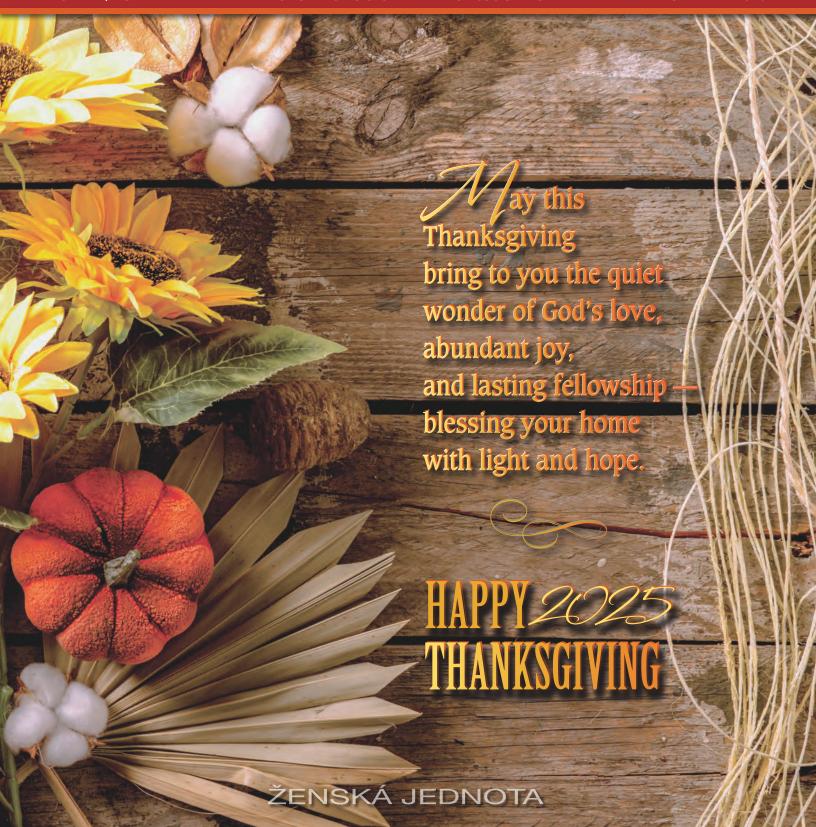


VOL. 112, NO. 2

FIRST CATHOLIC SLOVAK LADIES ASSOCIATION

NOVEMBER 2025





ISSN 0897-2958

Fraternally Yours, ZENSKA JEDNOTA,

is a monthly magazine published by the First Catholic Slovak Ladies Association. National Headquarters at 24950 Chagrin Blvd., Cleveland, Ohio 44122

Periodical Postage Paid at Cleveland, OH 44101 and additional entries

Subscription Rate, Non-Members: \$10.00 — 1 Yr.

Printed at Triangle Press 6720 Allentown Blvd., Harrisburg, PA 17112

Postmaster: Send address changes to Zenska Jednota, First Catholic Slovak Ladies Association

24950 Chagrin Boulevard, Cleveland, OH 44122

Deadline for all articles is the 5th of the month, $1\frac{1}{2}$ months prior to the issue date.

OFFICE HOURS — HOME OFFICE

Monday through Friday — 8:00 a.m. to 4:30 p.m. Phone: (216) 464-8015 • Toll Free: 800-464-4642 Fax: (216) 464-9260 • Website: www.fcsla.com

EDITOR: Carolyn Bazik
P.O. Box 1617, Reading, PA 19603
E-mail: zjbazik@comcast.net
Phone (610) 373-2743 • Fax (610) 375-8333

FCSLA LIFE

24950 Chagrin Boulevard, Beachwood, Ohio 44122 Chief Executive Officer /CEO: Mike Agan (216) 468-8000 National Secretary/COO: Kimberly Graham (216) 468-1012

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NATIONAL DIRECTORS:

Board Chair:

Jeanette E. Palanca, 304 W. Exchange Street, Crete, IL 60417. Residence: (847) 770-3508. Email: jeanetteeve@outlook.com.

