

FRATERNAL JOURNAL

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Polish Union of U.S.A.



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38th Polish Union Convention Elects New Board

The Polish Union of USA recently held its 38th Quadrennial Convention at the Genetti Hotel and Convention Center in downtown Wilkes-Barre.

The sixty-six Convention delegates present voted on many changes for the Polish Union for the next four years. One of the items was the election of the new Board for the period of 2014 to 2018.

Pictured at right is the elected new Board, first row, sitting from left to right: CLO, Attorney Jeffrey J. Malak; Chaplain, Rev. Patrick L. Albert; CEO/National Secretary, Charlotte L. Androckitis; and CFO, John P. Bednarski.

Second row, standing, from left to right: Director, William Giebus; Director, Sheri Pudlosky Brierley; District Director (Illinois area), Toni Storts; Director, Terri Rumensky; Director, Nancy Bachurek; District Director (Illinois area), Joan Wisinski; and Director, Joseph P. Pudlosky, Jr.



36th Annual Debutante Ball Set For November 1st

This year's Debutante Ball "Our Diamond Debs" will be held at the Best Western Genetti Hotel, Wilkes Barre, on Saturday, November 1st from 5:30-10pm.

Tickets are \$30 for adults and \$15 for children. Menu choices for the evening will be chicken piccata, sliced roast beef in gravy, or orange



roughly. Dinner will be accompanied with roasted potatoes, glazed baby carrots, salad, rolls, and an ice cream parfait.

Ad forms are available to support this magical event. Call the Polish Union for information or to purchase your tickets.

Annual Wigilia Dinner Will Happen November 30

The 2014 Annual Polish Union Wigilia will be held on Sunday, November 30, 2014 beginning with a Mass at 2:00 p.m. celebrated by Polish Union Chaplain, Rev. Patrick L. Albert.

The event will be held at Touch of Class Restaurant, 228 George Ave.,

Wilkes-Barre, PA.

It will offer a family style, meatless, dinner.

The cost will be \$20 per person. Reservations can be made by contacting Polish Union of USA at 570-823-1611

Zaneski Claims Pennsylvania National Teenager Title

Polish Union of USA member, Rebecca Zaneski, 18, recently captured the title of Miss Pennsylvania's National Teenager 2014.

She went on to compete in the America's National Teenager Pageant in Nashville TN where she received first Runner Up honors.

Rebecca graduated from WVW High School and began attending Misericordia University this fall. She is pursuing a major in Biology and a minor in Chemistry. She has plans to become an Orthodontist.

Rebecca was a 2013 Debutante and a former Miss Polish Union contestant. Rebecca resides in Edwardsville with her parents Stan and Linda Zaneski and brother Stanley John III.



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It's Gift Giving Time

We will soon be in the Christmas season where you may wish to honor the family or friends with a special gift. Why not consider membership in Polish Union/Ameripol?

Remember, you are giving more than insurance protection for life, fraternal benefits are also included. Plus, some of your younger family members will be eligible for stipends through our Scholarship Program.

Check our website www.polishunionusa.com
or call 570-823-1611 for more information.

In Memoriam

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

Group	Member	State
405	Harold Garber	PA
502	Kathryn Fertig	PA
502	William J. Gehret	PA
275	Florence Kolczewski	IL
227	Edward Slimak	PA
502	Margaret A. Reilly	PA
395	Helen Grudzinski	PA
230	Rose M. Malek	IL
395	Irene Naslanic	PA
240	Grant Larronde	TX
189	Harold Kline	SC
400	Bertha Solomon	PA
70	Maryanna Kaniecka	PA
395	Josephine Libassi	PA
275	Agnes Gomulka	IL
189	Eleanore Sugalski	PA
230	Catherine Baron	IL
401	Dorothy Jasper	MN
138	Franciszek Pienta	PA
275	Helen Gabryel	IL
321	Genowefa Sadowska Goryl	PA
258	Virginia Vazzano	IL
502	Christine M. Gardiner	PA
502	Anita C. Grab	PA
502	Marion Capobianco	NJ
138	Patricia Bachman	PA
395/400	Patricia Ann Rogewrs	PA
25	Florence Gorski	NJ

† † †

May the souls of the faithful departed rest in peace.

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

Statement of Ownership, Management & Circulation

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Lawrence Wroblewski
Editor

Convention Offered Great Chance to Plan and Remember

I am writing this article on September 5th and one week from today the Polish Union of the US of NA will be begin its 38th Quadrennial Convention at Genetti's Hotel and Conference Center in downtown Wilkes-Barre, PA.

The Convention is a time for delegates, who are interested members of the Polish Union, to meet as a group and chart the direction that Polish Union will be heading in the next four years. A lot of hard work is put into the planning of the Convention but it is an exciting time as well.

There are 75 delegates that have registered and many guests will be present as well. Delegates that have registered are from the Chicago, Illinois area; Trenton, NJ area; Lancaster/Lititz, PA area with the majority from the Northeastern, PA area.

The Constitution and By-laws of the Organization will be amended at this Convention as well as the electing of Officers and Board Members that will serve



Fraternal News & Views
CHARLOTTE L. ANDROCKITIS, F.I.C.
CEO/NATIONAL SECRETARY

for the next four years.

At the opening of the Convention a celebration will be had for the 124th Anniversary of the founding of the Polish Union which was on August 27.. The crowning of Ms. Polish Union 2015 will take place at the Convention as well.

Look for pictures and articles on our 38th Quadrennial Convention which will be in the next issue of the Fraternal Journal.

Traditional Preparations Lead to Christmas Celebration



Chaplain's Corner
REV. PATRICK ALBERT

Preparing for Christmas in Poland begins many days before the actual celebration. Nearly everywhere women are cleaning windows in apartments and houses just before Christmas. The insides of the houses are also cleaned thoroughly. It is believed that if a house is dirty on Christmas Eve, it will remain dirty all next year.

Weather-forecasting is quite popular during Christmas. Everything that happens on Christmas, including the weather, has an impact on the following year. The weather on Easter and throughout the next year supposedly depends upon the weather on Christmas Day. Only a white Christmas is considered a real Christmas; therefore, everybody is happy when there is fresh snow outside.

