

# FRATERNAL JOURNAL

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



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## Carol Kolodziej To Present at 32nd Debutante Ball

Carol Kolodziej, a member of Polish Union since infancy, was a Debutante and served as a Delegate to one of our Conventions several years ago. Proud of her Polish heritage, she has instilled Polish traditions and values in her daughter Sarah Beth who was a Deb last year. Carol is the daughter of Bernard and Mary Ellen Kolodziej and she resides in the Parsons section of Wilkes-Barre with her daughter.

Carol graduated from Bishop Hoban High School and earned a B.S. in Mathematics from King's College along with Certification in Secondary Education. Work experience includes employment as a Title Searcher and Settlement Coordinator at Lawyer's Land Abstract and teaching at Bishop Hoban and Wilkes University. For the past 13 years Carol served as a full time Teacher at GAR High School where she is currently assigned as a Remedial Math Intervention Specialist. Additional duties include membership on the Community Advisory Council and the School Improvement Team. Previously Carol was an Assistant Coach for the Coughlin High School Track Team.

During the summer months Carol took post Graduate courses at various Universities such as Indiana University of Pennsylvania, Carlow College, and Bloomsburg University. She has earned a total of 54 credits beyond her Master's equivalency.

Carol is a member of the Catholic Community of North Wilkes-Barre and volunteers at the Parish Bazaar. Other volunteer activity includes participation in Community based Walkathons, Motorcycle Runs, and

various school related fund raising projects. The committee is looking forward to having Carol as this year's Presenter for the Deb Ball.

### About The 32nd Debutante Ball

Emily Stefanac, this year's Chairperson, is announcing that the Polish Union of USA will be holding its 32nd Annual Debutante Ball on Saturday evening, November 6, 2010, 5:30 p.m., at Best Western Genetti Hotel, Wilkes-Barre, PA.

The Debutante Ball is part of an educational and cultural program of the Polish Union of USA, a non-profit fraternal life insurance organization, with National Headquarters at 53 N. Main Street, downtown, Wilkes-Barre, PA.

Any female member of the Polish Union between the ages of 15 and 19 is eligible to become a Deb this year. Applications are available at Polish Union of USA.

The theme of this year's Deb Ball will be entitled "A Red Carpet Affair". The choreographer for the Polonaise Dance will be by Linda Dougher, Civic Dance Studio, assisted on the piano by Andrea Bogusko Yorkonis. Music for dancing for those present will be provided by the George Tarasek Orchestra. Tickets are \$30.00 and can be obtained from the Polish Union or any member of the committee.

## State Approves Partnership With Grand Council

Its official — Welcome Grand Council Members!

The Polish Union received word from the Pennsylvania Insurance Department that the merger between the Grand Council and the Polish Union has been approved effective May 10, 2010.

The Board of Directors is very excited about our partnership with the Grand Council. We are looking forward to meeting and working with them, for the benefit of our organization, at our Quadrennial Convention which will be held on September 17th & 18th, at the Ramada Hotel in downtown Wilkes-Barre, PA.

## You Could Be Our Miss Polish Union for 2010

The Polish Union of USA, extends an invitation to female member, between the ages of 15-19, to participate in becoming our new "Miss Polish Union" 2010-2011.

This is an opportunity to meet people and attend events throughout the reign. "Miss Polish Union" is the organization's representative at activities, including, but not limited to, Parades, the Wafer Supper "Wigilia", St. Joseph's Dinner, the Children's Easter, Christmas and Halloween Parties.

If you are interested, please submit the application found on our website: [www.PolishUnionUSA.com](http://www.PolishUnionUSA.com) with some background information about yourself and a recent 8" X 10" photo to: Polish Union of

USA by September 1, 2010.

If there are any questions that you may have, please feel free to contact the home office at (570) 823-1611 or email Chairperson Sheri Pudlosky-Brierley at [psuspb@verizon.net](mailto:psuspb@verizon.net) or contact her after 5:00 p.m. at (610) 517-5505.

This year's crowning of "Miss Polish Union" and her court will take place in November, 2010. The exact date, time and location are still being finalized.

Thank you in advance for your interest. I know this event will be one that you will always remember.

Sheri Pudlosky-Brierley  
2010-2011 Ms. Polish Union Chairperson

## For The Good of The Union



The Polish Union Progress committee has begun a series of meetings to tabulate the goals achieved during the past four years. We will also develop a list of recommendations for consideration by the next Administration to help them plan for the next four years. The Convention scheduled for September 17 and 18 will include the welcoming of our new partners from the Grand Council of the Catholic Beneficial League. We plan to announce several new initiatives in the Good of the Union report and, as we

proceed, we welcome your input. By giving us your suggestions the expectations of more members can be included in our report. Please offer your ideas to any member of the Committee or call the Home Office.

Pictured at a recent meeting are: Seated - Chester Tracewski, Charlotte Androckitis, Rose Wartko, and standing are Terri Rumensky and Alice Czyzyk.

Bernard Kolodziej is Chairman of the Progress Committee.

## Top Sales Performers For 2009 Honored

At the recent Annual meeting and dinner, the Board of Directors of Polish Union of U.S.A. honored their top sales performers for the year 2009.

They were treated to a dinner which was held at the Cafe Restaurant on 315 Highway in Plains, Pa. and were presented a money award. Honored were Norbert Dembenki, 1st place for most face amount of insurance sold and 2nd place was Rose Wartko, for the most policies sold was Charlotte L. Androckitis 1st place, and 2nd was Chris

Pagoda and for the most annualized premium was 1st place Jack Bednarski, and 2nd was Linda Howell.

The awards were presented by President Rose Wartko and General Secretary Charlotte L. Androckitis on behalf of the Polish Union of U.S.A. Other licensed agents of the Polish Union making sales during 2009 year will be listed in the next issue. Our sincere thanks to all of those that worked so hard during the past year on behalf of the Polish Union of U.S.A.



**WOMAN OF THE YEAR** The members of the Zonta Club recently selected the Woman of the Year. Pictured, from left are: Rose Wartko, President of the Club, winner Norma Ambrose, and last year's winner, Ellie Mae Barrett.

## Chopin Concert at WVIA Studio

Sunday, August 22—3 p.m.

Polish Union USA and Wilkes University Polish Room Committee are co-sponsoring a special concert as part of the International Chopin Year. Guest Pianist will be Ko-eun Lee, who is internationally renowned for her multiple awards as a concert Pianist. Miss Lee is in her mid-twenties having begun piano studies at age three, entered the Korean National University of Arts School of Music when seven years old. WVIA is coordinating more widespread publicity very soon and will hold some of the 90 seats for us provided that we give names to confirm reservations.

Within the next few days this news will be made public so it is important that you call promptly for a reservation and we will confirm accordingly. Leave a message with name and phone number at Polish Union USA, 570 823-1611.

## JUST FOR LAUGHS

You Know You're A Grown-Up When:

You don't wait for a man to buy you a bottle of your favorite expensive perfume.

