



# FRATERNAL JOURNAL

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

**Summer, 2013 • Volume 21 • Number 3 • Wilkes-Barre PA**  
**www.PolishUnionUSA.com**

PERIODICALS POSTAGE PAID AT  
WILKES-BARRE, PA AND ADDITIONAL OFFICES  
Postmaster: Send Address Changes to: Fraternal Journal, Polish Union of  
U.S.A., P.O. Box 660, Wilkes-Barre, PA 18703-0660

## Deb Ball Alert!

Emily Stefanac chaired the initial planning meeting for the 35th annual Debutante Ball. Many details are to be addressed at future meetings but we wish to alert our members so that they can plan accordingly.

This flagship event requires full support of our members to assure continuous success thus we are issuing an Alert. Preliminary information follows:

- Aspiring Debs can obtain applications from the Home Office. **Deadline for filing is August 23, 2013.**
- Do you have a friend who would like to be a Deb? We are working on a plan to

include even those who are not current Polish Union members.

- The Ball is scheduled for November 2, 2013 at Fiorelli's in Peckville, PA. Mark the date and pass the word to your friends.
- Sponsors. For as little as \$10, you can be listed in the Program Book demonstrating support of this festive occasion. Other levels of Sponsorship are also available.

We are depending on our members to advise their friends and relatives of this elegant affair. Watch for more details in the Journal or call our Home Office at 570-823-1611 if you have questions.

## Quadrenial Convention Just Around Corner

The official proclamation for the 38th Quadrennial Convention of Polish Union/Ameripol will be set forth after discussion and approval by our Board at their meeting in August 2013. Please refer to Article IV of the September 2010 by-laws if you wish to be fully informed of the impending procedures. This is an important matter for those members who aspire for election as Delegates from their respective Groups and also for those anticipating candidacy for Office or Board. More details will be provided in the next issue of our Journal.



**NJ/NY FRATERNAL ALLIANCE OFFICERS/BOARD CELEBRATE FLAG DAY** The Officers/Board Members of the NJ/NY Fraternal Alliance held a Flag Day Celebration at their recent Board Meeting. The meeting was held June 13, 2013 at the Golden Nugget in Atlantic City, New Jersey.

## 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.**

## FOCUS ON YOUTH



**Young Adult Committee Seated Ashlynd Huber, Emily Stefanac; Standing: Joe Pudlosky, Nick Stefanac, and Sheri Brierley**

The Young Adult Committee met recently to map out plans for the remainder of the year. Their next major event is the Family Outing in June at Knoebel's Grove. Chairperson Emily Stefanac welcomed Karen Hilenski and her daughters Samantha and Karen who will chair the Halloween Party on 10-27-13. The Christmas Party for the children has a Committee in place and more details will be provided later.

The Deb Ball will be held this year in the Lackawanna County Area with more details to follow as the Committee initiates their planning meetings. There was discussion on the Wigilia and Miss Polish Union Contest with a tentative date of December 1, 2013. Research continues on the possibility of using another venue for the December Activities but that is still pending.

President Kolodziej attended the meeting and commended the members of the Committee for their dedicated efforts at all events and support of Polish Union throughout the year.



**Seated Karen, and Samantha Hilenski with their Mom Karen.**



**HOLOCAUST MASS HELD BY NEPA POLISH AMERICAN CONGRESS** The Northeastern PA Chapter of the Polish American Congress recently participated in their Annual Holocaust Memorial Mass at St. Stanislaus Kostka Church in Wilkes Barre, PA. Celebrant was Pastor, Rev. Ken Seegar, a Polish Union member. Pictured above are NEPAAC members who participated in the commemorative event for those who made the supreme sacrifice in the Nazi Concentration Camps. Other Polish Union members in the group are Mrs. Josephine Zuba and Bernard Kolodziej.



### In Memoriam

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


Group	Member	State
502	Rose M. Arnold	PA
206	Emil Satkowski	NJ
392	Leonard H. Boris	PA
406	Stanley Bohinski	PA
70	Charlotte Partash	PA
502	Patricia Cox	PA
138	Mae Hornick	PA
258	Joseph Obrzut	IL
401	Henry Tokarzewski	NY
100	Helena Lojewski	PA
270	Dorothy Dundek	IL
3	Wawrzyniec Cichocki	MN
385	Maria Zimecki	IL
385	Zofia Musielinski	WI
138	Lorraine Patla	PA
51	Irene T. Shema	PA
395	Sara McNiel	PA
221	Angeline Brown	IL
221	Angela Bielanda	IL
131	Dorothy Gesecki	PA
385	Maksynilia Dunal	IL
400	Irene Kucharski	PA
502	Glria R. Conover	PA
405	Caleb Ginyard	PA
395	Cecelia (Celia) Scatina	PA
407	Frank Kiwak	PA
502	Charles W. Martin	PA
395	Karen Marie Riley	PA
502	Kenneth C.Moyer	PA
321	Helena Saren	CT
502	Enes Eppolitio	PA
405	Jan Minkiewicz	PA
227	Lorraine Pokalsky	NY
175	Edward F. Schmidt	PA
358	Mary Balas	PA
182	Marta Novicka	CT
502	Elizabeth G. Simpson	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

“An early morning walk is a blessing for thewhole day.”  
—Henry David Thoreau



### 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

## FRATERNAL JOURNAL - ISSN: 1072-4842

Published Quarterly by the Polish Union of U.S.A.  
53-59 North Main Street • Wilkes-Barre, PA 18701

Periodicals Postage Paid at Wilkes-Barre, PA and Additional Offices

*Postmaster: Send address changes to: Fraternal Journal, c/o Polish Union of USA., P.O. Box 660, Wilkes-Barre, PA 18703-0660.*

**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.

## Expect A Call From Us

Last year the Polish Union started a program called Area Representatives. We have two persons that have signed up to help us with this program as of today. It is a way of getting a little extra cash and helping our Fraternal as well. If any other licensed agents in Pennsylvania are interested in knowing how they can be a part of this program please contact me at the office either by phone 570-823-1611 or e-mail me at [cla@polishunionusa.com](mailto:cla@polishunionusa.com)

Maryann Arnold has been telephoning our current members from Pennsylvania and Toni Storts has started calling our current members around Chicago.