Some traditions take place before the Christmas Eve supper. Among farmers, a popular ritual is the blessing of the fields with holy water and the placing of crosses made from straw into the four corners. It is also believed that animals can speak with a human voice.

Straw is put under a white tablecloth, and some maidens predict their future from the straw. After supper, they pull out blades of straw from beneath the tablecloth. A green one foretells marriage; a withered one signifies waiting; a yellow one predicts spinsterhood; and a very short one foreshadows an early grave. (But take these predictions lightly!)

It is still strongly believed that whatever occurs on Wigilia (Christmas Eve) has an impact on the coming year. So, if an argument should arise, a quarrelsome and troublesome year will follow. In the morning, if the first visiting person is a man, it means good luck; if the visitor is a woman, one might expect misfortune. Everyone, however, is glad when a mailman comes by, for this signifies money and success in the future. To assure good luck and to keep evil outside, a branch of mistletoe is hung above the front door. Finally, old grudges should end. If, for some reason, you do not speak with your neighbor, now is the time to forget old ill feelings and to exchange good wishes.

Poles are famous for their hospitality, especially during Christmas. In Poland, an additional seat is kept for somebody unknown at the supper table. No one should be left alone at Christmas, so strangers are welcomed to the Christmas supper. This is to remind us that Mary and Joseph were also looking for shelter. In Poland, several homeless people were interviewed after Christmas. Some of them were invited to strangers' houses for Christmas; others that were not asked inside the homes but were given lots of food.

Christmas and Santa Claus Day are not celebrated at the same time in Poland, but rather three weeks apart. Santa Claus (called Mikolaj) Day is celebrated on December 6th, the name day of St. Nicholas. This is when St. Nicholas visits some children in person or secretly during the night.

Christmas Day, called the first holiday by the Poles, is spent with the family at home. No visiting, cleaning, or cooking is allowed on that day; only previously cooked food is heated. This is a day of enjoyment, for Jesus was born.

With warm wishes for a wonderful holiday season - Bóg z wami!

National Household Membership Dues

In April of 2014 the Polish Union sent out \$12 invoices to each household. We would sincerely like to thank those that voluntarily submitted their payment. It is because of your generosity that the Polish Union will continue to focus on new ventures in the areas of religious, cultural, social and fraternal activities.

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 2014-2018

CEO/National Secretary: Charlotte L. Androckitis
53-.S9 N. Main St., Wilkes-Barre, PA 18701
CFO: John Bednarski, 2311 Lake Side Dr., Harveys Lake, PA 18618
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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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

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Mrs. Joan Wisinski 13210 S. 85th Ave, Palos Park, IL 60464

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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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E-mail POLUNION@EPIX.NET
WebSite: www.POLISHUNIONUSA.com

Happy Thanksgiving

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



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.

Knobels was Site of a Fabulous and Fun Family Picnic

Over 100 turned out for a beautiful day at the park. Weather was fabulous. Traditional foods served as well as American and fair. The kids were treated to a raffle where everyone won a prize. Lots of food and old friends reuniting. What a great way to start the summer. Thank you to everyone who helped, brought food, ate, cleaned a table and was friendly to a new

member
Members in attendance had the opportunity to make a donation in honor of our veterans. President Bernard Kolodziej presented the donation to the VA Hospital in Wilkes-Barre, PA.



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Meet Our 2014-2015 Scholarship Recipients



ADAMS, G.



BENJAMIN, H.



BENJAMIN, R.



BLISKY, A.



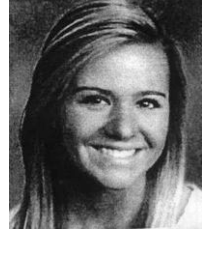
BILSKI, J.



CHEPONIS, C.



DERUS, C.



FERRIS, C.



FROMERT, B.



FROMERT, K.



GAJOS, E.



GAJOS, M.



GEISER, M.



HILENSKI, S.



KATRA, K.



KEPCZYK, B.



KOLODZIEJ, S.



KOZUCH, J.



KUCHWARA, H.



KUCHWARA, S.



MAZUR, S.



MAZZARELLA, E.



MCANDREW, L.



O'CONNOR, C.



PIERSANTI, A.



QUINNAN, M.



ROBINSON, P.



SEBOLKA, D.



SHEAFFER, E.



SULZINSKI, M.



WASIAKOWSKI, A.



WINKERS, K.

Young people, all members of the Polish Union of U.S.A., are recipients of 2014-2015 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 continued listing of this year's recipients is found below.

• **Gregory Adams**, Gr. 74, Wilkes-Barre, PA, is the son of James and Christine Adams. He is a second year Mass Communication major enrolled in King's College, Wilkes-Barre, PA.

• **Kyle Antene**, Gr. 275, Brookfield, IL, is the son of John and Cynthia Antene. He is a junior Biomedical Science-Pre-med student at Marquette Univ., Milwaukee, WI.

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

• **Hailey Benjamin**, Gr. 395, Miami, FL, is the daughter of Jeffrey and Donna Benjamin. She is a Speech-Language Pathology major in her third year at Florida State Univ., Tallahassee, FL.

• **Rachel W. Benjamin**, Gr. 395, Miami, FL, is the daughter of Jeffrey and Donna Benjamin. She is a junior Bio-chemistry major at the Univ. of Florida, Gainesville, FL.

• **Alicia Bilsky**, Grs. 292 & 395, Pelham, NH is the daughter of John and Cindy Bilsky. A Medical major, she plans to graduate in 2018 from Quinnipiac Univ., Hamden, CT.

• **John F. Bilsky III**, Grs. 392 & 395, Pelham, NH, is the son of John, Jr. and Cindy Bilsky. He is a junior Business major enrolled in the Univ. of Massachusetts, Lowell, MA.

• **Carly Cheponis**, Gr. 97, Asbury, NJ, is

the daughter of Joseph and Deann Cheponis. She is a sophomore Art Management major at Fairleigh Dickinson Univ., Teaneck, NJ.