You've had enough life experience to realize that what goes around really does come around.

You appreciate your ability to have yourself a good laugh—as well as a good cry.

It's become completely impossible for you to ignore a sink full of dirty dishes.

The person doling out the vitamins in the house is you.

Sleeping in means 9 a.m.

## In Memoriam

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

Group	Member	State
182	Genevieve Jaworowski	PA
73	Walter H. Swiderski	FL
401	Shirley Niedzwecki	PA
74	Regina Koshinski	PA
400	David Morrell	PA
189	Barbara Lapinska	PA
51	Mary Roberts	PA
227	Jozefa Janowska	PA
25	Adelle D. Sedor	NY
189	Joan Mcelwee	PA
258	Helena Prondzinski	PA
378	Jeanette Leighton	IL
73	Jozef Szulc	PA
275	Jean Kozak	FL
230	Richard Doman	IL
25	Alfred Cetkowski	NY
230	Cecylia Nemeth	IL
270	Cecylia Kwasy	IL
400	Blanche Grabin	PA
189	Bernardyn Piazza	OH
25	Margaret Mazurkevich	NJ
131	Helen Matthews	PA
25	Jean Przyjemski	NY

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

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

## Stop! Think!

Before you think of switching your Polish Union Insurance Certificate for another plan, consider that it means leaving the security of a society that has been in existence since 1890 with a very high solvency rating. Plus, you will lose many valuable fraternal benefits, and, the older you are, the higher your new premiums will be for the same amount of coverage.

## Family Life Insurance Needs

To be successful in selling Polish Union Life Insurance, a salesperson must service your present certificate holders first, and must use your present members to gain new prospects for tomorrow. Certainly, cold calls can sell Fraternal Life Insurance and membership, but a referred lead is a sure bet.

More often a salesperson will sell Polish Union Life Insurance to a prospective member, then the member is forgotten the minute they are sold.

How much commission dollars did this salesperson lose because he or she didn't call the member on the policy anniversary every year? You see, the salesperson who sold that member his first Polish Union Certificate lost many additional members through neglect. Facts prove that present members are your best customers.

Women buy life insurance for the same reasons that men buy life insurance. Women's needs have grown and their financial responsibilities have changed. Whether young, old, widowed, divorced, wife, mother, career person, head of household, they probably need life insurance of some kind.

Today's female buyer is concerned about providing for her family in case of death and for a longer, more comfortable retirement. It has been said that no one buys life insurance because he or she will die. Instead, you buy life insurance because someone else you love will live after your death, and you are attempting to ease their financial burden. Life Insurance money may eliminate a debt which they would otherwise bear or provide money for which they might live.

We encourage you to enroll your children or grandchildren in the Polish Union, so



President's Desk

ROSE A. WARTKO

when they get ready for college, trade school, community college, etc., they will be eligible to receive some financial aid from our organization. In order to receive scholarship aid, the children must have at least \$5000.00 of Polish Union life insurance and must be a member in the Polish Union for five years. Life insurance is one of the best way that a parent can demonstrate love to family members.

Our Polish Union offers social and educational activities for all ages. The only way Polish Union members can really take advantage of all our fraternal benefits is by participating in Polish Union activities, such as the scholarship program for college students, crafts, children and adult holiday parties, family picnic, Miss Polish Union and the annual Debutante Ball, the highlight of the season.

Have you checked your beneficiary on your insurance policy lately? Did you move recently—need to change your address? Do you know anyone who needs life insurance? Please contact your group secretary or the home office and Chris or Linda will be glad to help you.

## What Is A Prenuptial Agreement?

Hello. My name is Attorney Jeffrey J. Malak and I am Chief Legal Officer of the Polish Union and a partner in the law firm of Chariton, Schwager & Malak, 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.

A prenuptial agreement is considered a useful document because it helps people

Lawfully Yours



JEFFREY J. MALAK, ESQ



A prenuptial agreement is a written contract created by two people before they are married.

The prenuptial agreement typically lists all of the property and assets owned by each person. It also identifies what each person's legal property rights will be after the marriage ends. Stated more simply, what would a person be entitled to if the marriage is dissolved.

Disclosure of property and assets owned by each person is a requirement for enforcement of a prenuptial agreement. Disclosure is required in Pennsylvania. The disclosure of each person's property and assets need not be exact, but it does need to be considered full and fair.

avoid arguments as to what people are entitled to if a marriage ends.

**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.

## Thinking About Thanksgiving Yet?

Once again Polish Union is planning to mobilize a group of volunteers for the annual CEO Feed the Needy Project. Many of you helped in prior years by volunteering your time or making a financial contribution. All details are not yet finalized but tentatively the week-ends of November 13 and 20 should be penciled in on your calendar if you wish to participate. This is one of the major community service projects of Polish Union and we count on our volunteers to help keep fraternalism viable. Anyone unable to attend may choose to send a monetary donation to Polish Union and it will be included in our contribution for a project which traditionally helps thousands of needy families during the Holiday season.

Several of our members who worked last year commented that they were both overwhelmed with the number of people in need and thankful that they were able to help at least in some small way. More details will be provided when dates and times are finalized. Everyone at Polish Union, especially President Rose Wartko and our Chaplain, Father Patrick Albert, thanks you for your support and hope you and your friends can participate in November.



**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 35 W. Noble St., Nanticoke, PA 18634  
**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 6 E. Veterans Drive, 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 & MID-WEST

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

### HONORARY OFFICERS

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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## Search Is On For Office of CEO National Secretary

In accordance with Article IV, paragraph eight, 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, personnel 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**

## A Delegate's Role at Our 37th Convention

• In January of this year, I issued a proclamation convoking the 37th National Convention of the Polish Union of U.S.A. to be held September 17th and 18th at Ramada Conference Center, Wilkes-Barre, Pennsylvania.

• A National Convention is a historical and momentous event of any organization. It is an event which puts forth ideas and issues that will guide the course of our fraternal the next four years.

• Conventions are not to be taken lightly by delegates, it is serious business. A delegate gets out of a convention what he or she puts into it, whether it is a personal participation or thoughtful interest to the proceedings of the Convention.

• It is very important that delegates selected to the Convention are members who are true fraternalisms. Men and women who give freely of themselves by contributing to growth and development of Polish Union of U.S.A.

• Delegates with a purpose, reports on the progress and development of Polish Union. They hear speakers and present constructive motions and intelligently participate in discussions.

• To further characterize what is expected of a delegate, they are earnest listeners at the convention and doers when they return home. They return to their home base better informed as to their fraternal and with renewed interest in their fraternal work.

• Delegates who are doers, take an interest in group meetings and seminars which are offered by the Progress Committee.

• One of the most important matter during the Polish Union Convention on the agenda is the election of officers and directors, and this item is not to be taken lightly.