The idea behind this program is to keep in touch with our current members and try to get current information from them. We would like to know if addresses have changed and we ask them for additional information such as a cell phone number and an e-mail address. We also would like to know if their life insurance needs have changed and if we could send them our current rate pamphlets. Along with that it would be great if they would give us some referrals that we could contact.

## Cherish Every Moment


Now that summer is in full swing and vacationers are on the move we faintly remember the long cold wintry days. Relaxing, rejuvenating, and renewing old acquaintances is a top priority for many of us and we wish you all well in your ventures throughout the summer. Cherish the moments with family and friends concentrating on the joyous aspects. Allow some time for reflection on your past fond memories as you plan your future regardless of how long or short that may be. Remember that you are not alone whenever feelings of futility and loneliness plague you. Reach out to family and friends, maintaining a positive attitude for the benefit of yourself and those around you.

Perhaps members of Polish Union may be included as some of your close friends and share in your day to day activities. From the viewpoint of those in your extended family, Polish Union/Ameripol can hopefully play a part in your life. A new initiative in our organization is the appointment of Area Representatives, people who help Group Secretaries and recruit new members. The program is in its infancy but the potential for growth and expansion is great. Working as a Representative or assisting one in your neighborhood may be an avenue worthy of pursuit. This and other options for involvement in limited activity may suit your needs. Check it out by calling our Home Office.

Recently we held our Annual Meeting at the Home Office which is still under repair after devastating storm damage several months ago. Adjustments had to be made but, thanks to our CEO and staff, business operations continued without interruption. Our Board is looking ahead to the calendar of activities for the rest of the year. The highlight of our Annual Meeting was the recognition of our 2012 Top Producers which is covered in another section of this Journal. We congratulate the Award winners and encourage all Licensed Agents to follow their example by recruiting new members.

Although our Quadrennial Convention is a year away it is necessary for some early planning and we take this opportunity to remind all interested parties. The primary challenge is and has been membership growthl. The current financial status of Polish Union is sound based on review by the State Insurance Department. There is renewed emphasis on Management and Governance initiated by Insurance Regulatory Bodies. This is being addressed by our Officers and Board members as we move forward. We ask for your help in energizing Polish Union as regards activity, membership growth and continued financial stability.

On balance we can reflect on our 120 year history and take pride in past accomplishments but the strength and viability of Polish Union rests in the ability to change with the times. As an organization we are committed to preparing for the future. Change is often necessary to adapt to ever changing demands. Work with us in advertising and supporting those changes which will enable us to effectively serve all members and the community in general.



### President's Desk


BERNARD KOLODZIEJ

covered in another section of this Journal. We congratulate the Award winners and encourage all Licensed Agents to follow their example by recruiting new members.

Although our Quadrennial Convention is a year away it is necessary for some early planning and we take this opportunity to remind all interested parties. The primary challenge is and has been membership growthl. The current financial status of Polish Union is sound based on review by the State Insurance Department. There is renewed emphasis on Management and Governance initiated by Insurance Regulatory Bodies. This is being addressed by our Officers and Board members as we move forward. We ask for your help in energizing Polish Union as regards activity, membership growth and continued financial stability.

On balance we can reflect on our 120 year history and take pride in past accomplishments but the strength and viability of Polish Union rests in the ability to change with the times. As an organization we are committed to preparing for the future. Change is often necessary to adapt to ever changing demands. Work with us in advertising and supporting those changes which will enable us to effectively serve all members and the community in general.

## What Is Kapliczki?




### Chaplain's Corner

REV. PATRICK ALBERT

Kapliczki, or wayside shrines are a very common element of Polish life in East Europe. These shrines dot the landscape of most, if not all, the countries that comprise Eastern Europe including Slovenia, Austria and Poland.

Many of these roadside shrines or chapels can be found at entrances to towns or in rural areas where special circumstances have occurred along the road warranting a commemorative symbol. Some are simple crucifix's housed in a small shadow box and others are constructed of stone or elaborate wood carvings. Many of these shrines exemplify prayers granted while others commemorate sad occasions such as fatal vehicular accidents.

These roadside shrines are a daily reminder of the importance of prayer in the lives of the Polish people, similar to the many religious articles we find in many homes here in America. To this very day you still observe people bowing, tipping their hats or simply blessing themselves when passing one of the roadside shrines. It is apparent that faith in Poland is not a private exercise of the soul, but is in fact a public declaration and acknowledgement of thanksgiving to God for all the benefits of his love. A beautiful example of a roadside shrine can be found on the property of St. Joseph's Church on North Main Ave. in North Scranton. If you visit Poland or any of the Eastern European countries in the near future, you will most certainly encounter these beautiful memorials fashioned by the created to honor The Creator.







**NJ/NY FRATERNAL ALLIANCE OFFICERS/BOARDCELEBRATE FLAG DAY** The Officers/Board Members of the NJ/NY Fraternal Alliance held a Flag Day Celebration at their recent Board Meeting. The meeting was held June 13, 2013 at the Golden Nugget in Atlantic City, New Jersey.