Kristina Menke, 24950 Chagrin Boulevard, Beachwood, OH 44122, (216) 223-8220. Email: kristinamenke53@gmail.com.

Kristine Midcap, 24950 Chagrin Boulevard, Beachwood, OH 44122. (800) 464-4642. Email: kristinamenke53@gmail.com.

Michael Beckman, 24950 Chagrin Boulevard, Beachwood, OH 44122, (800) 464-4642. Email: Mikebeckman83@yahoo.com.

NATIONAL TRUSTEES:

Lorraine Gibas, 24950 Chagrin Boulevard, Beachwood, OH 44122, (800) 464-4642. Joseph T. Senko, 24950 Chagrin Boulevard, Beachwood, OH 44122 (800) 464-4642.

NATIONAL AUDITORS:

Mary B. Andreano, 24950 Chagrin Boulevard, Beachwood, OH 44122 (800) 464-4642. Dennis L. Povondra, 102 South Janda Avenue, Tabor, SD 57063. (605) 661-6508. Email: povondra@hcinet.net

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Thanksgiving is...

a time of gratitude to God, our Creator and Provider, whose guidance and care go before us... and whose love is with us forever.

Thanksgiving is

a time to reflect on the changes, to remember that we, too, grow and change from one season of life to another.

Thanksgiving is

a time of changing seasons, when leaves turn golden in Autumn's wake and apples are crisp in the first chill breezes of fall.

Let us remember the true meaning of Thanksgiving.

As we see the beauty of Autumn, let us acknowledge the many blessings which are ours... let us think of our families and friends... and let us give thanks in our hearts.

Dear Friends, during this month of Thanksgiving here are a few reflections to ponder.

What are the things you are grateful for in your life?

Who do you need to thank for helping you get where you are?

Who can reach out to in order to renew a friendship?

Write a note to someone you want to thank.

Always remember that gratitude is a seasoning for all seasons. Happy Thanksgiving!

Until Next Month, Warmly, Carolyn



The Holy Spirit: Lord, Giver of Life, and Our Advocate

Reverend Monsignor Peter M. Polando, D. Min., J.C.L., National Chaplain

We are in the last parts of a brief understanding of the *Nicaean-Constantinopolitan Creed* which was approved at the first council of the Church, the Council of Nicaea, in May 20-July 25, 325, A.D. There were some additions made in several future Councils but the main part of the *Creed* was approved at Nicaea. In this and the December issue of *Fraternally Yours*, my hope is that we may celebrate the seventeenth hundredth anniversary of the *Creed* by looking at its words and their meanings, the necessity of having the *Creed* for our profession of our Faith, and to better live these words in our everyday lives.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

When I began this series on the *Creed*, I pointed out that there were only nineteen words describing God the Father. The Third Person of the Blessed Trinity, the Holy Spirit, was defined by thirty-seven words. Jesus wins the biography-word descriptions of the Trinity! The Holy Spirit was revealed to the Apostles as recorded in the Gospel of Saint John. The Apostle scribes the Lord's words, "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you....I have told you this while I am with you. The Advocate, the Holy Spirit that the Father will send in my name – he will teach you everything and remind you of all that I told you."*

As I pray the *Nicaean Creed* each Sunday and all the Solemnities of the Church's calendar, I recall the words of Saint Irenaeus of Lyons, written in his text, *Demonstratio apostolica*, about the Sacrament of Baptism and the relationship of the Holy Spirit with the Father and the Son. Irenaeus (martyred circa 200, A.D.) was a pupil of Saint Polycarp who was a student of Saint John the Apostle. "Baptism gives us the grace of new birth in God the Father, through his Son, in the Holy Spirit.

