

FRATERNAL JOURNAL

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



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Fall, 2013 • Volume 21 • Number 4 • Wilkes-Barre PA
www.PolishUnionUSA.com

Planning For the 35th Ball



The program Committee for the 35th Annual Debutante Ball met recently to set guidelines for their program booklet. The Deb Ball is conducted by Polish Union USA, a Fraternal Benefit Society with headquarters in Wilkes Barre, PA. The organization has members nationwide but many reside in Northeastern PA and the Ball is scheduled for the Lackawanna county area (or Fiorelli's Restaurant in Dickson City) this year. This traditional Formal affair marks the introduction into society for those young ladies who are in

the midst of preparing for higher education and the formal beginning of their adult lives. Families and friends gather with them to honor and celebrate this momentous occasion.

Pictured above are; seated left to right, Nancy Bachurek, Terry Rumensky, and Debbie Zielinski. Second row, Emily Stefanac, Deb Ball Chairperson, and Sophie Dubiak. Persons interested in more information may call any of the above or the Polish Union Home Office at 570-823-1611.

Helping Veterans



Women's Division # 5 of Polish Union recently donated \$100 dollars to Wilkes Barre Veterans Medical Center for use by the residents. This amount was added to the \$700 previously raised by Council 17 of Polish Union and the Fraternal Societies of Northeastern PA. Canteen Books are purchased by the VA Volunteer Service Department and then distributed to the Veterans to purchase items in the cafeteria or Patriot Store. Our Groups received notes of thanks and appreciation for this generous gesture.

Pictured above left to right are; seated Sophie Dubiak and Barbara Tracewski, and Gail Schultz, Officers of the Women's Division.

Nancy Bachurek. Standing are Betty Kosza, Barbara Tracewski, and Gail Schultz, Officers of the Women's Division.

PROCLAMATION

The 38th Quadrennial Convention of Polish Union of USA

We herein announce convocation of the Polish Union Convention as directed by Article IV, section of the Constitution and By-laws. Dates for the Convention are September 12, 13, and 14, 2014 at the Ramada Hotel and Convention Center, Wilkes-Barre, PA.

The Pre-Convention Committee members are; Bernard Kolodziej, Chairman, Charlotte Androckitis, John P. Bednarski, and Jeffrey J. Malak. These same individuals make up the Constitution and By-Laws Committee with Attorney Jeffrey Malak as Chairman.

Groups or individual members who have suggestions for amendments, by-law changes or relevant comments may address their sentiments to either of these Committees at their convenience. This early notice will hopefully remind all of the impending Convention and assist you in preparing for this major event. Further details will be provided in the future.

EARLY REMINDER !

Planning to be a Delegate to the Convention ?

Candidates for Delegate are reminded that they must be a registered member of the Group they will be representing by January 1, 2014. Any member who attains age 18 by December 31, 2014 is eligible to apply for a mandate from their Group.

**Fraternally,
Bernard Kolodziej,
President**

Polish Ambassador In Attendance At Art Exhibit



A special art exhibit opened recently at Luzerne County Community College in Nanticoke, PA. Five years ago a similar program was held as a means of raising funds for the children of Litewska Hospital, Warsaw, Poland. The hospital patients, many with serious long term ailments, use art as a means of therapy, taking respite in bringing joy and satisfaction to themselves and others. This second exhibit, with Mr. Tom Pugh as Chairman, solicited advance support from individuals and organizations. Polish Union, as one of the supporters, joined a large group of invited guests at the opening ceremonies.

The art program started in the hospital over fifty years ago and formerly received help through a USAID program from our government. More recently, Mr. Pugh initiated some support through Allied Services of Northeastern PA. for medical equipment and related needs. The art school has depended primarily on help from the Friends of

Litewska Foundation and special exhibits which include sale of the children's artworks.

Officers, Board and members of Polish Union who attended the preview opening included; Charlotte Androckitis, Rev. Patrick Albert, Mr. and Mrs. Peter Rumensky, Mr. and Mrs. William Giebus, Mrs. Sheri Pudlosky-Brierly, Mrs. Mary Ann Pudlosky, Mr. Joseph Pudlosky, and Mr. and Mrs. Bernard Kolodziej. Following the formal program we had the opportunity to meet with the honored guest, His Excellency Ryszard Schnepf, the Ambassador of Poland. He is a native of Warsaw and travelled from Washington, D.C. to formally open the exhibit which is on display through mid October.

Pictured above are Peter Rumenski, Theresa Rumenski, Charlotte Androckitis, Ambassador from Poland Ryszard Schnepf, Mary Ellen Kodziej, William Giebus, Janice Giebus 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 | Margaret Tobias | PA |
| 321 | Della Polinsky | PA |
| 73 | Jozefa Wisniewska | PA |
| 502 | Nellie Miller | PA |
| 230 | Jan Lazarowicz | IL |
| 189 | Alexander Kalinowski | PA |
| 227 | Frances Molinaro | PA |
| 385 | Zofia Stawarz | IL |
| 131 | Barbara C. Pacovsky | PA |
| 155 | Raymond Szelewicki | NJ |
| 258 | Anna B. Schubert | IL |
| 258 | Walter Nowak | IL |
| 400 | Joseph Karolewicz | PA |
| 73 | Henryk Skonieczny | CT |
| 378 | Chester Dabrowski | WY |
| 395 | Helen Snopkosky | PA |
| 131 | Henry Joseph Stroh | PA |
| 227/395 | Mary Tomchak | PA |
| 395 | Monica Poplawski | PA |
| 138 | Jan Pawlowski | PA |
| 502 | Daid M. Miller | 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


Search Begins For CEO/Nat. Secretary

As stated in Article IV section 8 of the constitution and by-laws of Polish Union USA “the Board shall appoint a Search Committee to seek out, interview and recommend for nomination a person for the office of CEO/National Secretary”.

