



FRATERNAL JOURNAL

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Polish Union of U.S.A.*

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Katryna Reilly Named Presenter Book Signing and Lecture For 2009 Debutante Ball

Polish Union Chairperson of the 2009 Debutante Ball, Emily Huber has announced that this year's presenter of the Debs will be Katryna Reilly former Debutante.

Katryna is the oldest daughter of Michael Reilly and Kimberly Reilly. She has a younger brother, Brenton, and a little sister Kalyssa. Katryna started her volunteer activities at a young age beginning with being the highest decorated Girl Scout in a new troop for 3 years. She was the youngest person certified in CPR and first aide in the Scranton Chapter of the American Red Cross at the age of 9 years old. She volunteered to assist at Boy Scout Day Camp for young Cub Scouts for 5 years. She was an honors graduate at Scranton Preparatory high school where she was invited and participated in a two week long forum at Villanova University for higher education in Science and Medicine. After high school, she went on to further her education at the University of Scranton where she majored in Neuroscience and Psychology and she graduated with a Bachelors degree in 2008.

Katryna continues her volunteer activities with Blessed Sacrament Parish as a cantor/psalmist almost every week since 2002 as well as a catechist for 4th and 5th grades since 2004. In the past 7 years, she has participated and coordinated several fundraisers, youth activities, youth haunted houses and social service work. She took part in a Service project with the Sisters of the Immaculate Heart of Mary in 2003 in order to help rebuild structures and the lives of flood victims in West Virginia.

Katryna has been involved with the Polish Union since 2002 when she was a debutante. From there, she was Miss Polish Union runner up in 2002 and 2003 and Chairperson of the Young Adult Committee from 2002 to 2004. Katryna was awarded the Henry J Dende Scholarship in 2004 and has been a Debutante Ball Committee member since 2003 including being the Co-Chairperson for the past three years.

Katryna Reilly is a person who is dedicated to helping others. From 2004 to 2009 she worked part time through college as a



Katryna Reilly To Present Debs

Residential Assistant at Allied Services providing direct patient care to mentally and physically challenged adults from ages 19 to 91. She continued to work at Allied full time for a short while after graduating from college and now works at Children's Service Center where she provides mentoring and social guidance to adolescents with behavioral needs, mental illnesses, and trauma related issues.

Katryna's favorite activities include sharing laughter with her loved ones and her future plans are to expand her education and complete an RN program where she can continue to touch the lives of those she meets.

This years Debutante Ball will be held on Saturday evening, November 7th. It will be held at Genetti Manor, Dickson City. Tickets are \$30 and can be purchased at the Home Office of the Polish Union. This event is the social highlight of the year for the Polish Union.



1st Vice President Bernard Kolodziej, Karen Bednarski and Treasurer Jack Bednarski are pictured with Alex Storozyński, author of "Thaddeus Kosciuszko, the Peasant Prince." at the Wilkes University Library. Alex Storozyński is a Pulitzer Prize winning journalist and President of the Kosciuszko Foundation in New York City. The lecture was followed by a book signing and light refreshments. A tour of the Wilkes University Polish Room was offered to interested persons.

31st Annual Debutante Ball

A Heavenly Affair

Saturday, November 7th, 2009
Genetti Manor, Dickson City, PA

Chairperson, Emily Huber

Presenter of Debutantes will be Katryna Reilly

Presentation of Debutantes at 5:30pm

Dinner to follow

Dancing and Refreshments from 7 to 11pm

Entertainment provided by the
George Tarasek Orchestra

\$30 for Adults and \$15 for Children

Menu Selection Includes:

Salad • Chicken Supreme • Baked Haddock • Sliced Roast
Beef with Gravy

Anyone interested in attending this magical affair can purchase tickets by contacting the Polish Union of USA at 570-823-1611. Please contact them with any questions as well or email the chairperson directly at Casper3819@aol.com.

We would love to see you there!

Volunteers Wanted For Feed The Needy Program

Our Chaplain, Rev Patrick Albert, is requesting help for the 2009 "Feed the Needy Program" of Polish Union of USA sponsored by the Commission on Economic Opportunity. As in prior years, members and friends of Polish Union volunteered to help with the distribution of Thanksgiving food orders at the CEO warehouse.

We have selected the dates of Saturday and Sunday, 11-21-09 and 11-22-09 for our volunteers to work as a group at the distribution center. The hours each day are from 7:00 AM to 5:00 PM or any part of the two days. Call Polish Union at 823-1611 to let us know which days and hours

you plan to work.

Should you choose to volunteer independently on other days during the month of November 2009, call Maura Modrovsky at 826-0510, ext.215 for details.

Also, persons interested in making cash donations may send their contributions to Polish Union- Feed the Needy at Polish Union USA, Box 660, Wilkes Barre, PA 18703-0660. Make checks payable to Polish Union of USA. These funds will be presented to CEO as in prior years.

Please mark your calendar now and plan to help us help the needy this Thanksgiving season by demonstrating our fraternal efforts to the community.

Zonta Club Christmas Party

The Annual Zonta Christmas Party will be held on Sunday, December 6, 2009 at The After Five Club, Dickson City, PA. Chairperson is Alicia Meredick and Alice Czyzyk is co-chairperson. Breaking of the wafer is at 2:30 p.m. followed with a family-style dinner at 3:30 p.m.

Members in charge of exchange gifts are Mary Ann Arnold, Josephine Adomiak, Helen Wisneski and Barbara O’Neil. Games: Mary Martini and Ann Sabatini.

This event is limited to Zonta Club members. Dinner is \$25 per person and the exchange gift is \$5. Invited guests are: Polish Union General Secretary Charlotte L. Androckitis, Polish Union Chaplain, Rev. Patrick L. Albert and Rev. Joseph Brozena, pastor of St. Michael’s Church in Old Forge, PA.

Reservations are necessary and can be made with Rose Wartko at 347-3620. Reservations will close November 20, 2009.

Annual Wigilia (Holy Wafer) Supper

The Young Adult Committee invites everyone to the Annual Wigilia (Holy Wafer) Supper. The traditional meatless dinner will be held at the Polish Union’s home office (Wilkes-Barre, Pa) on November 29, 2009 beginning at 2pm. The event will include crowning of Ms Polish Union 2009-2010, dinner and koledy (Christmas Carols). If you are interested in attending this event please contact the home office by November 13, 2009.

In Memoriam

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

Group	Member	State
73	Ignacy Adamski	PA
155	Josephine Sudol	NJ
385	Helen Stacy	IL
385	Elsie Balcer	IL
258	Dolores Mika	IL
320	Tessie Wywiorka	PA
163	Walter F. Haynos	PA
385	Florence Nalepka	IL
230	Julia Ochenkowski	IL
321	Julian Filip	CA
258	Raymond Wagner	IL
230	Jody Brokiewicz	CA
155	Michal Warnowicz	NJ
275	Frank Novak	FL
230	Jozefa Kaczmarczyk	MI
73	Janina Michaloska	FL
189	Antoni Kutz	PA
73	Jozef Kazmierzewski	PA
131	Dolores Busch	PA
258	Thomas F. Rushing	NE
406	Anthony Belenski	NJ
275	Wladyslaw Knapczyk	CA
138	Wladyslaw Bartkowicz	NJ
221	Edward S. Augustyn	IL
175	Joseph Zak	PA
74	Bernarda Bozentka	PA
258	Czeslawa Wazneak	IL
163	Celia Francovitch	PA
400	Mary Bianca	PA
395	Violet Oravec	PA
257	Stanislawa Nowak	PA
138	Aniela Naber	PA
206	Loretta Lokuta	NJ

† † †
May the souls of the faithful departed rest in peace.

