishop of Detroit

## FRATERNAL JOURNAL

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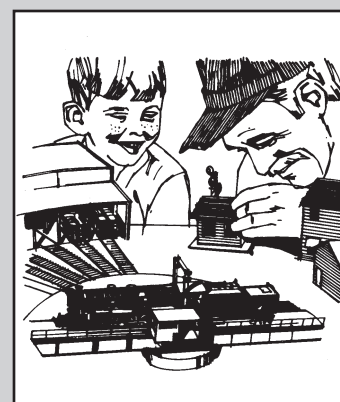
Phone (570) 823-1611 • FAX (570) 829-7849

E-mail POLUNION@EPIX.NET

## Children Do Not Realize

Until we're grown we never  
know  
or fully realize  
How wonderful our father  
is—  
How kind he is, how wise.  
We simply take for granted  
From day to passing day,  
Each sacrifice he makes for  
us  
In his own loving way. . .

But then we grow  
and finally learn,  
The way that children do,  
How much his love



has really meant. . .  
How thoughtful he's been,  
too.  
And so this come with  
all the thanks  
That you deserve and more,  
For there's no one more  
deserving  
Of our love than our Dearest  
Dad.  
*Happy Father's  
Day to all of our  
Polish Union Dads*



## Annual St. Joseph's Dinner



Pictured above is the Activities Committee of Polish Union, from left to right: William Giebus, Margo Lukacinsky, John P. Bednarski, Nancy Bachurek and Sophie Dubiak. (Joseph Zak was absent) This group was responsible for putting together this year's Annual St. Joseph's Dinner. Chairperson was Nancy Bachurek and Co-chairperson was Sophie Dubiak.

The over 100 persons present participated in a cocktail hour, followed by a prayer to St. Joseph by Polish Union Chaplain, Patrick L. Albert and a toast which was led by Polish Union President, Rose Wartko. A family

style dinner was then served.

After dinner, Rev. Patrick L. Albert gave a special blessing to all Feast Day Honorees (persons named Joseph and Josephine) and then did the closing prayer.

Mementos of the event, donated by Bednarski Furniture Store, and Paczki, donated by Joseph Zak were distributed to all present.

Musical entertainment for dancing and listening was supplied by the George Tarasek Orchestra.

St. Joseph's Day table arrangement is seen below.



## Why The Polish Union of USA?

• Why the Polish Union of U.S.A.? It was organized because our Polish history is a proud and courageous history and because the founders of our great fraternal—products of that history and culture—were hard-working, God-loving, family loving, patriotic people whose ideal and dreams we believe are still worth carrying on!

□ □ □

Why are we here right now? We are here because our Polish history is a proud and courageous history and because the founders of our great fraternal—products of that history and culture—were hard-working, God-loving, family loving, patriotic people whose ideal and dreams we believe are still worth carrying on!

□ □ □

In world history, the Polish contribution is impressive—eminent scientists, artists, poets, writers, mathematicians, political thinkers, historians, philosophers and religious leaders. On American soil, the Polish contribution began in Jamestown in 1608, where Poles waged the first labor strike for civil rights—the right to have a vote. From Jamestown onward, people of Polish ancestry have woven a golden thread of service and devotion to duty and to progress throughout the entire history of this great country. In a noteworthy way, the Polish Union of U.S.A.—its goals, its members, its serv-

ice—have been a part of the Polish contribution to America.

□ □ □

In the over 100 years since this proud fraternal was founded, America, Poland, and the communities in which we have been operating have all gone through profound changes, The Depression, the world wars, invasions and terrorism; the advent of television and the mass production of the automobile; urban renewal; family breakdown; unemployment; computerization; pollution, assassinations and The Bomb.

□ □ □

Among the most cherished ideals of the Polish Union of U.S.A. are the love of God, the love of country, the love of freedom and the love of family. During the Depression, we helped our downtrodden. In the World Wars, our members quickly served. When religious and charitable organizations needed help in continuing their good works, we were generous. Constantly we emphasize the strengthening of the family and the vital importance of family togetherness. These are what our founders cherished and these are the values we believe in. Despite changes in history, these values are timeless. And as long as we continue to cherish these things, our fraternal will remain strong and steady for a long time to come.

## Your Privacy Is Important And Protected at Polish Union

*The Board of Directors of the Polish Union of U.S.A. has adopted the following policy regarding the fraternal and its members right to privacy of individual information, we possess for insurance purposes. That policy is printed below for your information. If you have any questions regarding this policy, please call the Polish Union Home Office.*

• • •

### 1. The Purpose Of This Policy Shall Be To:

a. insure the security and confidentiality of customer records and information.

b. protect against any anticipated threats or hazards to the security or integrity of such records, and

c. protect against unauthorized access to or use of such records or information which could result in substantial harm or inconvenience to any customer.

### 2. Persons Bound.

This policy shall be applicable to and adhered to by the Officers, members of the Board of Directors, employees of and all of the Officers of the groups comprising the Polish Union and all of our group secretaries and licensed agents. Further, all of the members of the Polish Union are requested to adhere to the letter in spirit of this policy.

### 3. Information Subject To This Policy.

All of the information we have collected or will collect in the future regarding our officers, members of the Board of Directors, District Directors, employees, officers of our groups, group secretaries and our members and their beneficiaries concerning demographic data such as names, addresses, social security numbers, etc., along with information regarding employment, finances, health, avocations and other personal characteristics.

### 4. Declaration Of Confidentiality

All of the information collected by Polish Union is hereby declared to be confidential and shall not be disclosed to any individual or other entity without the express written consent of the affected person.

### 5. Exceptions To This Privacy Policy

In the course of our business, we must disclose certain information to other individuals or firms in order to enable them to provide business services to us including our re-issuers, actuarial and data processing services subcontractor. However, our contracts with any of our subcontractors require them to keep confidential any information which may be disclosed to them. In addition, information may be disclosed to our auditors or for research purposes, regulatory agencies such as state insurance departments. In addition, Polish Union will comply with all lawful subpoenas issued by order of any court or regulatory body.

### 6. Disclosure To Third Parties.

Polish Union at present does not disclose any personal information to other companies or organizations not affiliated with it that would use the information we have provided them to contact your about their own prod-

ucts or services.

### 7. Duration Of Confidentiality.

Should you cease to be a member of Polish Union, we will continue to protect and safeguard your personal information in the same manner as we do with our members.

