



FRATERNAL JOURNAL

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

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St. Joseph Honored At Annual Dinner



The annual St Joseph's dinner sponsored by the Polish Union and coordinated by Council #21 was held on Saturday March 23, 2013 at the Ramada Inn in downtown Wilkes-Barre. Chris Pagoda, Chair welcomed the nearly 80 members and guests, Chaplain Rev. Patrick Albert gave the invocation and Charlotte Androckitis, CEO/Natl Secretary led those present in a toast. As part of the program Ashlynd Huber, Miss Polish Union 2013, presented a tribute to St Joseph and Father Patrick Albert did a special bless-

ing of all Feast Day Honorees to those in attendance. The decorations were reminders of St. Joseph the carpenter, lilies, and a table that included a tree with decorations reflective of St. Joseph, a statue of our Honoree, and a framed description of St Joseph. Members of the committee were: Chris Pagoda, Chair, Charlotte Androckitis, Bill Giebus and Linda Howell all members of Council #21. along with Ashlynd Huber. More photos from the event are found on page 4

FOCUS ON YOUTH

Children's Easter Party

The Children's Easter Party was held on Sunday, March 3rd, at the Polish Union Headquarters. The children who attended enjoyed an Easter craft, story time, and a nice luncheon.

A special thank you goes out to our volunteers who helped set up for the party or cooked additional food for us to enjoy. It was a wonderful afternoon together with our Polish Union Family.

The children who attended even colored Easter cards for our Troops deployed overseas! The Youth Committee would like to wish everyone a very Happy Easter time.

Debutante Ball 2013

The Deb Ball Committee will be getting together soon to start planning for the 2013 Debutante Ball.

If anyone is interested in joining the committee please feel free to contact Emily Stefanac by email: Casper3819@aol.com or contact the home office.

Applications should be coming out in the late Spring. We encourage any girls ages 15-19 years old to consider becoming a Debutante. Don't miss out on this spectacular!

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 \$165.50 per 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.

Saluting A Half Century Of Fraternal Service

CEO/National Secretary Honored

Charlotte Androckitis, our CEO/National Secretary, recently celebrated her 50th Anniversary as a dedicated employee of Polish Union USA/ Ameripol.

Several events marked the occasion including a surprise ceremony at a meeting of the Fraternal Societies of Northeast PA where Charlotte was honored among her peers, leaders of the other Fraternals in the region. She was also honored by the Polish Union Executive Committee on the day of her Anniversary but the highlight was presentation of a Special Resolution at our Board Meeting on January 29.

A copy of that resolution is printed below along with best wishes from our Board and Staff for a half century of dedicated fraternal service.



THE POLISH UNION OF THE UNITED STATES OF NORTH AMERICA CORPORATE RESOLUTION RECOGNIZING CHARLOTTE L. ANDROCKITIS

WHEREAS, Charlotte L. Androckitis, CEO/National Secretary ("Charlotte Androckitis") has been a dedicated employee of the Polish Union of the United States of North America (the "Polish Union") since January, 1963; and

WHEREAS, Charlotte Androckitis steadily worked her way up through the Polish Union through hard work and perseverance; and

WHEREAS, Charlotte Androckitis was the first female in Polish Union history to be elected to the position of General Secretary; and

WHEREAS, Charlotte Androckitis was the first female in the history of the Polish Union to be elected as CEO/National Secretary.

WHEREAS, Charlotte Androckitis has devoted much time and energy to the promotion of the Polish Union;

WHEREAS, Charlotte Androckitis has been a shining example of the true spirit of the Polish Union and the fraternal community in general; and

WHEREAS, the Polish Union wishes to honor Charlotte Androckitis for her fifty years of service to the Polish Union; and

WHEREAS, recognition is hereby given to Charlotte Androckitis for her tireless effort, her exemplary and meritorious service, and her insight and vision with regard to the future of the Polish Union;

NOW, THEREFORE, be it resolved that the Polish Union of the United States of North America hereby commends and honors Charlotte Androckitis for her commitment and dedication to the Polish Union.

DATED: January 29th, 2013

ATTEST

POLISH UNION OF THE UNITED
STATES OF NORTH AMERICA

J. H. M. 1/16

Bernard Kolodziej
Bernard Kolodziej, President

In Memoriam

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


Group	Member	State
131	Lawrence M. Wargo	PA
163	Patrick Muia	PA
138	George Kocyan	NJ
502	James M. Stipe	PA
502	Mary L. Matarazzi	PA
197	Jane Smith	PA
392	Catherine Zardeski	PA
100	Weronica Castner	PA
221	Henry Obartuch	IL
321	Eleonore Wojnarski	PA
258	Edward Gorka	IL
51	Sophie Stavetski	PA
293	Katarzyn Lesienska	NY
395	Nathalie Glodek	PA
227	Maryann Castellani	PA
358	Elzbieta Otterbine	TX
270	Laurence Saldecke	CA
175	Edmund Zych	PA
505	Joseph Eckenrode	PA
3	Ryszard Drapinski	MN
155	Bronislaw Leborgne	NJ
74	Bernice Supinski	PA
502	Elizabeth Overmeyer	PA
502	Ruth Beatri Bagot	PA
395	Cynthia Orzel (Parish)	
182	Klara Bednar	PA
502	Carl H. Draude	PA
502	Marie A. Metz	PA
257	Leokady Smigielska	FL
502	Magdalene Willman	PA
182	Ludwik Lestock	OH
378	Anna Gryzlo	IL
74	Stanislaw Filip	OR
270	John F. Solkowski	WI
275	Richard J. Pencak	IL
378	Bronislawa Boron	IL
502	Mary E. Sattazahn-sthr	PA

† † †

May the souls of the faithful departed rest in peace.

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

"Luck is a metter of prepara-
tion meeting opportunity."
—Oprah Winfrey



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

President: Bernard Kolodziej 35 W. Noble St., Nanticoke, PA 18634

CFO-VP: John Bednarski 327 Lee Park Ave., Wilkes-Barre, PA 18702

CLO: 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 I8705

Mr. Joseph P. Pudlosky, Jr., 15 Sunset Lake Rd., Hunlock Creek, PA 18621

Mrs. Terri Rumensky 620 Pancoast St., Dickson City PA I 8519

Mrs. Sheri Pudlosky-Brierly, 1297 Kirkland Ave., West Chester, PA 19380

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

Honorary Directors: Aloysius Bogusko, Alice Czyzyk

Honorary Medical Examiner, Dr. Leon Skweir .