## N.E. Pennsylvania Fraternal Hold Seminar



The annual seminar for FSNEPA was held recently at the Polish National Union in Scranton. With over 40 representatives in attendance. President Bernard Kolodziej served as moderator and presenters included Annette B. Szady, CPA, Director of PA Insurance Department; Rich Pierchalski, BPU Investment Managers, and Alan Ferrone, CPS Actuaries who spoke on a variety of issues concerning fraternal benefit societies. A luncheon was provided by CPS Actuaries.

## 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 applications 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

## 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

## New Jersey-New York Fraternal Alliance 2013 Youth Volunteer Award Application

*Please print or type.*

Name \_\_\_\_\_

Telephone \_\_\_\_\_ Date of Birth \_\_\_\_\_

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 2013

### 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



About Our Members



**Golden Anniversary**  
Conrad and Regina Plodwick of Lake Nuangola observed their 50th wedding anniversary on June 29th, 2013.

Conrad and Regina were high school sweethearts. Conrad graduating in 1958 and Regina in 1961 from Nanticoke High School.

The couple were married in St. Stanislaus Church, Nanticoke by the late Rev. Frank T. Barlik. They invited to the 50th wedding anniversary mass and celebration with His Excellency Most Reverend Joseph C. Bambera on June 16, at St. Peter’s Cathedral to renew their wedding vows.

Conrad and Regina are blessed with one daughter, Dawn Marie, and son-in law Joseph Chalk, along with two grandsons Corey and Cameron.

In honor of their anniversary, the couple celebrated their 50th anniversary, with a mass at St. Faustina annex site the former St. Mary’s Church, in Nanticoke.

Conrad served in the US Navy and is retired from his own telephone business as an independent field engineer tech and consultant Regina, retired as a medical review research/account analyst consultant. She is also life member of WBGH Alumni and is currently a Councilperson in Nuangola Borough and a member of the Nuangola Planning Commission.

96th Birthday



Charles A. Obst celebrated his 96th birthday on January 30th. Charles is shown in the photo holding a Cross and Chapel that he built. Over his lifetime, he has made may Crosses and gave them to his family and friends. The crosses are made of many hand carved pieces of wood which are fitted together without glue or nails. Charles is also proud of his service in Europe during World War II. His family means the world to him. He now resides in Swan Lake NY with his son Paul. He also enjoys reading, drawing pictures, household chores and playing the harmonica.

Celebrating 96 years

Katherine Wolak a member of Group 25 celebrated her 96th birthday on May 20, 2013.

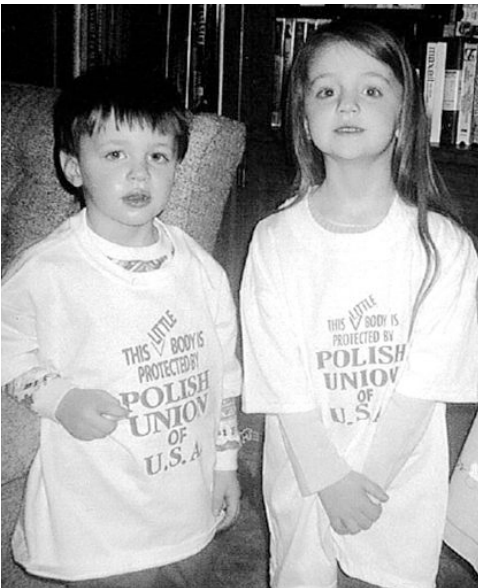
Katherine resides with her daughter Laura in Jefferson Maryland.



**Georgetown Prep Graduate**  
Jacob Kolodziej graduated recently from Georgetown Preparatory School in Bethesda, Maryland. The school was established in 1789 by the Jesuits and is known for serving students from all over the world. Jacob currently resides in Bridgeport, West Virginia with his parents Joseph and Alexa and his brother John. He will be attending Duquesne University in September. They are all members of Maximilian Kolbe Polish Union Group 131. Jacob’s Grandparents are Mrs. Richard Davis, Nokomis, Florida, and Mary Ellen and Bernard Kolodziej, Nanticoke, PA.



Rogals Share Pride



Josephine Lynn Rogal – 4yrs old, and Gavin John Rogal – 2 yrs old are the children of John & Jessica Rogal of Patton, Pa. and the grandchildren of Joseph W. & Margaret Rogal of Hastings, Pa.

Josie is a Pre-K student at Cambria Heights School District. She loves school and always wants to learn. She is very smart and Grandpa loves talking about her and her desire to learn. Gavin on the other hand, is a typical 2-3 year old and is Grandma’s boy.

All Decked Out



Pictured above are Ava & Tyler Zanghi, who are the children of Michael and Christine Zanghi of Finksburg, MD. They are the grandchildren of our members Judith and Michael Zanghi, Scranton, PA, whom also sponsored the membership of the children in the Polish Union. They are all members of Gr. #400 Scranton, PA.

Focus Group Seminar Held

The session held in our Community Room on April 14 had 21 participants including Secretaries, Licensed Agents, Committee members, Board, and volunteers.

Brief presentations were made by Jack Bednarski and Bernard Kolodziej with Charlotte Androkitis acting as Facilitator and leader of group discussion. All participants were encouraged to contribute to the discussion and various suggestions made regarding membership recruitment. Charlotte made specific mention of the Area Representative project and encouraged others to either consider that option or have others inquire at the Home Office. The major emphasis remained on membership and advertising and the group in general was attentive throughout the process.