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

• **Brighton Ferris**, Gr. 275, Lake in the hills, IL, is the daughter of William and Denise Ferris. She is a Junior at Central Michigan Univ., Mt. Pleasant, MI.

• **Carly Ferris**, Gr. 275, Lake in the Hills, IL, is the daughter of William, Jr. and Denise Ferris. She is pursuing an Aerospace Administration and Operations degree with plans to become a professional pilot at Oklahoma State Univ., Stillwater, OK.

• **Bryan Fromert**, Grs. 206 & 400, Moscow, PA, is the son of Thomas and Barbara Fromert. He is a freshman Welding major at the Welder Training and Testing Institute, Allentown, PA.

• **Kyle Fromert**, Grs. 206 & 400, Moscow, PA, is the son of Thomas and Barbara Fromert. He is a second year Criminal Justice major at Penn State Univ., Dunmore, PA.

• **Emily A. Gajos**, Gr. 378, Wilmette, IL, is the daughter of Marek and Elzbieta Gajos. She is a freshman Education major at the Univ. of Illinois, Urbana-Champaign.

• **Michael Gajos**, Gr. 378, Wilmette, IL, is the son of Marek and Elzbieta Gajos. He is

an International Relations/Global Business major in his second year at the Univ. of S. California, Los Angeles, CA.

• **Marsha Lynn Geiser**, Gr. 265, Ashley, PA, is the daughter of William and Mary Geiser. She is a junior Biology major at King's College, Wilkes-Barre, PA.

• **Samantha Hilenski**, Gr. 405, Hanover Twp., PA, is the daughter of Paul and Karen Clark-Hilenski. She attend Wilkes Univ. in Wilkes-Barre, PA, where she is a freshman Spanish and Criminology major.

• **Kellan Katra**, Gr. 406, Mountain Top, PA, is the daughter of Anthony and Judith Katra. She is a freshman Physician Assistant major at Philadelphia Univ., Philadelphia, PA.

• **Kara Kiska**, Gr. 407, Ashley, PA, is the daughter of Robert and Wendy Kiska. She is a junior Early Childhood Education/Special Education major at Misericordia Univ., Dallas, PA.

• **Sarah Beth Kolodziej**, Gr 131, Wilkes-Barre, PA, is a senior, English Secondary Education major enrolled in King's College, Wilkes-Barre, PA.

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

• **Julianna I. Kozuch**, Gr. 395, Jermyn, PA, is the daughter of Andrew and Dorothy Kozuch. She is a Health Service Administration major in her second year at Marywood Univ., Scranton, PA.

• **Helene Kuchwara**, Gr. 163, Scranton, PA, is the daughter of Sam and Gail Kuchwara. She is a second year Biology major at Boston College, Chestnut Hill, MA.

• **Sam Kuchwara**, Gr. 163, Scranton, PA, is the son of Samuel and Gail Kuchwara. He is a senior Studio Art/Psychology major at Boston College, Chestnut Hill, MA.

• **Eric Christopher Mazzarella**, Gr. 142,

Enfield, CT, is the son of Guy Mazzarella and Kellie Ann Gowdy. He is a sophomore Chemical Engineering major at the Univ. of Connecticut, Storrs, CT.

• **Frank Mazzarella**, Gr. 163, Olyphant, PA, is the son of Frank Mazzarella and Dina Harrington. He is a senior Computer Science major at Misericordia Univ., Dallas, PA.

• **Stephanie Marie Mazur**, Gr. 395, Old Forge, PA, is the daughter of Jan and Mary Mazur. She is a sophomore Anthropology and International Studies major at Dickinson College, Carlisle, PA.

• **Lauren McAndrew**, Gr. 227, Archbald, PA, is the daughter of Eric and Kimberly McAndrew. She is a second year Pre-Med/Veterinary major at St. Francis Univ., Loretto, PA.

• **Christopher O'Conner**, Gr. 155, Spotswood, NJ, is the son of Peter and Jennifer O'Conner. He is student at Montclair State Univ., Montclair, NJ.

• **Alexandra Piersanti**, Gr. 221, Palatine, IL, is the daughter of James and Barbara Piersanti. She is a senior Physical Therapy major at Carroll Univ., Waunasha, WI.

• **Melissa Quinnan**, Gr.293, Phoenixville, PA is the daughter of Shawn Quinnan and Denise Potosky. She is a Physics major in her junior year at Penn State Univ., University Park, PA.

• **Patrick Robinson**, Gr. 400, Scranton, PA, is the son of Robert and Elaine Novak. He is a junior Criminal Justice/ROTC Cadet at King's College, Wilkes-Barre, PA.

• **David A. Sebolka, Jr.**, Gr. 138, Dallas, PA, is the son of David and Karen Kurilla-Sebolka. He is an Audio Visual Communications and Technology major in his first year at Luzerne County Com. College, Nanticoke, PA.

Scholars continue next page

News From CHICAGOLAND

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

Chicago Groups Children's Christmas Party will be held on Sunday, December 7, from 2-5pm at Mayfield Banquets 10835 Wakefield Avenue Westchester. All Children 12 and under who are members are invited to attend with their parents and grandparents. Please RSVP by November 7, to your group secretary or call Toni Storts at 708 562-3153 or Joan Wisinski at 708 361-4180 or email-wisinski85@comcast.net.

Birthday celebrations in October from Group 275 are-Emily Antene, Ann Brier, 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 celebrates on October 12th, Genevieve Wisniewski, Patricia Zolna, and Alice Zurek.

Group 275 Anniversary wishes go out to Joan and Tom Wisinski celebrating 58 yrs on October 13th.

Group 230 Anniversary wishes go out to Larry and Bridget Young and Lance and Jill Young celebrating in October.

October Birthday wishes to Group 230 members-Caden Aldrich, Ashley Arquette, Toni Buder, Donata Ciombor, Gary Gallas, Melissa Hlavec, Caroll Jerousek, George Kalfas, Natalie & Paulette Kalfas, Marie Klonowski, Kevin Moran, Alexandra Ogurek, Kyle Rsferty, Edwin Sierra III, Noah Young and Stanley Zur.

