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Polish Union of U.S.A.

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Planning 34th Debutante Ball



Planning the Debutante Ball recently were: Seated Emily Huber, Sophie Dubiak, Maryann Arnold Standing Charlotte L. Androckitis, Terri Rumensky, Debbie Zielinski and Nancy Bachurek

The Polish Union Debutante Ball Committee is planning this years 34th annual Dancing With the Debs, Debutante Ball.

The Ball will be held on Saturday, November 3rd, 2012 at the Best Western Genetti Hotel, Wilkes-Barre. Debutantes will be presented promptly at 5:30pm.

Chair person, Emily Stefanac, hopes to see a larger crowd this year. "We are still accepting some applications but we have a much larger group than previous years already!", said Emily. "The committee is just ecstatic to see so many young girls wanting to participate in this spectacular event."

April Yorkonis of Philadelphia will be this years Presenter of Debutantes. Paige

Huber and Jacob Kopko will serve as Page Girl and Page Boy.

Tickets are still just \$30 for adults and \$15 for children, and entertainment will be provided by the George Tarasek Orchestra.

This event is open to all members and non-members! Please feel free to contact the home office, or Emily Stefanac at Casper3819@aol.com, with any questions.

This years Debutante Ball promises to be a wonderful evening. It's a great opportunity to have fun with family and friends alike. Come join the community in celebrating our young Debutantes along with enjoying some dancing, dinner, and refreshments!

34th Annual Debutante Ball

"Dancing With The Debs"

Saturday, November 3rd, 2012

Genetti'a, Wilkes-Barre

*Emily Stefanac &
Katrina Reily Co-Chairs*

Program 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

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!

Feed The Needy 2012

One of our key community service projects, helping at the Commission on Economic Opportunity Food distribution program, a favorite of our Chaplain Rev. Patrick Albert, is scheduled for Saturday, November 10, 2012. Activities will take place at the CEO warehouse, 89 Second St. Wilkes-Barre, PA. 18705 from 8:00 AM to 5:00 PM. Second St. is near the South entrance to Mohegan Sun Casino. The Food Distribution Program is a Regional effort conducted by CEO, Wilkes-Barre and the Weinberg Foundation, Lackawanna County.

Hundreds of volunteers from all walks of life participate in the program, primarily during the month of November. Thousands of needy individuals benefit from this program by receiving donated food items primarily

around the Thanksgiving season. Volunteers help with registration of families and packing food orders at the distribution site.

Our Polish Union members have volunteered for the past several years and we also encouraged others to help with this monumental and critically needed project. We have selected Saturday November 10, 2012 for our volunteers to participate but CEO staff is able to accommodate groups and individuals at any time. People who may choose to help by donating funds for this event may send checks to the CEO or contact Maura Modrovsky at 570-826-0510.

Father Albert wishes to remind you that you can join our group for November 10, 2012 by calling our office at 570-823-1611.

Raise Your Awareness of Life Insurance Benefits

You may be unaware of it, but September was Life Insurance Awareness Month. And when you consider the lifetime of benefits you and your family may receive from life insurance, you might agree that a month isn't too long to spend on this important part of your overall financial picture.

Unfortunately, too many Americans are uninsured or under-insured. In fact nearly a third of all consumers think they need more life insurance, according to a 2012 Insurance Barometer Study, published by the nonprofit Life Foundation and Limra, a research and consulting organization specializing in insurance and financial services. One of the main reasons so many people lack sufficient life insurance is their perception that they can't afford it. Yet, the cost of basic term life insurance has fallen by about 50 percent over the past ten years, according to the Life Foundation.

The cost—financial, emotional and psychological—of not having adequate life insurance certainly outweighs the expense of carrying the proper coverage. You'll hear about many things that are designed to "last a lifetime," but in the case of life insurance, that expression is appropriate. Consider the various times in which you should look at the need for life insurance.

When you're married—Many married couples assume they won't need life insurance until they have children. But if you or your spouse died, would the surviving spouse's income be sufficient to pay off the mortgage, or even the rent? How about credit card balances, car loans or student loans?

When you're married...with young kids—Now, in addition to having to pay off the mortgage if anything should happen to you, your surviving spouse will have to

find the money to educate your children—and that's a big challenge, given the rapidly escalating expenses associated with college. But, with sufficient life insurance in place, your spouse can deal with the high costs of higher education. Furthermore, if you have permanent life insurance, such as whole life or universal life, you have the potential to build cash value, which you may be able to tap to help pay for college—while you're still alive. (Keep in mind, though, that using some of your cash value could lower your policy's death benefit.)

When your children are grown—Even with your children grown and gone, you can benefit from life insurance. For example, if your spouse outlives you by a decade or more, will he or she have enough money to enjoy a comfortable lifestyle?

When you're retired—Your need for life insurance doesn't retire when you do. For one thing, you may be able to access the cash

value of your permanent insurance to help meet your retirement expenses. (Keep in mind this may affect your death benefit). And your policy's death benefit could help your children or other heirs deal with estate taxes, if any exist. Furthermore, if you'd like to be able to pass on something to your children or grandchildren, life insurance may be an ideal vehicle, because the proceeds are typically income tax free and can avoid the time consuming process of probate.

Life Insurance can offer a lifetime of benefits, so make sure you get the coverage you need.

Article submitted by Joan Wisinski-
Illinois District Director-

Reprinted from the Palos Regional
September 2012 issue

One of the main reasons so many people lack sufficient life insurance is their perception that they can't afford it. Yet, the cost of basic term life insurance has fallen by about 50 percent over the past ten years, according to the Life Foundation.

In Memoriam

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

Group	Member	State
395	Mary A. Meila	OH
400	Martha Brack	PA
257	Gerald Strumski	PA
227	Andrew Shefchick	PA
502	Mary Chrin	MD
155	Helena Stab	FL
163	Theodore Brooks	PA
73	Helena Schrift	CT
320	Mary Ann Nelson	PA
406	Stella Pienta	NJ
293	Gerard O'Neil	PA
502	Donald H. McMullen	PA
189	Sylvia Fiegles	PA
230	Helen Damask	FL
293	Leona Prazych	PA
258	Adam Sypniewski	IL
73	Rita Wanich	PA
392	Joseph Gilis	PA
25	Edward Oltrazewski	FL
180	Stephen Kuliczkowski	PA
182	Anna Marie Kruszka	PA
358	Irene Bogansky	VA
230	John R. Ruppert	IL
400	Brian Benckini	NJ
395	Marie Benckini	PA
502	Mary J. Aukamp	PA
182	Frank Badowski	PA
400	Helen M. Klem	PA
258	Ryszard Ciurej	NE
275	Edwin Fudala	IL
401	Arthur Harvey	CA
182	Jozef Helinski	PA
502	Robert S. Hoar	PA
258	Jozefa Jakubowska	IL
321	Eleonora Carbone	CT
230	Mark Peter Klonowski	IL
73	Felicja Cronk	NY
502	Elizabeth Cumens	PA
395	Rose Sosnoska	IL
182	Anna Monroe	MD

† † †

May the souls of the faithful departed rest in peace.