Honorary Member

Cardinal Adam Maida, Archbishop of Detroit , Emeritus

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

E-mail POLUNION@EPIX.NET

WebSite: www.POLISHUNIONUSA.com

Part Time Position Available

We plan to hire a Sales and Marketing person at our Wilkes Barre office with a portion of the work to be performed at home. The ideal candidate must have good computer skills, experience in sales and marketing, be licensed or eligible for licensure in life insurance sales, and have a dedicated interest in Fraternal Benefit Societies.

General duties include service to existing members, prospecting for new members, and coordination of sales initiatives in the states of PA. IL and NJ where we are licensed. Specifically the candidate would be directly responsible to the CEO with technical and clerical support available. Design and development of mailing pieces, web site messaging, and use of other electronic media are some of the tools to be used thus the aspect of home based activity is anticipated .

Since this is a new position, there is some flexibility in terms of matching the skill level of potential candidates. Call 570-823-1611 for details.

Seek Area Agents

We have been directed by our Board to assure current members of services available through out organization and also concentrate on recruiting new members. Records indicate that many of our members do not have sufficient coverage for needs typically required later in life. There are others who have family members without coverage and we are obliged to serve our membership by keeping them fully informed.

Area Agents will be assigned, under contract, in sections where such services are needed. We are licensed in PA, Ill. and NJ and opportunities are potentially available in those states.

Initially our plan is to have designated agents from within our ranks provide this service. Beyond the proscribed scope of service, Area Agents will also have the opportunity to recruit new members from the general population. Licensed Agents affiliated with Polish Union are eligible to apply. Specific areas are now being designated and interested individuals may obtain more details by calling the Home Office and/or check the website.

Scholarship Opportunities

Scholarship time at the Polish Union! This is the time of the year that our members start thinking of applying for the 2013/2014 Henry J. Dende Scholarship that is offered to those members of the Polish Union that meet all of the qualifications. Applications are available at the Home Office and on our web site at www.polishunionusa.com Deadline for submitting completed scholarship applications is May 31, 2013.

Pictures of our scholarship applicants along with some of their information will be published in a future edition of the Fraternal Journal.

Due to the fact that the Polish Union is a member of the Pennsylvania Fraternal Alliance, our Polish Union members, who are residents of Pennsylvania, can also take advantage of applying for a Pennsylvania Fraternal Alliance Scholarship. Applications can be received by contacting the Polish Union of USA office at 570-823-1611. If you are applying for this Scholarship, you must contact me for a letter of recommendation. The application deadline for this



Fraternal News & Views

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

Scholarship is September 1, 2013.

These are just some of the benefits that you receive by being a member of a Fraternal Organization. Tell your family and friends.

...

During this Holy Easter Season I would like to take this opportunity to wish all of you many blessings. May the risen Lord continue to watch over you and your families by giving you good health and a great abundance of happiness and peace.

Volunteers Serving the Community

This issue of our Journal will reach you after Easter Sunday. We certainly hope that you had the opportunity to celebrate the Resurrection of our Lord with family and friends. Best wishes to all for this Easter season and beyond.

We offer a Special Thanks to our Group Secretaries, Licensed Agents, Area Representatives and Recommenders. These dedicated workers are the lifeblood of our organization. They recruit others to share our Fraternal benefits and help assure the future of Polish Union. Based on our Annual Statement for 2012 the financial status of Polish Union is healthy despite the worldwide economic difficulties. Thanks to our Financial Mangers and Executive oversight we can report positive results for the year. The challenge remains however, for all of us to foster growth in membership and help maintain the viability of our Fraternal. For this reason we depend on the sales personnel to help our organization stay on course. Everyone can help by becoming a Recommender.



President's Desk

BERNARD KOLODZIEJ

of Fraternal Benefit Societies. Some of our Groups and Councils engage in such activities either as individuals or in conjunction with others. Let us know about the activities of your family, fellow members, and any group in which you are involved. Our Editor will make the final decision on publishing such news but it is important for the Home Office to know the extent of your community service.

Take A New Look

We are witnessing a renewed interest in basic life insurance by current and new members. There is a heightened awareness of the need to include such products in a person's portfolio because of their safety and permanence as opposed to other kinds of investment. Aside from certifying sufficient protection for themselves, Parents and Grandparents are gifting their youngsters with Single Premium and related products on the occasion of Birthdays, Graduations, Weddings or other Special occasions. Check us out on the Web or call the Home Office if you want more details.


Top Producers Honors

Preparations are underway to honor the Top Producers of 2012 at our Annual Board Meeting. These individuals have set a great example for all of us to follow. Congratulations are in order and we extend best wishes on behalf of our entire membership.

Activity Reminders

Community based activities as mentioned in a previous issue are part and parcel

An On Going Gift



Chaplain's Corner

REV. PATRICK ALBERT

The majestic bronze monument and statuary located in Poznan, Poland, dedicated to Karol Wojtyia, John Paul II 1978-2005 stands as a beautiful tribute to a pontiff, who in his 27 year pontificate changed the political course of history for most of Eastern Europe. Politically, Pope John Paul, through his own conviction and faith, revitalized the

conscience of Eastern Europe which became a central factor in the ultimate fall of communism. During Pope John Paul's time, vocations to the priesthood increased substantially as a testimony to his revitalization of the papacy as a primary instrument of evangelization.

Finally, Pope John Paul II reopened dialogue with the Orthodox and main line Protestant denomination in order to help envision a papacy that could service the whole Christian community.

Pope John Paul was a multi-talented person who by his early life and theological training was able to accomplish in 27 short years what others took centuries to accomplish. He leaves a great legacy of pride in his accomplishments for Eastern Europe and the entire world.

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.

2012-2013 Scholarship Eligibility Requirements

CHANGES HAVE BEEN MADE - PLEASE READ THIS THOROUGHLY

1. If All Eligibility Requirements listed below are met then the Approved Applicant will receive a grant as follows:

• Insured for between \$5,000 and \$7,499 of insurance will receive a grant of \$200 dollars.

• Insured for between \$7,500 and \$9,999 of insurance will receive a grant of \$300 dollars.

• Insured for between \$10,000 and \$14,999 of insurance will receive a grant of \$400 dollars.

• Insured for between \$15,000 and \$19,999 of insurance will receive a grant of \$600 dollars.