Happy Thanksgiving to all our Members.

Sign up new members, a great gift to a family member for any occasion. Call your group secretary for applications.

In 2015 there will be a Fraternal Journal twice a year, January and July. Please send

any announcements to wisinski85@comcast.net by December 1st and June 1st for any occasion.

November Birthdays from Group 275 are- Renee Bielinski, Denise Ferris, Gary and Jacob Gabriel, Agnes Gomulka, John Jendras, Janice Kwaski, Bernadine Luszczyk, Shannon Reberski & Wanda Winiarski.

From Group 230 Celebrating November Birthdays are- 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, Laura & Lorraine Young.

December Birthday wishes go out to Group 275 members- Nora Antene, Odilia Bonkovich, Autumn Eklund Celebrates on December 6th, Carly Ferris, Diane Flowers, Linda Hainlen, Dolores Kaczmarek, Walter Knapczyk, Genie Lanucha, Janet Liszka, Phyllis Mcvilly, Carol Michaels, Kevin and Kristen Parkinson, Stanley Pencak, Bronislawa Pikus, Edward Radek, Joan Regnier, Adriene Ryan, Jason Sims, John Strenski and Eric Granger turns 12 on Dec.30th, Klaire Monrow Wasileski turns 2 on Dec.2nd.

From Group 230 December Birthday wishes go out to- Judy Bardachowski, Christin Falborski, Kristin Kalfas, Carol Cepic, Barbara Olszewski, Kenneth Slowik, Leonard Smith, Kelly Rose Winters and Sylvia Zelman.

Merry Christmas and a Blessed New Year 2015 to all our Members.

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

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 century, 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 Pastoraliki i Kolędy z Melodiami (Pastorals and Carols with Melodies).

There were the religious hymns and secular 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 Dzisiaj 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.

Scholarships

Continued from previous page

• **Emily Sheaffer**, Gr. 240, Scott Twp., PA, is the daughter of Douglas and Bernice Sheaffer. She is a freshman Communicative Disorders major at W. Chester Univ. of Penna., West Chester, PA.

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

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

• **Kelly Winters**, Gr. 230, Batavia, IL, is the daughter of James Winters and Michele Young. She is an Early Childhood Education major in her second year at Elmhurst College, Elmhurst, IL.

Happy Birthday - Sto Lat To Our Senior Members October-December, 2014

Reaching Age 96

Pauline Pisinski, South River, NJ
Victoria Przybylowski, Shickshinny, PA
Leonard Chester Smith, Chicago, IL
Tadeusz Wasik, Chicago, IL

Reaching Age 90

Joseph Czeck, Nanticoke, PA
Tadeusz S. Folchek, Wynnewood, PA
Frances Keller Irvin, Orrtanna, PA
Edward Jacien, Cheektowaga, NY
Helena Pacovsky, Alameda, CA
Rose M. Patrick, Land-O-Lakes, FL
Karol Skiba, Oil City, PA
Eva Stonikinis, Dupont, PA

Reaching Age 85

Frances Babiarz, Edgerton, WI
Anna Dijohnson, Lebanon, PA
Mary E. DoerrMontchanin, DE
Pearl B. Grant, Mocanaqua, PA
Leonard Hozlock, Levittown, PA
Dolores Kaczmarek, Chicago, IL
Casmir Kaskiel, Plains, PA
Marie Kemmerer, Mine Hill, NJ
Wladyslawa Lans, Chicago, IL
Edward Larson, Glen Lyon, PA
Adela Lemek, Plains, PA
Stan Matuszkiewicz, Archbald, PA
Zofja (Sophie) Rhodes, South Bend, IN
Helen Robachefski, Haverford, PA
Kathryn Sattazahn, Cleona, PA
Rose Marie Smith, Baltimore, MD
Henrietta Wilson, Akron, OH
Jean Wisniewski, Wilkes-Barre, PA
Thomas Wolfe, Orlando, FL

John Yasik, Wilmington, DE
Veronica Zurowski, Western Springs, IL

Reaching Age 80

Mary E. Arnold, Lebanon, PA
Janina Bandysz, Blakely, PA
Felicia Bellanco, Hughestown, PA
Richard Bialy, Throop, PA
Aurelia Calabrese, Merrick, Long Island, NY
Roberta Cohen, Exeter, PA
Bertha Delzeit, Wilkes-Barre, PA
Frances Diver, Crest Hill, IL
James V. Folmer, Mechanicsburg, PA
Ann Grekoski, South River, NJ
Joan R. Wilson Gristick, Lebanon, PA
Robert J. Kane, Newark, DE
Marion R Kawa, Kalkaska, MI
Francis Litchkowski, Nanticoke, PA
Leo Maxim, Reynoldsville, PA
Mark T. McElwee, Lancaster, PA
Frank Osysko, Cicero, IL
Joseph Rogal, Hastings, PA
Mary Skrocki, Jersey City, NJ
Elizabeth K. Skweir, Allentown, PA
Ella Sugalski, Nanticoke, PA
Steven Yogodzinski, Vestal, NY
Lorraine Young, Bradenton, FL

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.

2014

October

Oct. 26 **Children's Halloween Party** 1 -3 p.m., Polish Union Headquarters, Community Room, Wilkes-Barre..

November

Nov. 1 **Annual Debutante Ball** Genetti's Best Western in Wilkes-Barre..
Nov. 30 **Wigilia/Wafer Supper** at A Touch of Class, 228 George Ave., Wilkes-Barre. Begins with Mass at 2 p.m.

December

Dec. 7 **Chicago Groups Annual Childrens Party** to be held from 2-5 p.m. at Mayfield Banquets, 10835 Wakefield Ave, Westchester.
Dec. 14 **Childrens Christmas Party** in Wilkes-Barre/Scranton area. Place and time to be determined. Contact the Polish Union office at 570-823-1611 for latest info.

2015

March

March.21 **St. Joseph's Dinner** at A Touch of Class in Wilkes-Barre..Celebration begins at 5:30 p.m. with dinner and a program to follow. Music by the George Tarasek Orchestra.