The new rate revisions were distributed for updating of individual rate books and procedural questions from participants were addressed accordingly. Participants were reminded of preparation for the 2014 Convention and they were alerted, as key members of Polish Union, that they represent the future of the organization. All were thanked for their participation and continuing interest in the work of the organization. Some scenes of the day are found below.



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.

Sunday, October 27th 2013 2-4 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



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!

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.



News From

CHICAGOLAND

DISTRICT DIRECTORS

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

Happy Summer to All.

•••

**Congratulations** to all 2013 Graduates. Dont forget to obtain the Scholarship Information on line and submit your Essays.

•••

Our Annual **Chicago Groups and Members Meeting** will be held on Saturday September 28 2013 at 1pm at Sawas Old Warsaw Restaurant 9200 West Cermak Road Broadview Il. All Group Secretaries must attend.

A SPECIAL EDUCATIONAL SEMINAR WILL BE CONDUCTED BY CHARLOTTE ANDROCKITIS CEO/NATIONAL SECRETARY.A COMPLIMENTARY POLISH BUFFET WILL BE SERVED. ALL MEMBERS AND NEW MEMBERS+ARE INVITED TO ATTEND TO HEAR ABOUT THE ADVANTAGES OF PURCHASING LIFE INSURANCE FOR ALL YOUR FAMILY

Please rsvp to Toni Storts at 708 562-3153 or email-tstorts@comcast.net or Joan Wisinski at 708 361-4180; email-wisinski85@comcast.net by September 16, 2013. A reservation is a must.

•••

**Happy Birthday** to all Celebrating in July, August and September for all the Chicago Groups.

•••

**Happy Anniversary** to All Members celebrating in July, August and September.

•••

Any special ocassions request email to Joan Wisinski wisinski85@comcast.net.

•••

The Annual **Childrens Christmas Party** will be Held on Sunday December 1, 2013 from 2-5pm at Mayfield Banquets in Westchester Il for All Chicago Groups Members age 12 and under.Please Rsvp by November 1, 2013 to your Group Secretary or Toni Storts at 708 562-3153 -email-tstorts@comcast.net or Joan Wisinski at 708 361-4180 or wisinski85@comcast.net

•••

**For all your insurance needs** call your

group secretary or District Directors. Add to your policies or purchase new insurance for all your family members. A great Scholarship available for children entering college. Purchase at an early age for the best rates. A great gift for any occasion.

•••

Join our Group for **Alaska Cruise** August 2-9 2014 Round Trip Seattle sponsored by Group 275 Chicago. All members are invited to enjoy this Spectacular Destination. Call Joan Wisinski-Illinois District Director at 1 888 789-5182 for all information or email-travel@brightside.agencymail.com-our website for all destinations-www.brightside-travel.com+Article submitted by Joan Wisinski-Illinois District Director 708 361-4180

**Group 230 Highlights Birthdays in July** Theresa Barnat Lori Ann Becker, Charles Bednarz, Marie Blasko, Helen Damask, Judith Falborski,Susanne Fencel, Laura GiebelErin HyerczykJames Hyerczyk, Jeffrey Jerousek, Paul Richard Kalfas, Raymond Kalfas, Barbara Klimek, Nicholas Milbratz, Judith Rees, Rebecca Shurhay, Sara Skwara, Gayle Stachel, Lisa Storts, Morgan Suffredin, Rosemary Tepper, Randall Theusch

•••

**AUGUST** Lisa Bednarz, Ernest Doman, Linda Falborski, Charles Fencel, Zachary Gasiorowski, Charlene Herzog, William Hyerczyk, Alexis Kalfas, Paula Kalfas, Emilia Majcher, Rose Malek, Morgan Spencer, Mark Suarez, Britt Unnerstall, Caitlyn Unnerstall, Lance Young

•••

**SEPTEMEBER** Addison Aldrich, Bernadine Burkhardt, Dennis Capek, Nathan Gallas, Joseph Hyerczyk, Sarah Jerousek, Lorraine Kalfas, Mark Klonowski, Norbert Klow, Jan Lazarowicz, Ramona Parker, Lisa Pieklo, Antonina Rakfal, John Ruppert, Allisone Schlumpf, Judith Suarez, Eric Wilim, Michele Young

Happy Birthday - Sto Lat

To Our Senior Members

July-September, 2013

Reaching Age 96

Eugene A. Flanagan, Colkumbia, PA  
Jan Lazarowicz, Elburn, IL  
Nancy Myles, Lake City, FL

Reaching Age 90

Josephine Danishanko, Wilkes-Barre, PA  
Edward Dolaczynski, Madison, CT  
Florence Dombroski, Dallas, PA  
Helen Gabryel, Countryside, IL  
Marya Jagers, Centerville, PA  
Michael J. Lacriola, Chicago, IL  
Regina Olenik, Wilkes-Barre, PA  
Mary Catherine Pezzano, Catonsville, MD  
Frank Prego, Wilkes-Barre, PA  
Franciszek Pryga, Wilkes-Barre PA  
Lottie C. Puzio, Chicago, IL  
Maryan R. Reckage, South River, NY  
Edward Ruda, Avoca, PA  
Anna E. Skoniczin, Coatesville, PA  
Frances Sokoloski, Scranton PA  
Marjorie Standarski, Scranton, PA  
Lillia Vorozilchak, Scranton, PA  
Edward Wereski, Trenton, NJ