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

Reason To Buy Life

With today’s economy, there are many reasons to purchase Polish Union Life Insurance. The main reason is to provide financial protection for your family in the event you should die. A man or women adds to their estate immediately when they purchase life insurance policy from Polish Union. They also protect the future of that estate as they maintain the policy over the years. In addition, the Polish Union offers many fraternal benefits to our members such as, scholarship aid to college students, the children’s parties,family picnic, craft courses, St. Joseph’s Dinner, “Miss Polish Union”, and the highlight of the year, the Debutante Ball for our young girls.

At the present time, what our organization needs more now is new members. All of us can do our part as a member by making an effort to enroll your family and friends to our organization, the Polish Union. Since grandparents have an insurable interest in their grandchildren, why not purchase a policy for them. Why not consider one of our popular Single Premium Life or a Three Payment Life Plan? The first, with one payment, the policy is fully paid up. The Three Payment Life Plan, the premium is spread over three annual payments. They are both great deals, and remember, our rates are competitive.

So Grandparents and Parents, why not consider a gift for your grandchildren and your children, as the holidays will be upon us before you know it.

We are constantly looking for new mem-



President’s
Desk

ROSE A. WARTKO

bers, so whenever you a member, attend a social function, look around for potential members, it may a new bride or a new baby in the family. Give them the opportunity to belong to our organization and enjoy all of the Polish Union benefits as a member. Polish Union issues insurance plans for adults and children. Each plan carries cash values, paid-up insurance, certificate loans and extended insurance. Life insurance is purchased for the living, not the dead. You don’t buy life insurance for fear of dying, you buy for your spouse, for your children and yourself.

As I do so often in my column, please check your insurance portfolio. Do you have enough insurance to protect your family? Do you need additional life insurance? Do you need to change your beneficiary? Contact your group secretary or call the home office at 570-823-1611 and Chris or Linda will be glad to help you with any form you may need.

Happy Holiday’s

Find Fraternal Journal File Articles
and Get The Latest Information At:
POLISHUNIONUSA.COM

Reminiscing

Some observations and reflections
by Chester Tracewski.

We recently asked Mr. Tracewski to develop an article, which would help people realize the value of Polish Union membership. The following item paraphrases his message.

I recently spoke with a very good friend of mine who has been out of the area for several years. He is coming back to visit relatives and re-connect with some of the traditions he fondly remembers. He feels that his children would enjoy homemade cookies, poppyseed, nut roll and family activities instead of always hearing about sickness, funerals, and other sad news.

During our conversation I heard that my friend also recently lost his parents and we both reflected on the good times we enjoyed mainly through the efforts and guidance of our parents and families. His visit is also very special because he just returned from an extended tour of duty with the Military in the Middle East.

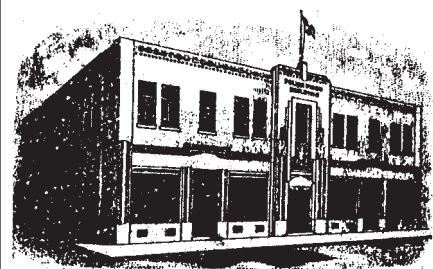
When he asked about our plans for the Holidays, I mentioned that we still try to keep the old customs alive, but with the closing and consolidation of parishes, ethnic her-

itage is often left to the individual families. He also asked if we take our kids to the Polish Union Christmas party and I mentioned that our reservations are already in because it is only a few days away. I suggested that he call Polish Union to register his children promptly. Both of us felt that we need to be reminded of the good old days, keeping in mind those times and traditions when we truly celebrate family and our Polish Roots. We must remember to share with our families and friends by encouraging them to join Polish Union. This is an excellent way to keep those traditions alive.

What About You?

Christmas is right around the corner and it is not too late to keep the tradition alive with a membership in our Polish Union. Enjoy all the rewards including Scholarships, Polish language classes, Holiday Parties, Debutante Ball, Arts and Crafts, Trips, Summer Outings, and numerous family activities.

Call your Secretary or call Linda, Chris or Charlotte at the Home Office for answers to questions you may have about Polish Union. I am sure they will be happy to hear from you.



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

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General Secretary: Charlotte L. Androckitis 53-.S9 N. Main St., Wilkes-Barre, PA 18701
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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

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Mr. William J. Giebus 90 Warner St., Plains, PA I8705
Mr. Joseph P. Pudlosky, Jr., 15 Sunset Lake Rd., Hunlock Creek, PA 18621
Mrs. Terri Rumensky 620 Pancoast St., Dickson City PA I 8519
Mr. Chester P. Tracewski, Jr. 112 First St., Blakely, PA 18447

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Mrs. Joan Wisinski 13210 S. 85th Ave, Palos Park, IL 60464

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Honorary Member

Cardinal Adam Maida, Archbishop of Detroit

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

E-mail POLUNION@EPIX.NET

Search Is On For Office of General Secretary

In accordance with Article IX, page 15, of the Constitution and By-Laws of the Polish Union, A committee has been appointed “to seek out,” interview and recommend for nomination, a person for the Office of “General Secretary”, to the delegates of the 37th Convention.

Requirements for the position, as set forth by the committee, includes appropriate education and experience in life insurance, fraternal work, business administration, public relations, community activities, personel management and marketing experience.

Persons who feel they meet the requirements and are interested in the position, send a letter of application and goals to:

Search Committee For General Secretary
Polish Union of U.S.A.
P.O. Box 660
Wilkes-Barre, PA 18703-0660

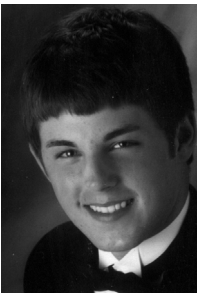
More Of Our 2009-'10 Scholarship Recipients



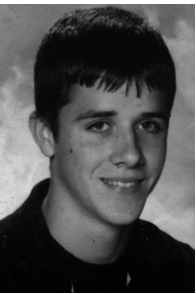
ANTENE, E.



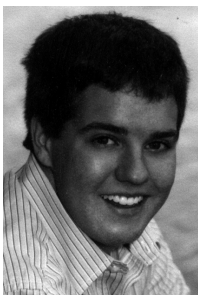
GILROY, K.



MEREDICK, M.



ROBINSON, R.



RUMENSKY, P.



TRYDA, A.



VOLK, K.



Young people, all members of the Polish Union of U.S.A., are recipients of 2009-2010 Henry J. Dende Scholarship Stipends from the Polish Union of U.S.A. This educational assistance is only one part of the fraternal’s continuing efforts to assist its members and serve the community. A continued listing of this year’s recipients is found below.

. . .
Emily Antene, Gr. 275, Brookfield, IL, is the daughter of John III and Cynthia Antene. She is a sophomore Communications major at Saint Louis Univ., St. Louis, MO.

. . .
Kelsey Bernice Gilroy, Scranton, PA, is the daughter of Joseph and Lisa Gilroy. She is a Health Care Administration major in her junior year at the Univ. of Rochester, Rochester, NY.

. . .
Matthew Jerome Meredick, Gr. 400, Scranton, PA is the son of Michael and Carolyn A. Renn Meredick. He is a 2nd year Athletic Training and Spanish major enrolled at the Univ. of Pittsburgh, Pittsburgh, PA.