† † †

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

Statement of Ownership, Management & Circulation

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Lawrence Wroblewski
Editor

New Area Representatives

The Polish Union of USA/Ameripol is a very family oriented organization. Keeping in touch with our membership is the key to the success of our Fraternal. The *Fraternal Journal*, our Official Publication, helps to keep our membership informed of, not only activities, but all aspects of our operations.

Recently, the Board of Directors has approved a new program with the intent to upgrade our membership files as well as to make sure that our members life insurance needs are also in line with the current inflation.

As of this writing, three persons have been appointed as Area Representatives. These three persons, who are all experienced in selling our products, will be contacting our membership to try and get updated information as well as new information such as cell phone numbers and e-mail addresses. They also will talk to you about upgrading your life insurance policy or asking you for a



Fraternal
News &
Views

CHARLOTTE L.
ANDROCKITIS, F.I.C.
CEO/NATIONAL SECRETARY

referral for someone that might want to purchase one of our life insurance products.

The three appointed Area Representatives are: Maryann Arnold; Toni Storts and Chester Tracewski. All of these representatives are very well informed on the benefits of the Polish Union of USA.

Someone could be calling you in the not too distant future – please be Fraternal!

Christmas & New Year's Cheer

We are in the midst of the Holiday season with Halloween, Thanksgiving, Christmas, and New Years Day among the more prominent occasions. As we await the start of 2013 we hope and pray that your health, economic situation, and circumstances in general were at least manageable in 2012 and that 2013 brings peace, health, and happiness to you, your family and all of the members and friends of Polish Union.

As this is being written the outcome of the November election is uncertain but we can be assured that, regardless of the outcome, many challenges face us. One may choose to focus as much as possible on the positive because concentrating too heavily on the depressing realities in this day and age could result in greater feelings of frustration. Obviously we cannot ignore reality but selective attention toward whatever issues we deem to be positive may better us to cope. We have experienced this to some degree in the actions of our fellow Board members and key players in our own Polish Union. Enactment of various economies of scale, increased oversight on fiscal management, new initiatives in member recruitment, and an upward trend in sales has given us encouragement to move forward with confi-



President's
Desk

BERNARD KOLODZIEJ

dence.

Your interest and support is valued and necessary for Polish Union to achieve our goal of sustained growth. The lifeblood of our organization is membership and a concerted effort to recruit new members by Group Secretaries, Area Representatives, and members in general will keep us moving forward. Help us grow and preserve the Polish Union by reminding friends and family about the gift giving benefits of our products.

Once again we wish you all the best of health and happiness for 2013.

May the Lord's Peace be with 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 2010-2014

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

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CLO: Jeffrey J. Malak 138 S. Main St., Wilkes-Barre, PA 18703

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Honorary Medical Examiner, Dr. Leon Skweir .

Honorary Member

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Our Wigilia Celebration



Chaplain's
Corner

REV. PATRICK ALBERT

Christmas Eve (Wigilia) is the most beautiful of all traditional festivities among the Polish people. Wesolych Swiat Bozego Narodzenia means Merry Christmas in Polish. As the family prepares the traditional foods for dinner, everyone awaits the Gwiazdka (or the first star) to appear in the sky. This is when the commemoration of the birth of the Christ Child begins. Thirteen courses are traditionally served at dinner for good luck (one for Jesus and each of the 12 apostles). Dinner is usually meatless and often includes mushroom soup, boiled potatoes (kartofle), pickled herring (sledzie) fried fish, pierogi, beans and sauerkraut (groch I kapusta), babka, platek, assorted pastries, nuts and candies. An extra place is set at the table in the hope of the Godchild coming to share the Wigilia in the form of a stranger. Before eating dinner, the Oplatek (wafer) is broken and shared by everyone at the table,

from oldest to youngest, who then shares a Christmas wish or blessing. The Oplatek is also known as the “bread of love”, and is often sent by mail to absent family members.

Another tradition practiced by the Polish people is that a thin layer of straw is placed under the white tablecloth in memory of the Godchild in the manger. Young girls also looked into their future by taking a piece of straw from under the tablecloth. If she picked a green stem, she would marry; a withered stem meant she would wait; and a yellow stem meant she would stay single. It is also suggested that a piece of straw should be taken from the Nativity scene and kept in one's wallet throughout the next year to keep from ever running out of money.

After the meal, family members often sing Polish Christmas Carols called the koledy I Pastoralki, while the children wait around the Christmas tree, or choinka, for gifts to be exchanged.


























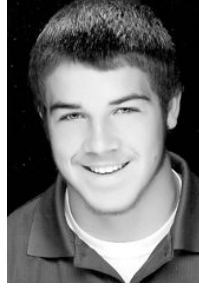

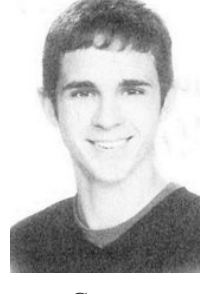




Traditionally, the Wigilia celebration would culminate when the family members attend mass at midnight, called the Shepherd's Mass or Pasterka. Families, especially those with young children, visit the Creche to pray together to the Infant Jesus.

Following mass families return home for more food and celebration with their loved ones.

Got Insurance?

Are you in your 40s and thinking about added financial security for you and your family? Life insurance may be an option to consider. Did you know that a 40 year old male is eligible to apply for \$10,000 of permanent life insurance at a cost of only \$154.00 @ year. This is just one example of an affordable life insurance product offered by Polish Union/Ameripol Life Insurance. Call 570-823-1611 or visit our website today.

Meet Our 2012-2013 Scholarship Recipients

								
WASIAKOWSKI, ABBY	WASIAKOWSKI, ADAM	ROJEK	KOPCZYK	FERRIS, B.	WILSON	HINDS	NAMOWICA	KOZUCH
								
FERRIS, J.	BILSKY, III	GRIMES	JEGERSKI	PELCZAR, J.	LYNOTT	KISKA	PELCZAR, K.	MCKEOWN
								
ANTENE	MACHOWSKI	KOPCZYK	KERN	GEISER	ATWELL	QUINNAN	ROBINSON	ADAMEC
					<div><p><i>Young people, all members of the Polish Union of U.S.A., are recipients of 2012-2013 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 listing of this year's recipients is found below.</i></p></div>			
GILROY	ZIOBRO, II	KOLODZIEJ	SUCHOSKI	MILLER				

Rebecca Adamec, Gr. 380, Brookfield, IL, is the daughter of James nd Rosemary Adamec. She is in her third year at Western Illinois Univ., Macomb, IL, where she is pursuing a Psychology/Art History degree.