For those who bear God's Spirit are led to the Word, that is, to the Son and the Son presents them to the Father, and the Father confers incorruptibility on them. And it is impossible to see God's Son without the Spirit, and not one can approach the Father without the Son, for the knowledge of the Father is the Son, and the knowledge of God's Son is obtained through the Holy Spirit."** The statements may seem confusing but after you read them several times or more, you may see how they exhibit the Holy Spirit's equality with the Father and the Son to the one celebrating the Sacrament (and dare I say, all Seven Sacraments).

Saint Cyril (not our Slovak patron, Cyril with Methodius fame!) who was bishop of Alexandria, teacher of the Faith, and died in 444 A.D., illustrates how we, as Catholics, must take our mission of proclaiming the Good News of Jesus through the workings the Holy Spirit each and every day of our lives. He proclaims, "All of us who have received one and the same Spirit, that is, the Holy Spirit, are in a sense blended together with one another and with God. For if Christ, together with the Father's and his own Spirit comes to dwell in each of us, though we are many, still the Spirit is one and undivided. He binds together the spirits of each and every one of us,... and makes all appear as one in him. For just as the power of Christ's sacred flesh unites those in whom it dwells into one body, I think that in the same way the one and undivided Spirit of God, who dwells in all, leads all into spiritually unity."***

Hopefully, we have learned some theology of the Holy Spirit in this brief expose. You may want to pray to the Holy Spirit daily in these familiar words! Come Holy Spirit, fill the hearts of Your faithful and kindle in them the fire of Your love. Send forth Your Spirit and they shall be created, and You shall renew the face of the earth. Let us pray. O God, who have taught the hearts of the faithful by the light of the Holy Spirit, grant that in the same Spirit we may be truly wise and ever rejoice in His consolation. We ask this through Christ our Lord. Amen.

*John 14:15-17, 25-26 **St Irenaeus of Lyons, *Demonstatio apostolica*, 7: Sources Chrestiennes 62, 41-42 (Paris, 1942-) ***St Cyril of Alexandria, *Commentarius in johannem*, 11, 11: Patrologia Graeca 74, 561 (Paris, 1857-1866)

Message from our Chief Executive Officer MICHAEL J. AGAN

More Than Sales: Building Relationships and Strengthening Community



Sales are an integral part of any thriving organization. Without ongoing sales, the Association would be challenged to have the resources needed to fulfill its mission or assist those it serves.

The FCSLA sales team features National Sales Manager Paul Smithers and three Regional Sales Managers: Amy Hull, Derek Mizer, and Jim Morsovillo, who together bring more than a century of insurance expertise. They're backed by an agent administrator, Angela Finizia, who ensures agents are properly licensed and educated, and provides training and technical support when needed.

Working closely with departments such as new business, annuities, and policyholder services, the sales team processes applications efficiently and delivers exceptional service. Their core goal is to build strong relationships with independent agents and recommenders through open communication, trust, and continuous product and service improvements, making it easier to do business with FCSLA. In addition, the team collaborates with the fraternal department to emphasize both the organization's fraternal nature and the advantages of its products.

LOOK FOR NEW

MULTI-YEAR GUARANTEE

ANNUITIES

COMING SOON FROM

FCSLALIFE

Sales efforts directly boost new member recruitment and retention. By offering valuable solutions, FCSLA can reach a broader audience, increase its membership and strengthen the association financially. Growth also enables greater impact through expanded volunteer networks and deeper community engagement.

The sales process gives agents a platform to share the society's purpose and values with potential members and the public. Through these conversations, agents educate people about membership benefits, charitable initiatives, and community involvement—helping to build FCSLA's brand and foster a sense of belonging.

Ongoing sales are vital for FCSLA's long-term financial health. A robust sales pipeline helps the organization navigate economic challenges and adjust to market changes.

While commercial insurers offer life and annuity products focused on features and benefits, FCSLA matches these while adding unique fraternal perks, community service opportunities, and a foundation in strong values as a 501(c)(8) non-profit. When presenting FCSLA, the sales team showcases both its financial solutions and dedication to its members and communities.

Collectively, we move FCSLA's mission forward, upholding Catholic values and Slavic traditions while securing our members' financial futures.