• Insured for \$20,000 or more of insurance will receive a grant of \$800 dollars.
2. Applicant must be an Insured Member of the Polish Union of U.S.A. in good standing (paid to date) for a Minimum of Five (5) years and carry a Minimum of \$5,000 of Polish Union of U.S.A. Permanent Life Insurance (excludes term).

3. Applicant must be a High School Graduate or Higher, entering the 2013 Fall Term/Semester, and must be a Full Time
- Student (minimum of 12 Term/Semester Hours).

4. Applicant must Submit; School Verification from the University, College, Graduate, Business, Nursing or Trade School that they will be attending in the 2013 Fall Term/Semester. This Verification may be a Letter of Admission, a Class Schedule, a Bill, etc.; But it must have the Schools Name, the Students Name, and it must show they will be attending the 2013 Fall Term/Semester. Old or Previous Term/Semester information listed will not be accepted as a verification. Scholarship Applications are not sent out automatically each year. It is the Applicant’s responsibility to request an application from the Home Office, or download it from the Polish Union Web Site: www.polishunionusa.com

5. Applicant must Write an Essay on one of the topics set forth in this application. The Essay must be a minimum of three 3 Full pages. It must be Typed, Double-Spaced, with 1” Margins, using Times New Roman, Font 12.

6. The completed Scholarship

- Application, School Verification, Essay and Applicant’s Photograph are to be submitted by mailing to: Education Fund, Polish Union of U.S.A., P.O. Box 660, Wilkes-Barre, PA 18703-0660, or E-mailing to: polunion@epix.net. Polish Union reserves the right to use the essays and photographs for publicity purposes and information.
7. The Scholarship Application and Essay **Deadline is May 31, 2013**. They must be Postmarked no later than May 31, 2013. Any received with a postmark after this date will not be eligible or considered.
- The School Verification will be accepted under separate cover to allow for additional time to acquire, But it must be received no later than July 31, 2013.
8. Scholarship Grants are given to each approved Applicant once per school year with a lifetime limit of four times. Scholarship Grant checks are issued and sent to the applicant, with the understanding that it will be applied toward applicant’s tuition, or supplies.
9. Polish Union accepts no responsibility for decreases of other grants or loan amounts due to the awarding of the Polish Union Scholarship Grant to the student. Students are solely responsible for all aspects
- of their financial aid status and, thus, should be aware of the consequences of applying for a Polish Union Scholarship Grant.
10. By submitting and signing the application it is the students understanding that the Scholarship Grant does not obligate the student to return said grant unless the student does not complete Two (2) Full Terms/Semesters of the current school year for which they are applying.
- Applications are available at:
- www.PolishUnionUSA.com**

Complete this aplication and return it along with your essay and your school verification and a photograph on or before May 31, 2013 to:

Education Fund

POLISH UNION OF U.S.A.

P.O. BOX 660

Wilkes Barre, PA 18703-0660
- Or e-mail to: polunion@epix.net**

Be sure to include all requested attachments

Youth Volunteer? NY-NJ Alliance Offers Award

One of the most important fraternal programs offered by the New Jersey New York Fraternal Alliance is its Youth Volunteer Award Program. Each year the NJFC chooses deserving young students from a member society, based on their volunteer achievements with their society as well as the community at large.

Thanks to the generosity of the Recreation Farm Society, each award winner will receive \$500 with an additional \$500 award to their designated charity. The number of awards will be based upon the proceeds of our Convention adbook.

The deadline for submitting applica-

tions is September 1, 2013 postmark. All completed applications and supporting information are to be mailed to:

Monica Kanopka
5 Butterfly Court
Stafford Twp, NJ 08050
609.489.0204

The Youth Volunteer Award Committee of the NJNY FA will make the selection of the award recipients and all decisions are final. The award recipients will be announced at the 79th Annual NJFC Convention to be held at the Golden Nugget Casino Resort in Atlantic City, NJ on October 10 & 11, 2013

New Jersey-New York Fraternal Alliance

2013 Youth Volunteer Award Application

Please print or type.

Name

Telephone

Address:

City/State/Zip:

Your Fraternal Benefit Society

Civic (non-school) Activities*:

Fraternal Benefit Society Activities*:

*Information can be submitted on a separate sheet of paper. Please type or print.

Rules/Regulations/Requirements-Applicant must:

Be a resident of NJ or NY who is a member of a Society within the NJ NY Fraternal Alliance

Be between the age of 16 and 22 at the time of application

Obtain a recommendation letter from your Fraternal Benefit Society

Sign the Statement of Application below

Additional documentation may be submitted.

Return the completed application and letter of recommendation, postmarked no later than 9/1/13 to:

Monica Kanopka
NJNYFA Youth Volunteer Award Committee
5 Butterfly Court • Stafford Twp, NJ 08050

\$500 award to the recipient.

\$500 given to the Recipient’s Charity of choice, compliments of the Recreation Farm Society

Judging will be done by the Youth Volunteer Award Committee of the NJNYFA.

Awards will be announced at the NJ NY FA Annual Meeting, October 2012

STATEMENT OF APPLICATION

I understand that my selection for this award is based upon my answers to these questions; and further that my application is in competition with other eligible persons and that the decision of the NJNY FA 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

Scholarship Opportunity For Pennsylvania Members

The Pennsylvania Fraternal Alliance, 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 Alliance annual meeting in October, 2013.

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 Alliance.

• Be a 2013 high school graduate attending an accredited college, university, trade school, etc. in the summer/fall of 2013 as a full-time student (twelve semester credits).

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

• Submit a 500 word essay on: *The impact of a Fraternal Organization on your daily life, family and community.*

• 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 1, 2013 to:

Charlotte L. Androckitis, FIC, Chair
Pennsylvania Fraternal Alliance 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 2013/2014

Scholastic Achievement (Honors-Awards)

Extracurricular School Activities*

Civic (non-school) Activities*

Fraternal Benefit Society Activities*

* 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

About Our Members



Student Standouts
Samantha and Karen Hilenski, seen above, are students at Holy Redeemer High School in Wilkes Barre, PA, and 8were recognized for coordinating a community service program in their school. The group collected various items for use by the local National Guard unit currently deployed in the Far East. The Hilenski girls and their mother Karen are active members of Polish Union, most recently volunteering at our Children's Easter Party. Coincidentally Mrs. Anita Sirak, Holy Redeemer Principal, is an active member of Polish Union. We are proud to add congratulations from everyone at Polish Union for this fine example of community service. You can see more about Karen below. Keep up the great work.