### 8. Source Of Information

The great bulk of the personal information which Polish Union obtains from its members comes directly from the members particularly in the form of policy applications. This information provides Polish Union with those facts which it needs in order to conduct its business. In many cases, it may need to verify this information or it may need additional information which it may obtain from third parties such as employers, consumer reporting agencies and health care providers.

### 9. Use Of This Information

Polish Union uses the information gathered from its members and from other third parties in the normal course of our insurance business and our fraternal relationships with its members. The business purpose for collecting this information includes the evaluation of a request for our insurance or other services, and analysis of benefit claims and administration of our products or services in addition to processing transactions and other requests by members. In addition, we will use this information to contact you about services and products which we currently provide or may provide in the future.

### 10. Safeguarding Of This Information.

Polish Union shall take all steps reasonably necessary to safeguard the integrity of the information in its custody including the continued use of our office vault, the use of all reasonable methods of safeguarding information contained in our computerized data system and the control of the office area.

### 11. Adherence To This Policy.

All of the Officers and each member of the Board of Directors, District Directors, employees, officers of groups, group secretaries and licensed agents shall be given a copy of this policy and asked in writing to acknowledge its receipt on an annual basis.

### 12. Sanctions For Violation Of This Policy.

The Board of Directors will investigate all alleged breaches of this policy and will impose sanctions and penalties, on a case by case basis, should a violation of this policy be shown. In addition, the Board of Directors will, in appropriate cases or when required by law or regulation, report all violations to state and federal authorities. Penalties for violation may include dismissal from employment by Polish Union in addition to those sanctions and penalties provided by law.

### 13. Procedure

If anyone to whom this policy applies is requested by a third party to divulge any confidential information, the General Secretary must be notified of such requests. The General Secretary shall have the responsibility, in consultation with the Executive Committee, of deciding whether or not to comply with such requests.



## About Our Members



**Birthday Wishes to Mary K. Schram** who turned 96 on February 21st. Mary resides in River Grove, IL and is a member of Group 378.

...  
Illinois District Director **Toni Storts** along with members of Group 230 either walked the one mile or three mile road in the annual Heart Walk held in Downers Grove, IL. The Chicago Polish Union Team raised over \$4,000 from family and friends in sponsorship of their efforts. Proceeds from the event are used to further heart disease research.

## Help the Youth Committee Support St. Joseph's Center.

Help the Polish Union Youth Committee support St. Joseph's Center.

Come join in some bowling fun with family and friends,

**Saturday, May 30th, from 6pm to 9pm**

**at South Side Bowl, Scranton.**

\$12 admission price includes:

3 games of 3-6-9 bowling, free rentals, a goody bag provided by the Polish Union!!



And...

Try your luck on winning one of the free raffles at the bowling alley that night!

Bumper lanes are available.

Please call the Polish Union of USA, (570) 823-1611, to reserve a lane at the bowling alley.

All are welcome. We hope to see you there!

Directions are available upon request...



## ATTENTION GROUP SECRETARIES & LICENSED AGENTS

Polish Union is planning to launch a sales marketing campaign to dramatically increase your sales and membership in your groups.

If you are interested, contact the General Secretary at the Home Office at 570-823-1611.

## Attention 2009-2010 Scholarship Applicants

This is a reminder to our Scholarship applicants to check this front page of our Polish Union newspaper for it contains information on the Henry J. Dende Scholarship grants for the school year of 2009-2010.

Polish Union realizes the high cost of receiving a College Degree, so with that in mind, Scholarship requirements were changed last year to give our students the opportunity to obtain a larger scholarship grant than in the past. The new requirements are as follows:

All applicants must be a member of the Polish Union of USA in good standing for a minimum of five (5) years and presently carry a minimum of \$5000 of Polish Union of USA permanent life insurance. Term insurance is not included. Additional insurance can be purchased at anytime in order to receive higher scholarship grants.

All approved applicants with \$5,000 and \$7,499 of life insurance will receive a \$200 scholarship grant.

All approved applicants with \$7,500 and

\$9,999 of insurance will receive a \$300 scholarship grant.

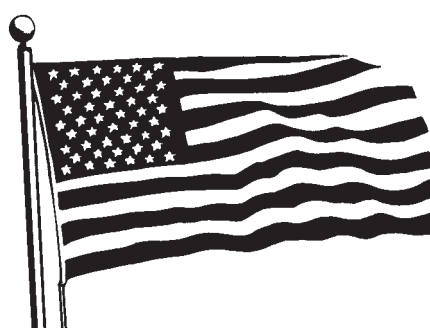
All approved applicants with \$10,000 of insurance will receive a \$400 scholarship grant.

All approved applicants with \$20,000 or more will receive a \$800 scholarship grant.

If you are not at your maximum, apply now for additional insurance to increase your grant money. Contact your group secretary or the Home Office at 570-823-1611 and Chris or Linda will be glad to help you.

You can help us better serve our membership by offering suggestions when you submit your scholarship application. This is not a requirement but consider it an opportunity to let us know of your sentiments and ideas on applying for the scholarship, other potential benefits we should consider, projects we might suggest to our Committees to implement, and any other items you feel may be of value to Polish Union members. We thank you for your interest and possible suggestions.

## Celebrate Flag Day—June 14



These words of the "Star Spangled Banner" penned by Francis Scott Key capture the brave spirit of America continually forged throughout our history by the fires of conflict. . . Yorktown - Gettysburg - Normandy - and Fort McHenry, where Key wrote the famous 1814 eyewitness account which became our National Anthem.

The Flag of the United States of America - look at its colors! The "bright stars" blaze bold and resolute in a changing constellation. The "broad stripes" flash white and red like a jet trail across a brilliant sunrise.

On June 14 we celebrate the birthday of our flag, not for the color of its cloth but for

the courage of people who still respect it as a symbol of hard-fought freedom.

Born on June 14, 1777, the flag is honored each year by Americans everywhere. It stands for our nation's ongoing fight for freedom from hunger, drug abuse, homelessness, illiteracy, poverty, but most importantly, fight for freedom against the indifference toward these problems.

On whatever battlefield our flag may fly—whether here or abroad—we can look to the power of the American volunteer spirit to meet the problems facing our world.

On Flag Day and throughout the year, let's do our part to honor our flag and to applaud the brave army of volunteers who work tirelessly to make our nation a compassionate haven where freedom reigns supreme.

### When To Fly The Flag

New Year's Day; Inauguration Day; Lincoln's Birthday; Washington's Birthday; Easter Sunday; Mother's Day; Armed Forces Day; Memorial Day; Flag Day; Independence Day; Labor Day; Constitution Day; Columbus Day; Navy Day; Veteran's Day; Thanksgiving Day; Christmas Day.