...

Kyle J. Antene, Gr. 275, Brookfield, IL is the son of John and Cindy Antene. He is a Freshman at Marquette Univ., Milwaukee, WI.

...

Sarah Antene, Gr. 275, Brookfield, IL, is the daughter of John and Cynthia Antene. She is a Junior Communications major at Loyola Univ., Chicago, IL.

...

Matthew Atwell, Gr. 73, Moosic, PA, is the son of Nicholas and Kathy Atwell. He is a Political Science major in his second year at St. Joseph's Univ., Philadelphia, PA.

...

John F. Bilsky, III, Grs., 395 &392, Pelham, NH, is the son of John, Jr. and Cindy Bilsky. He is an Engineering major in his first year at the Univ. of Rhode Island, Kingston, RI.

...

Brighton Aubrey Ferris, Gr. 275, Lake In The Hills, IL, is the daughter of William, Jr., and Denise Ferris. She is a Freshman Business major and also pursuing a minor in Event Management at Central Michigan Univ., Mt. Pleasant, MI.

...

Jesse Ferris, Gr. 275, Lake In The Hills, IL, is the daughter of William Jr. and Denise Ferris. She is a Sophomore at Tribeca Flashpoint Media Arts Academy where she is studying Animation and Visual Effects.

...

Marsha Lynn Geiser, Grs. 265 & 406, Ashley, PA, is the daughter of William and Mary Geiser. She is a Biology major at King's College, Wilkes-Barre, PA, in her first year.

...

Robert Joseph Gilroy, Gr. 400, Scranton, PA, is the son of Joseph and Lisa Gilroy. He is a second year Criminal Justice major at the Univ. of Scranton, Scranton, PA.

...

John V. Grimes, Gr. 405, Wilkes-Barre, PA, is the son of Thomas and Ann Grimes. He is a Junior Physician's Assistant major at King's College, Wilkes-Barre, PA.

...

Christopher Robert Hinds, Gr. 405, Huntingtown, MD, is the son of Richard Hinds and Linda Bednarski. He is a Freshman Russian Language and Culture/Business major at Anne Arundel Community College, Arnold, MD.

...

John Jegerski, Gr 258, Hickory Hills, IL, is the son of Kenneth and Carol Jegerski. He is a first year Motorcycle Technician major at the Motorcycle Mechanic Inst., Orlando, FL.

...

Madeline Kern, Grs. 73 & 138, Monkton, MD, is the daughter of Michael and Carol Kern. She is a Junior Political Science major at Dickinson College, Carlisle, PA.

...

Kara Kiska, Gr. 407, Ashley, PA, is the daughter of Robert and Wendy Kiska. She is a first year Elementary and Special Education major at Misericordia Univ., Dallas, PA.

...

Sarah Beth Kolodziej, Gr. 131, Wilkes-Barre, PA, is the daughter of Mark Allan Noel and Carol Ann Kolodziej. She is an English, Secondary Education major in her Freshman year at King's College, Wilkes-Barre, PA.

...

Beth A. Kopczyk, Gr. 182, Indiana, PA is the daughter of Thomas and Irene Kopczyk. She is a first year Early Childhood Education major at St. Francis Univ., Loretto, PA.

...

Lisa Kopczyk, Gr. 182, Indiana, PA, is the daughter of Thomas and Irene Kopczyk. She is a Senior at the Clarion Univ. of PA., Clarion, PA

...

Dominique Kozuch, Gr. 395, Jermyn, PA, is the daughter of Andrew and Dorothy Kozuch. She is an Illustration and Art History major in her 4th year at Marywood Univ., Scranton, PA

...

Kaitlyn Lynott, Gr 293, Myersville, MD, is the daughter of Kevin and Kelly Jo Lynott. She is a first year Nursing student enrolled in Salisbury Univ., Salisbury, MD.

...

Leigh Anne Machowski, Gr. 405, Mountain Top, PA, is the daughter of Joseph and Barbara Machowski. She is a Senior Elementary Education major at Luzerne County Community College.

...

Kathleen McKeown, Gr. 70, Wilkes-Barre, PA, is the daughter of Michael and Lisaann McKeown. She is a Freshman Business major at Lockhaven Univ., Lock Haven, PA.

...

Timothy Joseph Miller, Grs. 25 & 180, Lawrenceville, NJ, is the son of Christopher and Susan Miller. He is a Sophomore Electrical Construction major enrolled in Mercer Community College, Trenton,NJ.

...

DeAnna Simone Namowicz, Grs. 144 & 51, Nanticoke, PA, is the daughter of Peter and Denise Namowicz. She is a Biology/Pre-Physical Therapy major in her third year at Arcadia Univ., Glenside, PA.

...

Joshua G. Pelczar, Gr. 189, Billings, MT, is the son of Brian and Tracie Pelczar. He is a Senior Finance major at the Univ. of Montana, Missoula, MT.

...

Karlie E. Pelczar, Gr. 189, Billings, MT., is the daughter of Brian and Tracie Pelczar. She is an INternational Hospitality Management major in her Junior year at Northern Arizona Univ., Flagstaff, AZ.

...

Melissa Kathryn Quinnan, Gr. 293, Kimberton, PA, is the daughter of Shawn Quinnan and Denise Pohosky. She is in her first year as a Physics major at Penna. State Univ., University Park, PA.

...

Patrick J. Robinson, Gr. 400, Scranton,PA, is the son of Robert and Elaine Novak. He is a Criminal Justice major in his first year at King's College, Wilkes-Barre, PA.

...

Alexander Rojek, Gr. 163, Scott Twp., PA, is the son of Edward and Lynda Rojek. He is a Sophomore Molecular Biology major at Colgate Univ., Hamilton, NY.

...

Sarah Suchoski, Gr. 406, Wilkes-Barre, PA, is the daughter of Robert and Carol Suchoski. She is a Mathematics/Secondary Education major in her Freshman year at King's College, Wilkes-Barre, PA.

...

Abby Wasiakowski, Gr. 405, Mountaintop, PA, is the daughter of Bernard and Barbara Wasiakowski. She is a Sophomore Baking/Pastry Arts major at the Penna. College of Technology, Williamsport, PA.

...

Adam Wasiakowski, Gr. 405, Mountaintop, PA, is the son of Bernard and Barbara Wasiakowski. He is a first year Physical Therapy major at Misericordia Univ., Dallas, PA.

...

Carrie S. Wilson, Gr. 51, Rome, PA, is the daughter of Edward and Pennie Wilson. She is a Junior Pre-Physical Therapy major at Lock Haven Univ., Lock Haven, PA.