June

June 28 to follow. **Family Picnic at Knoebel's** To be held in Pavillion "Q" More details

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.

Lately Just About Everything Is Increasing In Cost
Are You and Your Family Keeping Up?
Check Out Our Affordable Plans of Life Insurance Protection

Search For Missing Members

The Polish Union has been trying to locate the following individuals. Members have contacted us in some instances regarding the names below but we have not received proper documentation to complete our paperwork. Any information provided may help to settle any funds that may be due to these individuals.

Name	Last Know City
Badowski Frank	Windber PA
Becker Teresa Murray A	Grove City PA
Ciurej Ryszard	Omaha NE
Cronk Felicya	Yonkers NY
Czachor Mary	Moscow PA
Filipiak Stanislaw	Maspath NY
Fiorda Stefania	Oklahoma City OK
Harvey Arthur S	Alta Loma CA
Karwacki	Ronald Oaklawn IL
Kisla Emilja	Friendswood TX
Klonowski Mark Peter	Geneva IL
Klow Norbert	Westmont IL
Kurland Sophie	Justice IL
Lech John H	Emmaus PA
Majchrowska Laurina	Chicago IL
Malek Rose M	Trout Valley IL
Nashotka (Nasiadka) Edward	Dunmore PA
Poplawski Francis	Wilkes Barre PA
Pranger Thomas R	
Rezem Louis	E Brunswick NJ
Ross Rose	Henderson NV
Ruppert John R	Lockport IL
Slavinkas Frances	Clarks Summit PA
Solomon Lillian E	Casselberry FL
Sosnowska Rose	Elgin IL
Szczech Marjanna	Old Forge PA
Whalen Florence	Altha FL
Willman Magdalene	Lancaster PA
Wisotzkey Ruth A	Gettysburg PA
Wlodarczyk Maria	Carteret NJ
Zalewski Pawel	Nicholson PA
Zandarski Sally	Dickson City PA

Bad Address Report

The Polish Union seeks to locate the following members whose addresses have been reported as incorrect. Members knowing the correct addresses are urged to contact the Home Office