### The Fraternal Societies of Northeast Pennsylvania

Celebrate

## Flag Day At The Ball Park

Friday, June 5, 2009

Game Time at 7 p.m.

Food Served at 6:30 p.m.

Yankees Scranton/Wilkes-Barre

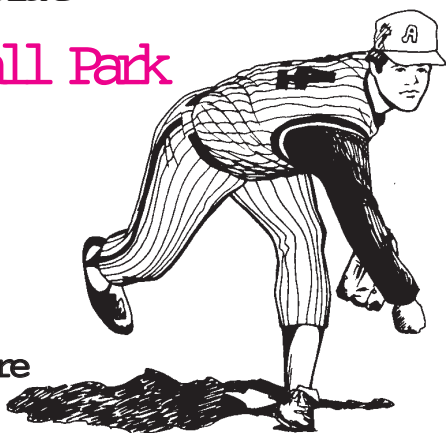
Game Admission and Dinner

\$25 Per Person

Enjoy a Dinner Of: Grilled Hamburgers • Hot Dogs • Pasta Salads • Grilled Chicken • Caesar Salad • Meatball Marinara

- Dinner on covered deck in right field
- Watch as one member throws out the first pitch!
- All the camaraderie you can get!

Please make reservations by Friday, May 28, 2009 at 344-1513 Ask for John  
Reservations Must Be Paid by May 28, 2009



## The Value Of Time

To realize The value of ten years:  
Ask a newly divorced couple.  
To realize The value of four years:

Ask a graduate.  
To realize The value of one year:  
Ask a student who has failed A final exam.  
To realize The value of nine months:

Ask a mother who gave birth to a stillborn.  
To realize The value of one month:  
Ask a mother who has given birth to a premature baby.

To realize The value of one week:  
Ask an editor of a weekly newspaper.  
To realize The value of one hour:

Ask the lovers who are waiting to meet.  
To realize The value of one minute:  
Ask a person who has missed the train, bus or plane.

To realize The value of one-second:

Ask a person who has survived an Accident.

To realize The value of one millisecond:

Ask a person who has won a silver medal in the Olympics.

To realize the value of a friend:

Lose one.  
Time waits for no one.

Treasure every moment you have, when you can share it with someone special.







Happy Easter to all our Group Members.

The Annual Spring Meeting and Luncheon for Chicagoland Groups will be held on Saturday May 16, 2009 1:00pm at Sawa's Old Warsaw Restaurant, 9200 West Cermak Rd. Broadview IL 708 343-9040. A Polish Buffet will be served. We will report on the Annual Board Meeting and the agenda for the year 2009. RSVP to Toni Storts at 708 562-3153 if your group members will be attending by May 8, 2009. We need a count from each group.

Members celebrating Birthdays in April from Group 275 are: Irene Borkowski-Randall Cybulski-Heather Dzialowy-Billy Grgantov turns 11 on April 28-Mildred Jendras-Sandra Laboda-Brian and Dawn Las-Francis McBlaine-Megan Michalec-Danuta and Halina Nawrocki-Czeslaw Piszczor-Eugene Podrazik-Alan Reberski-Ronald Savaglio-Emily Wiczorek-Jozefa Wozniak.

Group 230 April Birthdays are-Dennis Gallas-James Golata-David Hyerczyk-Jessica Jennings-Jason Jerousek-Mia Marie Jordan-Barbara and Samantha Kalfas-Cara Perez-Raymond Pierce-Amanda Schlumpf-Wendy Suarez-Dennis Sutkowski-William Wellnitz-Dillon Young.

May Birthdays from Group 275 are-Adeline Fudala-Carter Kannon-Michael and Thomas Kotlarczyk-Joseph Mcadrian-Karen Metcalf-Elizabeth Migut-Natalie Nowak-Irene Pencak-Leanna Pittman-Mary Podrazik-Stanley Sendre-Philip Strenski.

Group 230 May Birthdays are-Frederick Bluder-Jordan Gallas-Greeley Hillman-Richard Hyerczyk-Mikayla Jennings-Andrew and Laverne Kalfas-Scott Tepper. June Birthdays from Group 275 are-Jonathan Cagle-Candice Cardona-Jamie Dzialowy-Brighton and Jesse Ferris-Donna Gabriel-Peter Hiero-Sara and Valerie Kacinskas-Florence Kolczewski-

David and John Kotlarczyk-John Kusek-Teresa Laboda-Diane Martin-Raymond Migut-Patrick Nirchi-Sarah Pittman-Josephine Reigner-Jeanine Roman-Eleanora Slapa- Gerald Snyder- Emily Solinko- Kenneth Trzebiatowski.

Group 230 June Birthdays are-Paula Bednarz-Lynn Bluder-Kathleen Fencil-Cynthia Gallas-Nicole Harris-Paul Daniel and Veronica Kalfas-Caitlin Klonowski-Debbie Malek-Cynthia Suarez-Judy Twomey-Walker Young.

Congratulations to Brian Grgantov from Group 275 on his First Communion on May 3, 2009 at Our Lady of the Woods. May all of God's Blessings go with you.

Congratulations to all our Graduates from Chicagoland Groups. Good Luck with all your future plans.

To all our members, please consider more life insurance for yourself, children, grandchildren and great grandchildren from the Polish Union of the Usa. A Perfect Gift for any occasion. A \$10,000.00 Policy will give students in College \$400.00 per year towards books for four years. The policy must be in effect for five years before they can be eligible for scholarships. If you have a policy for five years you can add more insurance with no waiting period. Contact Joan Wisinski at 1 888 789-5182 for more insurance or your Group Secretary. Group 275 contact Joan Wisinski at 708 361-4180 evenings or 708 448-6936 daytime.

Coming in January 2010 a Polka Cruise with MSC Cruises-Contact Joan for more information at 1 888 789-5182.

Submitted by Joan Wisinski- Illinois-Midwest District Director and Group 275 Secretary.