Reaching Age 85

Theresa M. Barnat, Summit, IL  
Marguerite H. Barry, Lebanon, PA  
Czeslaw Draus, Duryea, PA  
Dorota Fabian, Northumberland, PA  
Mary Golembiewski, Old Forge, PA  
Anita C. Grab, Columbia, PA  
Floryan Jodlowski, Omaha, NB  
Flrenty Kingsland, Millersburg, OH  
Ramona Kobosko, West Palm Beach, FL  
Dolores Komaniecki, Lombard, IL  
Robert J. Kopf, Royal Oak, MI  
Joseph C. Krall, Columbia, PA  
Teresa Kutz, Lebanon, PA

Reaching Age 80

Consta Branowski, Old Forge, PA  
Jacqueline Belenski, Bethlehem, PA  
Piort Fliss, Dupont, PA  
Edward Gardocki, Ellicott City MD  
Leon Gonsior, Dresher, PA  
Teresa Gruber, Berwyn, IL  
Joseph P. Hamilton, Gettysburg PA  
Lelia M. Hemler, York,PA  
Eugene Keitz, Almont, MI  
Loretta Kolacz, Nanticoke, PA  
Joseph Kutz, Lebanonon, PA  
John Lvandowski, Wilkes Barre, PA  
Joseph N. Loehle, Maple Glen, PA  
Franciszka Niewola, Dallas, PA  
Anna Marie P. Owens, League City, TX  
Peter Rumensky, Dickson City, PA  
Wladysla Szramiak, Chicago, IL  
Arlene A. Wilmer, Shakopee, MN  
Leona Yuhás, Wyoming, PA

Reaching Age 96

Florence Medon, Licoln Park, MI  
Rose Mella, Bridgeview, IL  
Frances Molinaaro, Carbondale, PA  
Dolores Padden, Olyphant, PA  
Romona D. Parker, Denmark, WI  
Agnes Sagan, Dunmore, PA  
Rita D. Sandor, Stamford, CT  
Josephine Violini, Scranton, PA  
Robert A. Zadrozny, Lansing, IL  
Regina Zygmunt, Moosic, 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.

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

September

Sept 28 Chicago Seminar – Saturday at 1 p.m. Old Warsaw Restaurant, 9200 West Cermak Rd.See Chicago News for more information

October

Oct. 6 Pulaski Parade in Philadelphia. Bus trip Mass, program, light lunch and reserved seats for parade.

Oct 27 Children’s Halloween Party – Sunday, from 2 - 4 p.m. inthe Polish Union Community Room, Wilkes-Barre.

November

Nov. 2 Debutante Ball at Fiorelli's in Peckvile

December

Dec. 1 Chicago Children's Cristmas Party. Sunday, from2 - 5 p.m. at Mayfield Banquets in Westchester.

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.

Support The Henry J. Dende Scholarship Fund

Recent Tree of Knowledge Donors

Florence Medon  
Dr. Michael Skweir

Barbara O'Neill  
In Memory of her Mom

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 reasonable level of aid for aspiring College students.

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.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Our 2012 Valuation Report

### CPS Actuaries

March 31, 2013

Polish Union of the United States of North America  
53-59 North Main Street  
P.O. Box 660  
Wilkes-Barre, PA 18701-0660

**Ladies/Gentlemen:**

This will certify that we have completed a valuation of the outstanding certificates of the Society as of December 31, 2012, according to the schedules of insurance submitted to us, and have found the reserves to be as follows:

01 CSO 4%	\$328,668
41 CSO 3 %	1,104,926
80 CET 4 %	5,954
80 CET 4.5 %	144,231
80 CSO 4 %	1409,776
80 CSO 4.5 %	2,314,171
80 CSO 5 %	660,175
80 CSO 5.5 %	493,778
AE 3 %	475,959
AE 4%	71,361
AM 3 %	803,798
AM(5) 3 %	107,230
Unearned Premium Reserve	23,861
Adjustment for 1st of Month Dating	9,569
Immediate Payment of Claims Reserve	120,340
Deficient Premiums Reserve	728
Non-deduction of deferred fractional premiums	9,636
Asset adequacy analysis	400,000
Reinsurance Credit	-
Total Reserve	\$ 7,224,159

The Society’s valuation indicates that on the bases specified above, the future assessments of the Society at the net rates then being collected, together with the admitted assets as they appeared in the Society’s 2012 annual statement, were sufficient to meet all certificates as they mature by their terms with a surplus of \$505,541 (or 6.68%) above the statutory standards.

Ratios of assets to liabilities: 2012-106.68%; 2011-106.91%; 2010-117.3%; 2009-117.02%; 2008-119.92%.

Sincerely,  
Allan Ferrone, FSA, MAAA, Actuary  
CPS Actuaries, Stamford, CT

## Top Producers Honored At Annual Meeting

A highlight of our Annual Meeting held on April 26 in the Polish Union Community Room was the announcement of awards to the Top Producers for 2012. First place for Face Amount of insurance sold:Mary Ann Arnold, Scranton, PA. Second place (tie ) Emily Stefanac, Thornhurst, PA.and Helen Leja, Chicago, IL.

First place for number of certificates sold:Toni Storts, Westchester, IL. Second

place: Kathy Rosner, Chicago, IL.

First place for Annual premium amount:Margo Lukacinsky, Mountain Top, PA. Second place:Anita Sirak, Hanover Twp, PA.Our entire Board offered congratulations to the winners for their dedicated efforts and encouraged all Secretaries and Licensed Agents to follow the example set by our Honorees.