. . .
Richard Joseph Robinson, Gr. 400, Scranton, PA, is the son of Robert and Elaine Novak. He is a sophomore Nursing major at Penn State Univ., University Park, PA.

. . .
Paul William Rumensky, Gr. 240, Dickson City, PA, is the son of Peter and Karen Rumensky. He is a Pharmacy major in his third year at Wilkes Univ., Wilkes-Barre, PA.

. . .
Angelika Tryba, Gr. 378, Mt. Prospect, IL, is the daughter of Pawel and Jolanta Tryba. She is an Accounting major in her second year at Southern Illinois Univ.-Carbondale, Carbondale, IL

. . .
Kimberly Volk, Lee’s Summit, MO, is the daughter of Sandra and the late Duane Volk. She is a Junior Dentistry major at Creighton Univ., Omaha, NE.

. . .
Kreshel Ann Wilson, Gr. 51, Rome, PA, is the daughter of Edward and Pennie Wilson. She is an Elementary Education/Early Childhood major at Mansfield Univ., Marshfield, PA.

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Lawrence A. Wroblewski, Editor

Union News Notes

Hon. V-P Joseph Zak Passes
 The office received the sad news of the passing of Honorary Vice President, Joseph A. Zak. Mr. Zak was a Polish Union Member for 64 years. He was very active in our Fraternal, serving as National Vice President and Assistant Secretary for many years. He was a delegate and served on numerous Convention Committees. He was a licensed agent and Secretary of Grp. #175, Wilkes-Barre, PA in which he was a perennial winner of membership contests. He is survived by son and daughter-in-law, Joseph J.

and Irene Zak along with grandchildren and great grandchildren who are all members of Polish Union.

Articles and Photos Sought
 Anyone having articles and pictures on Polish Union Members is asked to send the article along with a picture (if possible) to Public Relations Coordinator, Chris Pagoda at the Home Office via E-mail to cap@polishunionusa.com or mail. If you have questions call Chris at (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!

We need YOUR help to make our Tree of Knowledge Grow!

The Polish Union of USA is seeking donations toward the Polish Union Educational Fund.

Each year, those who donate to the Scholarship Fund will receive a leaf on the Polish Union Tree of Knowledge, as well as being acknowledged in both the online and print versions of the Fraternal Journal. During the past 15 years, the Polish Union of USA awarded more than \$135,000 to 658 applccants to help defer tuition costs.

By sponsoring a leaf on the Polish Union Tree of Knowledge, you can help us continue helping students by supporting the Polish Union Educational Fund. Leaves may be purchased in your own name, your business name or as a living memorial for a loved one.

Please complete the form below and return it (a photocopy is also acceptable), along with your donation to: Polish Union of the United States of North America Tree of Knowledge, P.O. Box 660, 53-59 North Main Street, Wilkes-Barre, PA 18703. Please make checks payable to the "Polish Union-Educational Plan

Name/Company _____

Telephone _____

Address _____

City/State/Zip _____

E-mail _____

Enclosed is (please check one)

- ☐ My first annual donation toward the“Tree of Knowledge” _____ entitling me to a Tree of Knowledge leaf. (Minimum of \$20 per payment).
- ☐ My donation toward the “Tree of Knowledge”. I do not wish _____ to receive a Tree of Knowledge leaf or have my name published in the Fraternal Journal.

Please Print My Tree of Knowledge Leaf As Follows: Leaf Inscription:

Maximum of 4 lines with 20 characters per line, including spaces.

About Our Members



The Skonieczkis at their wedding .

Edward and Anne (Conti) Skonieczki celebrated their 62nd wedding anniversary on September 6th. They were married in St. Francis Church in Nanticoke and moved to Milford, CT in 1950.

They retired to Spring Hill, FL in 1889. After ten years they returned to Milford. They are blessed with three children: Edward (Sandra); Lynn (Robert) Dulin and Lisa Shackett. They also have seven granddaughters and one grandson. Edward is a member of Gr. 73 in Nanticoke.



Mr. and Mrs. Aloysius J. Bogusko of Wiles-Barre Township are celebrating their 60th Wedding Anniversary on November 19, 2009. They were married by Rev. Msgr. W. Losieniecki at Saint Mary’s of the Maternity Church in Wilkes-Barre.

Al and Marge are the parents of four daughters: Anita Sirak, Andrea Yorkonis, Margo Lukacinsky and Judy Katra. They have five grandchildren: April Yorkonis Fernandes, Aaron Yorkonis, Lukas Lukacinsky, Kellen and Kyle Katra.

Al is a former Group Secretary with the Polish Union and also served as a director for many years. He is currently an Honorary Director.

They plan to celebrate with family on a cruise to Bermuda.



The Skonieczkis today

Rest Well—You’re Safe With Polish Union
Our Ratio of assets to liabilities:119.92%;
For Every \$1.00 Of Liability We Have
We Have \$1.19 To Pay It

A Merry, Merry Christmas And
A Blessed New Year
Wesołych Świąt, Szczęśliwego
Nowego Roku

To All Our Members, Neighbors
and Friends
Polish Union of U.S.A.



Officers

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

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Anastasia Bachurek • William J. Giebus,
Joseph Pudlosky • Terri Rumensky,
Chester Tracewski

District Directors

Illinois & Mid-West
Toni Storts • Joan Wisinski



HALLOWEEN PARTY FOR KIDS IN N.E. PENNSYLVANIA

The Halloween Party for ages 0 - 12 years, who are members of the Polish Union, will be held at the Polish Union headquarters Community Room, Wilkes-Barre. The party will be

Friday, October 23rd,
2009 6 to 8 pm

In the Community Room,
53 North Main St.

There will be a costume parade, food, treats, magic,
and lots of fun for all participants.

Parents or chaperones: If you wish to get in the Halloween
spirit, please feel free to dress-up too!

For reservations contact the Polish Union Home Office
before 4:30pm at (570) 823-1611.

Please RSVP by , October 16th



Help For Your Life’s Events

Time is very valuable, as we all know. There are different functions that we attend, are involved in, and care about. Yet, everyone’s life is full of many events that Polish Union can be very helpful with. It could be a new baby in the family, a first Holy Communion, a graduation, a wedding, or a funeral. Imagine Polish Union products being the answer to the participant of these events.

Polish Union reminds everyone of its 3-year-plan available to all our members. It covers the ages of 0 to 80. Many of our members do not have enough insurance for funeral expenses, much less to help ease the financial burden of the family at a time of loss. This plan offers a wonderful opportunity to increase your insurance coverage. Contact your Group Secretary or the Home Office for more information about this plan or any of those in our portfolio.

Polish Union is a Fraternal Society which means that unlike commercial insurance companies, Polish Union members stand to benefit much more from membership. We offer fraternal insurance which besides providing life insurance, also offers benefits such as our scholarship program; debutante ball; holiday parties and community projects. However, to receive these benefits a person must be a member of our Polish Union of U.S.A.