Requirements for this position include; appropriate education and experience in life insurance, fraternal work, business administration, public relations, community activities, personnel management and marketing experience.

Candidates who feel they meet these requirements and are interested in applying should send a resume and application to: Search Committee for CEO/National Secretary

Polish Union USA
P.O. Box 660
Wilkes-Barre, PA 18703-0660



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

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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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Lawrence Wroblewski
Editor

You Can't Shop Too Early For Your Own Protection

The displays in the stores in the malls are beginning to show items that can be purchased as Christmas presents. I am sure, like me you are saying to yourself, “Christmas already”? They certainly want you to start shopping early. So, with that in mind, I would like to remind you that purchasing a Polish Union Life Insurance policy for someone is a great Christmas gift, especially for children. It is a lasting gift that keeps on giving in many ways.

The Polish Union sells a variety of insurance plans for small face amounts of insurance with great rates. Our most popular plan is called “Single Premium”. With this plan of insurance, you pay a one time premium and then the policy becomes paid up for life. The other Plans of Insurance that the Polish Union offers are: Whole Life; 3 Pay Life and 20 Pay Life. As I am sure you are aware, having a Polish Union policy entitles the insured all of the member benefits. The benefits are, but not limited to: a copy of our Official Newspaper, the *Fraternal Journal*;



Fraternal News & Views

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


Our College Students Prove Themselves Worthy Of Tribute

While reviewing the 2013 Scholarship essays from our Polish Union members enrolled in higher education programs I was impressed by the quality of content and depth of knowledge of the topics they addressed in their writings. We wish them well in all future endeavors.

The topics of financing Education and Community Service were analyzed with insight and familiarity and our young adults have, by their contributions, demonstrated to me that they are ready and anxious to take on the challenges of responsible adulthood.

Regarding the topic of finances for education, various scenarios and positions were ably presented and defended. Sensible alternatives outlined in their writings would give a Legislator support and direction in efforts to alleviate some of the issues at hand in the world of today. Who knows, we may have aspiring Legislators among us.

The Community Service topic was selected by a larger portion of applicants and that also proved to be an eye opening experience for me based on the broad scope of activity in which they are involved. Compassion, leadership and sympathetic understanding of problems at hand were well



President's Desk

BERNARD KOLODZIEJ


documented in their writings. For most, community service is ongoing, having begun in their early years, continuing through High School and College. Very likely, such activity on their part will continue as apart of their daily lives. Reading about individual and group projects locally, in other parts of the country, and overseas was enlightening in itself and helped reassure me that the scope and variety of community service work is truly extensive, especially on the part of our youngsters.

My perception is that Community service is Fraternalism in action and our Fraternal Benefit Societies offer a fine opportunity for participation in such service.

Advent Is Deep In Tradition

Three special days during Advent that have great meaning are Andrzejki (St. Andrew Day), November 29th, Baborka (St. Barbara Day) and Mikolaj (St. Nicholas Day). Each day has its own characteristics. Barbara is Patron of Miners, St. Andrews Day is a day where a future love might be discovered. St. Nicholas Day is connected with treats and sweet things for the children of a community. Many of these traditions come out of everyday life in towns and villages throughout Poland. Beautiful examples of life lived out in faith and hope.

After the St. Nicholas feast, the remaining days of the Advent are devoted to preparations for the holidays. The organist comes to the house with the wafer (oplatek), for which he is given a small amount of money. Farmers marinate hams and smoke kielbasa while their wives clean the houses from the attics to the basements, and children make the Christmas ornaments. Everyone awaits the Christmas holidays which are solemnly celebrated in Poland.




Chaplain's Corner

REV. PATRICK ALBERT

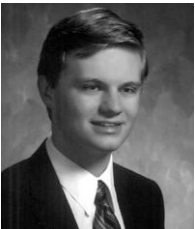
Happy Thanksgiving To all our Members and Friends from Polish Union U.S.A. Officers and Board of Directors




Meet Our 2013-2014 Scholarship Recipients




ADAMEC R.




ADAMS, G.




BELLES, R.




BENJAMIN, R.




BENJAMIN, H.




BILSKY, J.




CHEPONIS, C.




DERUS, C.




FERRIS, B.




FROMERT, K.




GAJOS, M.




GEISER, M.




GOWAT, E.




GRIMES, J.




KERN, M.




KISKA, K.




KOLODZIEJ, S.




KOLODZIEJ, J.




KOPACZ, B.



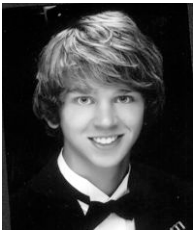
KOPCZYK, L.




KOZUCH, J.




KUCHWARA, H.




KUCHWARA, S.




MACHOWSKI, L.




MAZUR, S.




MAZZARELLA, E.




NAMOWICZ, D.




PELCZAR, K.




PIERSANTI, C.




PIERSANTI, A.




ROBINSON, P.




ROYEK, A.




SUCHOSKI, S.




SULZINSKI, M.




TARNALICKI, J.



WASIAKOWSKI, A.



WILSON, C.



WINTERS, K.

Young people, all members of the Polish Union of U.S.A., are recipients of 2013-2014 Henry J. Dende Scholarship Stipends from the Polish Union of U.S.A. This educational assistance is only one part of the fraternal's continuing efforts to assist its members and serve the community. A listing of this year's recipients is found below.

• • •

Rebecca Adamec, Gr. 380, Brookfield, IL, is the daughter of James and Rose Mary Adamec. She is a Senior Psychology/Art History major at Wester Illinois Univ., Macomb, IL.