...

Ronald M. Ziobro, II, Gr. 206, Dupont, PA, is the son of Ronald and Sharon Ziobro. He is a Senior Crime, Law, Justice and Business major at Penna. State Univ., University Park, PA.

...



About Our Members

Named Scholar



Allyson M. Meredick of Scranton, has been named to the National Society of High School Scholars. Students selected for the honor become eligible for a wide variety of benefits including scholarship opportunities, academic competitions, free events, member-only resources, publications and participation in programs offered by educational partners. The Society recognizes top scholars and invites only those students who have achieved academic excellence. The announcement was made by Claes Nobel, a senior member of the family that established the Nobel Prizes. Allyson is a student at Holy Cross High School.

65th Wedding Anniversary



Edward and **Anna Skonieczki** of Milford, CT celebrated their 65th wedding anniversary on September 6, 2012. The happy couple is pictured on their wedding day. They were married at St. Francis Church in Nanticoke, PA and moved to Connecticut in 1950. The Skonieczki's have 3 children, Edward, Lynn Dulin and Lisa Shackett. They are the proud grandparents of 7

Granddaughters, 1 Grandson and 1 Great Granddaughter. Edward is a member of Group 73.



90th Birthday

Mary Dzwonczyk will be celebrating her 90th Birthday on December 29th, 2012.† She has been a very dedicated member of the Zonta Club and Polish Union attending all the meetings when her health allowed. She is a member of group 395 in Scranton. Mary is presently residing at the Jewish Home in Scranton, Pa. Above, Mary is pictured with her granddaughter Olga Opshinsky at the 2009 Polish Union Debutante Ball. Her daughter Rosemary recalls how her mother dreamed of Olga participating in the Debutante Ball.

Mary is the mother of three children, Carol, Matiskella, Rosemary Opshinsky, and Joseph Budney. A grandmother of 6 and a great grandmother of one. Mary's favorite things include time with her family, watching and listening to Polka Music, Canning, and Baking Pizzele Cookies, and visiting with neighbors. She was a seamstress for 20 years at Lackawanna Pants Factory. Mary is very dedicated to her faith and attends Sacred Hearts Parish (St. Paul of the Cross) in South Scranton. She has been a very dedicated member of the Zonta Club and Polish Union attending all the meetings when her health allowed. She is presently residing at the Jewish Home in Scranton, Pa.

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.

2012

October

- Sun., Oct. 14 Pulaski Parade in Philadelphia. Bus trip. Departure from Wilkes-Barre and possibly Scranton. Contact Polish Union for details.
- Friday, Oct. 26 Children's Halloween Party, Polish Union Community Room, Wilkes-Barre. 6:30 to 8:30 p.m.

November

- Sat., Nov. 3 34th Annual Debutante Ball, Genetti's Best Western Hotel, Wilkes-Barre, 5:30 to 11 p.m. "Dancing With The Debs"
- Sun., Nov. 25 Annual Wigilia Dinner and Crowning of Miss Polish Union 2013. Mass at 2 p.m. All activities in the Polish Union Community Room, Wilkes-Barre.

December

- Sun, Dec. 2 Zonta Club Annual Christmas Party
- Sun., Dec. 2 Chicago Children's Christmas Party. Mayfair Banquets, Westchester from 2 to 5 p.m.
- Sun., Dec. 9 Women's Division #5 Annual Christmas Party, 1 to 3 p.m., La Tratoria in Scranton.
- Sat., Dec. 15 Scranton/Wilkes-Barre Children's Christmas Party, Polish Union Community Room, 11 a.m. to 1 p.m.

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.

Have A Traditional Wigilia

• The wigilia "Christmas Eve Dinner" is the highlight of the Polish family's year. Its very name comes from vigil as all wait the arrival of the Christ Child. We would like to share with you some of the history and customs of this very much alive tradition and urge you to incorporate some or all if you are not already into your holiday plans.



• The menu for Wigilia supper is traditional, unchanging, and so carefully planned that it contains all of nature's elements that produce foods except the fat and meat of animals which were to be considered like humans on this day. Everything for the Wigilia supper is to be in readiness the moment the first star appears in the sky.

• An even number of guests were to be seated at the Wigilia table. The number thirteen was to be especially avoided. An odd number seated signified the death during the ensuing year of one of those present and every effort was made to invite someone to share the supper. Gość w domu, Bóg w domu (Guest in the house, God in the house).

• All waited for the most significant moment of the entire Wigilia supper, the breaking and sharing of the Oplatek (wafer). The host and hostess enacted the ancient rite of the Oplatek, facing one another, each holding an Oplatek, each breaking and sharing a part of the other's. They embraced warmly and expressed their love by wishing for each other a fulfillment of their deepest yearnings. Then they broke and shared the oplatek with each one present with messages of love, of good health, happiness, and an untroubled life. At Christmas time the opèatek is sent to absent members and close friends in distant lands. It can be obtained from your parish rectory or the nuns in the convents of those parishes in America here a large number are of Polish ancestry.

• Usually a soup, light and/or dark, as served first. The light would be a creamed fish, creamed mushroom, or an almond soup. The dark would be the barszcz, a clear beet soup. The soup was followed by pickled herring served with boiled potatoes. Fish was considered one of the Wigilia supper's most important courses and could be fixed in a variety of ways. To complement the fish, a meatless bigós was cooked, consisting usually of sauerkraut, mushrooms and yellow peas. Cauliflower was baked with a sauteed bread crumb topping, and mushrooms, tasty and plentiful in Poland, were used in more than one of the foods prepared.

• A variety of pastries could accompany the meal. They could be noodles with poppy seeds, pastecki, baked tarts of French pastry with a meatless filling; or pierozki, little dumplings, perhaps the most popular of all the pastries, made of noodle dough, boiled and sauteed with different kinds of fillings: sauerkraut, cheese, or fruit filling.

• The desert could be ginger cake with a fruit compote of apples, pears, peaches, plums and cherries; poppy seed coffee cake, candies and nuts, accompanied by Krupnik, a holiday drink, a brandy made of honey, spices and alcohol.

A Blessed Christmas and a Healthy Happy New Year—Wesołych Świąt i Szczęśliwego Nowego Roku

Send Us Your News

Polish Union Members as well as Grand Council Members are asked to send articles along with a picture (if possible) to Public Relations Coordinator, Chris Pagoda at the Home Office via mail; or

E-mail to: cap@polishunionusa.com Questions? call Chris at (570) 823-1611.