Academic Accolades
Karen Hilenski of Hanover Township, is a 2012 graduate of Good Shepherd Academy in Kingston. At graduation she was awarded the Scott E.Snyder Memorial Scholarship. She is an active member of her church, St. Andre Bassette, where she volunteers at festivals and events. Karen has also been a member of the Girl Scouts for 10 years. While in 8th grade she was in the safety patrol and a member of the Service Club and Year Book staff. Active in sports, Karen has played basketball for the past 7 years and is on the Holy Redeemer Track



and Field and Field Hockey teams. She has appeared on stage with theKISS Theatre Co. and plans to pursue acting as well as a teaching degree and becoming a Polish Union debutante. She is the daughter of Karen Clarke-Hilenski and thelate Paul Hilenski.She has an older sister, Samie.

Welcome Lucas
Benjamin Stout and Stephanie



Newberry recently became parents to a baby boy, Lucas Marley on September 24, 2012. Lucas's grandparents are Romaine and Cecil Stout of Plains and he is the Great Grandson of Joseph and Adeline Yudiski, Wyoming. Ben, a member of Group 227, was a page in the Debutante Ball in his younger years and grew up enjoying activities at the Polish Union.

At The St. Joseph's Dinner

The annual St Joseph's dinner sponsored by the Polish Union and coordinated by Council #21 was held on Saturday March 23, 2013 at the Ramada Inn in downtown Wilkes-Barre.



Happy Birthday - Sto Lat
To Our Senior Members
April-June, 2013

- Reaching Age 96**
Cassie Barnak, Dupont, PA
Bronis Dalessandro, Plains, PA
Helena Michalczyk, Garfield Hts., OH
Christine J. Wall, Robeson, PA
Katherine Wolak, Trenton, NJ
- Reaching Age 90**
Henrietta Golembeski, Scranton, PA
Janina Kawa, Kingston, PA
Charles Kreglewicz, Scranton, PA
Frances Kwiatkowski, Passaic, NJ
Bella Lukacinski, Wilkes-Barre, PA
Anna T. Malatesta, Coatesville, PA
Franciszka McBlaine, Decatur, IN
Dorothy M. Nicklaus, Manheim, PA
Tessie Olkowski, Union Township, NJ
Catherine M. Pezzano, Catonsville, MD
Jerzy Pieczynski, St. Paul, MN
Bernardyna Procko, Bristol, CT
Janina Psikus, South Easton, MA
Josephine Royer, Larksville, PA
Anna E. Skonieczin, Coatesville, PA
Lottie Terry, Scott Township, PA
Edward Tuligowski, Tavares, FL
Sophie C. Weglarz, Buffalo Grove, IL
- Reaching Age 85**
Elzbieta Ambrose, Yucca Valley, CA
Fred G. Dochat, Lancaster, PA
Dorothy Gribb, Wilkes-Barre, PA
Robert L. Henkel, Lancaster, PA
Helena Kmetz, Whitehall, PA
Teresa Komisar, Lakewood, OH
Regina Matejick, Las Vegas, NV

- Conrad C. Minkalis, Crown Point, IN
Irene Namowicz, Glen Lyon, PA
Romaine B. Nerch, Taylor, PA
Augusta Novak, Colonia, NJ
Katherine Olejnik, Swoyersville, PA
Virginia Oloff, E. Detroit, MI
Charles T. Riley, Lancaster, PA
Emily H. Solinko, Schaumburg, IL
Wladyslaw Sowa, Des Plaines, IL
John B. Tretter, Lancaster, PA
Esther J. Trost, Pontiac, IL
Jozef Tylanda, Dickson City, PA
Dorothy Weaver, Bordentown, NJ
Frances Zatorski, Nanticoke, PA
- Reaching Age 80**
Jane Bubenheim, El Granada, CA
Monika Cacchillo, Blacklick, OH
Kathleen M. Casale, Scranton, PA
Constance S. Marinak, Venice, FL
Theresa Patsko, Wilkes-Barre, PA
Lorraine Pokalsky, Phoenix, NY
Mary Romanowski, Lake Ariel, PA
Eugeniusz Rosmus, Shickshinny, PA
Zofia Student, Apalachin, NY
Constance Szymaniak, Vestal, NY
Emily Wiczorek, Oak Lawn, IL

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

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

Rest Well—You're Safe With Polish Union
Our Ratio of assets to liabilities: 106.68%;
For Every \$1.00 Of Liability We Have
We Have over \$1.06 To Pay It!

News From

CHICAGOLAND

DISTRICT DIRECTORS

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

The Annual Chicagoland Luncheon and Meeting will be held on Saturday September 28, 2013 at Sawas Old Warsaw at 12 noon for all Chicago Group Secretaries and Members. Charlotte Androckitis Ceo National Secretary will be in to conduct a Seminar on Insurance and take applications for new members. All group secretaries must attend to review all the latest information on the insurance plans.

The Annual Childrens Christmas Party for all Chicago Group Members will be held on Sunday December 1, 2013 from 2pm-5pm at Mayfield Banquets in Westchester, Il. All members age 12 and under are invited to attend, RSVPto your group secretaries by November 1, 2013.

Birthday Greetings to Group 275 members in April to-Randall Cybulski-Heather Dzialowy-William Grgantov turns 15 on April 28th-Mildred Jendras-Sandra Laboda-Brian Las-Dawn Las-Franciszek Mcblaine-Megan Michalec-Danuta Nawrocki-Halina Nawrocki-Czeslaw Piszczor-Eugene Podrazik-Alan Reberski-Ronald Savaglio-Emily Wieczorek and Jozef Wozniak.

Group 230 April Birthday Greetings to-Brendan Balling-Dennis Gallas-James Golata-Davis Hyerczyk-Jessica Jennings-John Jerousek-Mia Marie Jordan-Barbara and Samantha Kalfas-Helena Mejta-Bednar Niedzielski-Phyllis Ogorek-Cara Perez-Raymond Pierce Jr-Leona Ronczkowski-Amanda Schlumpf-Anna Stopka-Wendy Suarez-William Wellnitz and Dillon Young.

May Mothers Day Wishes to all Members

Birthday Greetings To Group 275 Members in May are Adeline Fudala-Carter Kannon turns 9—Thomas and Karen Metcalf-Elizabeth Migut-Natalie Nowak-

Irene Pencak-Leanna Pittman-Mary Podrazik-Stanley Sendra and Philip Strenski.