Board Members at work during Annual Meeting



Our Top Producers were recognized

## 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 individuals.

**Name**  
Badowski Frank  
Becker Teresa Murray A  
Bulewich Theodore  
Carbone Eleonora  
Ciurej Ryszard  
Cronk Felicya  
Cumens Elizabeth  
Czachor Mary  
Eppolito Enes (Ines)  
Falborski Christin  
Fiorda Stefania  
Flynn Mary R (Swisher )  
Gogolinski Chester  
Harvey Arthur S  
Helinski Jozef  
Herbert Carolyn I (Reisinger)  
Hoar Robert S  
Jurusik Leo  
Kisla Emilja  
Klonowski Mark Peter  
Kurland Sophie  
Lech John H  
McMullen Donald H  
Misczyk Irene  
Moher Cheryl L  
Nashotka ( Nasiadka) Edward  
Pranger  
Reynolds Ellen J  
Rezem Louis  
Ross Rose  
Ruppert John R  
Schnittger Elizabeth  
Slavinskias Frances  
Smajek Wladyslaw  
Sobczak Edward  
Sosnowska Rose  
Stepanik Alphonse  
Szczech Marjanna  
Suchak Rose  
Sullivan James  
Vitalec Sophie  
Wasielewska Wladyslawa  
Willman Magdalene  
Wisotzkey Ruth A  
Wlodarczyk Maria

**Last Know City**  
Windber PA  
Grove City PA  
W Springfield MA  
Trumbell CT  
Omaha NE  
Yonkers NY  
Downingtown PA  
Moscow PA  
Downingtown PA  
Chicago IL  
Oklahoma City OK  
Gettysburg PA  
Northumberland PA  
Alta Loma CA  
McKees Rocks PA  
Columbia PA  
Elizabethtown PA  
South Plymouth NY  
Friendswood TX  
Geneva IL  
Justice IL  
Emmaus PA  
Lancaster PA  
Wilkes Barre PA  
Clarks Green PA  
Dunmore PA  
Thomas R  
Lancaster PA  
E Brunswick NJ  
Henderson NV  
Lockport IL  
Staunton VA  
Clarks Summit PA  
Broadview IL  
Oak Creek WI  
Elgin IL  
West Hazleton PA  
Old Forge PA  
Wilkes Barre PA  
Hockessin DE  
Scranton PA  
Gouldsboro PA  
Lancaster PA  
Gettysburg PA  
Carteret NJ

## Award For Sen. Yudichak



The PA Fraternal Association held their annual meeting in Harrisburg, an award was given to Senator John Yudichak. A delegation from Northeastern Pennsylvania joined the Board members and Delegates at the Legislative Luncheon to honor the Senator who received the award for his dedicated support and continuing interest in the work of Fraternal Benefit Societies.

He has addressed numerous groups of Fraternalists throughout his tenure as a Legislator and advocates for their stability and growth in serving their respective communities. Congratulations and best wishes for continued success to our Senator for serving the people of Pennsylvania.

## New Membership Applications Approved in 2012

2012

Group	Licensed Agent/Gr. Secy	# Certificates Sold	Face Amount
138	ANDROCKITIS, CHARLOTTE	2	7,000
321	ANDROCKITIS, CHARLOTTE	2	20,000
392	ANDROCKITIS, CHARLOTTE	2	8,000
320	ARNOLD, MARY ANN	6	86,000
400	ARNOLD, MARY ANN	2	20,000
163	BACHUREK, ANASTASIA	1	20,000
405	BEDNARSKI, JOHN	3	30,000
70	GIEBUS, WILLIAM	2	10,000
321	HOWELL, LINDA	1	5,000
395	HOWELL, LINDA	2	10,000
131	KOLODZIEJ, BERNARD	1	5,000
385	KOWALSKI, BARBARA	1	20,000
221	LEJA, HELEN	7	70,000
265	LUKACINSKY, MARGO	7	25,000
321	PAGODA, CHRISTINE	1	5,000
258	ROSNER, KATHY	7	55,000
240	RUMENSKY, THERESA	4	24,000
406	SIRAK, ANITA	6	14,000
407	STEFANAC, EMILY	6	70,000
230	STORTS, TONI	8	35,000
51	STRZELECKI, ANTHONY	2	24,000
227	TRACEWSKI, CHESTER	4	35,000
275	WISINSKI, JOAN	1	20,000
	<b>TOTAL</b>	<b>81</b>	<b>\$683,000</b>





# The Polish Chef

## Cool Summer Delights

Summertime in Poland means many fresh fruits and vegetables that are widely available and inexpensive only at this time of the year,hence, it is a season that many longingly await. Here are some typical foods which Poles particularly enjoy during these months.

### Cold Cucumber Soup    chłodnik Ogórków

Peel 2 cucumbers, cut in half, lengthwise, then slice thin into bowl or tureen. Add 1 bunch green onions, chopped, 2 coarsely grated brined dill pickles and 1 c. of pickle brine and 2-3 T. fresh, chopped dill. Drench with 6 to 8 c. cold buttermilk (regular or low-fat). Mix well, salt & pepper to taste and add 1 t. sugar. Refrigerate until well-chilled. Serve cold over sliced hard-boiled eggs 1/2 - 1 egg per portion.

### Chilled Lithuanian Barszcz    chłodnik litewski

Proceed as in preceding recipe, but use only 1 cucumber, add 1 bunch coarsely grated radishes and 1 small an sliced beets including the juice.

### Dilled New Potatoes    młode kartofelki z koprem

Rather than peeling, use nylon scrubber to remove the thin skin of 2 lbs. of walnut-sized new potatoes under cold, running water. Place in pot, cover with boiling water, add 2 t. salt and cook at a roiling boil until tender. Drain. Return pot to heat, cover and shake until all moisture steams away. Transfer to serving platter, dot with butter and garnish with fresh, chopped dill.