Gifts, Games and Entertainment

Children's Christmas Parties



Chicago Area

• The Chicago area combined groups of the Polish Union of USA will sponsor their Annual Children's Christmas Party on Sunday, December 2, 2012 from 2 to 5 p.m. at Mayfair Banquets, 10835 Wakefield Ave, Westchester, IL 60154

All children age 12 and younger will receive a gift from Santa Claus

We will have a special guest appearance by Mrs. Santa Claus

Reservations are required. Make your reservations with your Group Secretary before November 1, 2012, with the name and age of the child attending

Scranton Wilkes-Barre Area

• Our Annual Children's Christmas Party will be held on Saturday, December 15, 2012 beginning at 11:00am in the Polish Union of USA's Community Room located in the lower level at 53-59 North Main Street, Wilkes-Barre, Pennsylvania.

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 Coloring, Games, Crafts, Christmas story, Movie, and of course the Special Visit from Santa. Don't forget to bring your cameras.

Lunch will be provided for the children. Reservations are required in advance. Please contact the Polish Union Home Office @ 570-823-1611. As always, we look forward to seeing all of our members for a festive afternoon. Reservations are a must (state the number of children attending).

Christmas Parties For Children

Chicago Area
Saturday, December 2nd
2 to 5 p.m.

Mayfair Banquets
Westchester, IL
Phone Your Group Secretary Prior to November 1

Scranton, Wilkes-Barre
Saturday, December 15th
Beginning at 11 a.m.
Polish Union Community Room
53-59 North Main Street
Wilkes-Barre
Reservations Are Necessary

News From

CHICAGOLAND

DISTRICT DIRECTORS

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

The Annual Chicagoland Childrens Christmas Party will be held on Sunday December 2, 2012 from 2-5 pm at Mayfield Banquets 10835 Wakefield Ave. in Westchester Il. Members age 12 and under are invited to attend with their parents and grandparents. A Pizza Buffet will be served to all followed by a sweet table.Mrs Santa Claus will be there to entertain the children with face painting and balloon making. Santa will arrive to pass out presents to the children. Please RSVP to your Group Secretary by November 1, 2012 with the names and ages of the children attending with their parents and grandparents. Or call District Directors Toni Storts at 708 562-3153 or Joan Wisinski at 708 361-4180 for the names of all those attending.

Happy Birthday wishes go out to Sara Dzialowy on her 21st Birthday October 11. She is a member of Group 258.

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

Anniversary wishes go out to Thomas and Joan Wisinski celebrating 56 years on October 13th, members of Group 275.

Happy Anniversary to Larry and Bridget Young and Lance and Jill Young, members of Group 230.

Group 230 members celebrating October Birthdays are-Caden Aldrich, Ashley Arguetta, Toni Bluder, Donata Ciombor, Gary Gallas, Melissa Hlavac, Carol Jerousek, George Kalfas, Natalie and Paulette Kalfas, Mark Klonowski, Kevin Moran, Alexandra Ogurek, Kyle Rafferty, Edwin Sierra III, Noah Young and Stanislaw Zur.

Birthday Wishes for November Group 275 members are-Renee Bielunski, Denise Ferris, Gary and Jason Gabriel, Agnes Gomulka, John Jendras, Janice Kwaski, Bernadine Luszcza, Shannon Reberski and Wanda Winiarski.



Making Flag Day Special. Our honorary Board member Alice Czyzyk joined us to participate in the Annual Flag Day ceremonies held by the Northeast PA Fraternal Societies this year in Scranton, PA. We had the pleasure of renewing old acquaintances with Alice's brother-in-law, Stanley Czyzyk who is approaching his 95th birthday. Alice, who has 3 Grandchildren and 4 Great Grandchildren herself mentioned that Stanley's wife recently passed away and his 3 children are challenged to monitor his whereabouts. For many years Stanley had a barbershop on Cedar Avenue and since his retirement continues to get around in his neighborhood. Actually he was on his way to the Veteran's Center when he stopped in to celebrate Flag Day with our group. We wish Stanley and Alice many more years of good health and happiness.

Group 230 Birthday wishes for November are-Marianne Bednarz, Kristy Dubin, Diane Falborski, Edward Gabes, Joshua Gasiorowski, Michael Golata, Kelly Hyerczyk, Patrick Kalfas, Kenneth Mejta, James Oberg, Edward Pielko, Prakseda Pribyl, Toni Storts, Amelia Sullivan, Laura and Lorraine Young.

HAPPY THANKSGIVING TO ALL.

Group 275 December Birthday wishes to-Nora Antene, Odilia Bonkovic, Autumn Eklund turns 15 on Dec.6th, (Carly Ferris, Diane Flowers, Linda Hainlen, Dolores Kaczmarzski, Wladyslaw Knapczyk, Genie Lanucha, Janet Liszka, Phyllis Mevilley, Carol Michaels, Kevin and Kristin Parkinson, Stanley Pencak, Bronislawa Pikus, Edward Radek, Joan Regnier, Adriene Ryan, Jason Sims, John Strenski and Eric Granger turns 10 on Dec 30th.

Birthday Wishes for December Group 230 members are-Judy Bardachowski, Christin Falborski, Kristine Kalfas, Carol Lepic, Barbara Olszowski, Kenneth Slowik, Leonard Smith, Kelly Rose Winters and Sylvia Zelman.

Remember your Children and Grandchildren for any occasion a Polish Union Usa insurance policy is a great gift.Call your Group Secretary for applications or call Joan Wisinski at 1 888 789-5182 for all info on insurance policies.

Join Group 275 members on the Mississippi River Cruise Oct 29th 2012 featuring Jimmy Sturr Polka Band and The Rat Pack. Call Joan Wisinski at 1 888 789-5182 to book your cruise.

On December 26, 2012 Join Group 275 members as they cruise on Oceania Cruises South America to the South Pacific experiencing Ancient Legends. Call Joan Wisinski at 1 888 789-5182 to book this fantastic voyage.

MERRY CHRISTMAS AND A BLESSED NEW YEAR 2013 TO ALL'

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

Seminar In Chicago
CEO/National Secretary Charlotte L. Androckitis recently held a seminar in the Chicago area for prospective members and members of the Polish Union. The afternoon event was held at Sawa's Old Warsaw Restaurant in Broadview, IL. The seminar was geared toward getting additional members to join the Polish Union and for volunteers to help with activities in the Chicago area. Pictured below are some of those that were in attendance which included 5 Group Secretaries from the Chicago area; the two District Directors; CEO/National Secretary Androckitis; some members and non members of the Polish Union.




Happy Thanksgiving

To all our Members and Friends

from

Polish Union U.S.A.