• A delegate casting his or her vote should carefully consider the records of each candidate running for office. It is of great importance that a careful and honest assessment be made before making any decisions. Qualified and active members build for a bigger and better Polish Union.

• In all fairness to the delegates and the group he or she represents, Polish Union expects the most from its delegates since it compensates its delegates. The overall cost of a convention is tremendous and in all fairness to our organization, its harvest should be fruitful. It can and will profit from the wisdom and experience of our group delegates.

• There is so much work to be done to the growth and development of Polish Union it will never be fully realized if we as members and as delegates do not whole-heartedly participate in its business activities.

**Rose Wartko**  
President, Polish Union of USA

## Tree of Knowledge Honor Roll JOIN THE GROUP NOW!



The Tree of Knowledge Project was recently evaluated and the Honor Roll or list of Donors is listed herein. Donations to the Henry Dende Scholarship fund are helping to grow the amount of funds available to qualified applicants. Polish Union is committed to maintaining increased levels of support for our College students and this can only be accomplished with your help. Any donation of \$20 or more will enable you to join the benefactors supporting the Scholarship Program. Please make your donation today!

Shown above are President Rose Wartko and Vice President Alice Czyzyk reviewing the results at a recent meeting.

Wartko, Rose  
Wisinski, Joan  
Wisinski, Joan  
Kolodziej, Bernard  
Androckitis, Charlotte

Lohman, Flossie & Jim  
Arnold, Mary Ann  
Malak, Atty Jeffrey  
O'Neill, Barbara

Tracewski, Chester  
Wisinski, Joan  
Wisinski, Joan  
Saldecke, Laurence  
Sieminski, John & Donna  
Rumensky, Pete & Terri  
Kolodziej, Bernard  
Kolodziej Jr., Bernard  
Adomiak, Josephine  
Arnold, Mary Ann  
Atwell, Kathleen  
Meredick, Michael & Carolyn

In Memory of My Husband JOHN WARTKO  
In memory of Walter & Helen Orlow Group 275  
Joan Wisinski, Group 275 Secy. & District Director  
Bernard & Mary Ellen Kolodziej  
Charlotte L. Androckitis, FIC  
Gen. Secretary Polish Union of USA  
Flossie & Jim Lohman  
Mary Ann Arnold Group Secretary 320  
Atty. Jeffrey Malak  
In memory of my wonderful Mother,  
Margaret Harrity  
Chester & Barbara Tracewski  
In memory of Walter & Helen Orlow Group 275  
Joan & Tom Wisinski, IL Dist. Dir. Gr. 275 Secy.  
97 Years Young  
The Sieminski Family  
Pete & Terri Rumensky  
Bernard & Mary Ellen Kolodziej  
Bernard Kolodziej Jr.  
Josephine Adomiak  
Secretary Group 320  
Czeck Family  
Michael & Carolyn Meredick, Scranton, PA

## NEWS NOTES

### Retirement

We send our sincere best wishes to Norbert Dembinski who recently retired as Secretary of Group #407, Scranton, PA. Good luck to you Norbert, you have been a wonderful promoter for the Polish Union.



### Scholarships

The Henry J. Dende Scholarship applications, sponsored by the Polish Union of USA are now being processed. Checks should be mailed no later than August 13th to those students that have qualified and have submitted all of their paperwork.

### Seeking E-Mails

We are in the process of trying to move further into the computer age and we need your help. We have been trying to gather the e-mail addresses of our existing members for easier contact. We would especially like the e-mail addresses of those children that are eligible to attend our parties. It is an inexpensive way for us to remind them of upcoming events. We would appreciate it if you would contact your existing members to see if they have e-mail addresses. When signing up new members print their email address (if they have one) on the back of the application under "Remarks".

### Looking For Agents

Polish Union is looking for Insurance Agencies in Pennsylvania, Illinois, Michigan and New Jersey that might be interested in selling our life insurance products. Packets have been made and are available at the Home Office if you would like to give it to an agent.

### Board Applications

Official Applications for qualified members to apply for Officers, Board of Directors and District Directors positions are now available. Please call, write, fax or e-mail your request for a form. In order to apply, all applicants must meet the criteria printed in the Polish Union Constitution and By-laws.

### Publicity

Those persons Chairpersons for Activities and/or Events for the Polish Union in 2010 should have their articles to Chris Pagoda, Publicity Coordinator well in advance of the event because the Journal is only sent 4 times a year. Since neither the Office nor the Editor of the Fraternal Journal is aware of the particulars of your event you must get it to us. Separate articles for both the Fraternal Journal and local newspapers should be printed or type written.

Without good publicity, the turnout for these events is usually low.

## What Is A Live Organization?

A live organization has parking problems; a dying organization doesn't.

A live organization often changes the way things are done to do things better, a dying organization doesn't need to change a thing.

A live organization invites people to risk involvement and new ideas; a dying organization plays safe and never risks anything.

A live organization uses its traditions, resources and buildings to serve God and people; a dying organization uses people to serve its traditions and buildings.

A live organization celebrates the future with hope; a dying organization worries.

A live organization has lots of noise, excitement and sometimes confusion around it; a dying organization enjoys and encourages peace and quiet.

A live organization forgives and seeks forgiveness; a dying organization never makes a mistake.

A live organization is filled with and makes room for donors and lots of volunteers; a dying organization is filled with only memories of great days gone forever.

A live organization looks for challenges and opportunities; a dying organization looks for problems, dangers and who to blame.

A live organization engages in ministry evangelized; a dying organization fossilizes.

A life organization supports its vision and mission; a dying organization sees no need for either.

Get involved with the Polish Union of USA and our activities and help keep us strong and living!

## 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 applicants 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)

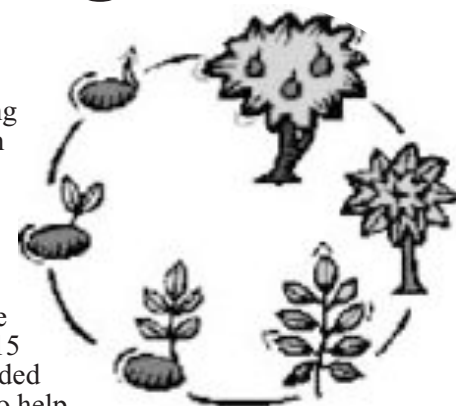
- My first annual donation toward the "Tree of Knowledge" entitling me to a Tree of Knowledge leaf. (Minimum of \$20 per payment).  
 My donation toward the "Tree of Knowledge". I do not wish to receive a Tree of Knowledge leaf or have my name published in the Fraternal Journal.

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

#### Leaf Inscription:

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

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# Bowl for St. Joseph's Center Huge Success!

On Saturday, May 22nd, 2010 Emily Stefanac, in conjunction with the Polish Union of USA, hosted the 7th Annual Bowl for St. Joseph's event at South Side Bowl, Scranton. The event was a huge success, and they raised \$550 to donate to St. Joe's.