Michael J. Agan
Michael J. Agan
CEO





You are invited to attend

BLESSINGS LUNCHEON

SUNDAY, NOVEMBER 16, 2025

1:00 pm - 3:30 pm

River Forest Country Club

130 Club House Drive, Freeport, PA 16229

Nonmembers are welcome (\$30 per person)

Please RSVP by November 7, 2025, to Norene 724 226 1180 if no answer, please leave a message

For membership opportunities for loved ones contact Cynthia Maleski 412 260 0745

Please bring nonperishable food items for local food banks.

Donations also welcome for Ladies of Charity and local food banks.

CHRISTMAS DINNER - BRANCHES S089 AND S319

FCSLA Branches S089 (Bethlehem, PA) and S319 (Allentown, PA) will host a joint Christmas Party for members on Sunday, November 23, 2024, at the Heintzelman Carriage House, 326 Main St., Rear, Hellertown. All are welcome to join us at the 11:00 AM Mass at St. Theresa Parish, 1408 Easton Road, Hellertown, prior to the event. The Carriage House will open at 12 noon. Please arrive no later than 12:30 PM. Dinner is served at 12:45 PM. Mr. John Stofanak, director of the Tatra Singers and the Changing Times Band, will present a selection of traditional Slovak and popular holiday music and hymns following the meal. RESERVATIONS REQUIRED! Please contact Loretta Ulincy by phone (610-737-8207) or email (loralinc@gmail.com) no later than Friday, November 14th by noon. We look forward to seeing you there! Best wishes from your officers for a blessedly beautiful Thanksgiving and Christmas season!

NOVEMBER 2025

Annual Adult Advent Party

St. Isidore District 11, Nebraska Annual Adult Advent Party. Monday December 1, 2025, at Abie's Place, Abie, Nebraska

Social at 6 PM. Meal at 6;30 PM. Only \$10.00 per person. Silent Auction, Matching Funds for Spirit Catholic Radio, Door Prizes, Cultural display. Clarice Sabata, Secy. 402-784-3154, ksabatane2035@gmail.com.



"VILIYA"

Slovak Christmas Eve Supper

Sponsored by the Monks of St. Andrew Abbey, the Cleveland Slovak Radio Club with the help of the Slovak Institute

SUNDAY, DEC. 7, 2025 12:00 Noon Mass, Dinner Follows BENEDICTINE HIGH SCHOOL DINING HALL 2900 Martin Luther King Jr. Drive - Cleveland, Ohio

Oplakty — Bobalky — Pirohy — Ryby/Fish — Orechy/Nuts — Ovocny/Fruit Kaputnica s Hubamy/Cabbage Soup with Mushrooms — Vino/Wine Rozky/Filled Horn / Orekhovnicky/Nut Roll — Makovniky/Poppyseed Roll

Pre-Sale Tickets Only: \$25.00

Members of Sr. Branch 490: Please be our guest!

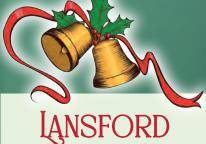
You are invited to attend Viliya-Slovak Christmas Eve Supper Sunday, December 7 at 12noon for Mass and supper following

Held at the Abbey Church and Benedictine High School Cafeteria 2900 Martin Luther King, Jr. Drive Cleveland, Ohio 44104 Slovak Entertainment, Pastries, Exhibits, Items of Interest

To reserve your tickets or more information please call Branch Secretary Kathy Stedronsky at 440-590-5495 by November 30

Hazleton S-045 Christmas Dinner

The Hazleton branch of FCSLA will have their annual Christmas dinner December 7, 2025, in The Lantern, Nesquehoning, Pa. The meal will be at 1:00 p.m. and reservations are required no later than November 21, 2025, by calling Paula Gregory @ 570-427-4559 or Susie Knepper @ 570-710-5955. Happy Thanksgiving and a very Merry and Blessed Christmas.