Officers and Board of Directors



Support The Henry J. Dende Scholarship Fund

Recent Tree of Knowledge Donors

Charlotte L. Androckitis	Mr. and Mrs. William Giebus
Mrs. Anastasia Bachurek	Mrs. Karen Hilenski
John P. Bednarski	Mr. and Mrs. Tom Jones
Mr. and Mrs. Aloysius Bogusko	Mr. and Mrs. William Lukacinsky
Mrs. Carol Bray	Mrs. Florence Mickno
Mrs. Alice Czyzyk	Mrs. Mary Ann Pudlosky
Prospine Dende	Mrs. Sheri Pudlosky-Brierly
Mrs. Sophie Dubiak	Mr. Joseph Pudlosky
Raymond J. Eveland	Mr. and Mrs. Peter Rumensky
Michelle Gazey-Elick	Mr. and Mrs. Chester Tracewski
Mr. and Mrs. Gerald Gazey	Mr. and Mrs. Joseph Zak

We Need YOU to make our Tree of Knowledge Flourish!

The Polish Union of USA is seeeking 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 acknowl-
edged in both the online and print versions of the Fraternal Journal, our official publication.

Recently we have seen an influx of dona-
tions to the Tree of Knowledge Henry J. Dende Scholarship Fund. This is very encouraging and much appreciated by our Board and entire organization because such support assures that we can maintain a reasonable level of aid for aspiring College students.

This year our Board increased the levels of grants to eligible applicants with over \$15,000 awarded to students. Awards ranged from \$200 to \$800 and, based on feedback from several students, helped pay for books, partial tuition, and related school expenses.

Your continued support of the Henry Dende Scholarship Fund is recognized by all at Polish Union especially the student beneficiar-
ies. Thanks for helping Polish Union maintain this level of support.Leaves may be pur-
chased in your own name, a business name or as a living memorial for a loved one.

Please complete the information below and return it (a photocopy is 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 Fund.”

Name/Company _____

Telephone _____ E-mail _____

Address _____

City/State/Zip _____

Enclosed is (please check one)

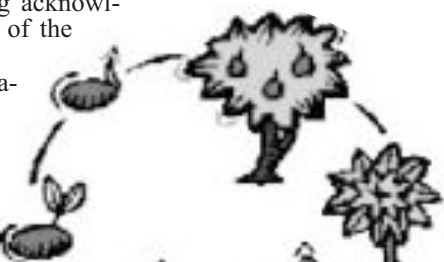
☐ My annual donation of \$ _____ toward the“Tree of Knowledge” entitling me to a Tree of Knowledge leaf and my name published in the Fraternal Journal.
(Minimum of \$20 required).

☐ My annual donation of \$ _____ 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.



Search For Missing Members

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

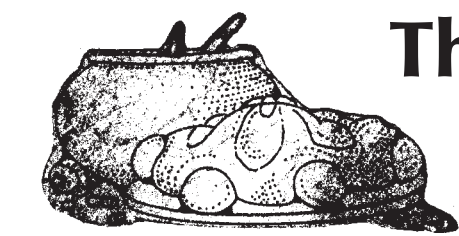
Name	Last Know City
Aukamp Mary J (Hoar)	Lancaster PA
Badowski Frank	Windber PA
Becker Teresa Murray A	Grove City PA
Berkowicz, Therese	Chicago IL
Bulewich, Theodore	W Springfield MA
Carbone Eleonora	Trumbell CT
Cislo Helena	South River NJ
Ciurej Ryszard	Omaha NE
Cronk Felicya	Yonkers NY
Cumens Elizabeth	Downingtown PA
Czachor Mary	Moscow PA
Damask Helen	Mt Dora FL
Echterling John E	Pennsville NJ ok
Evans Patricia	Chicago IL
Falborski Christin	Chicago IL
Fiorda Stefania	Oklahoma City OK
Flynn Mary R (Swisher)	Gettysburg PA
Fudala Edwin	Lisle IL
Gawron Antoinette	Berwyn IL
Gogolinski Chester	Northumberland PA
Harvey Arthur S	Alta Loma CA
Helinski Jozef M	cKees Rocks PA
Herbert Carolyn I (Reisinger)	Columbia PA
Hoar Robert S	Elizabethtown PA
Jakubowska Jozefa (Smajek)	Westchester IL
Jurusik Leo	South Plymouth NY
Kisla Emilja	Friendswood TX
Klingler Barbara Flynn	Timonium MD
Klonowski Mark Peter	Geneva IL
Kurland Sophie	Justice IL
Labrasca Rose M	Lancaster PA
Lech John H	Emmaus PA
Macherino Emma M	Downingtown PA
McCaughy William S	Millersville PA
McMullen Donald H	Lancaster PA
Misczyk Irene	Wilkes Barre PA
Niedzielski Bernard	Lagrange Pk IL
Paluskiewicz Adrian	Baltimore MD
Patin Mary E	Coatsville PA
Pranger Thomas R	
Rezem Louis	E Brunswick NJ
Ross Rose	Henderson NJ
Ruppert John R	Lockport IL
Schnittger Elizabeth	Staunton A
Sla inskas Frances Clarks	Summit PA
Sosnowska Rose	Elgin IL
Szczech Marjanna	Old Forge PA
Vitalec Sophie	Scranton PA
Wasielewska Wladyslawa	Gouldsboro PA
Wentz Marjanna N	Haledon NJ
Wisotzkey Ruth A	Gettysburg PA
Kohler, Beatrice J.	York, PA
Laboda, Theresa	Sun City, AZ
Mazurczyk, Helena	Chicago, IL
Metz, Lorraine F.	Smoketown, PA
Milauskas, Adele	Stroudsburg, PA
Moskal, Stanislaw	Chicago, IL
Nashotka (Nasiadka) Edward	Dunmore, PA
Reynolds, Ellen J.	Lancaster, PA
Smajek, Wladyslaw	Broadview, IL
Wisotzkey, Ruth A.	Gettysburg, PA

Help Us Find These Members

The Polish Union of USA has been trying to locate the following individuals for quite some time. 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 may be due to these individuals.

We Have Lost Contact With These Members

Group	Name	Last Know City
400	Kozlowski, Edward Jr.	Union Dale, PA
258	Kozlowski, Ann C.	Chicago, IL
502	Krantz Rosemary E.	Wilkes-Barre, PA
321	Kreidler, Greta	Kingston, PA
270	Krupa, Catherine M.	Evergreen Park, IL
392	Krzywicki, Elzbieta	Wilkes-Barre, PA
155	Kucharski, Barbara	Jacksonville, FL
395	Kudrich, Caroline E.	Scranton, PA
258	Kulasik, Daniel	Stickney, IL
258	Kulasik, Kelly	Stickney, IL
258	Kulasik, Kristin	Stickney, IL
100	Kuna, Jason	Tunkhannock, PA
293	Kurash, Michael R.	York PA
163	Kutniewski, Adam	Dunedin, FL
163	Kutniewski, Brandon	Scranton, PA
275	Kwaske, Janice	Darien, IL
275	Laboda, Sandra A. c/o Holz	Chicago, IL
275	Laboda, Teresa A.	Sun City, AZ
502	Labrasca Rose M.	Lancaster, PA
502	Lagrossa, Gretchen A.	Lancaster, PA
401	Lambert, Laura	Laguna Niguel, CA
275	Lanucha, Genie M. c/o Malinowski	Chicago, IL
3	Larrive, Barbara C.	St. Paul, MN
275	Las, Brian	Palatine, IL
275	Las, Dawn	Chicago, IL
227	Lasewicz, Jeffrey	Linwood, NJ
293	Laskiewicz, Edmund	Moscow, PA
293	Laskiewicz,Martha	Greentown, PA
265	Lazicki, Kaitlyn	Bloomsburg, PA
406	Leaden Kyle	New Windsor, NY
502	Lebrasca, Angela	Lancaster, PA
502	Leisey Beverly A.	Akron, PA
258	Lemons, Eric Michael	Chicago, IL