Emily would like to thank all of the participants who came out to the event. There were many familiar faces, along with some new participants. The Polish Union is pleased to hold such an event that brings the community together to support St. Joseph's Center. A special thank you goes out to the staff at Pocono Elementary Center who gave a generous donation to St. Joe's. Emily's co-workers at PEC did a dress down day to support the bowling event again this year.

Emily stated that there were many members and non-members present for the event this year, and she wishes to extend an invite to all of the community to attend next year. The Polish Union will be hosting the 8th Annual Bowl for St. Joseph's Center with South Side Bowl, Scranton in May of 2011.



Congratulations to our raffle winners of the evening! Caryn and Ryan Czarkowski, David Noble and Angelina Slezak!



Group shot of the participants who attended the event.



Event chair, Emily Stefanac, would like to thank everyone who came out that night! "Without you, we wouldn't be able to support such a worthy cause. Thank you for your ongoing support."

## About Our Members



Samantha Hilenski of Hanover Twp, PA is a 2010 graduate of Good Shepherd

Academy in Kingston, PA. At her graduation, she was awarded both the Anna M. Hudock Scholarship and the Scott E. Snyder memorial Scholarship. Samantha is an active member of her church, the Catholic Community of North Wilkes-Barre, where she is a lector. She volunteers at the bazaars, festivals and sells many tickets to church events. She has been a member of the Girl Scouts for the past nine years. During her eighth grade year, she was a member of the safety-patrol, GSA Service club, and the Honor Society. Samantha is active in sports. She played basketball for 5 years. And she played volley ball with the Holy Redeemer Junior High team for the last three years. Her future plans include attending Holy Redeemer High School, being a Polish Union Debutante, becoming an actress, and graduating college with a Teaching Degree. Samantha is the daughter of Karen Hilenski and the late Paul Hilenski. She has a sister, Karen. They are a 100% Polish Union family belonging to Group 405 in Plymouth, PA.

## ATTENTION Pre-Convention 120th Anniversary Contest

Group Secretaries and Licensed Agents  
Now is 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.

## Pulaski Day Parade Bus Trip Sunday, October 3rd 2010



Luzerne County Council #21 of the Polish Union is planning a trip to Philadelphia, PA to see the Pulaski Day Parade. Council President, Bill Giebus & Chris Pagoda are co-chairing the event.

**This trip will cost \$23.00 per person**

Included is bus transportation to and from Philadelphia • Mass at SS Peter & Paul Cathedral • Pulaski Tribute Program • Complimentary Light Lunch • Reserved Seats For Parade  
The bus will be making a stop at a restaurant on the way home.

Anything purchased will be at your own expense.

Estimated time of arrival at Polish Union Bldg., W-B, will be 7 p.m.  
Bus seat assignments will be given when paid reservation is received.

Reservations can be made by calling Polish Union at 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 Spring Meeting** and Luncheon for Council 10-Chicago Groups was held on Saturday May 22, 2010 at 1 pm at Sawa Polish Buffet. Over 22 people attended, including group secretaries, members, convention delegates and district directors.

## 2010 Chicago Agenda

**September 17 and 18** Convention for Polish Union of USA in Wilkes-Barre Pa at the Ramada Hotel.

**October 30, 2010** Saturday Annual Fall Meeting and Pot Luck Luncheon at 1 pm to be held at the Alliance of Polish Clubs, 5835 West Diversey Ave. Chicago IIMembers are asked to bring a Polish Dish to Share and a raffle prize.

Annual Members **Childrens Christmas Party** to be held on SUNDAY DECEMBER 5, 2010 FROM 2PM-5PM at the Mayfair Banquets in Westchester II. All member children 12 and under are invited to attend with their parents or grandparents. A Pizza Buffet will be served to all attending. Santa and Mrs Santa will be there to entertain and give out presents to all children. **Reservations are required by November 1st** to your Group Secretary or to District Directors Toni Storts at 708 562-3153 or Joan Wisinski at 708 361-4180.

Check your Insurance Policies to upgrade your coverage or take out new insurance for family members. A great gift for a new addition to your family. Call your group secretary or District Director Joan Wisinski for information or enrollment at 708 361-4180.

**Birthday Greetings to Group 275** members-James Abbott-Margaret Antene-Jennifer Cybulski-Mary Glusak-Anna Krydyski-John Liszka-Jonathan Majka-Kevin Michalec-Patricia Moskal-Joshua Piet-Lottie Puzio-Joan Roman-Kimberly Ryan-Barbara (Orlow) Strahl on July 9th-Anna Waner- and Thomas J Wisinski on July 6th.

**Group 230 Celebrants** are Ronald Young-Paul Richard Kalfas-Nicholas

Milbratz and Lisa Storts.

**August Celebrants** from Group 275 are- Kevin Antene-Karen Blizniak-Dennis Deptula-Alice Dziedzic-Robert Gabriel-Helen Gabryel-Maureen Goulding-Audrey Grand-Helen Halaj-Helena Kosinska-Adam, Christine, and Douglas Kotlarczyk-Dawn Krejczyk-Danielle Luna-Michael Mcevilly-Bonaventure Nawrocki-Michael Newman-Frank Novak-Brian Patoska-Douglas Platt-Terrence Radek-Eleanora Slapa-Carol Trzebiatowski-Venus Wisinski on August 30th-Carl Zielinski and Jacqueline Ziemski.

**Group 230 Celebrants** are Zachary Gasiorowski-Alexis Kalfas-Veronica Kalfas and Lance Young.

**September Celebrants** from Group 275 are-Maria-Sarah- and Susan Antene-Angeline Badger-Robert Deptula-Philip Dzialowy-Margaret Flowers-Shannon Majka-Jacob Platt-Randall Potempa-Estelle Radek-Stella Schuirman-James Strojny-Michael Szymusiak-Thomas Zolna-and Thomas Steven Wisinski turns 13 on Sep.15th.

**Group 230 Celebrants** are-Addison Aldrich-Lorraine Kalfas-Eric Wilim and Michael Young.

**Congratulations** to all our members who graduated this summer. Don't forget the Scholarships that are offered by the Polish Union of USA for its members.

Go online at [www.polishunionusa.com](http://www.polishunionusa.com) for information and applications.

Please contact the Main Office at email—[polunionepix.net](mailto:polunionepix.net) with your email new address and telephone and any name changes and beneficiaries.

Any News and Photos from Chicago Groups contact Joan Wisinski at [wisinski85@comcast.net](mailto:wisinski85@comcast.net) or 708 361-4180

Article submitted by Joan Wisinski-Group 275 Secretary and Illinois District Director

## Women Install Officers



The Women's Division No. 5, recently instilled the following officers. Seated, from left are: Gail Schultz, treasurer and Rose Wartko, secretary. Standing from left are: Nancy Bachurek, 1st vice-president and Sophie Dubiak, president. Barbara Tracewski was absent when the picture was taken. The Women's Division meets four-time-a-year.