Congratulations to all the Graduates for 2013.

Happy Fathers Day to All Members.

Celebrating Birthdays in June from Group 275 are-Jamie Dzialowy-Jonathan Cagle-Brighton Ferris-Jessie Ferris-Donna Gabriel-Peter Hiero-Sara Kacinskas turns 11-Valerie Kacinskas turns 13-Florence Kolczewski-David Kotlarczyk-Diane Martin-John Kotlarczyk-Raymond Migut-Patrick and Rachelle Nirchi-Josephine Regnier-Jeanine Roman-Sarah Pittman-Eleanora Slapa-Emily Solinko and Kenneth Trzebiatowski.

Birthday Wishes to Group 230 Members in June are-Catherine Baron-William Bartkowicz-Lynn Bluder-Kathleen FencI-Cynthia Gallas-Nicole Harris-John Jennings-Paul Daniel Kalfas-Emilja Kisla-Caitlin Klownowski-Helena Majeher-Debbie Malek-Yvonne Price-Alicia Quall-Cynthia Suarez-Judy Twomey-Jill Renee and Walker Young.

MEMORIAL DAY 2013

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

Upcoming Activities & Events

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.

2013

June

June 30 Family Picnic, Knoebels Amusement Park Elysburg, PA. Luncheon from Noon to 3:00 P.M. To be held in Pavillion N.

September

Sept 28 Chicago Seminar – details will be announced

October

TBA Pulaski Parade in Philadelphia. Bus trip details will be announced.

Oct 27 Children’s Halloween Party – details to be announced.

November

TBA Debutante Ball

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.

The Fraternal Societies of Northeast Pennsylvania

Celebrate

Flag Day At The Ball Park

Monday, June 10, 1013

Game Time at 7 p.m.

Scranton/Wilkes-Barre Red Riders

Game Admission and Dinner

\$30 Per Person

Food Available from 6:30 to 7:30 p.m.

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

Please make reservations by Wednesday, May 22, 2013 at

570.823.1611 ask for Charlotte

Reservations Must Be Paid by May 22, 2013

Make checks payable to Fraternal Societies of NEPA

Support The Henry J. Dende Scholarship Fund

Recent Tree of Knowledge Donors

Mary Ann Arnold Carol Zukowski

Michael Skweir

We Need YOU to make our Tree of Knowledge Flourish!

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, our official publication.

Recently we have seen an influx of donations 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 rea-sonable level of aid for aspiring College stu-dents.

Your continued support of the Henry Dende Scholarship Fund is recognized by all at Polish Union especially the student beneficiaries. Thanks for helping Polish Union maintain this level of support.Leaves may be purchased 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.

Polish Union of the U.S.A. 2012 Financial Statement

TO MEET OUR OBLIGATIONS WE HAVE:			2011 SUMMARY OF OPERATIONS - ACCRUAL BASIS		
BONDS, GOVERNMENT	\$4,700,479		OUR SOURCES OF INCOME WERE		
INDUSTRIAL & MISCELLANEOUS	1,822,770		INSURANCE PREMIUMS RECEIVED	\$287,868	
	\$6,523,249		NET INVESTMENT INCOME	407,400	
EQUITY SECURITIES	1,049,769		OTHER INCOME	38,837	
CERTIFICATE LOANS	46,881		REALIZED CAPITAL GAIN (LOSS)	246,401	
REAL ESTATE	131,307		TOTAL SOURCES	\$980,506	
CASH & SHORT TERM INVESTMENTS	282,190				
OTHER RECEIVABLES	314		THIS INCOME WAS USED FOR:		
INVESTMENT INCOME DUE & ACCRUED	37,794		DEATH BENEFITS	\$252,943	
PAYMENTS DUE FROM SUBORDINATE LODGES	<u>2,500</u>		OTHER INSURANCE BENEFITS	43,959	
			NET INCREASE IN RESERVES	153,517	
			GENERAL EXPENSES &		
TOTAL ASSETS	\$8,074,004		FRATERNAL PAYMENTS	403,452	
OUR OBLIGATIONS WERE:			TAXES, LICENSES & FEES	25,319	
CERTIFICATE RESERVES	\$7,224,160		COMMISSIONS	10,991	
CLAIMS IN PROCESS OF PAYMENT	106,086		TOTAL USES	\$890,181	
RESERVES FOR PREMIUMS PAID IN ADVANCE	5,244		LEAVING AVAILABLE, NET INCOME	\$90,325	
RESERVES FOR SECURITY VALUATION	135,735				
PAYABLE FOR SECURITIES	-		2012 STATEMENT HIGHLIGHTS		
ACCRUED COMMISSIONS	2,528		RATIO OF SOLVENCY	106.68%	
ACCRUED GENERAL EXPENSES	103,878		YIELD ON INVESTMENTS	9.44%	
ACCRUED TAXES, LICENSES & FEES	10,573		NUMBER OF LODGES	41	
AMOUNTS HELD BY SOCIETY AS			NEW INSURANCE ISSUED	\$1,072,000	
AGENTS OR TRUSTEE	23,7071		INSURANCE IN FORCE	\$27,837,000	
TOTAL RESERVES & OBLIGATIONS	<u>\$7,568,374</u>				
LEAVING AVAILABLE SURPLUS	<u>\$505,630</u>				
TOTAL LIABILITIES & SURPLUS	\$8,074,004				

Kovalchik, Kollar & Co, LLP

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 indiviiduals.