## Polish Union of USA Offers Affordable Plans Of Life Protection At Any Age

### WE OFFER

FOR ADULTS .	FOR CHILDREN..
Whole Life	Whole Life
20-year Payment Life	20-year Payment Life
Single Premium Life	Single Premium Life
Paid-Up at Age 65	Paid-Up at Age 65
3-Pay Life	Term to Age 25
	3-Pay Life

### ALL CERTIFICATES\* INCLUDE..

Cash Values    ₣ Paid-Up Insurance    ₣ Certificate Loans  
Extended Insurance

### NON-MEDICAL LIMITS\*\*

Issue Ages	All Plans (except Single Premium Life)	Single Premium Life Only	Three-Pay Life
0-35	\$30,000	\$30,000	\$30,000
36-40	\$20,000	\$20,000	\$20,000
41-45	\$10,000	\$10,000	\$10,000
46-50	\$5,000	\$5,000	\$5,000
51-65	\$2,500	\$5,000	\$5,000
66-70	\$0	\$5,000	\$5,000
71-80	\$0	\$0	\$5,000

\* excluding term insurance. \*\* insurance in excess of those amounts above must have a medical examination up to and including age 70. Acceptance subject to the approval of the medical examiner.

### What is Three-Payment Life?

This is a limited-payment life plan with premiums payable for 3 years. After 3 years the policy becomes paid-up for the full face amount and no further premiums are required. Cash values are available.

**Issue Ages:** The plan can be issued at ages 0 through 80. Do not issue this plan to a newborn child that is under 1 month. The issue age is determined at nearest birthday on the issue date of the policy. For example, an applicant that is 25 years, 6 months and 1 day old is issue age 26.

**Amounts:** The minimum face amount that can be issued is \$3,000. The maximum face amount is equal to the retention limit, which is currently \$20,000.

**Premiums:** A separate table for Males and Females is used. Premiums can be paid on an Annual Premium basis only.

**Dividends:** No dividends are paid during die premium-paying period. After the premium-paying period, dividends will be credited in the same manner as for any paid-up whole life or 20 payment life policy issued on the 1980 CSO tables. The dividends for this plan are subject to the same minimum (currently \$3) as your other plans. Thus, if the dividend calculated for a particular 3 payment life policy is less than this minimum, that policy will not receive a dividend in that year.

**Basis:** 1980 CSO (CCT for extended term benefits) Male and Female tables with 4% interest.

**Taxability:** Since premiums are payable for less than 7 years, the IRS considers this plan to be a "modified endowment contract". As such, dividends paid in cash or amounts borrowed against the policy may be taxable in the year withdrawn.

Please note that the three-pay life option has a new medical limit for ages 46-80 of \$5,000

Contact Your Group Secretary Or Use Any Of These Easy Ways To Contact US

By Mail: Polish Union of USA.,  
P.O. Box 660, Wilkes-Barre, PA 18703-0660.

By Phone (570) 823-1611 • By FAX (570) 829-7849

By E-mail POLUNION@EPIX.NETs

## Happy Birthday - Sto Lat To Our Senior Members April-June, 2009

### Reaching Age 96

Bernice Vecchollo, Garden Prairie, IL  
Emilja Kisla, Friendswood, TX

### Reaching Age 90

Jozefa Grzybowski, Toms River, NJ  
Pawel Kostalik, Chicago, IL  
Mary Meila, Dunmore, PA  
Helena Zeller, Drums, PA  
Zofia Batten, Duryea, PA  
Jozefa Janowska, Olyphant, PA  
Margaret Kahannick, Scranton, PA  
Celia Stewarts, Old Forge, PA  
Leokadja Kengersky, Delancy, PA  
Stanislaw Wolfe, Swoyersville, PA

### Reaching Age 85

Irene Borkowski, Chicago, IL  
Nathalie Glodek, Dickson City, PA  
Lillian Jutkiewicz, Garfield, NJ  
Dolores Mika, Chicago, IL  
Ann Monczewski, Scranton, PA  
Sophie Snarski, Wilkes-Barre, PA  
Kazmiera Tarulli, Cranford, NJ  
Irena Blaso, Kingston, PA  
Joanna Karney, Burlington, NJ  
Jane Smith, Scranton, PA  
Cecylia Wrazien, Avoca, PA  
Zofia Gryczka, New Hartford, NY  
Mark Micciche, Dunmore, PA  
Regina Partsch, Windber, PA  
Helena Piowar, Sun City West, AZ  
Edward Poplawski, Scranton, PA

### Reaching Age 80

Dolores Belinski, Levittown, PA  
Joann Burak, Nicholson, PA  
Leon Burawski, Woodstock, PA  
Maryann Castellani, Dickson City, PA  
Lorraine Day, Scranton, PA  
Lorraine Falborski, Chicago, IL  
Marcella Love, Houtzdale, PA  
Michal Magdon, Peckville, PA  
Elaine M. Mulhearn, Westchester, IL  
Stanislaw Pasek, Hopewell, NJ  
Maryann Stupi, Stow, OH  
Mary A. Wolfe, Jermyn, PA  
Josephine Woznitski, Lititz, PA  
Laverne Kalfas, Chicago, IL  
Joseph P. Lewis, Pocono Pines, PA  
Amelia Mcnamee, Schaumburg, IL  
Mary M. Podrazik, Barrington, IL  
Walt J. Kwiatkowski, Larksville, PA  
Josephine Laskiewicz, Scranton, PA  
Gertruda Sprebro, Moosic, PA  
Leon Wentlant, Dunmore, PA

And to all our Members and Readers who celebrate Birthdays in these months, Happy Birthday—Sto lat

NOTE: If a member does not wish to have their birthday announced, please notify the Home Office.



## Help Us Find These Members

In reviewing our membership list, the following members were found to no longer reside at their last known address, or we have incomplete address information on them. If your name is among the following, or you are familiar with the person, please contact the Polish union Home Office so that they may receive all pertinent information and full access to our fraternal benefits.