## Happy Birthday - Sto Lat To Our Senior Members July-September, 2010

### Reaching Age 96

Antoinett Michalec, Bridgeville, PA  
Czeslaw Rumienski, Riverview, FL  
Wlad Silvi, Plains, PA

### Reaching Age 90

Boleslaw Banas, Ft. Lauderdale, FL  
Grace Baranski, Warren, MI  
Fran Buzenska, Mayfield, PA  
Julius F. Craynock, Trenton, NJ  
Stanley Dyd, Elmwood Park, NJ  
Rosemary Jimcosky, Scranton, PA  
Dorota Kalnowska, Chesterfield Twp., PA  
Wladyslaw Kulik, South River, NJ  
Maryanna Muir, Northern Cambria, PA  
Estelle Radek, Hindale, IL  
Zofia F. Rusiloski, Shavertown, PA  
Stella Schurman, San Marcos, CA

### Reaching Age 85

Angeline Badger, West Chester, IL  
Stanley J. Belinski, Levittown, PA  
Dorothy A. Berardis, Westlake Village, CA  
Elizabeth Defazio, Dickson City, PA  
Michael B. Engstrom, Medinah, IL  
Lloyd E. Eslinger, Macungie, PA  
Rose Gombar, Throop, PA  
Izabela Gorr, Rochester, MN  
Janice Gupko, Hudon, PA  
Margaret Jumper, Old Forge, PA  
Edward Kalaha, Olyphant, PA  
Eugenia Kelly, Nanticoke, PA  
Theodore J. Killian, Mountaintop, PA  
Ramon Mella, Bridgeview, IL  
Sylvia Mokrzynski, Exton, PA  
Helen Paparelli, Eynon, PA

Zenon J. Piet, Princeton, NJ  
Elizabeth Skawski, Wilkes-Barre, PA  
Frances Slawinskas, Clarks Summit, PA  
Rosemary Tepper, Plainfield, IL  
Henry Tokarzewski, Staten Island, NY  
Mary Tomchak, Lake Ariel, PA  
Czeslaw S. Wielebob, Wilkes-Barre, PA

### Reaching Age 80

Joseph L. Chudoba, Wilkes-Barre, PA  
Arline Deleman, Wilkes-Barre, PA  
Jean Demarco, Dalton, PA  
Lillian Dombroski, Wilkes-Barre, PA  
Leona Hojnacki, Surprise, AZ  
Helena Kearns, New Castle, PA  
Madeline Klonoski, Scranton, PA  
Elizabeth Kloss, Scranton, PA  
Annette Komaniecki, Tucson, AZ  
George Mazurowski, Green Lake, WI  
Mary Ann Meredith, Scranton, PA  
Edward Niznik, Gouldsboro, PA  
Gertrude Ostrander, Niles, IL  
Frank A. Przyjemski, Brentwood, NY  
Walter Radgowski, Saint James, NY  
Jozef Sekula, Kenneth Square, PA  
Bernadine Turner, Mount Pocono, PA  
Cecilia Yackowski, Scranton, PA  
Arlene Zbyszeski, Hazleton, PA  
Anne J. Zendarski, Nanticoke, 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.

## Fraternal Journal Files and The Latest Info POLISHUNIONUSA.COM

## 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.

### 2010

#### September

Sept 17-18 37th Quadrennial Convention, Ramada Inn, Public Square, Wilkes Barre, PA

#### October

October 3 Pulaski Day Parade—bus trip to Philadelphia for the day's festivities.  
October 30 Chicago Area, Annual Fall Meeting, 1:00 PM, Alliance of Polish Clubs, 5835 West Diversey Ave. Chicago, IL.

#### November

November 6 Debutante Ball, 5:30 P.M. Genetti's Best Western Hotel in Wilkes-Barre, PA

November 28 Wigilia Wafer Dinner and Crowning of Miss Polish Union USA 2011, Polish Union Community Room, 53-59 N Main ST, Wilkes-Barre, .

#### December

December 5 Chicago Children's Christmas Party 2-5 P.M. at the Mayfair Banquets in Westchester, IL

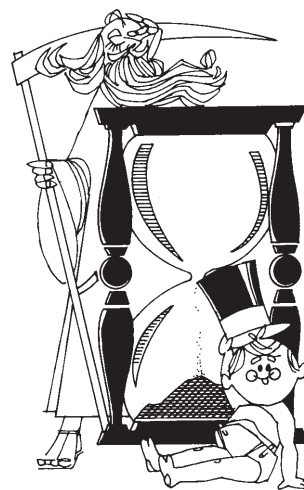
December 11 Wilkes-Barre/Scranton Children's Christmas Party, Polish Union Community Room, 53-59 N Main St, Wilkes-Barre, PA.

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.

### 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 we wondering, the Babylonians are responsible for our current system of having 60 minutes in an hour and 60 seconds in a minute.

## Why God Gave Us Arms

It's wondrous what a hug can do.  
A hug can cheer you when you're blue.  
A hug can say, "I love you so"  
or, "Gee, I hate to see you go."  
A hug is, "Welcome back again," and,  
Great to see you! Where have you been?  
A hug can soothe a small child's pain.  
And bring a rainbow after a rain.  
The hug! There's just no doubt about it.  
We scarcely could survive without it!  
A hug delights and warms and charms.  
It must be why God gave us arms.  
Hugs are great for fathers and mothers.  
Sweet for sisters, swell for brothers.  
and chances are your favorite aunts  
Love them more than potted plants.  
Kittens crave them, puppies love them.  
Hugs can break the language barrier.  
No need to fret about your store of 'em  
so stretch those arms without delay  
**And give someone a hug today!**

—Author Unknown

## Polish Union of the U.S.A. 2009 Financial Statement

TO MEET OUR OBLIGATIONS WE HAVE:	
BONDS, GOVERNMENT	\$2,983,245
INDUSTRIAL & MISCELLANEOUS	2,023,713
	<b>\$5,006,958</b>
EQUITY SECURITIES	2,293,383
CERTIFICATE LOANS	35,609
REAL ESTATE	112,170
CASH & SHORT TERM INVESTMENTS	334,475
RECEIVABLES FOR SECURITIES	2,476
INVESTMENT INCOME DUE & ACCRUED	10,747
PAYMENTS DUE FROM SUBORDINATE LODGES	7,020

<b>TOTAL ASSETS</b>	<b>\$7,802,838</b>
<b>OUR OBLIGATIONS WERE:</b>	
CERTIFICATE RESERVES	\$6,262,189
CLAIMS IN PROCESS OF PAYMENT	45,972
RESERVES FOR PREMIUMS PAID IN ADVANCE	7,477
RESERVES FOR SECURITY VALUATION	201,413
PAYABLE FOR SECURITIES	4,847
ACCRUED COMMISSIONS	2,986
ACCRUED GENERAL EXPENSES	102,079
ACCRUED TAXES, LICENSES & FEES	20,753
AMOUNTS HELD BY SOCIETY AS AGENTS OR TRUSTEE	20,137
TOTAL RESERVES & OBLIGATIONS	<b>\$6,667,853</b>
LEAVING AVAILABLE SURPLUS	<b>\$1,134,985</b>
<b>TOTAL LIABILITIES &amp; SURPLUS</b>	<b>\$7,802,838</b>