We Have Lost Contact With These Members

Group	Name	Last Know City
270	Mayton,Ryan	Bridgeview,IL
407	Mazaleski, Angela	Clarks Summit,PA
227	Mazur, Jan	Clarks Summit, PA
401	Mazur, Richard	Brooklyn, NY
401	Mazur, Sandra	Brooklyn,NY
270	Mazurczyk, Helena	Chicago, IL
275	Mcadrian,Joseph	Oak Lawn, IL
51	McAvoy, Kathleen	Boston, MA
502	McCarraher,Sophie	Coatesville, PA
502	McCaughey,William S.	Millersville, PA
131	McCloskey, Jean	Nanticoke, PA
175	McDermott, Lori	Harpers Ferry, VA
502	McMullen, Donald H.	Lancaster, PA
395	McNeil, Sara	Scranton, PA
502	McNerney, Michael J.	Mountvile, PA
258	Menotti, Anthony G.	Oak Park, IL
175	Menzel, Sandra A.	Wilkes-Barre, PA
395	Meredick, Joseph T.	Scranton, PA
25	Michalak, Jan	
189	Mikelski, Leon	Shickshinny, PA
395	Mikolon, Theresa	Colorado Springs, CO
258	Mikos, Brian	Lockport, IL
502	Miller, Eric M.	Alpine, TX
502	Miller,Jennifer	Coatesville,PA
502	Miller,John B.	Avon,PA
502	Mira, Susan M.	Lihue, HI
70	Miscavage, Michael	Lawrenceville, NJ
321	Mitarnowski, Matthew	Portland, OR
240	Muha, Christopher Joseph	Old Forge, PA
163	Muia, Wolfe Watson	Scranton, PA
25	Murphy, Adele	Poway, CA
400	Murphy,Joshua	Stanley, NC
400	Murphy, Nicholas	Stanley, NC
400	Mynyk,Lisa A.	Moosic, PA
320	Nareski, Natalie Rose	Old Forge, PA
293	Nashotka (Nasiadka) ,Edward	Dunmore, PA
258	Nebren, Julianne	North Riverside, IL
51	Nelson,Dorothea	Milnesville, PA
502	Nevin,Stephen F.	Lebanon,PA
138	Niznik, Ann	Gouldsboro, PA
321	Noler, Brian	Wilkes-Barre, PA
321	Noler,Kristen	Swoyersville, PA
73	Noss, Katharine Marie	Shickshiny,PA
275	Nowak, Natalie Bernice	Chicago, IL

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 updated information on these individuals. Any information you have may help us to settle any funds that may be due to these indiviiduals.

Name	Last Know City
Badowski Frank	Windber PA
Becker Teresa Murray A	Grove City PA
Bulewich, Theodore	W Springfield MA
Carbone Eleonora	Trumbell CT
Ciurej Ryszard	Omaha NE
Cronk Felicya	Yonkers NY
Cumens Elizabeth	Downingtown PA
Czachor Mary	Moscow PA
Falborski Christin	Chicago IL
Fiorda Stefania	Oklahoma City OK
Flynn Mary R (Swisher)	Gettysburg PA
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
Klonowski Mark Peter	Geneva IL
Kurland Sophie	Justice IL
Lech John H	Emmaus PA
McMullen Donald H	Lancaster PA
Misczyk Irene	Wilkes Barre PA
Moher, Cheryl L.	Clarks Green, PA
Nashotka (Nasiadka), Edward	Dunmore, PA
Pranger Thomas R	
Reynolds, Ellen J.	
Rezem Louis	
Ross Rose	
Ruppert John R	
Schnittger Elizabeth	
Slavinkas Frances Clarks	
Smajek, Wladyslaw	
Sobczak, Edward	
Sosnowska Rose	
Stepanik, Alphonse	
Szczech Marjanna	
Suchak, Rose	
Sullivan, James	
Vitalec Sophie	
Wasielewska Wladyslawa	
Whalen, Florence	
Willman,Magdalene	
Wisotzkey Ruth A	
Wlodarczyk, Maria	

Lancaster, PA
E Brunswick NJ
Henderson NJ
Lockport IL
Staunton A
Summit PA
Broadview, IL
Oak Creek, WI
Elgin IL
West Hazleton,PA
Old Forge PA
Wilkes-Barre, PA
Hockessin, DE
Scranton PA
Gouldsboro PA
Altha, FL
Lancaster, PA
Gettysburg PA
Carteret, NJ

Think Polish is A Difficult Language?, Try Explaining English!

An English teacher recently spend some time compiling some of the idiosyncracies of the English language. We are shure you will be able to relate.

. . .

The bandage was **wound** around the **wound**.

The farm was used to **produce produce**.

The dump was so full that it had to **refuse** more **refuse**.

We must **polish** the **Polish** furniture..

He could **lead** if he would get the **lead** out.

The soldier decided to **desert** his **dessert** in the **desert**.

Since there is no time like the **present**, he thought it was time to **present** the **present**

A **bass** was painted on the head of the **bass** drum.

When shot at, the **dove dove** into the bushes.

I did not **object** to the **object**.

The insurance was **invalid** for the **invalid**.

There was a **row** among the oarsmen about how to **row**.

They were too **close** to the door to **close** it.

The buck **does** funny things when the **does** are present.

A seamstress and a **sewer** fell down into a **sewer** line.

To help with planting, the farmer taught his **sow** to **sow**.

The **wind** was too strong to **wind** the sail.

Upon seeing the **tear** in the painting I shed a **tear**..

I had to **subject** the **subject** to a series of tests.

How can I **intimate** this to my most **intimate** friend?

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in ham-

burger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France . Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig..And why is it that writers write but fingers don't fing, grocers don't groce and ham-mers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices?

Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

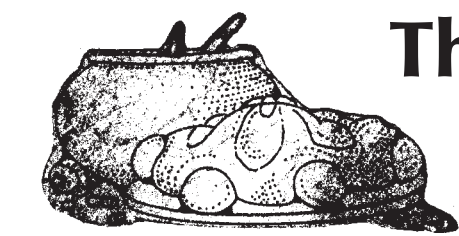
If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat?

Flag Day Events

The Fraternal Societies of Northeast Penna.. are planning several activities for Flag Day to honor all Veterans. One of the programs is scheduled for Flag Day June 14, 2013 at 10:00 AM in Liberty Hall, Wilkes Barre Veterans Hospital. The Fraternalists will present a flag which has flown over the Capitol to a cadre of Veterans currently in the Hospital. Congressman Lou Barletta, who procured the flag, is expected to attend this ceremony of appreciation for our Veteran's services. Light refreshments will be available following the program.

Holocaust Mass

The PAC of NEPA has scheduled their 36th Annual Holocaust Mass for April 28, 2013 at St. Andre Bessette Parish in the former St. Stanislaus Kostka Church, Wilkes Barre, PA. This Mass is a memorial for those who perished in the 27 known concentration camps in Europe during the Second World War. Chairman Ted Harowicz announced that Rev. Ken Seegar, a Polish Union member, will be the celebrant at the 8:30 AM Mass. Bernard Dymond, NEPAC President extended an invitation to the public and reminded all Committee members to assemble in the vestibule of the Church a few minutes prior to the event.