Group	Name	Last Known City & State
258	Lawrence Granger c/o. V Granger	Northlake, IL
392	Jennifer Gruner	Woodbridge, VA
270	Paulina Grzesiak	Chicago, IL
400	Robin Hadley	Dunmore, PA
400	Sheri Haduck	Kingston, PA
395	Sheri L. Haduck	Kingston, PA
138	Jozef Hajduk	Plains, PA
275	Brian Joseph Hamilton	Willowbrook, IL
401	Arthur S. Harvey	Altaloma, CA
162	Jozef Helinski	PA
392	Ann Hendrzak	Wilkes-Barre, PA
221	Amelia Heppeler	Willowbrook, IL
321	Carol J. Herman	Pringle, PA
227	Michele Hessler	Mt. Airy, MD
73	Nicole L. Hillegas c/o Toballa	Nanticoke, PA
230	Melissa Hillman, c/o Laura Hillman	O'Fallon, IL
265	Thomas Heath Himlin-Jennie Cardell	Wilkes-Barre, PA
257	Sandra Hrencenin	Vero Beach, FL
293	Cynthia A. Hricenak	Mountain Top, PA
25	Elzbieta Jadczyk	Trenton, NJ
258	Jozefa Jakubowska	Westchester, IL
227	Flori Jamalkowski	Waymart, PA
182	Arthur J. Jarzabek	Hong Kong, OT
155	Peter M. Jawidzik	Candia, NH
275	Sara Eve Kacinskas	Plainfield, IL
25	Joseph A. Kadziela	Brooklyn, NY
400	Margaret Kahanick	Scranton, PA
155	Leon Kalasin	Farmingdale, NJ
73	Anna Kane	Wyoming, PA
25	Walter Karolkiewicz	Trenton, NJ
392	Lillian A. Kaschak	Plymouth, PA
180	Edward Kepics	Bordentown, NJ
227	Eleonora Keslosky	Dickson City, PA
230	Mark Klonowski	Wheaton, IL
221	Regina Klopacz	Orland Park, IL
221	Tad Klopacz	Orland Park, IL
175	George Kochis	Raleigh, NC
221	Carol Kolnicki c/o Gergits	Chicago, IL
221	Ronald Kolnicki	Midlothian, IL
206	Ellen Konicki	Pittston Twp., PA
131	Sophie Koscielski	Lock Haven, PA
320	Robert Kovach	West Pittston, PA
385	Chris Kowalski	Schaumburg, IL
385	Krzysztof Kowalski	Chicago, IL
270	Catherine M. Krupa	Evergreen Park, IL
74	Jean Krzywicka	Chula Vista, CA
395	Caroline E. Kudrich	Scranton, PA
258	Daniel Kulasik	Stickney, IL
258	Kelly Kulasik	Stickney, IL
258	Kristin Kulasik	Stickney, IL
100	Jason Kuna	Tunkhannock, PA
275	John Kusek	Chicago, IL
163	Adam Kutniewski c/o R. Kutniewski	Dunedin, FL
163	Brandon Kutniewski	Scranton, PA
275	Sandra A. Laboda c/o Holz	Chicago, IL
401	Laura Lambert	Laguna Niguel, CA
265	Jarrod Lane	Nanticoke, PA
275	Genie M. Lanucha c/o Malinowski	Chicago, IL
3	Barbara C. Larrive	St. Paul, MN
275	Brian Las	Palatine, IL
275	Dawn Las	Chicago, IL
227	Jeffrey Lasewicz	Linwood, NJ
293	Martha Laskiewicz	Greentown, PA
265	Kaitlyn Lazicki	Bloomsburg, PA
406	Kyle Leaden	New Windsor, NY
258	Eric Michael Lemons	Chicago, IL
3	Denise Lewaniak	Brookfield, IL
221	Eugene Lewaniak	Brookfield, IL
221	Stephanie J. Lewaniak	Brookfield, IL
191	Rena Lewis	Detroit, MI
163	Megan L. Liberty	Bradenton, FL
227	Gregory Libuszewski c/o Libby	Gouldsboro, PA
385	Susan Lipa c/o John Lipa	Berwyn, IL
407	James Liptai	Scranton, PA
407	John Liptai	Scranton, PA
270	David Lis	Orlando, FL
258	Lauren Lo Bue	Albuquerque, NM
258	Lisa Lobue	Albuquerque, NM
378	Michael Lombardo	Chicago, IL
258	Dustin Lopatka	Wheaton, IL
25	April M. Lott	Columbia, TN
182	Jadwiga Lubiak c/o Angela Tarkowski	Erie, PA
270	Lech Lukomski	Tinley Park, IL
197	Lisa Mackarey c/o Murphy	Dana Point, CA
138	Joan Maculloch	Sweet Valley, PA
100	Stanley P. Magda	Gouldsboro, PA
155	Andrea Magnuson	Fairfax, VA
258	Stanislawa Malik	Des Plaines, IL
221	Urszula Marecka	Chicago, IL
221	Ryszard Marecki	Mount Prospect, IL
221	Stanislaw Marecki	Chicago, IL
73	Jozef Masakowski	E. Norristown, PA
240	Albert Matasavage	Scranton, PA
240	M.S. Matasavage	Scranton, PA
73	Rosanne F. Mattiace	Montoursville, PA
270	Ryan Mayton	Bridgeview, IL
407	Angela Mazaleski	Clarks Summit, PA
270	Helena Mazurczyk	Chicago, IL
175	Lori McDermott	Harpers Ferry, VA
275	Joseph McAdrian	Chicago, IL

## Blessing of The Easter Basket

As in most European countries, the Easter Season in Poland is a time of great pageant and picturesque customs. Some of these, like the tradition of releasing convicted criminals from prison on Holy Thursday are no longer practiced, but the majority of the rest are still to be seen across the Polish countryside at Easter time.

Holy Saturday, begins the transition from the sorrow of Easter, reflective of the sufferings of the Passion and Crucifixion, to the joy of Easter, anticipating the Resurrection and Redemption.

Perhaps the first sign of this change is the Świeconka, the traditional blessing of the food. The table of a home would be filled with all sorts of food and delicacies to be eaten in the Easter feast.

### Blessed Easter Fare -

#### Świeconka

On Holy Saturday, the food is blessed either at home or the Parish Church. At home the table is laid with finest linen and on it are spread ham, coils of sausages, cakes of all kinds, in the center of which is the homemade coffee cake, Baba, and homemade bread, colored eggs, Pisanki, salt and pepper, wine, vine-

gar and horseradish mixed with grated beet-root. In the center of the table is placed the Paschal Lamb made of butter. Sprigs of green decorate the plates upon which the food is placed and the edges of the table.

If the food is taken to a church, a little of each article of food mentioned above is placed in a small decorated basket. The basket is lined with a white napkin, and another napkin covers the food until the church is reached. Every housewife tries to make her basket look the prettiest by tying a decorative bow on the handle with a sprig of green or maybe a pretty little branch of pussy willows, or little flowers. The basket is carried to the church by the housewives or children.

Easter Day (Wielkanoc) opens with Resurrection Mass, Rezurekcja. After the services in church, the family returns home and gathers around the table to eat their breakfast, consisting of the blessed fare. An egg is cut into as many pieces as there are persons present, with a few extra slices for guests who may drop in. Each person takes a piece of the "blessed egg" as it is passed by the head of the household, exchanging greetings of Wesołego Alleluja - Happy Easter, and wishes for a long life and happiness.