• • •

Gregory Thomas Adams, Gr. 74, Wilkes-Barre, PA, is the son of James and Christine Adams. He is a Freshman Communications major at King's College, Wilkes-Barre, PA.

• • •

Kyle J. Antene, Gr. 275, Brookfield, IL is the son of John and Cindy Antene. He is a second year Pre-Med/biology major at Marquette Univ., Milwaukee, WI.

• • •

Sarah A. Antene Gr. 275, Brookfield, IL, is the daughter of John and Cindy Antene. She is an Anthropology major in her Senior year at Loyola Univ., Chicago, IL.

• • •

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

• • •

Rachel K. Belles, Gr. 131, Wilkes-Barre, PA, is the daughter of Mark and Ann Belles. She is in her third year at East Stroudsburg Univ., E. Stroudsburg, PA, where she is pursuing an Elementary Education/Early Childhood degree.

• • •

Hailey Benjamin, Gr. 395, Miami, FL, is the daughter of Jeffrey and Donna Benjamin. She is a second year Speech Language Pathology major at Florida State Univ., Tallahassee, FL.

• • •

Rachael Benjamin, Gr 395, Miami, FL, is the daughter of Jeffrey and Donna Benjamin. She is enrolled at the Univ. of Florida, Gainesville, FL and in her second year.

• • •

John F. Bilsky, III, Grs. 392/395, Pelham, NH, is the son of John, Jr. and Cindy Bilsky. He is a Sophomore Engineering

major at the Univ. of Rhode Island, Kingston, RI.

• • •

Carly Janeen Cheponis, Gr. 321, Asbury, NJ, is the daughter of Joseph and Deann Marie Chaponis. She is a first year Arts Management major enrolled in Fairleigh Dickinson Univ., Teaneck, NJ.

• • •

Ellen Amanda Cornelius, Gr. 270, Chicago, IL, is the daughter of Charles and Janet Cornelius. She is a Senior Ecology and Environmental Studies major at Illinois Wesleyan Univ., Bloomington, IL.

• • •

Caitlin Derus, Gr. 258, Davis, IL, is the daughter of Richard and Jennifer Derus. She is an Elementary Education major in her first year at the Univ. of Dubuque, Dubuque, IA.

• • •

Brighton Ferris, Gr. 275, Lake in The Hills, IL, is the daughter of William, Jr. and Denise Ferris. She is and Event Management/Business Administration major in her second year at Central Michigan Univ., Pleasant, MI.

• • •

Zachary Franco, Gr. 270, Omaha, NE, is the son of David and Sarah Franco. He is Sophomore Biology major working towards Pre-Med at Creighton Univ., Omaha, NE.

• • •

Kyle Fromert, Grs. 400/206, Madison Twp., PA is the son of Thomas Barbara Fromert. He is a Freshman Criminal Justice major at Penn State Univ.-Worthington, Dunmore PA.

• • •

Michael M. Gajos, Gr. 378, Wilmette, IL, is the son of Marek and Elzbieta Gajos. He is an International Relations major also minoring in Global Business at the Univ. of S. California, Los Angeles, CA.

• • •

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

• • •

Eric G. Gowat, Gr. 265, Peckville, PA, is

the son of Gregory and Mary Gowat. He is a Business Management major and Theater Minor at Bucknell Univ., Lewisburg, PA.

• • •

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

• • •

Christopher Robert Hinds, Gr. 392, Huntingtown, MD, is the son of Richard Hinds and Linda Bednarski. He is a Sophomore at Anne Arundel Com. College, Arnold, MD.

• • •

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

• • •

Madeline Kern, Grs. 138/73, Monkton, MD, is the daughter of Michael and Carol Kern. She is a Senior Political Science/Security Studies and Religion major at Dickinson College, Carlisle, PA.

• • •

Kara Kiska, Gr. 407, Ashley, PA, is the daughter of Robert and Wendy kiska. She is an Early Education/Special Education major in her second year at Misericordia Univ., Dallas, PA.

• • •

Jacob Daniel Kolodziej, Gr. 131, Bridgeport, WV is the son of Joseph and Alexandra Kolodziej. He is a Freshman Psychology major at Duquesne Univ., Pittsburgh, PA.

• • •

Susan Beth Kolodziej, Gr. 131, Wilkes-Barre, PA, is the daughter of Mark and Carol Kolodziej. She is a Junior English/Secondary Education major enrolled in King's College, Wilkes-Barre, PA.

• • •

Beth Kopczyk, Gr. 182, Indiana, PA, is the daughter of Thomas and Irene Kopczyk. She is in her second year as an Early Childhood Education major at St. Francis

Univ., Loretto, PA.

• • •

Lisa Kopczyk, Gr. 187, Indiana, PA, is the daughter of Thomas and Irene Kopczyk. She is a Senior Accounting major at Clarion Univ., Clarion, PA.

• • •

Julianna Irene Kozuch, Gr. 395, Jermyn, PA, is he daughter of Andrew and Dorothy Kozuch. She is a first year student at Marywood Univ, Scranton, PA.

• • •

Helene Marie Kuchwara, Gr. 163, Scranton, PA, is the daughter of Samuel and Gail Kuchwara. She is a first year Biology student at the Univ. of Scranton, Scranton, PA.

• • •

Sam Kuchwara, Gr. 163, Scranton, PA, is the son of Sam and Gail Kuchwara. He is a Junior Studio Art major at Boston College, Chestnut, MA.

• • •

Leigh Anne Machowski, Gr. 405, Mountaintop, PA, is the daughter of Joseph and Barbara Machowski. She is in her third year as an Elementary Education major at Luzerne County Com. College, Nanticoke, PA.

• • •

Stephanie Mazur, Gr. 395, Old Forge, PA, is the daughter of Jan and Mary Mazur. She is a Freshman Anthropology major at Dickinson College, Carlisle, PA.