The Polish Chef

A Polish Buffet

The next time you entertain, at home or in a banquet hall, combine the American style buffet supper with any of the following treats for an authentic Buffet Polski (which is also easy to pronounce: Boo-fett polski).

Cold Meat Platter

On lettuce-lined platter artistically arrange slices of boiled ham smoked Polish sausage (regular, hunter's krakowska, Canadian bacon, roast port loin, pasztet (pate), etc.)

Relish Tray

should include prepared horseradish~Cwikla:(beet and horseradish relish), marinated mushrooms, dill pickles, spiced plums (sliwki w occie), radishes. Provide rye bread and unsalted butter.

Eggs In Mustard Sauce

Place hard-cooked eggs cut-side down on platter. Drench with sauce made (for 12 eggs) by fork blending 2 c. sour cream with 4-5 T. sharp brown mustard, 1 T. vinegar, 1 t. salt and 2 T. sugar (or more to taste).

Herring Salad Polonaise

Drain store-bought marinated herring (the kind that comes in jars, but not the creamed variety), cut into bite-sized pieces. Combine 3 c. cut-up drained herring with 2-3 chopped onions and 2 coarsely grated, peeled cooking apples. Dress with sauce made by fork blending 1 to 2 c. sour cream with 1 T. sharp brown mustard and 1 T. sugar. Garnish with chopped radishes and green onions.

Vegetable Salad

Combine 5 c. cold cooked potatoes, diced with 2 c. chopped dill pickles, 2 cans drained peas and carrots, 2 coarsely grated, peeled cooking apples, 1 can drained white beans, 1/2 c. chopped pickled plums (if available, spiced peaches may be used). Salt and pepper to taste and dress with slaw dressing, mayonnaise or a combination of mayonnaise and sour cream. Garnish with chopped chives. -

Pea Salad

Combine 4 cans drained peas with 1 c. chopped pickles and 4-6 chopped hard-cooked eggs. Dress with any of the sauces suggested for herring polonaise or vegetable salad above.

Bigos

Put leftover cooked meat, (roasts, steaks, chops, ham, poultry, etc.) into cubes and freeze. When enough has accumulated, you’re ready to make bigos. Rinse 5 lbs. sauerkraut in plenty of water, drain, squeeze dry and chop. Cook in 3 c. water along with 1 onion 2 chopped, peeled cooking apples and 2-3 dried Polish mushrooms (soaked several hours in 1 c. water and chopped) plus the mushroom water, for about 1 hour. Meanwhile, simmer 2-3 chopped onions in lard until transparent, and 4-5 lbs. cubed leftover meat 1 lb. or more skinned smoked kielbasa, diced, and simmer-under cover 30 mins. stirring and adding a little water if needed. Combine sauerkraut with meat, add 2 c. chopped pitted prunes, place in roaster and bake covered in med. oven 3 hrs.-Salt and~pepper to taste. 1 c. dark beer or dry red wine may be added. Prepare at least 2 days in advance. Serve with rye bread. Ice-cold vodka is a great go-together!

Pastries

Be sure-to have plenty of placzki and faworki (also known as chrusciki) on hand. *Smacznego!*

For Moms and Dads

For Mom

On Sunday, May 13th, we will affectionately observe and honor our beloved mothers and pay respect for raising us to the time we were on our own. Consequently, in connection with Mother’s Day, we pay them the following tribute:
“What is a mother?” Our reply would be: “A Mother is a woman with a thousand hands, hands that are at our service, a woman whose feet have the speed of lightning, to lift us when we fall. A mother is the light after we have risked darkness. She is the kiss when we feel unloved, she is the haven after we’ve gone astray. What price is there to repay our beloved mother? It is not with an orchid or a box of chocolates. It is: “Honor Thy Mother!” It is God’s command.
This is the answer, and the only right price for a mother’s love. Every tear from her eyes asks this of us and every line in her face; every beat of her heart, and every touch of her hand all cry out: “Love Me!”, “Respect Me”, “Let me always be proud of you my son, or daughter.”
Now if that is what God commands and what a mother pleads, then honor and love must be our invisible force that is behind us. We must add to our heart the corsage, we must wrap our love gifts with strings of love and affection.

For Dad
Your fulfillment of the “Fourth Commandment” will be most rewarding before the Lord, and will make you someday a partaker in in the bliss of heaven. “God bless all mothers—living and the dead.”Another Father’s Day is coming

Sunday, June 17th.
Another occasion to present him with a tie or shirt or socks or whatever.
But this year, along with whatever gift you present, take a few minutes to remember some of the wonderful things he did for you besides help feed, clothe, house, and educate you.
Sure, maybe there are some things about Dad you would rather forget, but there are so many other good things he did to remember. Remember, them and express your appreciation on Father’s Day.

Celebrate Flag Day—June 14

These words of the “Star Spangled Banner” penned by Francis Scott Key capture the brave spirit of America continually forged throughout our history by the fires of conflict.
The Flag of the United States of America - look at its colors! The “bright stars” blaze bold and resolute in a changing constellation. The “broad stripes” flash white and red like a jet trail across a brilliant sunrise.
On June 14 we celebrate the birthday of our flag, not for the color of its cloth but for the courage of people who still respect it as a symbol of hard-fought freedom.
Born on June 14, 1777, the flag is honored each year by Americans everywhere. It stands for our nation’s ongoing fight for freedom from hunger, drug abuse, homelessness, illiteracy, poverty, but most importantly, fight for freedom against the indifference toward these problems.

Koffee Klatch

with P.K.