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

October

- | | |
|------------|---|
| October 23 | Lackawanna/Luzerne Children’s Halloween Party. 6 - 8 p.m. Polish Union Community Room, 53-59 N. Main St., Wilkes-Barre |
| October 24 | Chicago’s Annual Fall Meeting and Potluck Lunch at 1 p.m. at the Alliance of Polish Clubs, 5835 W. Diversey Ave., Chicago. |

November

- | | |
|-------------|--|
| November 7 | Debutante Ball 31st Annual Event to be held at Genetti’s Manor in Dickson City, PA |
| Nov. 21-22 | Volunteer for “ Feed The Needy ” 7 a.m to 5 p.m. Saturday or Sunday. |
| November 29 | Wigilia Wafer Dinner Polish Union Community Room, 53-59 N. Main St., Wilkes-Barre at 2 p.m. |

December

- | | |
|------------|--|
| December 5 | Chicago Children’s Christmas Party 2 - 5 p.m. Mayfair Banquets 10835 Wakefield Ave., Westchester, IL |
| December 5 | Lackawanna/Luzerne Children’s Christmas Party. 11 a.m. to 2 p.m. Polish Union Community Room, 53-59 N. Main St., Wilkes Barre |

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

News From

CHICAGOLAND

DISTRICT DIRECTORS

Toni Storts 708-216-9624 Joan Wisinski, 708-448-6936 days, or 708-361-4180 evenings.

The Annual Chicagoland Fall Meeting and Potluck Lunch and Raffle will be held on Saturday, October 24,2009 at 1 pm at the Alliance of Polish Clubs located at 5835 West Diversey in Chicago. All Group Secretaries and Members are invited to attend. RSVP to Toni Storts at 708 562-3153 or Joan Wisinski at 708 361-4180. Please bring a dish to share and a raffle prize.

The Annual Chicago Area Combined Groups **Childrens Christmas Party** will be held on Saturday December 5, 2009 from 2pm-5pm at Mayfair Banquets, 10835 Wakefield Ave., Westchester Il. All member Children 12 and under are invited to attend with their parents or grandparents. A Pizza Buffet will be served followed by a Sweet Table.Mrs Santa Claus and Santa Claus will be their to hand out the Childrens presents. Reservations are required by November 1, 2009 to your Group Secretaries or call Toni Storts at 708 562-3153 or Joan Wisinski at 708 361-4180.

Group 275 October Birthdays are-Emily Antene-Ann Breier - Kristin Bustillo-Rhonda Cardona-Leonard Deptula-Lisa Dzialowy-Edwin Fudala-Carol Kotlareczyk-Jean Kozala-Chester Luszczyk-Deborah Norbut-Andrew Patoska-Judith Rzonca-Ted Strenski-Edward Strzempa-Joyce Weber-Mark Wisinski on October 12-Genevieve Wisniowski-Patricia Zolna-Alice Zurek and Veronica Zurowski.

Anniversay wishes to Tom and Joan Wisinski on October 13, celebrating 53 years.

November Birthdays from Group 275 are-Claire Antene-Renee Bielunski-Denise Ferris-Gary and Jason Gabriel-Agnes Gomulka-John Jendras-Janice Kwaski-Bernadine Luszczyk-Shannon Reberski and Wanda Winiarski.

December Birthdays from Group 275 are: Nora Antene- Odilia Bonkovic- Autumn

Eklund turns 12 on Dec 6- Carly Ferris-Diane Flowers- Linda Hainlen- Dolores Kaczmariski- Wladyslaw Knapczyk- Genie Lanucha- Janet Liszka- Phyllis Mcvilley-Carol Michaels- Kevin and Kristina Parkinson-Stanley Pencak- Bronislawa Pikus- Edward Radek- Joan Regnier-Adrienne Ryan- Jason Sims- John Strenski-Eric Wisinski turns 7 on Dec 30.

Group 230 Anniversaries: October 8 Lorraine and Ronald Young and October 13 Lance and Jill Young

October Birthdays Noah Young Larry Young, Caden Aldrich. Ashley Argueta, George Kalfas, Natalie Kalfas, Paulette Kalfas

November Birthdays: Joshua Gasiorowski, Michael Golata, Lorraine Young, Laura Young, Toni Storts

December Birthdays: Kristine Kalfas, Kelly Winters

Join our Polka Cruise featuring two Bands from Pennsylvania on January 9-16 2010 round trip from Ft. Lauderdale on Msc Poesia, a brand new ship to the Eastern Caribbean. Call Joan at 1 888 789-5182 to book your cabin. Children 17 and under cruise free in same cabin as two adults. A great deal for all families.

A great Gift for any occasion a Polish Union Insurance policy for adults and children. Call Joan Wisinski at 708 361-4180 for applications.

Merry Christmas and Happy New Year 2010 to all our Members.

Article by Joan Wisinski, Illinois District Director and Group 275 Secretary and Toni Storts, Illinois District Director and Group 230 Secretary.

Happy Birthday - Sto Lat

To Our Senior Members

October-December, 2009

Reaching Age 96

Jozefa Biga, W. Avoca, PA
Laurence R. Saldecke, Loma Linda, CA
Helena Selewska, Jackson Heights, NY

Reaching Age 90

Josephine Bryski, Hudson, PA
Hedwig R. Gill, Wilkes-Barre, PA
Marja Griswold, Belleville, NJ
Monica Kashuba, Scranton, PA
Eleonora Keslosky, Dickson City, PA
Jadwiga Lubiak, Erie, PA
Kata Matuszewska, Altoona, PA
Jozef Weszczynski, Dearborn, MI
Izabela Neishell, Hudson, PA
Michael Skapyak, Old Forge, PA
Franciszek Wojczak, Endwell, NY

Reaching Age 85

Edward Bara, Palos Hills, IL
Stephen E. Burak, Nicholson, PA
Joseph Czek, Nanticoke, PA
Helena Delorie, Windber, PA
Tadeusz S. Folchek, Wynnewood, PA
Dorothy Gesecki, Nanticoke, PA
Albina Homitz, Dickson City, PA
Edward Jacien, Niagara Falls, NY
Kordula Kaczenska, Clarks Summit, PA
Maryanna Kaniecka, Hudson, PA
Irene Kucharski, Throop, PA
Helena Pacovsky, Alameda, CA
Rose M. Patrick, Scranton, PA
Bronislawa Pikus, Chicago, IL
John S. Ryczak, Clarks Summit, PA
Helena Schriff, Shelton, CT

Karol Skiba, Oil City, PA
Eva Stonikinis, Dupont, PA

Reaching Age 80

Frances Babiarz, Edgerton, WI
Constance Genese, Berwick, PA
Mabel R. Cigna, Scranton, PA
Pearl B. Grant, Mocanaqua, PA
Leonard Hozlock, Levittown, PA
Florence Jamialkowski, Waymart, PA
Dolores Kaczmariski, Chicago, IL
Lillian A. Kaschak, Plymouth, PA
Casmir Kaskiel, Plains, PA
Marie Kemmerer, Mine Hill, NJ
Leroy T. Korth, Ormond Beach, FL
Wladyslawa Lans, Chicago, IL
Edward Larson, Glen Lyon, PA
Adela Lemek, Plains, PA
Stan Matuszkiewicz, Archbald, PA
Zofja (Sophie) Rhodes, South Bend, IN
Henrietta Wilson, Akron, OH
Jean Wisniewski, Wilkes-Barre, PA
Thomas Wolfe, Orlando, FL
John Yasik, Wilmington, DE
Veronica Zurowski, Western Springs, IL

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.

Gifts, Games and Entertainment

Children’s Christmas Parties

Christmas Parties For Children

Chicago Area

Saturday, December 5th

2 to 5 p.m.

Mayfair Banquets

Westchester, IL

Phone Your Group Secretary Prior to November 1

Scranton, Wilkes-Barre

Saturday, December 5th


11 a.m. to 2 p.m.

Polish Union Community Room

53-59 North Main Street

Wilkes-Barre

Reservations Are Necessary



Scranton Wilkes-Barre Area

In the Scranton/Lackawanna, Wilkes-Barre/Luzerne County area the Combined Children’s Christmas Party will be held on Saturday, December 5th at the Polish Union Community Room in Downtown Wilkes-Barre. The event runs from 11 a.m. to 2 p.m.