The Polish Chef

Christmas Eve (Wigilia) Treats

Oplatek

The ritual Christmas wafer (with nativity scenes imprinted thereon), is broken and shared on Christmas Eve (Wigilia), marking the beginning of the meatless repast (wieczerza wigilijna). The supper consists of an odd number of courses and might include the followmg:

Zupa Grzybowa Mushroom Soup

Soak 6-8 dried Polish mushrooms in water to cover 2 hrs. Add mushrooms & water to 2 qts. meatless vegetable stock (made with 2 carrots, 1 onion, 1 parsnip and 1 stalk celery) and cook 45 mins. Salt, pepper and add chopped parsley to taste. 1 lb. sliced fresh mushrooms and 1 T. mushroom powder may be used if dried mushrooms are unavailable. Fork-blend 1 heaping T. flour with 1/4 c. .sour cream into a smooth paste, adding hot soup a little at a time, and use mixture to whiten soup. Serve soup over flat egg noodles.

Sledzie Creamed Herring

Combine 2 c. drained, boneless, marinated herring with 2 med. onions sliced very thin and 1 coarsely grated cooking apple. Toss all ingredients. Dress with sauce made by fork-blendmg 3/4 c. sour cream and 1 T. sharp brown mustard. **Optional** if herring are very tart. a bit of sugar may be added to sauce. Serve with whole boiled potatoes.

Kapusta z Grochem Stewed Peas & Sauerkraut

Soak 1 c. split yellow peas in water 2 hrs. Cook in same water 30 mins., adding more water if necessary. Drain and add to 2 qts. sauerkraut that has cooked for 1 hr. Add 1 large chopped onion sauteed in butter, mix ingredients, add 1 T. mushroom powder and salt and pepper to taste. Bake in covered casserole dish 1 hr. at 325 deg.

Ryba z Sosem Chrzanowym Fish in Horseradish Sauce

In saucepan combine 1/2 stick butter and approx. 4 T. flour, stirring over low heat until a paste forms. Add 1 c. sour cream, 3-5 T. horseradish, a dash of salt and 1 or more T. sugar, plus enough water for a thick, bubbly sauce to form. On serving platter pour sauce over baked, fried or poached fish.

Kluski z Makiem Noodles & Poppypeeds

Soak 1 c. raisins in water (hot) 30 mins. Combine 1 can of poppyseed filling (e g “Solo” brand) with 5-6 c. hot, drained, cooked flat egg noodles. Drain raisins and add. This traditional Christmas Eve dish should be serve warm.

Kompot z Suszu Dried Fruit Compote

Soak 1 lb. mixed dried fruit overnight in water to cover. Next day add 1 c. sugar and thin-sliced lemon (includmg rind) and cook over low heat 20 mins. Chill before serving.

Krupnik Hot Honey-Suice Cordial

Combine 1 c. honey, 1/2 c. water, 1/4 t. vanilla extract, several crushed cloves and 1/2 t. grated orange rind in pot, bring to boil and simmer 15 mins. Set aside covered to steep for 30 mms. Just prior to serving add 1 qt. 100 proof vodka, heat to below boiling and strain through cheesecloth into decanter. Serve in cordial glasses piping hot.

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, pepper, a little sugar, mushroom extract (or Maggi) and a dash of garlic powder. A T. dry red wine and a heaping 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. .

According to Tradition, Christmas Eve supper is always served in courses which are brought in one by one: first the soup, then the herring, then the fish and sauerkraut, followed by the various sweet dishes, cakes, etc.

Smacznego i Wesolych Swiat

Polish Christmas Mini Dictionary

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-Poppypeed roll, typical Christmas cake.

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

PASTERKA-Shepherds (Midnight Mass)

Koffee Klatch

with P.K.



• **Dzien dobry!** Welcome to my kitchen. As I sit outside, sipping on my delicious homemade crock-pot mulled cider (see recipe) I am starting to see the subtle changes in nature. Though the fall season brings much beauty—summer’s green leaves transforming into vibrant shades of red, orange, and yellow and upcoming cheerful festivities, I can’t help but pause and remember the events of September 11th 2001.

Those events are a reminder to us of what happens when fear, separation, anger and hate manifest in the real world by actions of human beings. Many people died on 9/11. People from all walks of life, financial back-grounds, faith systems, race, gender, and sexual orientation died that day. That day, there were no countries; there were no borders; that day we all wept as citizens of the world as we witnessed the events of the day.

Instead of 9/11 being numbers that remind of how so many died, let us honor those that died and let’s make 9/11 remind us of how we are going to live. Life is short and we don’t know how long we have; 9-1-1 is an emergency number; let us make it an emergency to live our dreams out loud. I would venture to make a bold claim that it is UNPATROTIC to live in fear. Our Founding Fathers are cheering us on as we step back into creating the American Dream and as we peel back the layers of fear that have been placed there for 10 years and reinforced every year since.

We have been given the right to the pursuit of happiness. We cannot pursue what makes us happy from a place of fear. If we really want to pay back those that brought down the Towers, then let’s get busy living our dreams and shining our Light. Those dark acts cannot hold us back.

We must remember the terror of that day, but not dwell on it. We must always remember and honor those that died that fateful Fall day, but not stop our lives in the process. Life is for the living.

I say that from now on we declare September 11th as a day we will all live free from fear and honor those that died by living FULLY in pursuit of what makes us happy. Let us never forget what happened. And let us never let those that seek to instill fear into our lives win. Let us LIVE OUTLOUD, let us DECLARE OUR LOVE and let us love one another.

• • •

The following excerpt is quoted by Mastin Kipp, CEO of “The Daily Love”

Tis’ The Season for

Pomegranates!

10 reasons to eat Pomegranate

• Since it is rich in antioxidants (which is known to control lipoprotein or “bad” cholesterol from oxidizing) it will help prevent the hardening of the arteries; which is good for your heart. This reduces the chance of a heart disease. Antioxidants will also reduce damage to your cells caused by oxidation as a result of free radicals. This is good for our skin, and can keep it looking young and wrinkle free!