Group	Member Name	Last Known Address
0270	KRUPA, PHILIP	2840 S. RIDGEWAY, CHICAGO, IL
0392	KRZYWICKI, ELZBIETA	8 E MAIN ST, WILKES BARRE, PA 18705
0258	KUBICKI, ELZBIETA	1499 FLINT LANE, ROMEOVILLE, IL 60446
0395	KUDRICH, CAROLINE E.	1606 PRICE STREET, SCRANTON, PA 18504-3402
0258	KULASIK, DANIEL	3931 GUNDERSON, STICKNEY, IL 60402
0258	KULASIK, KELLY	3931 GUNDERSON ST., STICKNEY, IL 60402
0258	KULASIK, KRISTIN	3931 GUNDERSON AVE. STICKNEY, IL, 60402
0100	KUNA, JASON	419 ROOT HOLLOW LN., TUNKHANNOCK, PA 18657-6334
0258	KURLAND, SOPHIE	7341 INDIAN LANE, JUSTICE, IL 60458
0163	KUTNIEWSKI, ADAM	C/O R. KUTNIEWSKI, APT 302 1401 DUNCAN LOOP, DUNEDIN, FL 34698-1309
0163	KUTNIEWSKI, BRANDON,	13 OAKWOOD DRIVE, SCRANTON, PA 18504
0275	KWASKE, JANICE	8014 ADAMS, DARIEN, IL 60559
0270	LABNO, THOMAS	2321 TIMOTHY DR., ANCHORAGE, AK 99502-3175
0401	LAMBERT, LAURA	29735 NIGUEL RD APT D, LAGUNA NIGUEL, CA 92677-
2060		
0270	LANS, WLADYSLAWA	2951 N MELVINA, CHICAGO, IL 60634
0275	LANUCHA, GENIE M,	C/O MALINOWSKI 5201 S LONG, CHICAGO, IL 60638
0163	LAPINSKI, BAILEY RAINN	343A SUMMER AVE., HORSHAM, PA
0275	LAS, BRIAN	1095 STERLING AVE., PALATINE, IL 60067
0227	LASEWICZ, JEFFREY	9515 WINCHESTER AVE., MARGATE CITY, NJ 08402-1047
0293	LASKIEWICZ, EDMUND	RR 3, MOSCOW, PA 18444-9803
0293	LASKIEWICZ, MARTHA, HENWOOD	RR 3 POB 177B, MOSCOW, PA 18444
0265	LAZICKI, KAITLYN	43 MCDOWELL HILL RD., BLOOMSBURG, PA 17815
0406	LEADEN, KYLE	159 HICKORY AVE. NEW WINDSOR, NY 12553
0502	LEBRASCA, ANGELA,	739 E END AVE, LANCASTER, PA 17601
0258	LEMONS, ERIC MICHAEL	6107 W 64TH ST/, CHICAGO, IL 60638
0221	LEWANIAK, EUGENE	4228 SOUTH OAK, BROOKFIELD, IL 60513
0221	LEWANIAK, STEPHANIE J	4228 SOUTH OAK, BROOKFIELD, IL 60513
0221	LEWANIAK, SUSAN	4228 SOUTH OAK, BROOKFIELD, IL 60513
0191	LEWIS, RENA	6068 HARRELL, DETROIT, MI 48213
0227	LIBUSZEWSKI, GREGORY	C/O LIBBY 161 EAST AVENUE, GOULDSBORO, PA 18424
0385	LILLI, MARK	APT. 2047, 5151 E. GUADALUPE RD., PHOENIX, AZ 85044
	LIPA, SUSAN	C/O JOHN LIPA 1515 S ELMWOOD AVE., BERWYN, IL 60402
0407	LIPTAI, JAMES	937 MOOSIC St., SCRANTON, PA 18505
0270	LIS, DAVID	APT 715 2236 RIVER PARK CIRCLE, ORLANDO, FL 32817
0258	LOBUE, LAUREN	10504 ROYAL TROON NE, ALBUQUQUE, NM 87111
0070	LOFERSKI, MARIANNE	33 SLATER AVE., PROVIDENCE, RI 02906
0070	LOFERSKI, PATRICIA	33 SLATER AVE., PROVIDENCE, RI 02906
0258	LOPATKA, DUSTIN	514 W. WESLEY ST., WHEATON, IL 60187-4928
0025	LOTT, APRIL M	1145 CLAIRE DR., COLUMBIA, TN 38401
0155	LOVUOLO, DAWN M	C/O VELASQUEZ 132 MAUCH CHUNK AVE., NAZARETH PA 18064
0270	LUKOMSKI, LECH	7961 W 164TH CT., TINLEY PARK, IL 60477
0400	LUNNY, SHAWN	RR 1 BOX 306, WEST PITSTON, PA 18643-9786
0395	LUNNY, SHAWN	APT 10, 310 MCKEE PL., PITTSBURGH, PA 15213
0400	MACDONALD, AIDAN	UNIT 131, 2300 W. WABANSA AVE., CHICAGO, IL 60647
0138	MACULLOCH, JOAN	RD #1, SWEET VALLEY, PA 18656
0155	MAGNUSON, ANDREA	12111 ELM FOREST WAY APT F, FAIRFAX, VA 22030-7737
0405	MALASKY JR, GEORGE	JOAN FISHER 5 HILLSIDE COURT, PLYMOUTH, PA 18651
0502	MALATESTA, ANNA T	17 OAK ST., COATESVILLE, PA 19320
0221	MALEC, ELIZABETH ANN	13220 W PINE GROVE CT, LOCKPORT, IL 60441
0230	MALEK, DEBBIE	21220 SILKTREE CIR., PLAINFIELD, IL 60544
0257	MAN, HELEN	# 102 TIFFANY CT., 700 NORTHAMPTON ST., KINGSTON PA 18704
0221	MARECKA, URSZULA	8617 W. FOSTER ST., APT 3A, CHICAGO, IL 60656
0221	MARECKI, JACEK	6139 W BYRON ST. CHICAGO, IL 60634
0221	MARECKI, ROZALIA	6139 W BYRON ST. CHICAGO, IL 60634
0221	MARECKI, RYSZARD	903 E GOLF HURST, MOUNT PROSPECT, IL 60656
0221	MARECKI, STANISLAW	6139 W BRYON ST., CHICAGO, IL 60634
0502	MARTIN, DAVID M	942 PLEASURE RD., LANCASTER, PA 17601-5180
0293	MARTINI, KIMBERLY	C/O NIERODZIK 3635 WINFIELD AVENUE, MOOSIC, PA 18507-1743
0240	MATASAVAGE, ALBERT	100 SMALLACOMBE DR, SCRANTON, PA 18508
0240	MATASAVAGE, M S	1302 N KEYSER AVE, SCRANTON, PA 18504
0073	MATTIACE, ROSANNE F	RD 2 BOX 690, MONTTOURSVILLE, PA 17754
0270	MAYTON, RYAN	7836 SOUTH 78TH AVE., BRIDGEVIEW, IL 60455
0407	MAZALESKI, ANGELA	2253 CHERRY HILL RD., CLARKS SUMMIT, PA 18411
0401	MAZUR, RICHARD	660 HUMBOLDT ST., BROOKLYN, NY 11222
0401	MAZUR, SANDRA	660 HUMBOLDT ST., BROOKLYN, NY 11222
0275	MCADRIAN, JOSEPH	5272 WEST ALEXANDER PL., OAK LAWN, IL 60453
0051	MCAVOY, KATHLEEN	822 CENTER ST. 2, BOSTON, MA 02130
0502	MCCARRAHER, SOPHIE	300 STRODE AVE., COATESVILLE, PA 19320
0131	MCCLOSKEY, JEAN	224 E GREEN ST., NANTICOKE, PA 18634
0175	MCDERMOTT, DAVID	3810 75TH STREET W, APT 132, BRADENTON, FL 34209-5858
0175	MCDERMOTT, LORI	BOX 236, RT 3, HARPERS FERRY, VA 25425
0502	MCMULLEN, DONALD H	453 LAFAYETTE ST., LANCASTER, PA 17601
0502	MCNERNEY, MICHAEL J	24 DOGWOOD LN., MOUNTVILLE, PA 17554-1226
0197	MEAD, AMANDA L	1501 AMELIA AVE., SOUTH PARK, PA 15129-9633
0258	MENOTTI, ANTHONY G	1419A NORTH HARLEM AVE., OAK PARK, IL 60302
0258	MENOTTI, BRIDGET R	707 ASHLAND AVE., RIVER FOREST IL 60305-1828
0175	MENZEL, SANDRA A	125 ST CLAIR ST., WILKES-BARRE, PA 18705
0025	MICHALAK, JAN	00000 #2, 461 PROSPECT STREET, ELGIN, IL 60120-3782
0275	MICHALEC, MEGAN	2025 WEST 21ST PL., CHICAGO, IL 60608
0275	MIGUT, RAYMOND	6830 WOODGATE CT., COL SPGS, CO 80918
0395	MIKOLON, THERESA	13439 OAKWOOD DR., LOCKPORT, IL 60441
0258	MIKOS, BRIAN	2002 PEACH TREE CIRCLE, ALPINE, TX 79831
0502	MILLER, ERIC M	103 BRANDYWINE DR., COATESVILLE, PA 19320-1027
0502	MILLER, JENNIFER	1220 E CHESTNUT, AVON, PA 70002
0502	MILLER, JOHN B	P O BOX 3883, LIHUE, HI 96766
0502	MIRA, SUSAN M	536 DREXEL AVE., LAWRENCEVILLE, NJ 08648
0070	MISCAVAGE, MICHAEL	APT #417, 20 NW 16TH AVE., PORTLAND, OR 97209-2625
0321	MITARNOWSKI, MATTHE	1113 SOUTH MAIN ST., OLD FORGE, PA 18518
0240	MUHA, CHRISTOPHER JOSEPH	60642
0163	MUIA, WOLFE WATSON	2840 S. RIDGEWAY, CHICAGO, IL 60623
0270	KRUPA, PHILIP	8 E MAIN ST., WILKES BARRE, PA 18705
0392	KRZYWICKI, ELZBIETA	1499 FLINT LN., ROMEOVILLE, IL 60446
0258	KUBICKI, ELZBIETA	416 HARRISON AVE., SCRANTON, PA 18510
0163	KUCHWARA, HELENE	

Support The Henry J. Dende Scholarship Fund

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.