• • •

Eric Mazzarella, Gr. 163, Enfield, CT, is the son of Guy Mazzarella and Kellie Gowdy. He is a Chemical Engineering major in his first year at the Univ. of Connecticut, Storrs, CT.

• • •

Kathleen McKeown, Gr. 70, Wilkes-Barre, PA is the daughter of Michael and Lisa McKeown. She is a Freshman at Luzerne County Com. College, Nanticoke, PA.

• • •

Continued Page Six

About Our Members

Celebrating 96



Celebrating her 96th birthday is **Sister Philomena (Helena) Michalczyk**. She is a member of group 240 and currently resides in Garfield Heights, Ohio. We wish her many more happy and healthy years. God Bless!

Blue Ribbon



Do you remember the cook books Polish Union had on sale a few years ago? Our President **Bernard Kolodziej** sent one as a Christmas gift to his cousin **Patricia Cormier** in Massachusetts and she has been using it extensively. Mrs. Cormier used the brown bread recipe submitted by **Terri Rumensky** and entered the bread in the Dunstable Grange Fair last month. She was thrilled to win a Blue Ribbon for her entry and sent the ribbon to Mrs. Rumensky as a token of appreciation indicating that proceeds from the Fair benefit charities in her community. Terri can take pride in knowing that our cook book and one of her recipes in particular is being used in New England. Patricia is the daughter of the late Edward (Cagey) Kolodziej.

Special Recognition



Graduation day this May , was extra special for **Paul William Rumensky** of Dickson City, PA who graduated with honors from Wilkes University, receiving a Doctorate of Pharmacy degree from the Nesbitt School of Pharmacy. Paul has accepted a position with Rite Aid Corporation in Wellsboro, PA. He is a graduate of Mid-Valley High School, member of Polish Union Group 240, and attended Wilkes University for six years. Congratulations to Dr. Paul. Paul is the son of Peter and Karen Rumensky, and the grandson of Peter and Theresa Rumensky.

50th Anniversary



Dr. Leon Skweir, the current Chief Underwriter for the Polish Union and his wife **Betty** celebrated their 50th Wedding Anniversary. Both members of Group #189, they were married on June 8th, '1963 in the cathedral of St. Peter & Paul in Philadelphia, PA. They celebrated their anniversary by taking a paddle boat cruise on the Mississippi River. Leon was Chief Medical Examiner of the Polish Union for 25 years and his father-in-law, Dr. Edward Kielar, was previously Chief Medical Examiner for the Polish Union for over 50 years. His mother-in-law was the Group 189 Secretary for many years in Glen Lyon, PA

Pre Convention Membership Contest

The 38th Convention of Polish Union will be held in September 2014 and a membership contest is now underway. Group Secretaries and Licensed Agents are urged to submit new applications to compete for one of several cash prizes to be awarded at the 2014 Convention.

Beginning date for the contest is September 1, 2013 ending on August 31, 2014.

NOW IS THE TIME TO SIGN UP NEW MEMBERS!

Send Us Your News

Polish Union Members as well as Grand Council Members are asked to send articles along with a picture (if possible) to Public Relations Coordinator, Chris Pagoda at the Home Office via mail; or
E-mail to: cap@polishunionusa.com Questions? call Chris at (570) 823-1611.

Gifts, Games and Entertainment

Children's Christmas Parties



Chicago Area

• The Chicago area combined groups of the Polish Union of USA will sponsor their Annual Children's Christmas Party on Sunday, December 1, 2013 from 2 to 5 p.m. at Mayfair Banquets, 10835 Wakefield Ave, Westchester, IL 60154
All children age 12 and younger will receive a gift from Santa Claus
We will have a special guest appearance by Mrs. Santa Claus
Reservations are required. Make your reservations with your Group Secretary before November 1, 2013, with the name and age of the child attending

Scranton Wilkes-Barre Area

• Our Annual Children's Christmas Party will be held on Saturday, December 14, 2013 beginning at 11:00am in the Polish Union of USA's Community Room located in the lower level at 53-59 North Main Street, Wilkes-Barre, Pennsylvania.
The Polish Union would like to invite all members between the ages of 0-12 to our Annual Children's Christmas Party.

There will be Coloring, Games, Crafts, Christmas story, Movie, and of course the Special Visit from Santa. Don't forget to bring your cameras.
Lunch will be provided for the children. Reservations are required in advance. Please contact the Polish Union Home Office @ 570-823-1611. As always, we look forward to seeing all of our members for a festive afternoon. Reservations are a must (state the number of children attending).

Christmas Parties For Children

Chicago Area
Saturday, December 1st
2 to 5 p.m.

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

Scranton, Wilkes-Barre
Saturday, December 14th
Beginning at 11 a.m.
Polish Union Community Room
53-59 North Main Street
Wilkes-Barre
Reservations Are Necessary

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



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

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

Officers

CEO/National Secretary, Charlotte L. Androckitis;
President, Bernard Kolodziej; CFO, John Bednarski;
CLO, Jeffrey J. Malak; Chaplain, Rev. Patrick Albert

Board of Directors

Anastasia Bachurek • William J. Giebus, Joseph Pudlosky • Terri Rumensky
Sheri Pudlosky-Brierley

District Directors

Illinois & Mid-West
Toni Storts • Joan Wisinski



News From

CHICAGOLAND

DISTRICT DIRECTORS

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



A Big Thank you to Charlotte Androckitis our Polish Union Ceo/National Secretary for attending our Annual Meeting for all Chicago Groups on Saturday, September 28, 2013.

It was a very informative seminar on the benefits for being a member of the Polish Union and the need for everyone in the family to carry Life Insurance.