2009 SUMMARY OF OPERATIONS - ACCRUAL BASIS	
OUR SOURCES OF INCOME WERE	
INSURANCE PREMIUMS RECEIVED	\$146,386
NET INVESTMENT INCOME	362,344
OTHER INCOME	858
REALIZED CAPITAL GAIN (LOSS)	(123,542)
<b>TOTAL SOURCES</b>	<b>\$386,046</b>

THIS INCOME WAS USED FOR:	
DEATH BENEFITS	\$115,211
OTHER INSURANCE BENEFITS	36,736
NET INCREASE IN RESERVES	115,726
GENERAL EXPENSES & FRATERNAL PAYMENTS	471,551
TAXES, LICENSES & FEES	28,846
COMMISSIONS	9,687
<b>TOTAL USES</b>	<b>\$777,757</b>
<b>LEAVING AVAILABLE, NET LOSS</b>	<b>(\$391,711)</b>

2009 STATEMENT HIGHLIGHTS	
RATIO OF SOLVENCY	117.02%%
YIELD ON INVESTMENTS	4.38%%
NUMBER OF LODGES	40
NEW INSURANCE ISSUED	\$721,000
INSURANCE IN FORCE	\$26,275,041

Prepared by: Kovalchik, Kollar & Co. LLP  
Certified Public Accountants

## Help Us Find These Members

The Polish Union of USA has been trying to locate the following individuals for quite some time and we would like our members to help if you can identify and/or provide us with updated information on these individuals. Any information you have may help us to settle any funds that are due to these individuals.

Name	Last Known Address	Group
Bednarski, Czeslaw	Fairfield, CT	155
Deenyedy, Zofia	Plains, PA	138
Drzazga, Viola	Staten Island, NY	401
Filip, Julian	San Diego, CA	321
Gawron, Antoinette	Berwyn, IL	270
Jamula, Anna	Lackawanna, NY	182
Jurusik, Leo	South Plymouth, NY	401
Karpinski, Jozef	Warwick, RI	25
Kisla, Emilja	Friendswood, TX	230
Klimachefsky, Mary	Baldwinsville, NY	227
Krajewski, Christine	Ewing, NJ	25
Osowski, Kazimierz	San Mateo, CA	258
Palmowski, Wladyslawa	Somerset, NJ	155
Schnittger, Elizabeth	Staunton, VA	400
Sosnowska, Rose	Elgin, IL	395
Vance, Harriet	Saratoga Springs, NY	25
Wysomierska, Stanislaw	Plainedge, NY	25
Stanley Sypniewski	Michigan	
Marilyn Olecki Boland	Scranton PA	
Stanley Olecki	Schwenksville PA	
Lillian Manley	Dunmore PA	
Paulina Grzesiak	Chicago IL	
Theodore Madjeski III	Hanover Twp PA	
Susan Hanvey Grigus	Mocanaqua PA	
Eric Thomas Chilinski	Lawrenceville NJ	
Zackery Thomas Karwaski	Scranton PA	

## 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.

Name	Last Known Address	Group
Accardi, Marilyn J.	Lansford, PA	25
Alberska, Boguslawa	Elmwood Park, IL	221
Andrus, David	Detroit, MI	191
Andrysiak, Joanna	South River, NJ	155
Augustine, Christine	Fort Bragg, NC	293
Babarsky, Gregory	Archbald, PA	227
Badowski, Frank	Windber, PA	182
Bainbridge, Stace L.	Scranton, PA	163
Bates, Robert A.	Long Pond, PA	392
Belenski, Michael	Kingston, PA	406
Belenski, Suzanne	Kingston, PA	406
Bell, Brandon, c/o Colleen Parise	Wilkes-Barre, PA	70
Bilski, Nancy	Las Vegas, NV	175
Blake, Christopher	Sarasota, FL	275
Blizniak, Karen	Chicago, IL	275
Bober, Catherine	Chicago, IL	275
Bobich, Brian	Scranton, PA	395
Bogdanovicz, Mary Sophia	Lake Ariel, PA	163
Bolanowska, Klara	Lafin, PA	138
Boszko, Andrzej	South River, NJ	155
Boyanski, Alissa C.	Fairport, NY	206
Brodzik, Melissa	Grays Lake, IL	258
Brown, Jennifer J.	Houston, TX	395
Brunori, Roger H.	Stratford, CT	400
Bukevicz, Mark	Wilkes-Barre, PA	131
Burke, Adam	Scranton, PA	400
Bustillo, Lauren	Gainesville, FL	275

## Scholarship Opportunity For Pennsylvania Members

The Pennsylvania Fraternal Congress, of which Polish Union is a member, has announced the availability of scholarships for Pennsylvania fraternal members.

At least one \$500 scholarship will be awarded. Additional scholarships may be awarded depending upon available funds.

• Judging will be done by the scholarship committee of the Pennsylvania Fraternal Congress.

Awards will be announced at the Pennsylvania fraternal Congress annual meeting in October, 2010.

• Acceptance of attendance from college, university, trade school, etc. must accompany this application.

### Rules and Regulations

#### Applicant Must

• Be a resident of Pennsylvania and a member of a Fraternal Benefit Society that is a member of the Pennsylvania Fraternal Congress.

• Be a 2010 high school graduate attending an accredited college, university, trade school, etc. in the summer/fall of 2010 as a full-time student (twelve semester credits).

• Obtain a letter of recommendation from your Fraternal Benefit Society.

• Submit a 500 word essay on: *What does a Fraternal Benefit Society mean to you and how has your life been enriched by your involvement in your Fraternal.*

• Sign the statement of application at the bottom of this application

• Return completed application, essay and letter of recommendation, proof of acceptance from your college, university, trade school, etc. postmarked no later than September 3, 2010 to:

Charlotte L. Androckitis, FIC, Chair  
PFC Scholarship Committee  
Polish Union of USA  
PO Box 660  
Wilkes-Barre, PA 18703-0660  
570-823-1611

Please Print or Type

Date: \_\_\_\_\_ Social Security # \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

e-mail address \_\_\_\_\_

Your Fraternal Benefit Society \_\_\_\_\_

College you will attend in 2009 \_\_\_\_\_

Scholastic Achievement (Honors-Awards) \_\_\_\_\_

\_\_\_\_\_

Extracurricular School Activities\* \_\_\_\_\_

\_\_\_\_\_

Civic (non-school) Activities\* \_\_\_\_\_

\_\_\_\_\_

Fraternal Benefit Society Activities\* \_\_\_\_\_

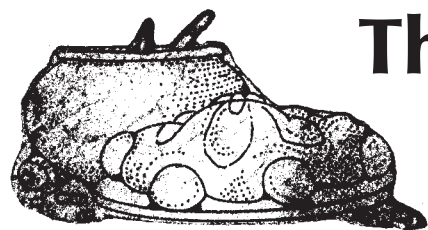
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\* Information may be submitted on a separate sheet of paper, please type or print.