### Did You Know?

## Why There Are 24 Hours In A Day?

The standard started with the ancient Sumerians, who also invented the first known system of writing. Their mathematical system was based on the number 12, just as ours is based on the number 10. The Sumerians, it is surmised, counted not the 10 digits of the hands, but the 12 segments of the 4 fingers on each hand. Twelve was considered a magical number because it is the lowest number with the greatest number of divisors-it is easily split into half or thirds or quarters or sixths, whereas 10 can only be cut in half or into fifths.

Their systems of weights, measures, and money were all based on 12, and so was their system of time. It was the Sumerians who first divided the day into 12 parts, with each segment equal to 2 of our hours. Later, the Egyptians modified the system by dividing the day into 24 segments.

And in case you were wondering, the Babylonians are responsible for our current system of having 60 minutes in an hour and 60 seconds in a minute.

## 60 Plus—The Golden Years

The years have taught me so much, so much I've learned from life.

I've known many happy moments though others were filled with strife,

As I think back in memory of the things I've said and done.

I remember the many times I've lost and the many times I've won.

Sometimes life darkens for awhile, then it's glorious like the flowers in May.

But you know the sun shines somewhere no matter how dark your day.

My hands, head and heart are filled with plans I want to do.

I pray that I will have the strength and time to see them through.

Because I have so many projects, I just can't call it quits.

So life continues to be a challenge to my wits.

I have the privilege of growing older and my hair is turning gray.

I thank Thee, God, that I have seen this world through Your Son's Light.

### What You Don't Know Could

#### Hurt You

Automobile Accidents are the number-one cause of accidental death for all people under age 70. **BE ALERT FOR:**

**GRIMY HEADLIGHTS:** Dirt can cut light output in half. Clean often with a dish scouring pad.

**LATE-NIGHT DRIVING.** You risk running into drunk drivers (literally) particularly on weekend nights. Try to stay off the roads after 11 p.m.

## To Your Health Protect Your Skin!

Now that the sunny weather is returning is here, Sunburn results from overexposure to UV radiation from the sun or sunlamps, UV rays can cause long-term damage to the skin, resulting in premature aging and wrinkling, and skin cancer.

Sunburn is usually uncomfortable for 24 to 48 hours.

- If you have sunburn, stay out of the sun until your skin recovers.

- Avoid the sun between 10 AM and 4 PM.

- Keep skin moisturized with lotion.

- Apply clean, moist towels to the skin.

- Take anti-inflammatory drugs, such as aspirin and ibuprofen.

- Apply topical creams containing cortisone.

- Soak in a cool bath with a half cup of oatmeal, baking soda or cornstarch added to the water.

### Avoid

- Butter, petroleum jelly, or baby oil. They hold in heat and slow healing.

- Abrasive soaps and hot bath water.
- Ice applied directly on sunburn. Instead, try wrapping ice in a towel.

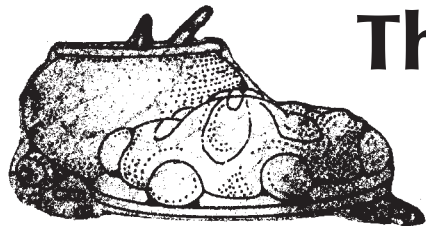
- Perfumes or colognes, which can irritate the skin.

Everyone has some risk of developing Skin Cancer some greater than others. If you have light skin or have had skin cancer in the past, you have a greater chance of getting skin cancer. But young people and people with dark skin can get it, too.

Still like the idea of a tan? Avoid the sun and tanning salons. Both are dangerous for your skin. Spray-on tans or self-tanners are safer than the sun, but there still are dangers. The spray should not get in your mouth, eyes, or nose. And remember, many do not contain sunscreen.

To protect yourself, wear sunscreen all year long. Look for an SPF of 15 or higher (SPF means "sun protection factor") Check your skin for changes. If you find the skin cancer early, the doctor has a better chance of treating and curing it.





# The Polish Chef

## Old Fashioned Regional Favorites

### Rzeszow-style Cucumber & Cheese Salad

Peel and slice 1-2 cucumbers and lace in salad bowl. Add 1 bunch green onions and 1 bunch radishes—both chopped—sprinkle with a little vinegar or lemon juice and season with salt, pepper and a little sugar. Crumble in 1/2 lb. farmers cheese, lace with about 1 c. sour cream, mix well and garnish with chopped dill. (Optional: several chopped, hard-cooked eggs may be added.) Serve as a light, hot-weather meal in itself with some boiled new potatoes or rye bread.

### Bialystok Beetroot Soup

Wash and peel 4-5 beets and 4-5 tart apples and grate coarsely. Simmer in skillet in 2 T. butter until partially cooked, sprinkle with 1 T. flour and add to 7 c. hot pork-bone and vegetable (carrot, leek, parsnip, celeriac) stock. Add 1-2 cloves and simmer until beets are tender. Add 1 jigger red wine, stir in 1 c. sour cream fork blended and simmer several minutes. Salt & pepper to taste and serve with dilled, boiled potatoes on the side.

### Silesian Buttermilk Soup

Peel and cut into cubes 2 lbs. potatoes, place in pot, add 1 t. salt and 3 c. water and cook until tender. Add 5 c. buttermilk and 4 T. flour dissolved in 1/2 c. water. Bring to a boil and simmer briefly. Stir in 3 T. butter and season to taste with salt and a little sugar. Serve at once.

### Sorrel Soup Podlasie Style

Wash well and drain 1 handful sorrel leaves. Chop fine and saute in 2 T. butter until wilted. Add to 6 c. hot beef or chicken broth. Stir in 1/2 c. sour cream fork-blended with 2 T. flour and simmer briefly. Serve over whole poached egg or sliced hard-cooked egg.

### Chicken in Cream Sauce Mazurian Style

Wash and pat dry 1 cut-up fryer or use just the parts (drumsticks, thighs, etc.) you like. Sprinkle with salt, pepper and ground allspice and brown lightly on all side in 2T. butter, oleo or oil. Transfer to baking dish, add diced vegetables (2 carrots, 1 parsnip, a slice of celeriac or 1 celery stalk and 1 onion) and 1 c. stock (1 bouillon cube dissolved in 1 c. boiling water), cover and bake 1 hour in 350 degree oven. When chicken is tender, drench with 1 c. sour cream fork-blended with 2 T. flour. Simmer briefly, then sprinkle with chopped dill and serve with rice and a crispy non-creamed salad.