The seminar was well attended and many policies were presented at the meeting. Please call your Group Secretary for signing up to be a member and reap the many benefits for having membership in the Polish Union of Usa.

The Annual Childrens Chicagoland Christmas Party for all Groups will be held on Sunday December 1, 2013 from 2p-5p at Mayfield Banquets 10835 Wakefield Avenue WestChester, Il. Members age 12 and under are invited to attend with their Parents and Grandparents. Please RSVP to your Group Secretary by November 1, 2013 with the child name and age. A Pizza Buffet and sweet table will be served to all attending. Mrs Santa will entertain the children and Santa Claus will arrive to present each child with a gift. Donations will be accepted for the Sweet Table from those attending. Call Toni Storts at 708 562-3153 or Joan Wisinski at 708 361-4180 for reservations if your Group Secretary cannot be reached.

Wishing October Birthdays from Group 275 to-Emily Antene, Ann Breier, Kristin Bustillo, Leonard Deptula, Lisa Dzialowy, Edward Fudala, Carol Kotlarczyk, Jean Kozala, Chester Luszczyk, Deborah Norbut, Andrew Potaska,Judith Rzonca, Ted Strenski, Edward Strzempa, Joyce Weber, Mark Wisinski on October 12th, Genevieve Wisniowski, Patricia Zolna, Alice Zurek and Veronica Zurowski.†October Anniversary wishes to Group 230 members- Larry and Bridget Young and Lance and Jill Young.

Group 275 Anniversary Wishes on October 13th to Joan and Tom Wisinski, celebrating 57 years.

Group 230 Birthday Wishes in October to-Caden Aldrich, Ashley Arguetta, Toni Buder, Donata Ciombor, Gary Gallas, Melissa Hlavec, Caroll Jerousek, George Kalfas, Natalie and Paulette Kalfas, Mark Klonowski, Kevin Moran, Alexandra Ogurek, Kyle Rafferty, Edwin Sierra III, Noah Young and Stanley Zur.†Happy Thanksgiving to all our members. Enjoy your Families.

Wishes sent to our November Birthdays from Group 275 to-Renee Bielunski, Denise Ferris, Gary and Jason Gabriel, Agnes Gomulka, John Jendras, Janice Kwaski, Bernadine Luszczyk, Shannon Reberski and

Calling

Volunteers

Our Chaplain, Rev. Patrick Albert wishes to remind members and friends that the Thanksgiving season is near. This means that one of our regular Community Service Projects is on the horizon. Hundreds of volunteers participate in the annual Commission on Economic Opportunity Feed the Needy effort and we have been a small part of it for several years.

Our Board selected Saturday November 23,2013 as the day we will volunteer in helping with distribution of food at the CEO warehouse on Second Street in Plains Township off Fox Hill Road near the side entrance to Mohegan Sun Casino. We will work at the registration table as in past years from 8:00 AM to 5:00 PM or even just a few hours on 11-23-13. Please join us.

Those persons who wish to volunteer at other times during the month of November may contact Maura Modrovsky, Director of Volunteers at CEO, phone 570-826-0510, ext. 215. Your assistance in this project is deeply appreciated.



Wanda Winiarski.

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

New Member Group 275 Welcomes Klaire Monroe Wasilewski born on Dec 12th, proud parents are Kristen and Matthew Wasilewski and proud Grandparents are Jim and Jean Dombroski. Congrstulations.

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

Birthday Wishes in December from Group 275 are-Nora Antene, Odilia Bonkovic, Autumn Eklund is Sweet 16 on Dec 6th, Carly Ferris, Diane Flowers, Linda Hainlen, Dolores Kaczmariski, Walter Knapczyk,Genie Lanucha, Janet Liszka, Phyllis McVilley, Carol Michaels, Kevin and Kristen Parkinson, Stanley Pencak, Bronislawa Pikus, Edward Radek, Joan Regnier, Adriene Ryan, Jason Sims, John Strenski, and Eric Granger turns 11 on Dec. 30th, and Happy 1st Birthday to Klaire Monroe Wasileski on Dec 2nd.

To Group 230 members Birthday Wishes in December are- Judy Bardachowski, Christin Falborski, Kristin Kalfas, Carol Cepic, Barbara Olszewski, Kenneth Slowik, Leonard Smith, Kelly Rose Winters, and† Sylvia Zelman.

Join us on our Alaska Cruise August 2-9, 2014 a special group 275 sailing, all Polish Union Members are invited to join us. Call Joan Wisinski at 1 888 789-5182 to reserve your cabin or email Joan at-travel@brightside.agencymail.com. A spectacular destination to see our 49th State.

Group 275 members Billy and Brian Grgantov-The G Brothers took 1st Place at the Taste of Orland in The Battle of the Bands on August 3rd and on August 10th took 1st Place at the Ukranian Festival in Homer Glen, Il.Congratulations, your music is fantastic. They can be heard on You Tube.

Remember your family members with a gift of Life Insurance for any occasion Call your Group secretary to sign them up

Merry Christmas and a Blessed New Year 2014 to all our Members

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

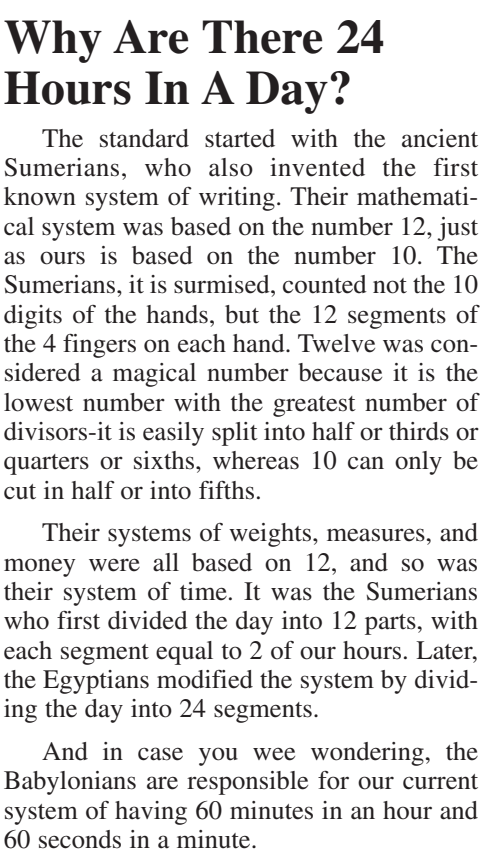
Why Are There 24

Hours In A Day?