### Statement of Application

I understand that my selection for this scholarship is based upon my answers to these questions and the essay I have written; and, further that my application is in competition with other eligible persons and that the decision of the Pennsylvania Fraternal Congress is final. This application is completed with my knowledge and consent, and false information will void the award. The information that is provided in this application is true and complete.

\_\_\_\_\_  
Signature of Applicant and Date



## The Polish Chef

### Delicious Polonaise Recipes

#### (Dried) Lima Beans & Pork Rinds Fasola "Jash" (Sucha) Ze

##### Skorka Wieprzowa

Soak 2 c. dried Lima beans in 8 c water overnight, then cook in same water 1 1/2 hrs or until tender: Drain. Before you even start cooking the beans, cut up the rind from a 1 1/2 lb. slab of bacon or salt pork into several slices and cook separately in water until tender. This may take 2-3 hours. Cut the soft rind into small strips and return to water over drained, cooked beans, bring to boil, cover and allow it to set 15-20 mins. Mix in a little flour for a thicker sauce, season to taste with salt, pepper and savory and simmer briefly.

#### Wax Beans Polonaise Fasolka: Szparagowa z Tarta Bulka

Wash 1 1/2 lbs wax beans, cut off ends and remove strings. Cook in just enough salted boiling water to cover 10-15 mins. Fork test them for doneness. Beans may be cooked whole or—if they are on the long side—cut in half or even in three. Drain, remove to platter and drench with Polonaise topping.

#### Creamed Cabbage Biala Kapusta w Smietanie

Shred or chop one 2-lb. head of cabbage. Place in pot and scald with salted boiling water to cover. Add 1-2 t. sugar and 2 T fat (bacon or salt-pork drippings, lard or butter), cover and bring to a boil. Uncover, reduce heat and cook until cabbage is tender. Remove from heat. Fork blend 1/4 to 1/2 c. sour cream- with 2 T flour and stir in. Simmer briefly. Season with salt, pepper and lemon juice to taste.

**Optional:** Sprinkle with chopped dill or crushed caraway seeds. A grated cooking apple may also be added at the start of cooking.

#### Wax Beans Stewed with Tomatoes Fasolka Szparagowa Duszona

##### z Pomidorami

Wash, cut off ends and remove strings from 1 1/2 lbs. wax beans and cut into 2 or 3 pieces. Slice 2 small onions wafer thin and simmer in 3 T butter or oil until transparent. In pot, mix beans with onions and drippings, add 2 T boiling water, sprinkle with pepper and (optional) a pinch of savory, and simmer covered on low heat about 10 mins. Add a little more boiling water if beans begin to sizzle. Scald 3-4 small tomatoes and remove skins, dice and add to beans together with 2 buds mashed garlic. Toss gently, cover and continue to simmer until fully cooked. Salt to taste and serve garnished with chopped dill.

#### Asparagus Polonaise Szparagi z Tarta Bulka

Gently scrub 2 lbs. asparagus and scrape away skin, starting at the bottom. Cut away tough bottoms if any. (Fresh supermarket asparagus may already be trimmed and ready to cook. Cover with salted boiling water and cook 10-15 mins. or until tender. Another way is to tie the asparagus into bundles with strong white thread, stand upright in pot and cook in boiling salted water 20 mins. or until tender. Either way, a teaspoon or so of sugar may be added to boiling water and 1/2 c. milk may be added to pot. Drain and remove to serving platter. Remove threads if you have used the bundle method. Drench with browned, buttered bread crumbs. A sprinkle of chopped dill may be added.

#### Brussel Sprouts Polonaise Brakselka/Kapusta Brakselka Po

##### Polsku

Remove yellowed, wilted leaves from 2 lbs. Brussel sprouts, wash well, place in pot, cover with salted boiling water with 1 t. sugar added and cook uncovered 10-15 mins. or until tender. Drain. Top with browned, buttered bread crumbs.

**Variation:** After draining, sprinkle with a little lemon juice and drench with melted butter. These tasty little cabbages are also good with bechamel sauce.

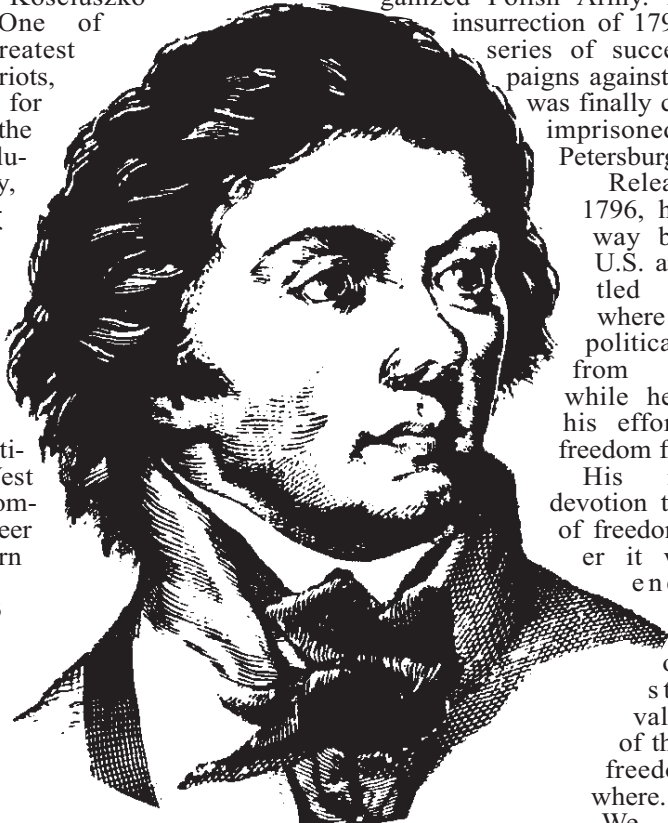
*Smacznego!*

## A Hero of Two Continents

Tadeusz Kosciuszko (1746-1817) One of Poland's greatest heroes and patriots, he first fought for freedom with the American revolutionary army, where he distinguished himself brilliantly; fortifying Philadelphia; winning a victory at Saratoga; designing and building the fortifications at West Point and becoming chief engineer of the Southern army.

In 1783 Congress offered him citizenship, land, a pension and the rank of Brigadier General.

He returned to Poland the next year and in 1789 was commissioned a major general in the newly reor-



ganized Polish Army. He led the insurrection of 1794, waged a series of successful campaigns against Russia, but was finally captured and imprisoned in St. Petersburg.