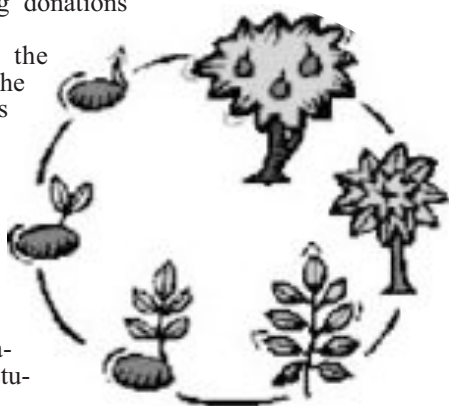
(Minimum of \$20 required).

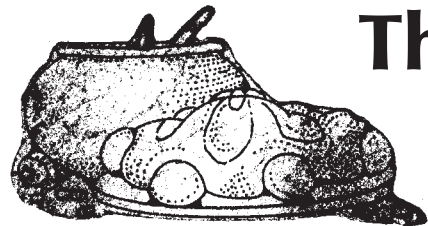
My annual donation of \$ _____ toward the "Tree of Knowledge". I do not wish to receive a Tree of Knowledge leaf or have my name published in the Fraternal Journal.

Please Print My Tree of Knowledge Leaf As Follows:

Leaf Inscription:

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





The Polish Chef

Christmas Eve (Wigilia) Treats

Oplatek

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

Zupa Grzybowa Mushroom Soup

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

Sledzie Creamed Herring

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

Kapusta z Grochem Stewed Peas & Sauerkraut

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

Kluski z Makciem Noodles & Poppysseeds

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

Kompot z Suszu Dried Fruit Compote

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

Krupnik Hot Honey-Sauce Cordial

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

Easy Clear Beet Bouillon

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

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

Smacznego i Wesolych Świąt

Christmas Traditions

by Angelina Wagner

Poland isn't the only country that has special Christmas traditions passed along through generations. The town where Jesus was born, Bethlehem, the Church of Nativity on Christmas Eve has people crowd the doorways and even stand on the roofs to see the annual procession. Arabian horses and horsemen gallop at the front which are then followed by a solitary horseman carrying a cross and a black steed. Churchmen and government officials process in and as they all enter the doors an ancient effigy of the Holy Child is placed in the Church. There are even stairs that lead to a grotto where a silver star hangs to mark the place of Jesus' birth. Many homes in Bethlehem have a cross painted over the door and each have a manger scene. The village square even has a star that hangs on their pole.

In Wales, caroling is very popular. This is called "eisteddfodde" and sometimes villages will pick a person to be a "Mari llwyd." This person will travel around draped in a white cloth and carrying a long pole with a horse's skull on it. Then if anyone is given a "bite" by the horse's jaw they then have to pay a fine.

Some of our traditions come from the English Gift giving only goes back to Victorian time and before that most people exchanged gifts on New Year's Day or on the Twelfth Night. We refer to him as Santa Claus but in the British Isles he's known as Father Christmas. He is depicted as having long robes and holly in his long white hair. Children write letters to Father Christmas but the letters are put in the fireplace so the draft would carry them up the chimney. Father Christmas would be able to read the

smoke and gifts are opened in the afternoon.

Hanging stockings by the chimney also comes from the British Isles. If Father Christmas were to drop gold coins down the chimney and there were no stockings hanging, they would get lost in the ash grate. Singing carols also has its origins in the British Isles and during the middle ages groups of serenades called "waits" would go house to house singing ancient. The word "carol" means "song of joy" so the carolers would go and spread the holiday spirit. Most of the songs we sing today though were written in the nineteenth century.

Even though Christmas trees are derived mainly from German traditions, in the British Isles they would hang ivy, holly or other greens to try and lift the winter spirits and it was a reminder for them that spring was not far away. The custom of kissing under the mistletoe comes from here as well and dates back to Druid rites. There is also "wassailing" which comes from the word "wassail" that means "good health." The Anglo Saxon phrase "waes hael" meant good health too and wassail was originally a beverage made out of curdled cream, mulled ale, nuts, eggs, roasted apples and spices. Many ceremonies developed over the centuries around this and people would carry a bowl into the room with great fanfare, a traditional carol was sung and then the hot beverage would then be served.

So whether you're celebrating Christmas in the United States or in another country traditions are passed down from generation to generation. Some traditions are even intertwined with other countries providing new traditions and customs.

Koffee Klatch

with P.K.



Dzien Dobry! Welcome to my kitchen. The cooler temperatures are finding a change in our buffet table. The crowd is arriving with home-made donuts and even crumpets! There's a variety of herbal teas, pumpkin flavored coffee and even warm cider. Barbara said it was her final chance to rest for the next few months. "The Halloween decorations are up, the kids costumes are set, the candy bowl is ready, but, as soon as that's over, I have to start planning for Thanksgiving while keeping an eye on the Christmas calendar too. Bob added, "I haven't even begun to rake the leaves yet, and I still have to get the snow thrower oiled and greased." This can be a hectic time even if mother nature is winding down. Keep a healthy pace. Remember that the work we may find ourselves doing at this time should be focused on friends and family. Make sure you take time to savor the moment with your loved ones. Sure, they may be enticed to come over to sample your culinary skills, but they are really coming to spend time with you. Make the most of it!

.. . .

Know Your Salmon

Not all salmon is alike. Studies have indicated that salmon raised in fish farms may not be as healthy as those caught in the wild. Always ask your store manager about the fish they keep in stock

Helpful Hints

Use a liquid cold or pain medication. Liquid medications get into your system faster than when a pill or capsule form.