Dzien dobry! Welcome to my kitchen. While enjoying our Irish Cream coffee and enjoying some much needed sunshine, out conversation turned to the whirlwind of events that overtook Rome and the world recently.
Rosaline couldn't imagine that a pope could retire! John said that it's one of the toughest jobs in the world, who could blame him and Estelle thought it would be tough on the new pope with another pope still alive.
But we didn't linger there long with the announcement that a successor, Francis, had be elevated to St. Peter's Throne. “Wow,” said Janet, “He seems amazing living a simple life and shunning the privileges of his office.” John chimed in that “He's got to be careful because there are a lot of people who expect all the trappings of traditional papal ceremony and might be turned off by change.” Doris remembered Pope John and the Second Vatican Council and all the changes that happened in the church after that, she wondered if we would be seeing more change under this pope.
One thing all the guests did agree on was that it was good that the cardinals selected someone from South America. “That's where the church is growing the fastest,” said Marty. “And in Africa too,” said Marge
So what can we expect from our new pope? There was no one idea but a feeling that we would see a “back to basics” approach from the Vatican and a call for all of us Catholics to get more involved in our church and community.
• • •

What Grapes Can Do First we heard about red wine helping to lower cholesterol. Now studies show that a substance in grapes may prevent cancer. Researchers have found a substance in grapes called resveratrol that can help keep cells from turning cancerous and inhibit the spread of cells that already are malignant. Of course, where do you think wine comes from?
• • •
Health update: What you should do about snoring? Trim your waistline. Sleep on your side without a pillow.Don’t take sleeping pills, alcohol or snacks before bed (they’ll all relax your neck muscles and make snoring louder). If snoring persists, you should consult your doctor. You may have sleep apnea.
Pain relievers can cause ulcers. According to the AMA using anti-inflammatory pain relievers, aspirin and ibuprofen for long periods can cause stomach aches, indigestion, even ulcers. One study showed 15% of people who took aspirin, etc., for three

months were at risk. Lower your regular dose to cut risk.
Your breakfast cereal can fight cancer: A study of 18,000 patients revealed those who ate a diet high in whole grains had a reduced risk of some cancer, including breast, ovarian and digestive system. Researchers speculate whole grains may mop up cancer-causing molecules in the body.
Stretch You can do it in bed before you get up every morning. Stretch like a cat. First one arm then the other then one let, etc. Pull in the stomach and count to ten; pull the toes toward your face. Great for posture, energy, for your muscles and limbs. It makes you feel relaxed, refreshed and fabulous, immediately.
• • •
Dear P.K.
My friends play a little game of “can you believe it?” with our cell phones. We photograph classmates when we think they are wearing something crazy or did something weird to their hair. We don't post the pictures on-line and no one else except our group sees these pictures and the comments we make. It's usually funny but somehow I have a feeling it's not right, am I overreacting?
—Jasmine

Dear Jasmine:
When something makes us feel not right, its our inner self recognizing that something is wrong. Your activity is no different than groups of people commenting on another's appearance in regular conversation. However, it does hold the chance that it can be made public, whether accidentally, or intentionally. There are two things I'd like you to think about. First, what would happen if even one of those photos became public and it became known that you are a member of the group? Could you lose a friend? Would it keep others from confiding or trusting in you? Secondly, think about how you would feel if you found out you were the subject of a similar game by another group. I'm sure you can figure out that it is best to stop the “game” and talk to your friends about it too
—P.K.
• • •
Happy Birthday and Happy Anniversary to all our readers who are celebrating the big days during April, May and June!
• • •

Keep on sending me your letters, ideas and special dates to PK, 17 Laurel Drive, Scranton, PA 18505

<i>Brush Up Your Polish</i> <i>Use These Words Three Times and They Will Be Yours Forever</i>	
Base	Baza
Data Base	BAH-zah Baza Danych
Onion	Bah-zah Da-needch Cybula
Lolipop	tshe-BOO-lah Lizak
Cauliflower	LEE-zahk Kalafior
String Beans	kah-lah-fyor Fasolka Szparagowa
Cabbage	Fah-soul-kah She-pa-rah-go-vah Kapusta
Peas	KAH-poo-stah Zielony Groszek
Corn	zheh-lo-nee gro-shek Kukurydza
Soup	koo-koo-rid-zah Zupa
Eggs	zoo-pah Jajka
Spinach	yi-kah Szpinak
Roast Beef	Shpee-nhak Pieczen Wolowa
	pyeh-chehn voh-woh-vah

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\$80 per Year For \$5,000 Coverage on A 39-Year-Old

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Call 570-823-1611

to learn more or visit www.polishunionusa.com

“Adversity causes some to break, others to break records.”
—William A. Ward

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



**Knoebels
Amusement Park**
Rt. 487, Elysburg, PA
**Sunday,
June 30, 2013**

Luncheon From Noon to 3 p.m. • In Pavillion “N”

Please RSVP by June 21st

Phone The Polish Union Home Office 570-823-1611

**Help Us Find Our 2013
Fraternalist of the Year**

RULES & REGULATIONS

- 1) Nominee must be a Polish Union member.
- 2) Board Members are not eligible.
- 3) A person can only be Fraternalist of the Year one time.
- 4) All Polish Union Members from all States can qualify.
- 5) Applications must be submitted by November 1st each year.
- 6) Emphasis should be placed on volunteerism and community activities.
- 7) There will be 3 judges.
- 8) All judges will receive a copy of the application submitted to review. The point system will be used to select a winner.
- 9) The Fraternalist of the Year selected shall receive a \$100 cash award and a plaque.

**POLISH UNION OF USA
“FRATERNALIST OF THE YEAR”
AWARD
NOMINATION FORM –**
(Please print or type all information)
ENTRY DEADLINE September 3, 2013

I. PERSONAL DATA:

Nominee’s Name: _____
Spouse’s Name: _____
Home Address: _____
Home Telephone: _____ Business Telephone: _____
E-Mail Address: _____
Number of Children: _____
Children’s Names: _____
Occupation: _____

II. ORGANIZATIONAL INFORMATION:

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

III. OTHER ORGANIZATIONS:

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

List the Nominee’s achievements within these organizations.

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

Nominated by: _____
Organization: _____
Date: _____ Telephone: () _____

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

**Children Enjoy Easter Party
Courtesy of Youth Committee**

Sunday March 2, 2013 was a joyous occasion for the fifteen children who attended the Easter Party. Young Adult Committee members in attendance were Emily and Nick Stefanac, Sheri Pudlosky-Brierly, Joseph Pudlosky, and Miss Polish Union Ashlynd Huber. Among the many volunteers were Mary Ann Pudlosky, Karen Hilenski and her two daughters, Karen and Samantha. Chef Joe Pudlosky received a surprise donation of home made Macaroni and cheese and Meatballs from Mrs. Kopko. All of the children and adult guests were treated to a wonderful luncheon with refreshments.

Committee members and volunteers supervised several group activities of the children participating in a variety of Easter season crafts.

The highlight of the afternoon was the arrival of the Easter Bunny (Samantha Hilenski) who danced a modern bunny hop and received each youngster for a special individual photo as an early remembrance of the affair. Chairperson Emily Stefanac thanked her Committee for their help and reminded all in attendance of the upcoming events scheduled for the remainder of the year.