### Silesian Dough Balls

Combine 2 c. sifted flour, 1 egg, 1 T. soft butter, 1 t. salt and a little water into a fairly stiff dough. Between palms, roll dough into a 1/2 inch thick roll. Pinch off small pieces and drop at once into boiling water. Cook at a gentle boil for several minutes, testing one for doneness. Drain and serve.

### Potato Croquettes

Combine 2 c. leftover mashed potatoes, 2 eggs, 1/2 c. flour and 1/8 t. 1 nutmeg in large bowl. Roll mixture into a long rope. Cut into 3-inch links. Dip the links into 1 beaten egg, then into 1/2 c. bread crumbs. Fry in 4 T. of butter or deep-fry in the fat until golden brown.

### Raw Spinach and Pickled Egg Salad

Wash 1/3 lb. of fresh spinach. Drain and break spinach into bite-sized pieces. Lightly toss with 1 small onion sliced into rings. Combine 1/4 c. fresh lemon juice, 1/4 c. olive oil, salt and pepper for taste and shake to mix. Set aside until just before serving. Garnish the salad with 4 sliced pickled eggs. Drizzle the entire salad with the dressing and serve.

*Smacznego!*

## Fascinating Facts About Your Brain

Amazingly, your brain holds more information than all the libraries in the world. . . it's more complex than any computer. . . and it works under the influence of hundreds of powerful drugs it manufactures itself.

Those are just a few astonishing facts about the brain. Here are some more:

The brain weighs only three pounds—but a computer capable of performing the same functions would be 100 stories tall and cover the entire state of Texas.

Your brain is made up of as many as 100 billion nerve cells—or neurons.

An expert once calculated that up to 280 quintillion—or 280,000,000,000,000,000,000—memoires are stored in the brain during an average lifetime.

Brain cells continuously die and they aren't replaced—but somehow memories last a lifetime.

The brain generates its own electricity. Incredibly, each nerve cell in your brain is a tiny electrical power plant—and even a slight electrical malfunction in the brain can make normal life almost impossible.

The brain is also a drug-making factory, manufacturing hundreds of chemicals, called neurotransmitters, that affect your moods. Among the rugs it produces are a natural painkiller to reduce pain, a natural tranquilizer and even a natural appetite suppressant.

Thinking really is as tiring as physical



labor. The brain can burn up as many calories during prolonged mental work as the muscles do during a long exercise workout.

The brain has an incredibly efficient house-keeping system. Scavenger cells, which are like tiny vacuum cleaners, move around inside the brain, sucking up bits of old or injured tissue and dumping them into the nearest vein to be carried away by the bloodstream.

During brain surgery, patients are often fully conscious so their responses can guide the surgeon as he stimulates the brain's exposed surface. While undergoing such surgery your brain wouldn't hurt because it has no sense of feeling.

—Eric Brown

The above information was provided by Dr. J. Lawrence Pool, professor emeritus of neurological surgery at Columbia University and author of Nature's Masterpiece: The Brain and How It Works.

## K of fee Klatch

with P.K.



**Dzien dobry!** Welcome to my kitchen. Well, Easter has come and gone, and now Mother's Day, Memorial Day and Father's Day are the next big holidays. Our guests are pouring in, and the hot coffee and chia tea is ready along with some small cream-puffs. We are in the sun-parlor and we are over-looking the calm lake. The lake is all that is calm.

The economy of today is on everyone's mind. People everywhere are struggling. At least the weather is getting warmer, so the heating bills will lessen. The people living under bridges and in tents, will not freeze as the weather warms up. Many of us do not recall the great depression, but hearing about it from our parents and grandparents is almost like another world. Look at the housing market, the loss of jobs, so many are suffering. It was only yesterday that everyone went out for breakfast, lunch and dinner...only a few can afford it now, but many still do....When you grew up did you remember a McDonalds, or Wendy's? Most of us remember a delicious wholesome dinner made by our mom every night, and talks around the table which brought us all closer as a family. A friend of mind (who pick up leftover cakes and pies from a well known bakery to be given to the poor) told me the bakery no longer will donate any more food....the poor homeless kitchens will certainly feel the loss... We better all tighten our belts, because it will get worse before it gets better. On top of all this, a woman on the other side of the country, who is a single mother, decides to have eight embryos implanted in her body...So, who is going to pay for this...you guessed it, her state will pay a fortune for all these children who do not have a father...I feel the doctor who did this should be fined and this practice should be banned. Our God must be angry with us and all this corruption. People do not go to church like they used to. People are not praying as they once did, and we have all been warned to repent. So please, be kinder than you now are. Be helpful to others, and hug more people than you now do...and may God Bless All of Us...Amen

### Hope For Parkinson s Disease

Music therapy is being tried for Parkinson patients..Also, brain pacemakers are being tried for hope against Parkinsons disease.

**Dear PK:** We had a tough life growing up. At times we were on welfare. Our dad left us when we were growing up and we all had to struggle. I'm the second of four kids..I worked my way through college and have a great job and make good money. My siblings are always coming to me for money, and I always end up helping them even though they rarely thank me. I get so angry

at myself. Why can't I SAY NO?

—JJ

### Dear JJ:

You help them because you feel survivors guilt. Why was I so lucky? It's natural and admirable to help loved ones in need; however, there is a difference between help and being taken advantage of. You must set limits and stick to them. If they get angry, inform them that they are in no position to get angry and it's the last time they can come to you for money. Remember, you worked hard for your good fortune and you deserve to enjoy it!

PK

**Strictly personal:** birthday greetings to: **Rose Wartko, Marge Bogusko, Nancy Bachurek, Alice Czyzyk, Norbert Dembinski, Helen Czeck, Gail Schultz,** and last but not least, **Charlotte Androckitis** Sto Lat!!!

.....In the beginning....God created MAN.....He stood back and said..."I can do better than that".....and created WOMAN.....