LANSFORD BRANCH S140 CHRISTMAS DINNER

Lansford, PA Branch S140, St. Ann Society cordially invites you to Christmas dinner. The branch will host the annual Christmas dinner December 7, 2025, at The Lantern, Nesquehoning, Pa. The meal will begin at 1:00 p.m. and reservations are required to attend. Please call Louise Dunstan at 570-645-4354 to reserve your place. Happy Thanksgiving and many Blessings of the Baby Jesus.





Branches S414 and S410 Christmas Party

Branches S414, Hauto, PA and S410, Nesquehoning, PA invite you to the annual Christmas Dinner which will be held December 7, 2025, in the Lantern Restaurant in Nesquehoning, Pa. at 1:00 p.m. Reservations are required by November 21, 2025. Please call or text either Judy Sweeney, Nesquehoning branch at 570-249-0710 or Regina Kanick. Hauto branch at 570-778-2564. A very happy Thanksgiving and a Blessed Christmas to all!!



To continue receiving Fraternally Yours in 2026 please either return the OPT-IN survey envelope that was inserted in the August & October issues of Fraternally Yours or go to https://www.fcsla.com/fraternal-department/fraternally-yours-delivery/





Once again it is nearly time for our American Slovak Cultural Association of the Mahoning Valley Vilija dinner. This is a Slovak tradition that we are determined keep alive every December. This year our Vilija (or Štedrý Večer) will be held at 4 P.M. on December 14th in St. Christine's church hall at 3165 S Schenley Ave. Youngstown, OH 44511 reasonable the same as last year at only \$25 per person (\$10 for 4-11 years, free for 3 & under). There willbe no tickets or meals purchased at the door. Come and enjoy with us the traditional Slovak Christmas Eve meal starting with kapustnica polievka, a wonderful mushroom /cabbage soup, oplatky (made in Poland) and honey, pirohy, baked fish, and peas followed with nutand poppyseed kolač and an apple. All except the oplatky will be made locally. We will also have a lotto tree, a 50/50 raffle and a basket raffle. All in all, it will be a wonderful evening. We hope you can come and join us! If you would like a reservation form, please text, email, reservations must be in by November 3rd.

Please let us know if you have any special needs: call Loretta Ekoniak: 330-549-3760 or Email: loretta.ekoniak@gmail.com

Tis the Season!

JUNIOR BRANCH 157 (MONESSEN)

Will hold a "Breakfast with Santa" on Sunday, December 14, 2025.

It will be held at

Epiphany of Our Lord Parish 44 Pennsylvania Blvd. Monessen, PA

from 9:30 AM until 11:30 AM.

Please make your reservations by calling Flora Funtal at 412-721-2633.

The deadline for reservations is Tuesday, December 9th.

1 4 4

Christmas Party

St. Ann Lodge Br. S-114 in Lorain, ÕH will hold its Annual Meeting & Christmas Party on Sunday December 21st at 1:00 PM at the American Slovak Club 2915 Broadway. All members are invited and encouraged to attend. There will be gifts, prizes and a delicious lunch. Please make your reservations by calling Bernie at 440-960-2605. **Deadline for reservations is Tuesday, December 16th.** We hope to see you there.

DISTRICT 12 ANNUAL MEETING

FCSLA Life District 12 - Iowa held its annual meeting on Sunday, September 21, 2025, at St. Ludmila Catholic Church Social Hall in Cedar Rapids, Iowa. 41 delegates were in attendance. State and national issues were discussed, followed by a meal in the Social Hall.



Delegates in attendance.

BRANCH WOOT BOWLING PARTY

Branch W001 in New Prague, MN hosted a bowling party for their youth members and their families on Sunday, October 5 at Strike Force Bowl in New Prague.