The Polish Union would like to invite all members between the ages of 0-12 to our Annual Children’s Christmas Party. There will be games, crafts, coloring, a Christmas story, gifts and of course a visit from Santa. Bring your camera or we can email a picture of your child and Santa to you.

Reservations are a must (state the number of children attending). For reservations, phone the Polish Union Home Office, 570-823-1611.

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!

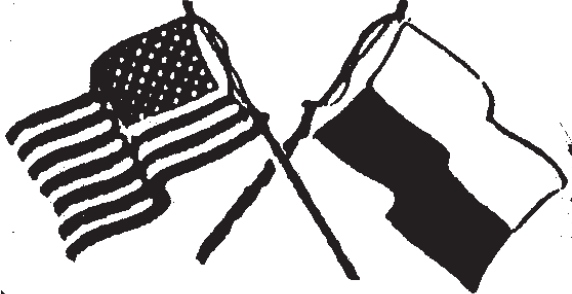
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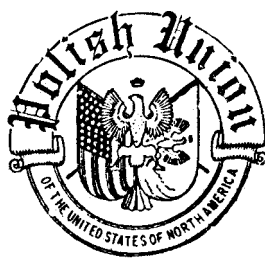
Why are we here right now? We are here because our Polish history is a proud and courageous history and because the founders of our great fraternal—products of that history and culture—were hard-working, God-loving, family loving, patriotic people whose ideal and dreams we believe are still worth carrying 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 Union of Poles in America—its goals, its members, its service—have been a part of the Polish contribution to America.

□ □ □





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 both at home and on the war fronts. When religious and charitable organizations needed help in continuing their good works, we were generous and strive to continue today.

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

Happy Thanksgiving

To all our Members and Friends

from

Polish Union U.S.A.

Officers and Board of Directors



Help Us Find These Members

In reviewing our membership list, the following members were found to no longer reside at their last know address, or we have incomplete addres 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
74	Alexand Rynkiewicz	Hanover Township, PA
270	Christine Sampson	Ocean Springs, MS
385	Robyn L. Sanicki	Chicago, IL
395	Fernando Santarelli c/o Ceil Goldyn	Dickson City, PA
258	Anna B. Schubert	Cicero, IL
138	Barbara Scott	Springfield, VA
400	Justin-Michael Seccharioli	Bridgeport, CT
73	Jessica Semple	Dover, DE
400	Karen Senkow	Dickson City, PA
258	Kimberly M. Sexton/Stanley Jan Kulaski	Stickney, IL
400	Christopher Shemonsky	Dalton, PA
270	Chris Shultz	Tacoma, WA
155	Megan Elizabeth Shymanski	Dayton, NJ
3	Arthur Shypulski	St. Paul, MN
395	Christina Skibber	Philadelphia, PA
227	Lynn A. Slimak	Lake Ariel, PA
258	Wladyslaw Smajek	Broadview, IL
258	Donna Smith	Dunlap, TN
258	Susan Smith c/o. Landowski	Gig Harbor, WA
258	Edward Sobczak	Oak Creek, WI
51	Jozeph Sopka	Cleveland, OH
227	John Sopko	Tuscon, AZ
221	Chris Stanuck	Waukegan, IL
221	Courtney A. Stanuck	Waukegan, IL
392	Jennifer Stelevich	Howell, NJ
392	Jennifer Stelevich	Jackson, NJ
275	Genowefa Stoklosa	Old Forge, PA
191	Bernard Stoll	Washington, MI
155	Gerry Sudowski	
401	James Sullivan	Hockessin, DE
258	Adam Sypniewski	Chicago, IL
385	Ryszard B. Szramiak	Chicago, IL
385	Stefan Szramiak	Niles, IL
385	Wladyslaw Szramiak	Chicago, IL
221	Brian J. Szydowski	Westmont, IL
230	Donald Szymaszek	Milwaukee, WI
155	Jeffrey Tabisz	Miami Lakes, FL
206	Amy Taylor	Pomona, NY
206	Christopher Taylor	Sloatsburg, NY
392	David L. Thomas	Dallas, PA
392	Eugene M. Thomas	Dallas, PA
407	William Timko, Jr.	Tampa, FL
385	Anna M. Tokarczyk	Worth, IL
385	Jan W. Tokarczyk	Chicago, IL
227	Chester Tracewski	Columbia, MD
227	Kristen Tracewski	Old Town, ME
392	Michele Umbra	Kingston, PA
258	Sal K. Vazzano	Marengo, IL
51	Bethany A. Venit	Drums, PA
407	Stanley Viesewski	Clarks Summit, PA
227	Melanja Visbisky	Dupont, PA
320	John J. Vishnesky	Moosic, PA
221	Krzysztof Wajda	Phoenix, AZ
392	Dennis Walsh	Hanover Twp., PA
320	Wlad Wasielewska	Gouldsboro, PA
395	Jayne Wasyluniak	Scranton, PA
293	Taren Weisenfluh	Taylor, PA
385	Florence Whalen	Altha, FL
395	Jason M. White c/o Stover	Carlisle, PA
180	Kaylee White	Trenton, NJ
25	Virginia Wiacek	Trenton, NJ
25	Jozef Wiancek	Trenton, NJ
395	Joan C. Wiencko	Herndon, VA
285	Matthew Wisnewski	Wyoming, PA
378	Christine Witkowski	Hopkins, SC
258	Paul Wlezien	Spring Grove, IL
258	Eleonor Wlodarczyk	Arlington Heights, IL
270	Deborah Wojcik	Milwaukee, WI
275	Florenty Wojtowicz	Chicago, IL
25	Stanis Worthington	Allentown, NJ
392	Joseph Yarrish	Honesdale, PA
25	Marijan Zaburski	Jackson, NJ
258	Andrew D. Zadrozny	Chicago, IL
155	Patricia Zak	Rutherford, NJ
155	Robert Zak	Clifton, NJ
155	Stella Zalenski	Leawood, KS
138	John D. Zegarski	Parker, CO
385	Andrea Ziemba	
392	Joseph Zupa	
258	Stanislaw Zurek	Shavertown, PA
		IL

Christmas Traditions Around the World

by Angelina Wagner

Traditions and customs vary around the world. The celebration of Christmas is no different. Countries around the world celebrate Christmas in various ways. In Poland, Christmas is known as Boze Narodzenie. Their traditions consist of a meatless, twelve course dinner called Wigilia and once the first star appears they share a special blessed wafer called oplatek which is broken and shared with family and friends. The table of course too is always set for one extra person such as a stranger or the Holy Spirit.

Poland isn't the only country that has special Christmas traditions passed along through generations. The town where Jesus was born, Bethlehem, the Church of Nativity on Christmas Eve has people crowd the doorways and even stand on the roofs to see the annual procession. Arabian horses and horsemen gallop at the front which are then followed by a solitary horseman carrying a cross and a black steed. Churchmen and government officials process in and as they all enter the doors an ancient effigy of the Holy Child is placed in the Church. There are even stairs that lead to a grotto where a silver star hangs to mark the place of Jesus' birth. Many homes in Bethlehem have a cross painted over the door and each have a manager scene. The village square even has a star that hangs on their pole.