The standard started with the ancient Sumerians, who also invented the first known system of writing. Their mathematical system was based on the number 12, just as ours is based on the number 10. The Sumerians, it is surmised, counted not the 10 digits of the hands, but the 12 segments of the 4 fingers on each hand. Twelve was considered a magical number because it is the lowest number with the greatest number of divisors-it is easily split into half or thirds or quarters or sixths, whereas 10 can only be cut in half or into fifths.

Their systems of weights, measures, and money were all based on 12, and so was their system of time. It was the Sumerians who first divided the day into 12 parts, with each segment equal to 2 of our hours. Later, the Egyptians modified the system by dividing the day into 24 segments.

And in case you wee wondering, the Babylonians are responsible for our current system of having 60 minutes in an hour and 60 seconds in a minute.



Happy Birthday - Sto Lat

To Our Senior Members

October-December, 2013

Reaching Age 96

Zofia Andreeko, Wilkes-Barre, PA
Josephine Antosh, Hudson, PA
Stanislawa Filipiak, Maspeth,NY
Kalina, Omaha, NE
Frank Kowalkowski, Chicago, IL
John B.Miller, Avon, PA

Reaching Age 90

Fran E. Dietrich, Trenton, NJ
Dolores M. Geiger, Columbia, PA
Theresa Hageman, Cicero, IL
Rosetta J. Johnson, Gettysburg, PA
Jozef Koziol, Bridgeton, NJ
Janet B. Oyler, Gettysburg, PA
Clara A. Sharon, Springfield, OH
Agnes Simpson, Hanover Twp., PA
Kazimier Tarnowski, Linden, NJ
Stella Zalenski, Leawood, KS
Sylvia Zelman, Ottawa, IL

Reaching Age 85

Theresa M. Bialas, Riverside, IL
Mary L. Brooks, Stevens, PA
Genevieve Buchanan, St. Clair, PA
Martha Klinger, New Oxford, PA
Margaret T. Lawless,North Charleston, SC
Rose Mary Niznik, Wilkes-Barre, PA
Ralph Reichold, Tucson, AZ
Anna Robinson, Lansing, MI
Frank I. Rusin, Carbondale, PA
Irene Seeger, Taylor, PA
Mary T. Solkowski, Omaha, NE
Maryan Tomasiewicz, Anchorage, AK
Dorothy Tylka, Livingston, NJ

Jan Wolczyk, Wilkes-Barre, PA
Jozef Zygmunt, Brookhaven, PA

Reaching Age 80

Janet L. Carney, St. Paul, MN
Christine M. Gardiner, Palmyra, PA
Bernadine Gazinski, Wilkes-Barre, PA
Joseph P. Hamilton, Gettysburg, PA
Amelia Heppeler, Willowbrook, IL
Joan E. Konopacky, Monroe Twp., NJ
Rose S. Kurjiaka, Mount Joy, PA
Maryann Labenski, Nanticoke, PA
Victoria Laskiewicz, Moscow, PA
Maria J. Makuch, Wilkes-Barre, PA
Joseph A. Mohl, Lebanon, PA
Margaret Ostrosky, Pittston, PA
Teresa Petruska, Wilkes-Barre, PA
Barbara J. Ripa, Swoyersville, PA
Doris M. Rudy, Lancaster, PA
Regis Schall, Cassandra, PA
Theodore Strenski, Baton Rouge, LA
Dolores Suchar, Nesquehoning, PA
Catherine Tomchak, Lake Ariel, PA
Edmund Tylenda, Baton Rouge, LA
Norman Waskiewicz, Gardnerville, NV
Elizabeth Wieckowski, 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

October

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

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 Wigilia, Mass and Coronation of Miss Polish Union will be held at Holy Transfiguration Hall inthe Hanover section of Nanticoke, begin ning at 2 p.m.

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

Dec. 8 Zonta Club Christmas Party

Dec. 15 Women's Division Christmas Party

Dec. 14 Annual Children's Christmas Party to be held in the Polish Union Community Room, Wilkes-Barre.

2014

March

March 22 Saint Joseph’s Dinner A Touch of Class Catering at The Palace on George Avenue in Wilkes-Barre. Details to be announced in the Winter issue.

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.

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.



Scholars

Continued From Page Three

Michael McKeown, Gr. 70, Wilkes-Barre, PA, is the son of Michael and Lisa McKeown. He is in his first year studying History Education at King's College, Wilkes-Barre, PA.

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

Karlie Elaine Pelczar, Gr. 189, Billings, MT, is the daughter of Brian and Tracie Pelczar. She is a Hotel & Restaurant Management major in her final year at Northern Arizona Univ., Flagstaff, AZ.

Alexandra Marie Piersanti, Gr. 221, Palatine, IL, is the daughter of James and Barbara Piersanti. She is a Junior Exercise Science/Pre-PT major at Carroll Univ., Waukesha, WI.

Carmen Piersanti, Gr. 221, Palatine, IL, is the son of James and Barbara Piersanti. He is a Business/Marketing major in his second year at Harper College, Palatine, IL.