### Creamy Cucumber Salad    mizeria ze śmietaną

Peel 2-3 cucumbers, slice thin into salad bowl, sprinkle with salt, pepper, juice of 1/2 lemon and 1 t. sugar. Lace with 1/2 to 3/4 c. fork-blended sour cream (or plain low -fat yogurt) and garnish with fresh chopped dill if desired. *Optional:* Add several firmly sliced green onions and/or radishes.

### Lettuce Polonaise    zielona sałata po polsku

Remove core from 2 heads boston lettuce, wash in cold water, drain well, and break up into salad bowl. Sprinkle with salt & pepper, juice of 1/2 lemon and (optional) 1 level t. sugar. Toss gently. Fork-blend 1/2 to 3/4 c. sour cream (or plain, low-fat yogurt) and pour over lettuce. *Optional:* salad may be topped with sliced hard-cooked eggs and/or sliced radishes and garnished with chopped chives.

### Tomato Salad    sałatka z pomidorów

Was 4 large tomatoes well and slice. (You can easily remove the skin before slicing tomatoes by plunging them into boiling water for 30 sec. and then peeling it off under cold, running water). Arrange on platter, season with salt, pepper, a little lemon juice and sugar and top with 1-2 chopped or wafer-thin sliced onions. *Optional:* Dress with a little fork-blended low-fat yogurt and garnish with chopped dill or chives.

### Brined Dill Pickles    ogórki kwaszone

Soak 4 lbs. 3-4 inch pickling cucumbers in cold water several hrs., then, allow to drip dry. While they soak,bring 2 qts. water and 4 T. kosher pickling salt to boil and set aside. At bottom of large earthenware crock or glass jar, place 2-3 stalks of pickling dill, 2 slices of horseradish root, half a horseradish leaf, 1 grape leaf or 3-4 cherry tree leaves and 3-6 buds garlic. Stand cucumbers upright in several layers in crock or jar and pour brine over them to cover. Place inverted plate on cucumbers and weigh it down with a qt. jar full of water to keep them submerged. Leave on countertop at room temp. Ready to eat in 7-10 days.

Smacznego

## 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
502	Nunn, Jeanette A.	West Grove, PA
293	Ogonowski, Janet	Scranton, PA
230	Ogorek, Alexandra	Chicago, IL
221	Ogorek,Malgorzata	Hudson, FL
395	Ohara, Amber c/o Elizabeth O'Hara	Polcono Lake, PA
395	Ohara, Elizabth c/o Joyce	Pocono Lake, PA
395	O'Hara, Gerard c/o Elizabeth O'Hara	Pocono Lake, PA
400	Olsen, Peyton Alexander c/o Geraldine Sherwood	Moscow, PA
400	Olsen, Tyler Vincent c/o Geraldine Sherwood	Throop, PA
400	Orlowski, Amanda	Taylor, PA
400	Orlowski, Brianna	Scranton,PA
258	Orozco,Joseph G. (Carol L. Orozco)	Bourbonnais, IL
395	Orzel Mark P.	Scranton, PA
155	Osowski,Larence H.	Englishtown, NJ
407	Ostrowski, Mark c/o N. Ostrowski	W.Wyoming,PA
400	Owens, Justin Aaron c/o E. Kloss	Scranton,PA
392	Park, Robert F.	Wilkes-Barre, PA
275	Parkinson, Kristina c/o Angeline Smalley	Downers Grove, IL
407	Parlo, Alyson Marie	Allentown, PA
407	Parlo, Jason	Allentown, PA
407	Parlo, Mark K.	Allentown,PA
131	Pashinski, Kacie	Hunlock Creek, PA
392	Pasonick Andrew John, c/o Sophie . Andreeko	Wilkes-Barre, PA
392	Pasonick, Michael John c/o Sophie M. Andreeko	Wilkes-Barre, PA
292	Pasonick, Paul J.	Wilkes-Barre, PA
395	Patrick,Kylie Elizabeth	Clarks Summit, PA
392	Pattison, Jody	Sebastian,FL
392	Pattison, Jody c/o Stephanie C. Kyle	Shavertown, PA
395	Penwell,Loriann	Doylestown, PA
400	Peranick, Jessica	Clarks Summit, PA
230	Perez, Cara	Dayton, OH
221	Petkunas, Ashley Teresea	Champaign, IL
70	Petrick,Michael	Woodstock, VA
406	Petrofsky, Walter P.	Kingston, PA
502	Philips, Rose .	Kingston, PA

## Koffee Klatch

with P.K.



Dzien dobry! Welcome to my kitchen. Some friends dropped over to escape the heat and enjoyed a late morning coffee along with refreshing fruit kabobs with biscotti.

While we noted how blessed we were to be able to enjoy the glorious weather and the bounty of the harvest, our thoughts turned to our parents who were not so lucky.

“No air conditioning and a hot stove to work at all day” said Beth, recounting her memory of her mom.

“Hauling an old wringer washing machine into the kitchen from a closet, running all those clothes through and then hanging them in the back yard to dry” was Karen's remembrance of her mom's summers.

“Dad loved fishing, but working two jobs and always having something to fix around our old house kept him away from the water,” Said Bob.

“The closest thing to a vacation my parents ever had was driving to Syracuse for a wedding and staying one whole night at a Howard Johnson's” added Karl.

Sometimes we worry that the economy is in rough shape and our standard of living is decreasing. However, at least for those of us with a few years under our belt, we feel truly blessed with all the time-saving features we enjoy and the free time it gives us to spend enjoying our family and friends. Enjoy every moment life presents, especially in this glorious summer season.