Christmas in Mexico starts a few weeks before Christmas Eve where people decorate market stalls. The market stalls or puestos as they are called, have people travel from all over to get food and flowers. It is believed that since the 17th century Mexican Franciscans used the poinsettia in their celebrations. The poinsettia is native to Mexico and there is a legend that a boy named Pablo was walking to visit the Nativity scene at this church. As he walked, he realized that he had nothing to offer the Christ Child so he gathered up some green branches growing alongside the road. Some other children laughed at him but as Pablo placed the green branches at the Nativity scene a red star shaped flower appeared on each one.

In Mexico, Las Posadas is the reenactment of Joseph and Mary finding a place to stay in Bethlehem. This is the main part of their celebration and the procession of this reenactment happens nine days before Christmas. Family and friends divide themselves into groups of innkeepers and pilgrims. The pilgrims will then go house to ask asking for shelter until they are received by one house. Then in that one house a Nativity scene is set on an altar and a traditional prayer is said. Then a party is held with food and drink and also a piñata is set up for the children to take turns at trying to break.

Christmas in Wales is very special with their traditions as well. In Wales, caroling is very popular. This is called "eisteddfodde" and sometimes the carolers are accompanied by a harp. Some of the villages will pick a person to be a "Mari llwyd." This person is someone who will travel around draped in a white cloth and carrying a long pole with a horse's skull on it. Then if anyone is given a "bite" by the horse's jaw they then have to pay a fine.

Other traditions and especially some of our own that we use today come from the British Isles. Some of our traditions come

from the English Victorian Christmas along with wishing good cheer, caroling, the feast and gifts. Gift giving only goes back to Victorian time and before that most people exchanged gifts on New Year's Day or on the Twelfth Night. Today we refer to him as Santa Claus but in the British Isles he's known as Father Christmas. He is depicted as having long robes and holly in his long white hair. While the American Santa Claus is said to be derived from a pagan spirit who would appear in medieval summer plays. Of course children still write letters to Father Christmas but the letters are put in the fire-place instead so that the draft would carry the letters up the chimney. Father Christmas would then be able to read the smoke and gifts are opened in the afternoon.

The story of hanging stockings by the chimney also comes from the British Isles. What would happen is that if Father Christmas were to drop gold coins down the chimney and there would be no stockings hanging there to dry, they would get lost in the ash grate. Singing Christmas carols also has it's origins in the British Isles and during the middle ages groups of serenades called "waits" would go from house to house singing ancient carols. The word "carol" means "song of joy" so the carolers would go and spread the holiday spirit. Most of the songs we sing today though were written in the nineteenth century.


Even though Christmas trees are derived mainly from German traditions, in the British Isles they would hang ivy, holly or other greens to try and lift the winter spirits and it was a reminder for them that spring was not far away. The custom of kissing under the mistletoe comes from here as well and dates back to Druid rites. There is also "wassailing" which comes from the word "wassail" that means "good health." The Anglo Saxon phrase "waes hael" meant good health too and wassail was originally a beverage. This beverage was made out of curdled cream, mulled ale, nuts, eggs, roasted apples and spices. The legend behind "wassailing" is that a beautiful Saxon maid named Rowena presented Prince Vortigen with a bowl filled with wine while toasting him with the words "waes hael." Many ceremonies developed over the centuries around this and people would carry a bowl into the room with great fanfare, a traditional carol was sung and then the hot beverage would then be served.

In England, a roasted boar's head was also considered part of the Christmas feast and is said that the custom goes back to Norse practice where a boar would be sacrificed on Yuletide in honor of the god Freyr. There's even another story that says a student from Oxford's Queen College was attacked by a boar on Christmas Day. All he had to defend himself was a copy Aristotle so the boy shoved the book down the boar's throat. In order to get his book back, he chopped off the boar's head and then served at a Christmas dinner and ceremony.

So whether you're celebrating Christmas in the United States or in another country traditions are passed down from generation to generation. Some traditions are even intertwined with other countries providing new traditions and customs.

The Nativity

A SCENE SO PEACEFUL IN THE NIGHT.
THE STARRY SKY SO SOFT & BRIGHT.
A STREAM OF LIGHT SHINES FROM A STAR
TO GUIDE THE WISE MEN FROM AFAR.
A STABLE'S WHERE THE CHRIST CHILD
LAY.
ASLEEP SO PRECIOUS ON THE HAY.
MARY & JOSEPH ARE CLOSE BY!
WITH ANGELS SINGING FROM ON HIGH.
THE SHEPHERDS KNEEL DOWN TO ADORE
THE BABE WHO COMES TO BLESS THE
POOR.
A KING WHO HAS GOLD TO GIVE THIS DAY,
A DRUMMER BOY, A SONG TO PLAY.
AS GOD'S OWN SON HAS COME TO EARTH,
MAY WE BEHOLD HIS WONDROUS BIRTH!



JOYCE MARY ECOCHARD



The Polish Chef

Try A Variety Potluck For This Year’s Wigilia

Christmas Eve suppers, oplatek dinners and other wigilia gatherings are regularly held throughout Polonia. For smaller groups, which may not have the kitchen facilities to cook a full-course meal, perhaps a potluck wigilia might be a better solution.

Easy Clear Beet Bouillon

Dissolve 3-4 vegetable bouillon cubes in 4 c. boiling water, add 2 c. beet juice from canned beets and simmer several mins. Sour to taste with several pinches citric-acid crystals and season with salt, peppper, a little sugar, mushroom extract (or Maggi) and a dash of garlic powder. A T. dry red wine and a heapiong T. apple sauce may be added. The soup should have a balanced, sweet, sour and winey taste. Serve in teacups with mushroom-filled turnovers on the side.

Mushroom-filled Turnovers

In 3 T. butter, oleo or oil saute 1 lb. washed, sliced fresh mushrooms and 1-2 chopped onions until fully cooked. 2 chopped onions until fully cooked. Run through grinder, stir in 1 egg, several T. bread crumbs and salt and pepper to taste. Sprinkle with a little chopped parsley if desired. Open a package of rifrigerator crescent roll dough and place on lightly floured board. Sprinkle manufacturer’s preforations with a little flour and press down with thumb to obliterate them. Cut dough sheet into 2 rectangles and run mushroom filling down center of each legthwise. Fold dough over filling to overlap other side by ½ in. and place seam side down. Cut at an angle into 1 - ½ in. cakes and bake according to package direc-tions. Before baking the turnovers may be brushed with beaten egg to ensure a shiny crust.

Easy Mushroom Soup

Soak 2-3 dired mushrooms in 1 c. water overnight and cook in same water until tender. Dice mushrooms and add togehter with the water to 4 c. cream of mushroom soup prepared according to directions on can or package. Season to taste with salt, pepper and about ¼ t. vinegar. Garnish with chopped parsley and serve over egg noodles or cooked diced potatoes. Variation: Your soup will be even tastier if you saute 3-4 sliced fresh mushrooms and a small chopped onion in 1 T. butter until cooked and add to pot.

Creamed Herring

Instead of creamed herring out of a jar, this easy recipe tastes like you made it from scratch. Drain 2 c. marinated non-creamed herring, discarding onions and spices. Dip into cold water briefly and drain well. Cut into smaller pieces if necessary and arrange on platter. Sprinkle with about 1 T. scalded vinegar. Top herring with onion sliced into wafer-thin rings. Fork blend ½ - ¾ c. sour cream with ¼ c. apple sauce and 1 t. brown prepared mustard and pour over herring.Cover with platic wrap and refrigerate several hours before serving. Serve with boiled potatoes or rye bread.