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

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

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

Michelle Sulzinski, Gr. 395, Clarks Summit, PA, is the daughter of Michael and Kimberly Sulzinski. She is a Sophomore Biochemistry/ Cell & Molecular Biology major at the Univ. of Scranton, Scranton, PA.

Joshua Tarnalicki, Gr. 407, Wilkes-Barre, PA, is the son of David and Danelle Tarnalicki. He is a first year Surveying Engineering/Mechanical Engineering student at Penn State Univ., University Park, PA.

Adam Wasiakowski, Gr. 405, Mountain Top, PA, is the son of Bernard and Barbara Wasiakowski. He is a Sophomore Physical Therapy major at Misericordia Univ., Dallas, PA.

Carrie Wilson, Gr. 51, Rome, PA, is the daughter of Edward and Pennie Sue Wilson. She is in her Senior year pursuing a Pre-Physical Therapy degree at Lock Haven Univ., Lock Haven, PA.

Kelly Winters, Gr. 230, Batavia, IL, is the daughter of James Winters and Michele Young. She is a Freshman Elementary Education major at Elmhurst College, Elmhurst, IL.

Search For Missing Members

The Polish Union of USA has been trying to locate the following individuals for quite some time. Members have contacted us in some instances regarding the names listed below but as of this date we have not received proper documentation to complete our paperwork. therefore, the names below will remain on our search list. Any information provided may help 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
Grzesiak
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 Thomas R
Reynolds Ellen J
Rezem Louis
Ross Rose
Ruppert John R
Schnittger Elizabeth
Slavinskas Frances
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

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
Paulina Chicago IL
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

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
Altha FL
Lancaster PA
Gettysburg PA

Fun At The Ball Park

Polish Union members joined with the Fraternals of North East Pennsylvania to take inthe sights, sounds and tastes of a good old ball game on June 10. A few scenes from the day are found below.



Stop! Think!

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

\$10,000 PERMANENT LIFE INSURANCE FOR AN INFANT AT A COST OF \$50 PER YEAR!

\$75 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



The Polish Chef

Potluck Wigilia Offers Nice Variety

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

Easy Clear Beet Bouillon

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

Mushroom-filled Turnovers

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

Easy Mushroom Soup

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

Creamed Herring

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

Noodles & Poppyseeds

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

Christmas Eve Compote

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

Smacznego!

A Polish Christmas Dictionary

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

| | |
|---------------------------------------|---------------------------|
| Advent Mass | Roraty |
| Christmas Eve | Wigilia |
| Midnight Mass | Pasterka |
| Christmas | Boze Narodzenie |
| Gift | Prezent |
| Christmas Tree | Choinka |
| Christmas Wafer | Oplatek |
| St. Nicholas | Swiety Mikola |
| Poppy-Seed Cake | |
| | Makowiec |
| Carol | Koledy |
| Carolers | Kolednicy |
| Christmas Crib | Zlobek |
| Hay | Siano |
| Nativity Play | Jaselka |
| Peace on Earth Among Men of Good Will | |
| | Pokoj Ludziom Dobrej Woli |
| Happy New Year | |
| | Szczesliwego Nowego Roku |

| | |
|---|----------------------------|
| <i>Christmas In Many Tongues</i> | |
| Peace on Earth—Good Will Towards Men, is significant at Christmas time and not even language differences constitute a barrier. | |
| It will be well to know a few of the ways of expressing “Merry Christmas” in some different languages. Surprise your friends of different nationalities this holi-day season! | |
| *** | |
| Polish..... | Wesołych Świąt |
| Russian..... | Christos Razhdaetsya |
| Lituanian..... | Linksmu Kaledu |
| Ukranian..... | Hristos Rozdzajetsia |
| | Hwalite Jeho |
| French..... | Joyeux Noel |
| Hungarian..... | |
| | Boldog Karacsonyi Unescket |
| Italian..... | Buon Natale |
| Slovak..... | Radostne Vianoce |
| Romanian..... | Sarbatori Fericite |
| German..... | Frochliche Weihnachten |
| Croatian..... | Sretan Bozie |
| Czech..... | Vesele Vanoce |
| Hawaiian..... | Mele Kalikimaka |
| Japanese. | Kinge Shinnen |
| Serbian. | Kristos Se Rodi |
| Spanish. | Felices Pascuas |

Koffee Klatch

with P.K.



Dzien Dobry! Welcome to my kitchen. The mornings are getting cooler but the days are just beautiful this time of year. This is a perfect day for a variety of exotic coffees. We have a full house today. After we all agreed how great our weather has been, someone recalled the scary weather in other parts of the country. How terrible it must be with all that heat and so many dying from it. If this global warming continhes (as scien-tists claim it will) what will happen if the glaciers melted? Several species of fish and mammals would be affected if the ocean water began to warm up. And what about all the millions of people who live along the coast around the world as water levels rise?

Heat and drought hurt a majority of farm-ers. And, of course, all this means an increase in produce prices. I personally feel this El Nino business goes further than just what nature produced.

Have you noticed how many incredible events have happened in the last few years all over the world? Remember the tidal wave in Japan that wiped out whole towns and the people who lived in them? The treacherous floods all over the world; the landslides in California, and the forest fires that burned one home after another in the west. Oh, and don’t forget the nerve gas threat in Syria. The Lord must be very angry with us here on earth with all the promiscuity and killing of infants by aborting them.

It has been said that this is the century of the new millennium; the world is supposed to change in the next century and be more peaceful Hopefully this is true, because if it isn’t, all those global warnings and forest fires from lack of rain, may be the trigger point of the beginning of the end of the world. Doesn’t the bible indicate that the world will end with fire?