### Loneliness - Stop It Now!

Any age can experience loneliness, but loneliness in latter years is most prevalent. Losing a spouse is a horrible experience at any time, but in latter years, when there is a lack of social activity and retirement, and usually less financially, can lead to lost contact with friends. How many times have you been in a crowded room and felt like the loneliest person in the world? New friendships are not the remedy. It usually takes emotional attachment to end loneliness. Studies also indicate that some causes for this condition include lack of close-knit family, feeling that no one cares, no social activities, not feeling needed, no goals for the future low self concept. Some solutions, suggested by Penn State Cooperative Extension include:

- Taking an active part in the world you live in.
- Get proper exercise.
- Make yourself attractive as you can
- Decide to do something important.
- Make the day brighter for someone else.
- Eat nutritiously.
- Get a pet if possible for companionship.
- Join a self-help group.
- Don’t be embarrassed to talk about the

fact that you are lonely.

Now that you begin to put the above suggestions into practice, you may kiss loneliness good-bye!

• • •

### Dear P.K.

My husband and two children relocated to the South several years ago due to a job transfer. While we had to adapt to our new surroundings, things have been going rather smoothly in our transition. That is, until three months ago when my in-laws also moved here to be close to their grand kids. That would be okay except they stop in at our house nearly every day and even drop in for dinner without warning. Dinner time has become a chore rather than family time, what can I do to to stop the constant interruption to our lives without hurting their feelings:

*Sarah*

### Dear Sarah.

Sometimes parents can be self-centered. Instead of fighting it, take advantage of it. You know they will show up for dinner, so ask them to baby-sit while you and your husband go out for a meal. Engage in the use of their free baby sitting when you want to have lunch with a friend. And, don't forget to ask them if it's okay if the kids visit and have dinner and grandma's some days. Since they are new to the area, it's only natural that they would hover around you, their only connection with their former life. Find some clubs or activities with their peers that they might find interesting and even pay their due to get them started as a gift. If this track doesn't work that it will just be up to your husband to address the situation with his parents and get you all some space.

• • •

—P.K.

### Calorie Counting

Two slices of stuffed-crust pizza means more than 800 calories. **Tip:** Get a thin-crust pizza with veggies and eat it for lunch or diner.

Five pretzels. They don’t have fat, but they also have no nutritioal value.

Four beers: Approximately 150 per each 12 ounces.

Five Buffalo Wings: with bleu cheese has 500 calories.

Eight Potato Chips with dip: Each chip is 15 calories. With dip, add 60 calories

• • •

**Happy Birthday and Happy Anniversary** to all our readers who are celebrating the big days during July, August and September!

• • •

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

**\$10,000  
Of Permanent Life  
Insurance For an  
Infant at a Cost of  
Only \$60 Per Year!**

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

***Fraternal Insurance Offers  
You The Best Protection At  
Affordable Rates!***

**Call 570-823-1611  
to learn more or visit  
www.polishunionusa.com**

<b>Brush Up Your Polish</b> <i>Use These Words Three Times and They Will Be Yours Forever</i>	
<b>Stomach Ache</b>	Ból Bruzcha Bool Bzhoo-hah
<b>Toot ache</b>	Ból Zęba Bool Zhem-bah
<b>Diarrhea</b>	Bieguna Byeh-noon-jej
<b>Appendicitis</b>	Żapalenie Wroyotka Zah-pah leh-nyeh Vee-rohvt-kah
<b>Heart Condition</b>	<b>Chore Serce</b> hoh-reh Ser-tseh
<b>Flu</b>	Grype Grhee-peh
<b>Cold</b>	Przeziebienie pshch-zhem-byeh-nych
<b>Fever</b>	Goraczke <b>Goh-roch-keh</b>
<b>Corn</b>	Kukurydza koo-koo rihdzah
<b>Roast Beef</b>	Pieczeń Wołowa pych-chehn Voh-woh-vah
<b>Liver</b>	Wątróbka Von-troob-hah
<b>Hamburger</b>	<b>Kiekany Kotlet</b> sheh-kahnee Koht-let
<b>Spinach</b>	<b>Szpinak</b> shpeh-nahk
<b>String Beans</b>	<b>Fasolka Szparagowa</b> fah-soul-kah shpah-rah-goh-va





This photo was taken at the VA Medical Center in Wilkes-barre in celebration of Flag Day. Polish Union along with the other members of the Northeast Alliance of Fraternal organizations Participated in the festivities.

# 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

## Council 17 Holds Spring Meet

Council 17 of Polish Union held their spring meeting at Sacred Heart Hall in Scranton to discuss plans for the remainder of the year. Brief reports were also given by Activity Chairman William Giebus, CEO/General Secretary Charlotte Androckitis, and President Bernard Kolodziej.


Council President P. K. Dende extended

gratitude for the dedicated support of the Officers and members of Council 17 who faithfully espouse the work of Polish Union. In particular, the group pledged support for the Deb Ball which is scheduled for the Dickson City area this year. At the conclusion of the meeting guests enjoyed a light Polish Buffet.



### Pulaski Day Parade Bus Trip

### Sunday, October 6th 2013



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

**This trip will cost \$30.00 per person**

Included is bus transportation to and from Philadelphia • Mass at SS Peter & Paul Cathedral • Pulaski Tribute Program • Complimentary Light Lunch • Reserved Seats For Parade

The bus will be making a stop at a restaurant on the way home. Anything purchased will be at your own expense.

Estimated time of arrival at Polish Union Bldg., W-B, will be 7 p.m.

Bus seat assignments will be given when paid reservation is received.

Reservations can be made by calling Polish Union at 570-823-1611,