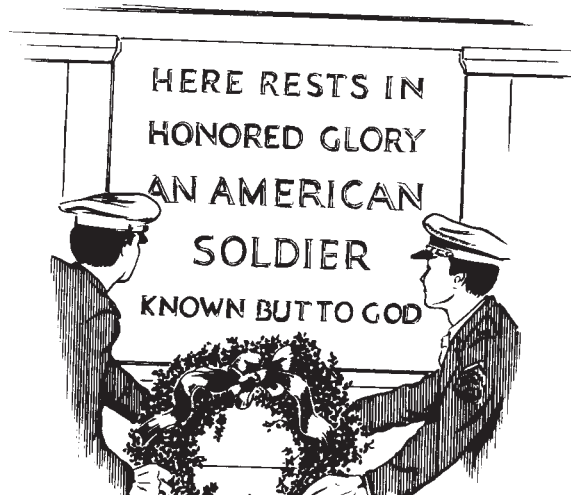
Send your letters to me...I will respond and help you...if you want anything in my column just send to me for the next publication....and have a blessed summer....pk 17 Laurel Drive, Scranton, PA...18505

**Brush Up Your Polish**  
Use These Words Three Times and They Will Be Yours Forever

<b>Bakery</b>	<b>Piekarnia</b> (Pych-kahr-nyah)
<b>Drug Store</b>	<b>Apteka</b> (Ahp-tec-ah)
<b>The Sun</b>	<b>Sonce</b> (Swohn-tseh)
<b>Lock</b>	<b>Zamek</b> (Zah-mek)
<b>Pillow</b>	<b>Poduszka</b> (Po-doosh-ka)
<b>Aunt</b>	<b>Ciocia</b> (chaw-cha)
<b>Uncle</b>	<b>Wujek</b> (Voo-yek)
<b>Grandfather</b>	<b>Dziadek</b> (Jah-deck)
<b>Grandmother</b>	<b>Babcia</b> (Bob-Cha)
<b>Sister</b>	<b>Siostra</b> (Shaw-stra)
<b>Brother</b>	<b>Brat</b> (Braht)

## MEMORIAL DAY 2009

Here's to the men and women of our armed forces, who unselfishly answered their nation's call. In times of war and times of peace, these dedicated Americans stood ready to fight and die so that democracy might live on. On Memorial Day, we honor them one and all, and proudly, offer our thoughts of gratitude for giving a part of their lives to freedom's cause and playing an important role in American history.





Join The Polish Union Youth Committee  
For A Fun-Filled Day At



**Knoebels**  
**Amusement Park**  
Rt. 487, Elysburg, PA  
**Sunday, June**  
**28, 2009**

From Noon to 3 p.m.

Polish Union will provide Hot  
Dogs, Hamburgers, Soda  
and Water



A Drawing Will Also Be Held

Please RSVP by June 18th

Phone The Polish Union Home Office  
570-823-1611

### On Mother's Day To All Our Moms



It Takes a Mother's Love to Make a House a Home—  
A Place To Be Remembered No Matter  
Where We Roam.  
It Takes a Mother's Patience To Bring A  
Child Up Right  
And Her Courage And Her Cheerfulness To  
Make a Dark Day Bright  
It Takes A Mother's Wisdom To Recognize  
Our Needs.

And To Give Us Reassurance By Her Loving Words and Deeds.  
And That Is Why, In All This World, there Could Not Be Another  
Who Could Fulfill God's Purpose as Completely As A Mother

### Join Our Family Activities

#### Clip and Save

Members are encouraged to participate in all educational, cultural, civic and social activities sponsored by Polish union of USA. the following activities are yours for the taking. They are designed for all ages. We urge you and your family to participate in them.

#### 2009

#### May

- May 16 Chicago Region' Annual Spring Meeting Luncheon at 1 p.m. Location to be announced
- May 30 Bowling For St. Joseph's Center 6 - 9 p.m. at South Side Bowl, Scranton

#### June

- June 5 Flag Day at the Ball Park Game Time 7 p.m., Food served 6:30 p.m. Reservations necessary by May 28
- June 28 Family Picnic at Knoebels Park in Elysburg, PA

#### October

- October 28 Chicago region's Annual Fall Meeting & Potluck Luncheon & Raffle at 1 p.m. Location to be announced.

#### December

- December 5 Chicago Children's Christmas Party 2 - 5 p.m. Location to be announced

...

All dates and times are subject to change. For the latest revisions or additions, or to register on-line, go to [www.PolishUnionUSA.com](http://www.PolishUnionUSA.com) or phone (570) 823-1611.

## You Can Give Yourself an Insurance Checkup!

Ask Yourself A Few Simple Questions

- When was the last time I checked the Beneficiary's name listed on each of my life insurance policies?
- When was the last time I added up all of my life insurance to make sure I have enough coverage on myself and my family?
- When was the last time I spoke to an insurance agent?
- Do I really have enough life insurance coverage on myself and my family?
- Are prices today, the same as they were when I first took out my policy?
- Have my life circumstances changed since I purchased life insurance, such as, am I married now, do I have children.

If you want to review your present coverage or think that you just want to talk with someone that can help, don't hesitate to give us a call

After all, our only purpose is to serve YOU, our member!

## Help Us Find Our Fraternalist of the Year

### RULES & REGULATIONS

- 1) Nominee must be a Polish Union member.
- 2) Board Members are not eligible.
- 3) A person can only be Fraternalist of the Year one time.
- 4) All Polish Union Members from all States can qualify.
- 5) Applications must be submitted by July 1st each year.

- 6) Emphasis should be placed on volunteerism and community activities.
- 7) There will be 3 judges.
- 8) All judges will receive a copy of the application submitted to review. The point system will be used to select a winner.
- 9) The Fraternalist of the Year selected shall receive a \$100 cash award and a plaque.

## POLISH UNION OF USA "FRATERNALIST OF THE YEAR" AWARD

### NOMINATION FORM -

(Please print or type all information)

**ENTRY DEADLINE JULY 1, 2009**

#### I. PERSONAL DATA:

Nominee's Name: \_\_\_\_\_  
Spouse's Name: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Home Telephone: \_\_\_\_\_ Business Telephone: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
Number of Children: \_\_\_\_\_  
Children's Names: \_\_\_\_\_  
Occupation: \_\_\_\_\_

#### II. ORGANIZATIONAL INFORMATION:

Nominee's Society: \_\_\_\_\_  
Group Number: \_\_\_\_\_  
Location: \_\_\_\_\_  
For how many years has Nominee been a member of this Society? \_\_\_\_\_  
List Nominee's most significant achievements in his/her Society. (Awards, committee work, elected or appointed positions.)  
\_\_\_\_\_  
\_\_\_\_\_

#### III. OTHER ORGANIZATIONS:

To What other church or community organization does the Nominee belong?  
\_\_\_\_\_  
\_\_\_\_\_

List the Nominee's achievements within these organizations.  
\_\_\_\_\_  
\_\_\_\_\_

#### IV. Describe why you have nominated this individual to receive this award. (Use additional sheet, if necessary.)

Nominated by: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Date: \_\_\_\_\_ Telephone: ( ) \_\_\_\_\_

Mail Completed Application to: Fraternalist of the Year Committee  
Polish Union of USA • P.O. Box 660 • Wilkes-Barre, PA 18703-0660