Noodles & Poppyseeds

In pot heat ½ c. honey with ½ c. ground walnuts or almonds. Add 1 heaped t. finely chopped candied orange rind and simmer briefly. Add 1 c. or more Solo brand canned pop-pyseed filling, stirring to blend ingredients and simmering several mins. Cook 1 pkg. egg noodles according to directions, drain and toss with poppyseed mixture, ½ c. steamed rasins may be added.

Christmas Eve Compote

Separately soak 8 oz. prunes and 8 oz. dried figs in warm water to cover overnight. Cook each separately until tender (10-15 mins.). Combine prunes, figs and their liquid, add ½ cup sugar, juice of ½ lemon and a pinch of sinnamon and simmer until sugar dissolves. Serve chilled in dessert dishes.

Smart Recordkeeping

If your house burns down, your insurance will help you rebuild your home and keep you from financial ruin. That’s good. But it “ain’t” magic! Unfortunately, your insurance can’t replace important documents that are lost in a fire.

And fire isn’t the only way to lose critical documents. So, here are some important tips to save you time, money and frustration.

Documents that are difficult to replace - things like birth certificates, marriage licenses, divorce decrees, records of military service, citizenship papers, adoption records, etc. - should be kept in a safe deposit box at a bank.

For your convenience - and some added protection - keep photocopies of these documents at home. If you keep paper copies-as opposed to scanning - you could be even more secure by keeping them in a home fire safe that carries a UL class 350 fire resistant rating.

Other documents for safe deposit box storage include passports, social security records, stock certificates, deeds, property titles, mortgages, wills and insurance documents.

Remember to keep copies at home for your own convenience.

As for other smart record keeping tips, CPAs say that the nature of the document determines how long it should be kept.

For example, utility, credit card, and other bills can be discarded once you have verified that they are correct. And there’s

no need to keep car titles or most other property documents once you’ve disposed of the item.

If your mutual fund company or brokerage house provides a year-end summary report of your transactions, there’s no need to keep monthly or quarterly statements once you’ve checked that the year-end report is accurate. However, hold on to all your buy/sell trade confirmations, since they contain information needed for completing your tax return.

Retain indefinitely records documenting retirement plans and individual retirement accounts.

Tax records, such as federal and state income tax returns and supporting documentation should be kept at least six years. Because if you’ve substantially underreported income the IRS has six years to audit your returns.

It’s a good idea to keep pay stubs until you get your W-2.

Keep canceled checks for as long as you might need proof that payment was made. However, canceled checks and receipts that support income tax deductions should be held as long as the returns themselves.

Finally, CPAs suggest that you keep a list of all items, where they are stored, and give a copy to a friend or relative who can locate the items in an emergency.

We hope you never have to recover from a tragedy, but if you do maybe these tips will make your life a little easier.

Koffee Klatch

with D.K.



Dzien dobry! Welcome to my kitchen. My guests have arrived and have a variety of coffees to chose from. Everyone brought their morning paper and were shocked to read that a mutual friend died suddenly. So, now I ask all of you to stop whatever you are doing and grab a chair for a moment. Take a deep breath and exhale slowly. Now look at your hands....do you see wrinkles?? Each line is for work you have done in the past and pain your life. Think for a moment of your childhood, and some memories of it...Then, think of your teen years, and a special memory (good or bad of it). Now go to a memory of your young adult years, and now to the mature years of your life, (if you are in that category). Now, if you are over 60, do you feel that you no sooner get up, and it is time to go to bed again?

How many times have you lost someone you knew and loved? When mama died, we often think “why didn’t I hug her more or tell her I loved her more.....Frank said, with tears in his eyes, “why didn’t I take Carol to New York for the weekend instead of playing golf....”I will never forgive myself” Sarah told me with tears in her eyes, “why didn’t I have time to listen to my son before he left for his college class that morning. He wanted to talk to me, and I said we will have more time to talk tonight. He was killed in an auto accident that day. We are all too busy to concentrate on the important things in life. While you are looking at those hands, did you ever wonder where did all those years go? Life is so very short, and can be snuffed out in a moment without warning. Spend your energies on the important things in life..We are only here for a moment.

I often recall the story of Jesus. Mary, and Martha. Martha was so busy cleaning, and cooking and angry that Mary didn’t help...She was sitting listening to Jesus. Jesus called Martha to stop working and listen to Him...It took me a long tome to understand that gospel..Now I do. How about you?

Mini Dictionary of a Polish Christmas

BOMBKA-A glass ball tree ornament often with hand-painted designs.

BOZE-NARODZENIA-Christmas (Literally:God’s Birth) typical greetings; Wesolych Swiat Bozego Narodzenia or simply: Wesolych Swiat.

CHWALA NA WYSOKOSCI- message of angels to sheperds

GWIAZDA-The star , the most important Christmas symbol, adorns Christmas tree tops, greeting cards, first star signals beginning of Wigilia.

JASELKA-Nativity play usually incorporating native Polish elements, costumes, situations,names and Gorale as shepherds visiting the Christ Child.

KOMPOT-Christmas Eve dessert made of dried stoned fruit (traditionally 12 different fruits are used to symbolize the 12 apostles)

KRUPNIK-honey-spice cordial served hot.

MAKOWIEC-Poppyseed roll, typical Christmas cake.

OPLATEK-Ritual Christmas wafer imprinted with Nativity scenes and shared a “Wieczerna wigilijna”.

PASTERKA-Shepherds (Midnight Mass)

BARSZCZ-Traditional Christmas Eve Beet Soup make with fish stock.

Healthy Hints

PHOBIOTICS: Friendly bacteria are found in yogurts..(look for Organic or Stoneyfield Farms.

CHAMOMILE: Contains a group of phytonutrients that have strong anti-inflammatory properties. Apply cream to affected areas.

OATMEAT BATHS: Soothes itchy skin. Take an oatmeal bath. Tie oatmeal oats in cheesecloth or nynol stockings and run warm tap water over it.. Oatmeal can also be purchased as a powder.

FLAXSEED MEAL: Very good for constipation.

...

Dear PK:

My husband and I have responsible jobs...Our days begin early and usually get home late. My husband has to travel a lot and traffic is often terrible . We are exhausted and often too tired to do much on week-ends. Do you have any suggestions to make life a little better.

Janet

Dear Janet:

Many are in your situation and have similar problems. My suggestions are: do relaxing things on weekends and be sure to add some exercise, walking, biking swimming, tennis, dancing, etc. Do things you both like and relax as much as you can. Don’t forget to keep the house in order, too.

Pk

...

Birthday Greetings to: Joanne Zanghi, Helen Wisnieski, Ciro Casale, Sophie Dubiak, ..

...

PLEASE SEND YOUR BIRTHDAYS AND ANNIVERSARIES TO ME FOR PUBLICATION....PK , 17 LAUREL DRIVE, SCRANTON, PA. 18505.

A Polish Christmas Dictionary

Here are some basic Christmas words every Polish American should know...

Advaent Mass	Roraty
Christmas Eve	Wigilia
Midnight Mass	Pasterka
Christmas	Boze Narodzenie
Gift	Prezent
Christmas Tree	Choinka
Christmas Wafer	Oplatek
St. Nicholas	Swiety Mikola
Poppy-Seed Cake	

	Makowiec
Carol	Koledy
Carolers	Kolednicy
Christmas Crib	Zlobek
Hay	Siano
Nativity Play	Jaselka
Peace on Earth Among Men of Good Will	

Pokoj Ludziom Dobrej Woli
Happy New Year
Szczesliwego Nowego Roku

Is It A Cold, Or The Flu?