• Rich in Vitamins! Research and laboratory testing has now shown that pomegranate has many beneficial nutrients. It is rich in Vitamin C, B5, Beta Carotene and Anti-oxidants. In fact, pomegranate has the most powerful antioxidants of all fruits. It also has more of these antioxidants, compared to

green tea, red wine and tomatoes. It is also rich in polyphenols, which is critical for a healthy cardiovascular system.

• Studies have shown that pomegranate may prevent and slows Alzheimer’s disease.

• Eating pomegranate seeds and drinking the juice will increase the oxygen intake to our heart.

• Pomegranate seeds will also help prevent blood platelets from developing threatening blood clots, hence reducing the chances of getting strokes.

• If taken on a regular basis, pomegranate may aid in the prevention of erectile dysfunction.

• It will also reduce the inflammation of arthritis, making it less painful for arthritic sufferer.

• It is also known to lower the risk of prostate and breast cancer

• If you enjoy eating, then you may want to take pomegranate as it will help to reduce your cholesterol level (combine with exercises, this will be a great combination to combat your cholesterol)

• Helps in weight management
Blood Orange-Pomegranate Mimosa’s

Na zdrowie! This twist on the mimosa is made with blood orange juice and pomegranate juice. This is a perfect way to toast to the Fall season and is a fun, unique, and simple drink to make when entertaining guests!

Ingredients

13 cups chilled blood orange juice (see Tips); 23 cups chilled pomegranate juice; 31 750-ml bottle chilled sparkling wine, such as Prosecco; 41/2 cup pomegranate seeds (see Tips)

Combine blood orange and pomegranate juices in a pitcher. Divide among 10 glasses. Top each with Prosecco. Garnish with pomegranate seeds.

Tips: Look for blood orange juice near other refrigerated or shelf-stable specialty fruit juices in well-stocked supermarkets. Or squeeze your own juice from fresh blood oranges. If you can’t find either, regular orange juice will work too.

To seed a pomegranate, fill a large bowl with water. Lightly score the fruit into quarters from crown to stem end, cutting through the skin but not into the interior of the fruit. Hold the fruit under water, break it apart and use your hands to gently separate the plump seeds (arils) from the outer skin and white pith. The seeds will drop to the bottom of the bowl and the pith will float to the surface. Discard the pith. Pour the seeds into a colander. Rinse and pat dry. Seeds can be frozen for up to 3 months.

Delicious Crock-pot Mulled Cider Recipe

Ingredients

1 C. brown sugar; 22 quart cider; 31 tsp. allspice, whole; 41 tsp. cloves, whole; 52 sticks cinnamon; 6 Orange slices

Put all ingredients in crock-pot. If desired, tie whole spices in cheesecloth or put in tea strainer. If spices are added loose, strain before serving. Cover; cook on low 2-8 hours. Serve from the crock-pot with a ladle, or if using a coffee pot, right out of the spout in place of coffee.

• • •

Sto lat! Special Birthday Wishes to Those Born in the Months of September and October !

Polish Union of U.S.A.



Salutes

OCTOBER

as

“Polish-American Heritage Month”

A National Celebration of Polish History, Culture and Pride

Family Fun At The Park

Polish Union members and their families enjoyed the annual Family Picnic at Knoebel's Amusement Park on June 23 in Elysburg. Food and refreshments was provided by the fraternal.



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, Wilkes-Barre.

Friday, October 26th 2012 6:30-8:30 pm
in the Community Room, • 53 North Main St.

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

Parents or chaperones: Free to dress-up too!
For reservations contact the Polish Union Home Office before 4:30pm at (570) 823-1611.
Please RSVP by , October 22nd



Happy Birthday - Sto Lat To Our Senior Members October-December, 2012

Reaching Age 96

Rose Duda, Summit, IL
Adam Zdrodowski, Blairstown,NJ
Agnieszka Zmitrowicz, Mechancisburg, PA

Reaching Age 90

Lottie Augustyn, Norridge, IL
Irene Bogansky, Midlothian, VA
Sylvia Boronski, NcKees Rocks, PA
Stanley Brojakowski, Hershey, PA
Florence Brunner, Ridgeway, PA
Josephine DiSilvestro, Downingtown, PA
Mary Dzwonczyk, Scranton, PA
Lucille Esgro, Scranton,PA
Malgorzata Kloosterman, Chicago,IL
Helena Mazurczyk, Chicago, IL
Edward Pitera, Windber, PA
Helena Sarnowski, Bristol, PA
Anna B. Schubert, Darien, IL
Frank Solkowski, Manitowoc, WI

Reaching Age 85

Carl H. Draude, Jr., Lancaster, PA
Wanda T. Glodek, Dickson City, PA
Agnes Gomulka, Palos Hills, IL
Mary L. Hawbacker, Gettysburg, PA
Alexandra Kabusk, New Cumberland, PA
Florence Letinski, White Haven, PA
Helen Margula, Clarks Summit, PA
Mary L. Matarazzi, Lebanon,PA
Mary A. McCarthy, Scranton,PA
Eleanor B. Nowinski, Wilkes-Barre, PA
Eleanor A. Pecil, Mountaintop, PA
Stanislaw Pencak, Chicago, IL
Edward Skonieczka, Milford, CT

Teddy Skrajny, Swoyersville, PA
Walerya Snitko, Wilkes-Barre, PA
Irene Sticinski, Newark, DE
Angela Tracz, Darien, IL
Florence Zielinski, Chicago, IL

Reaching Age 80

Patricia Embi Barry, Lebanon,PA
Rose M. Barry, Lebanon,PA
Dorothy Bona, New Brightn,MN
Joan Ruhl Bretz, Elizabethtown, PA
Adolph Buchinski,Pittsfield, MA
Elizabeth A. Cardell, Blakely, PA
Irene Eustice, Dupont, PA
John A Hoffman, Melbourne Beach, FL
Elizabeth Kmiec, Lawrenceville, NJ
John J. Musser, Baton Rouge, LA
Alberta Ontko, Kingston, PA
Louise E. Pugliese, Lancaster, PA
Ann Sabatini,Scranton, PA
Jean Schroeder, Cockeysville, MD
Marja Sieniawska, Plains, PA
Marjanna Suchocki, Miners Mills, PA
Camilla E. Vogel, Lancaster,PA
John E. Wincek, Hudson, PA
Helen Zelinski, Scranton, 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.

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

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President, Bernard Kolodziej: CFO, John Bednarski;
CLO, Jeffrey J. Malak: Chaplain, Rev. Patrick Albert

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Sheri Pudlosky-Brierley

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Toni Storts • Joan Wisinski