Use calcium as a starting point. Research on persons who use calcium supplements to help maintain strong bones, reveals that they also suffer from osteoporosis. Research

shows that activity can help prevent osteoporosis. Among the most beneficial gardening. You get exercise and a dose of Vitamin D from the sun. Other good exercise is housework such as window washing, mopping and stretching when cleaning a bathroom.

Dear P.K.

My husband and I both have responsible jobs. Our days begin early and usually by the time we get home it is between 7:30 and 9 p.m. My husband has to travel a lot and traffic is often terrible in our area. We are exhausted and often too tired to do much on the weekends. Do you have any suggestions to make life a little better?

—June

Dear June:

Many who are in your situation have similar problems. My only suggestions are: do relaxing things on weekends and be sure to add some exercise such as walking, biking, swimming, tennis, gardening, etc. Do things you both love and do them together. Enjoy and relax as much as you can without much travel. Make your weekends very different from your hectic week.

—P.K.

.. . .

Happy Birthday and Happy anniversary who celebrate during these fall months and the wonderful holiday season

Wishes to you all for a happy Thanksgiving, a cherished Christmas and a New Year that finds you all well and content.

.. . .

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

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.

The Nativity

A SCENE SO PEACEFUL IN THE NIGHT.
THE STARRY SKY SO SOFT & BRIGHT.
A STREAM OF LIGHT SHINES FROM A STAR
TO GUIDE THE WISE MEN FROM AFAR.
A STABLE'S WHERE THE CHRIST CHILD LAY.
ASLEEP SO PRECIOUS ON THE HAY.
MARY & JOSEPH ARE CLOSE BY!
WITH ANGELS SINGING FROM ON HIGH.
THE SHEPHERDS KNEEL DOWN TO ADORE
THE BABE WHO COMES TO BLESS THE
POOR.
A KING WHO HAS GOLD TO GIVE THIS DAY,
A DRUMMER BOY, A SONG TO PLAY.
AS GOD'S OWN SON HAS COME TO EARTH,
MAY WE BEHOLD HIS WONDROUS BIRTH!



JOYCE MARY ECOCHARD

Wesolych Świąt i Szczęśliwego Nowego Roku
Warmest Christmas Greetings and Wishes for
a Happy and Prosperous New Year
To All Our Members, Friends and Their
Family
The Officers and Board of the Polish Union of
U.S.A./Ameripol

Council 17 Meets

Lackawanna County Council 17 recently met at Sacred Heart Hall in Scranton, PA. with P.K. Dende presiding. General business matters were reported on by the Officers followed by guest presentations.

Mr. William Giebus, Activities Chairman, spoke about a new initiative being considered for fund raising and enhancement of our public image. As a non-profit organization Polish Union is eligible to participate in the Friend to Friend program at Boscov's Department Stores. This involves sale of \$5.00 coupons redeemable for discounted merchandise at Boscov's and the seller retains the cash. Our members can sell the coupons in advance and the purchasers use them on Friends Day, October 21, 2014. More details are forthcoming and Council members are ready to participate.

Charlotte Androckitis followed up with reports on Polish Union activities in general

and briefly outlined the agenda for the Convention including the crowning of Miss Polish Union. Fourteen of the attendees at the meeting are Convention Delegates and they were especially pleased to receive the update.

Bernard Kolodziej congratulated the Council members for their dedicated interest in Polish Union and encouraged them to remain focused on Community service, a prime feature of Fraternalism. All were reminded of the need to recruit new members because active members are the lifeblood of the organization. Nominations for Fraternalist of the year are welcomed any time.

President P.K. Dende announced that Council 17 Vice President Theresa Volski was selected Volunteer of the Year and she was presented a Special Award with congratulations from the group.

Photos of the award presentation and some group photos are seen below.



Council 21 to Sponsor Saint Joseph's Day Celebration



Chris Pagoda, at left, will chair and Linda Howell co-chair the St. Joseph's Celebration on March 21.

Chris Pagoda, member of Council 21 will chair the Annual St Joseph's Dinner and Celebration, to be held on Saturday March 21, 2015 at A Touch of Class at the Palace in Wilkes-Barre. The celebration will begin at 5:30 P.M. with the Program and Dinner beginning at 6:00 P.M. Members of the Committee are Charlotte Androckitis, Bill Giebus and Linda Howell, co-chair, all members of Council # 21.

The traditional observances will be held to honor St. Joseph. St Joseph's day is designated as March 19th on the Roman Catholic Calendar. This feast day is widely celebrated in Poland and many other European countries such as Italy where the

tradition in the Sicily area began in the 1500's. St Joseph, the protector of the Holy family, was a carpenter by trade. Many believe that because of his trade, if they pray to him they will be granted special favors such as the successful selling of property and any financial needs they may have. Join us for a special night honoring the protector of the Holy Family – St. Joseph.

Details will follow in the next edition of the Fraternal Journal and members and guests are welcome to join in this celebration. Please contact the Polish Union of USA 570-823-1611 in Wilkes-Barre, PA., for further details. Music will be provided by the George Tarasek Orchestra.

About Our Members

60th Anniversary



Peter and Terri Rumensky observed their 60th Wedding Anniversary on May 22, with a Mass and blessing at Visitation of Blessed Mary Church, Dickson City, PA.

On Sunday June 22, 2014 they attended the Wedding Anniversary Celebration Mass. The Solemnity of the Most Holy Body and Blood of Christ at the Cathedral of Saint Peter in Scranton. The principal Celebrant Most Reverend Joseph C. Bambera, D.D., J.C.L. Bishop of Scranton. is seen above with the Rumenskys

New Member



Proud parents Emily and Nick welcomed a baby boy to the family! **Austin Nicholas Walter Stefanac** proudly wears his Polish Union t-shirt, as the newest member to Group 407.

96th Year



Florence Biercevicz a member of Group 227 is shown in a recent photo enjoying the flowers. Florence a resident of Shelton, Ct recently turned 96. Warm wishes to Florence and we hope she had a wonderful birthday.

Special Date



Jozefa Topczewska a member of Group 258 recently celebrated her 96th birthday in March. A resident of Chicago, our warmest wishes to Jozefa and congratulations.