Released in 1796, he made his way back to the U.S. and then settled in France, where he refused political overtures from Napoleon while he continued his efforts to gain freedom for Poland.

His indomitable devotion to the cause of freedom—wherever it was threatened—made him a symbol not just of Poland struggling valiantly, but of the pursuit of freedom everywhere.

We celebrate Kosciuszko's birth on February 12th.

## Koffee Klatch

with D.K.



**Dzien dobry!** Welcome to my kitchen! The summer ice tea and coffees along with the fruits and cookies are all ready for our guests.. however; I notice that our guests are in a rare and somewhat angry, and sad mood....considering the beautiful weather beaming down from the beautiful patio. the conversation seems to be heated about all the child abuse going on today, plus the drugs our kids are taking and doing horrible things, plus all the other teen violence. What is going on in the world we live in today? Therefore, today I would like to share with you a story written by Randy and Malanie Bodelon; however; this story is revised by me to fit today's real problems.....The story is called, *A DIFFERENT DRUG PROBLEM*.

The other day, someone at a store in our town red that a Methamphetamine lab had found in an old farmhouse in the adjoining county, and he asked me a rhetorical question. "Why didn't we have a drug problem when you and I were growing up?"

I replied, I had a drug problem when I was young: I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter what the weather was. I was drug by my ears when I was disrespectful to adults. I was drug to my room when i told a lie, and sent to uncle Joe when I had a bad report card so he could help me.

I was drug to the kitchen sink to have my mouth washed out with soap if I used profanity. I was drug out to pull weeds in mom's flower garden and the cockelburs out of dad's fields. I was drug to homes of family, friends and neighbors to help out some poor soul who had no on to mow the yard, and chop some firewood. Those drugs are still in my veins and have effected my behavior in everything I do, say, or think. They are stronger than cocaine, crack, or heroin; and if today's children had this kind of drug problem, America would be a better place.

God bless the parents who drugges us.....

### Helpful Hints

Drink 2 glasses of gatorade to relieve headache pain almost immediately. w/out side effects.....

An excellent salve for burns is Colgate toothpaste (or give a try any toothpaste as a salve for burns.....

For puffy eyes, use Preparation H, rubbing into skin and avoid eyes...relieves swelling instantly.....

### DEAR PK:

My daughter lives with me, and we both work....We wear the same size in clothes...My gripe is that she borrows my clothes and puts them back soiled. Any suggestions?

—SUE

### DEAR SUE:

Dislocate some of her clothes for a few weeks, and don't return them until she stops using your clothes...

—pk

**BIRTHDAY greetings to:** Jack Bednarski, Bernie Kolodziej, Loretta Chiskowski, Al Bogusko, Terry and Pete Rumensky, Sophie Dubiak, Geri Sherwood, Flossy Lohman, Helen Wisniewski.....Sto Lat!!!!!!

### Assertiveness

When a man walked through the door and his wife came to greet him, he told her, "From now on I'm the man of the house and my word is law....When I come home from work I want my dinner on the table. . Now go upstairs and lay me some clothes on the bed because I'm going out with the boys tonight. Then draw my bath. When I get out of the tub, guess who's going to dress me and comb my hair?"

"THE UNDERTAKER," she replied!

*SEND YOUR LETTERS AND COMMENTS TO: PK DENDE, 17 LAUREL DRIVE, SCRANTON, PA...18505*

## Promise Yourself

Promise yourself to be so strong that nothing can disturb your peace of mind

To speak of health, happiness, and prosperity to every person that you meet.

To make all your friends aware of the special qualities within them.

To look at the sunny side of everything and let your optimism work to make your dreams come true.

To think, work for, and expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget past mistakes and press on towards a greater future.

To wear a cheerful countenance at all times as a smile radiates warmth and love.

To give so much time to the improvement of yourself that you have no time left to criticize others.

To be too wise for worry, too tolerant for anger, and too courageous for fear.

To be happy

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



Pumpkin	Dynia (dyh-niah)
Rain	Deszcz (desch)
Hoarseness	Chrypka (Khrup-kah)
Indigestion	Niestrawność (Nyeh-strahv-nohsh-ch)
Nausea	Nudności (nood-nohsh-chee)
Pneumonia	Zapalenie płuc (zah-pah-leh-nyeh pwoots)
Chills	Dreszcze (Dresh-cheh)
A blister	Otarcie (oh-TAHR-cheh)
A boil	Furunkul (foo-ROON-kool)

## Tips To Quit Smoking

When smokers craving a cigarette walked for 15 to 20 minutes on a treadmill, they were less likely to have the urge to smoke 20 minutes later compared with smokers who sat quietly for 40 minutes.

**Theory:** Exercise, like nicotine, triggers the release of "feel-good" chemicals such as dopamine in the brain, so substituting ne for the other can help ease cravings. If you are trying to quit smoking; walk as often as you can, particularly before time when you expect to experience cravings such as during a stressful event.

Quitting smoking cuts the risk of lung cancer as well as other forms of cancer, heart disease and stroke. It may be difficult, but you will be glad you did!

**Set a Date:** Tell family, friends and co-workers, anticipate challenges, remove

cigarettes, ash trays, etc., Talk to your doctor about getting help. Try to not smoke for just 1 day! Do it for your family. Do it for yourself!

**Did You Know** if you quit smoking, your body will begin a series of changes? Within 20 minutes your heart rate drops; 12 Hours, Carbon monoxide levels in your blood drop to normal; 2 weeks to 3 months, your heart attack risk begins to drop and lung function begins to improve; In 1 - 9 months your coughing and shortness of breath decrease; In 1 year your added risk of coronary heart disease is half that of a smoker.

For resources to assist you call 1-800-QUITNOW or

[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

Another good reason to quit, your insurance rates will be lower!

# Family Day Picnic at Knoebel's Brings on Smiles

The Youth Committee of the Polish Union coordinated a wonderful Family Day Picnic recently held at Knoebels Amusement Park, Elysburg, PA.

A record number of nearly 90 members, family and friends of the Polish Union were treated to delicious food, cold beverages and plenty of fun.

Joe Pudlosky, Director of the Polish Union, along with his mother Mary Ann and his sister Sheri Brierley did most of the shopping, cooking and cleaning up for the event. One of the pictures shows them being congratulated by Vice President Kolodziej.

Shown in the pictures below are just some of those persons that were present that day.

Another member of the Youth Committee, Atty. Jeff Malak had many of his family members present. All of the youngsters are members of the Polish Union and are from various States such as: Alabama, Connecticut, New York and Texas.

Chris Pagoda, member of the Office Staff, had some of her family present. Some of these members are from New York State.

Director, Bill Giebus also had his daughter and grandson there from Florida.

The additional photos show other persons that were present from Luzerne County and surrounding areas.

Members of the Youth Committee are: Emily Stefanac, Chairperson; Atty. Jeffrey J. Malak; Joe Pudlosky, Jr.; Sheri Brierley; Samantha Heck; and Brenton Reilly.