Health News:

A study indicates that calcium-rich foods such as skim milk, yogurt, broccoli, dried figs and pinto beans can lower blood pres-sure in people suffering mild hypertension. Studies also show that calcium acts as a nat-ural diuretic, helping the kidney flush excess sodium out of the body, resulting in decreased blood pressure.

According to Dr. Bernadine Healy a health finding shows that the “pill” known to be used in birth control, is also beneficial in the prevention of some cancers, such as that of the uterus.

. . .

Dear P.K.:

I am a 14-year-old girl who is considered very developed for my age. I am an only child and my grandparents are dead and my parents’ best friend is making passes at me, I think. Here’s the story: Joe (the friend) con-stantly gives me compliments and talks in a way that makes me uncomfortable. He always tries to be alone with me whenever possible and looks at me in a way that scares me. When I tell my parents, they laugh. They all drink a lot and I try to stay preoccupied when he’s around Should I just ignore this or what?

—*Sue*

Dear Sue:

You can’t just ignore this. You must tell someone since your parents are too stupid to listen. Tell an aunt or uncle, if any are around or a teacher or clergyman, or a parent of your best friend.

(The Child Abuse Hotline is 1-800-932-0313)

—*PK.*

Use All Your Time

Stop wasting time when you can accom-plish so much. For instance, while waiting in a doctor’s office, you can pay bills, while riding a bus, write your shopping list to give you an idea without wasting time. It takes 5 minutes to make an appointment, file your nails, water houseplants or sew back a but-ton. It takes 10 minutes to write a short letter or a note, pick a birthday card, repot a plant, hand-wash some clothes straighten your desktop, or exercise. Don’t waste that in pre-cious time. Just look at all the time you’ll save

. . .

Strictly Personal Sto lat! Birthday greet-ings and anniversary wishes to all who observe these days over October, November and December. Warmest wishes for a family-filled Thanksgiving and the happiest of Christmas seasons! **God bless you all!**

. . .

Thought For The Day May you live as long as you want, and that never want as long as you live.

. . .

For Fun: Why is it always cool in a sports stadium:—Because of all the fans!

. . .

Keep on sending me your letters and comments. Those of you who have not some written as yet, please write to P.K., 17 Laurel Drive, Scranton, PA 18505

Kolendy—The Polish Carol

BY LORRAINE GROCHOWSKA-KIEFER

In America, Christmas music is often played in stores right after Halloween or the week before Thanksgiving. It is not heard in Poland until after the Christmas Vigil Mass. Bells are rung, shots are fired and carols are sung after Midnight.

Kolenda or Kolędy is the word used for Polish Christmas songs. Until the 17th cen-tury, most of the religious music, including Christmas music was Latin in origin. When Polish words and melodies began to become popular in the church, they were not written down, but just taught to the people by rote. In 1838 a Rev. Hioduszewski collected and preserved these tunes. He put together the collection calls Pastoralki i Kolędy z Melodiami (Pastorals and Carols with Melodies).

There were the religious hymns and sec-ular ones that told fairy tale type stories and then there were the very beautiful pastoralka of shepherd’s songs. These are essentially Polish in melody, rhythm, and theme. The Kolenda therefore has the real Polish spirit,

reflecting the land, the people, the history and the faith. Anyone who has come to love the haunting, beautiful melodies of these songs knows why Chopin and other famous Poles held dear the memory of the Kolędy when they were far from their native land.

When our daughter--in-law Sharon first attended one of my husband Ted’s annual Christmas recitals, she was surprised and touched. . . almost to tears, when he played Dzisaj w Betlejem (Today in Bethlehem). She told us that her great grandmother had sung this to her all her life and she hadn’t heard it since her grandmother passed away. Ever since we’ve called this Sharon’s song and Ted plays it for her. (My song is the trumpeters tune from Maryacki, the church in Krakow).

When Ted made his Kolędy tape, we found out that so many people love this or some other song that have a special meaning or memory from their childhood. Ted says he loves these beautiful songs because they seem to be the heart of the Polish people.



Polish Union of U.S.A. Salutes OCTOBER

as

“Polish-American Heritage Month”

A National Celebration of Polish History, Culture and Pride

“The reward for work well done is the opportunity to do more.”

—Jonas Salk, MD

Family Outing Fun

The news about more than 100 reservations for the 2013 Polish Union outing at Knoebel’s Grove was a pleasant and rewarding surprise for the Committee. Chairman Joseph Pudlosky, the Young Adult Committee and volunteers expressed appreciation for the support from guests who brought food items in addition to that usually prepared by the Committee. Guests included former and current Miss Polish Union, and families from all parts of Luzerne and Lackawanna County. The weather was

fine and everyone enjoyed the food fun and festivities including time for the rides and entertainment at the Park. With the growing popularity demonstrated by our members, the Committee has already reserved space and initiated plans for next year.

Our entire Board is proud to offer special thanks to the Committee, volunteers, and office staff for a job well done. A few photos are included as an illustration of Fraternism at its best.



Wigilia Planned For Dec. 1



The Young Adult Committee of Polish Union USA has announced that the Annual Wigilia, Memorial Mass, and Coronation of Miss Polish Union will be held on Sunday, December 1, 2013. This major event is scheduled for Holy Transfiguration Hall in the Hanover section of Nanticoke, PA beginning at 2:00 PM.

Our Chaplain Rev. Patrick Albert will begin the program with a Memorial Mass followed by the remainder of the program.

Members of the general public have expressed interest in participating in the traditional Wigilia, Wafer Supper, and the Committee selected this location to better accommodate all of the guests.

More details will be available through the Home Office and Committee members in the near future. The affair is open to the public.

Pictured above are members of the Young Adult Committee.

Support The Henry J. Dende Scholarship Fund Recent Tree of Knowledge Donors

Dolores M Czeck

Maryann Arnold

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.