Sorry to say, it’s not always easy to tell the difference. Knowing what you’ve come down with can help you choose the proper treatment and avoid unnecessary ones.

First of all, be sure to get your flu shot! A cold has symptoms which include a runny, stuffy nose with thick greenish-yellow discharge and a scratchy throat, typical of an upper respiratory infection. Colds are 10 times more common than the flue and you can catch them all year. The flu usually strikes from late October to mid-April. A cold develops slowly while the flu’s onset is sudden. Rest, nasal decongestants, pain relievers, drinking warm

fluids and gargling with salt water will relieve the symptoms.

Unlike a cold, the flu causes a fever of 102 to 104 degrees that last for three to four days, chills, an all-over achy feeling, a bad cough and severe weakness and fatigue. This exhaustion can last for weeks while a cold rarely hangs on that long. Flu can lead to pneumonia, especially in older people. Prescription drugs used in the flu treatment are Amantadine (with the brand name or Symmetrel and Rimantadine (Flumadine).

So keep healthy and try to avoid situations which could trigger the cold or flu.

Ms. Polish Union of USA: Four Finalists Announced

The 2009-2010 Ms. Polish Union of USA contest is excited to announce the names of the four finalists in the contest. Please read about each of the finalists and come to the Wigilia Dinner on November 29, 2009 to see who will serve as the new Ms. Polish Union.

Olga Opshinsky: Olga is a freshman at Scranton Prep and lives in Dalton, Pa. She is on the cross country team, swims and participates in chorus. Olga is a Cadette in the Girl Scouts and participated in several mission trips with her church's youth group. In her spare time she likes to read, make jewelry, skiing, hiking and community service. Olga has also received the Bronze Award in Girl Scouts, Honors and High Honors and multiple swimming trophies.

Leigh Anne Machowski: Leigh Anne is a junior at Crestwood High School and lives in Mountain Top, Pa. She is on the varsity cheerleading squad and has been on the team since her freshman year. For the past two years she was chosen as an All Star and an All American Cheerleader and will be participating in the New Year's Day parade in London, England. Leigh Anne assists with the coaching of Mountain Top Blitz

cheerleading squad and is a gymnastics instructor at Northeast Sports and Fitness. In her spare time she likes to dance and work on gymnastics.

Alexandra Heck: Alexandra is a sophomore at Holy Redeemer High School and lives in Plains, Pa. She participates on track and field at school, plays intramural soccer in Plains and is also a referee in the league. In her spare time she likes to volunteer at a local nursing home, work on gymnastics and work on photography (especially making videos). Alexandra is also a cross age tutor, on Honor Roll and was an All-Star Cheerleader for West Side Starz.

Sarah Ruth Connolly: Sarah is a senior Redeemer High School and lives in Swoyersville, PA. She participates on the field hockey and soccer teams at school. In her spare time she likes to work on art projects (including computer graphics) and jewelry making. Alexandra is also a coordinator of child care for Dallas Baptist Church Recovery Group meetings and is on Honor Roll at school.

Congratulations and good luck to all the finalists!

Share The Oplatek

It happens in the best of families, even on Christmas Eve, Mother and Dad have a disagreement. Perhaps it is caused by the holidays. Anyway, there are sharp words followed by hurt silence. The children become aware of it. When the Wigilia supper is finally ready the children wonder, Will they? Won't they? And extends it to Mother. She accepts it, kisses are exchanged and all is well again. It is the home of a "Holy Family" again, caught up in the magic and power of a thin, fragile wafer of unleavened bread.

It has happened often that some aunts and uncles, brothers or sisters, have been angry with each other. The family schemes to reconcile them. "If only you can get both to come and share the oplatek.

Sometimes as family members or friends go from one to another, their wafer becomes very small, yet there is always enough. Offering these tiny pieces is a way of saying, "No matter how little I have, I will always share with you. And no matter how little you have, if need be, I'll accept it from you."

The Oplatek is the most important of the many Polish traditions of Christmas. Its origin can be traced hundreds, thousands of years to the early Christian era, to the Jews, even to

pagans. The sacredness and symbolism of bread as a life essential, as a sign of hospitality and friendship is a common one. However, no one else celebrates it in quite the same way, Polish people do. Through the centuries, the breeding of bread has been transformed and "Polonized" into a unique, rich experience.

Unusually inclusive and far reaching, the Oplatek takes in all friends who visit the home during the Christmas holiday. It adds depth and significance to holiday celebrations and meetings of organizations. It reaches across miles of absent family members who included in the thoughts and wishes of those gathered around the Wigilia table. A share of Oplatek is usually sent in a letter to those far away, enabling the family to be together in the strength of the wafer. Even loved ones who have died are included as they are remembered, as they are missed.

Gradually, the Poles are charming Americans with the Oplaek custom, the reconciliation element of our tradition particularly element of our tradition particularly appeals to the clergy. More and more of them are inquiring about it and encouraging it in their parishes. It promises to be a major contribution of Poles to CHRISTMAS IN AMERICA

Whose Job Is It?

Once upon a time there were four people named: Everybody, Somebody, Nobody and Anybody. When there was an important job to be done, Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it.

When Nobody did it, Everybody got angry because it was Everybody's job. Everybody thought that Somebody would do it, but Nobody realized that Nobody could do it.

So it ended up that Everybody blamed Somebody when Nobody did what Anybody could have done in the first place.

Sophie Dubiak 2009 Fraternalist of the Year



Officers of the Polish Union making the presentation of the 2009 Fraternalist of the Year Award to Sophie Dubiak. Pictured from left to right: President, Rose A. Wartko; 2009 Fraternalist of the Year Award winner, Sophie Dubiak; 2nd Vice President, Alice Czyzyk and General Secretary, Charlotte L. Androckitis.

The Polish Union of USA Fraternalist of the Year Committee consisting of Chairperson, Charlotte L. Androckitis, Alice Czyzyk and Terri Rumensky recently selected Sophie Dubiak as the Polish Union of USA 2009 Fraternalist of the Year.

The presentation to Mrs. Dubiak was made at the Women's Division #5 quarterly meeting held at the LaTrattoria Restaurant in Scranton, PA.

Mrs. Dubiak, a long time member of Gr. #400 of the Polish Union, is very active in the Community as well as the Fraternal. She has served the Polish Union in many ways.

In the past she was a delegate to the National Convention many times, served as Chair of the Convention Reservations Committee, and Chair of the Convention Nominating Committee. She is currently President of Women's Division #5; a member of the Polish Union Activities Committee and a member of the Zonta Club.

Sophie and her late husband William had two children, son, William G. Dubiak and daughter Kathy Donovan; also 5 grandchildren, Jennifer, Wendy and William G. Dubiak, Jr. and Holly & Dennis Donovan, Jr.

Woman of the Year



At a recent meeting of the Zonta Club, the members selected the "Woman of the Year". In the picture are President of the Zonta Club, Rose Wartko, Woman of the Year Ellie Mae Barrett, and last year's winner, Lillian Labas.

ATTENTION

Pre-Convention/120th
Polish Union Anniversary
Contest

Group Secretaries and Licensed Agents
Now is the the time to take advantage of the
New Contest starting with New Applications
starting with issue date September 1, 2009
ending August 1, 2010.
Limited Time Program
*Sign up new members and be a winner of one of the
cash prizes to be announced at the 2010 Polish
Union Convention.*

Polish Union of U.S.A.

Salutes

OCTOBER
as
"Polish-American
Heritage Month"

A National Celebration of
Polish History, Culture and
Pride