St. Louis Branches S-101 and J-011 Annual Meeting and Luncheon

The FCSLA St. Louis Branches S-101 and J-011 held their annual meeting and luncheon this past Sunday — but not before a few minor adjustments were made to bring the crowd under control. Branch J-011 members eventually reduced the roar in the hall to a level just below that of a passing freight train; ceased their enthusiastic carving of Play-Dough sculptures with their official FCSLA pizza cutters; finally stopped slapping each other's arms with their FCSLA slap-bracelet jewelry - (a much-loved giveaway item); && after safely landing the FCSLA kites that were being flown indoors many spinning with the ceiling fans — thank you, FCSLA. GIVEAWAYS — the meeting officially got underway. Once order was restored (and the small kitchen fire was extinguished without the fire sprinklers being activated), the agenda moved forward. Scouting America's own J-011 Member Life Scout, Louis Miklovic, presented a heartfelt request for the Branches to support funding his BSA Eagle Scout Project, which will replace the worn picnic tables at his school. The request was met with unanimous approval — punctuated by a delighted squeal from the newest J-011 Branch Member, 8-month-old Santino Miklovic, who clearly knows good community service when he sees it. The meeting concluded with several lively rounds of bingo — a Slovak favorite — where competitive spirits were high, daubers were flying, and everyone left smiling (EVERY-ONE with prizes, and all with just pride). Another successful year for S-101 and J-011 — proving once again that when it comes to faith, service, and fellowship, there's no party like an FCSLA party.









CHART YOUR COURSE



10 YEAR PLATINUM ELITE ANNUITY***

5.20% APY current credited interest rate effective June 1, 2025*

3.00% APY minimum guaranteed rate

- Flexible Premium Deferred Annuity (Contract FPA(10)-0415)
- 10 year withdrawal penalty (9% 1st and 2nd year, decreased by 1% each subsequent year)**
- Maximum issue age 79

7 YEAR GOLD ELITE ANNUITY

5.10% APY current credited interest rate effective June 1, 2025*

3.00% APY minimum guaranteed rate

- Flexible Premium Deferred Annuity (Contract FPA(7)-0713)
- 7 year withdrawal penalty (8% 1st year, decreased by 1% each subsequent year)**
- Maximum issue age 85

5 YEAR SILVER ELITE ANNUITY

5.00% APY current credited interest rate effective June 1, 2025*

3.00% APY minimum guaranteed rate

- Flexible Premium Deferred Annuity (Contract FPA(5)-0713)
- 5 year withdrawal penalty (6% 1st year, decreased by 1% each subsequent year)**
- Maximum issue age 85

The Following Apply to All Annuities Above:

- \$250 minimum initial premium; \$100 minimum subsequent
- \$500,000 maximum lifetime premium
- 10% one time per year penalty free withdrawal is available in the first year of the contract and every subsequent year during the surrender period or, receive interest only (minimum \$1000)

- *Interest rates can change at any time but crediting rates will not go below the minimum guaranteed rate.
- **A 10% federal tax penalty may apply to certain distributions if taken before the owner is age $59^{1/2}$.
- ***10 Year Platinum Elite FPDA
 [FPA(10)0415] is not available in
 New York. Please contact the
 FCSLA Life sales team or home
 office for information on an
 alternative 10 Year annuity
 product that is available in
 New York.



Rating Date: October 2024 2024-2025 rating period For the latest Best's Rating, access www.ambest.com

The Nog Nays of Parma Annual Nog Show

The newest Ohio Branch S644 Run by Sue Durante and Carla Rauscher hosted a The Dog Days of Parma annual dog show to help fund the Parma Animal Shelter. The annual dog show at the shelter is run to raise funds for the shelter and



the Parma Area Kiwanis Scholarship Fund. The highlight of the event was the Blessing of the Dogs by Ft. Andrew from St. Anthony of Padua church. About 250 people attended and this year we had 25 dogs enter contests. The Parma Kiwanis, Bartell and Busack Vet. Hospital and the Parma Animal Shelter all pitch in to make a special day for our dog owners. It was a beautiful fall day, and the event was great.











The Helen Kocan District **Attends Baseball Game**

The Helen Kocan District attended a Gary Railcats baseball game on Saturday, August 30, 2025. The weather was perfect for an afternoon ballgame on the last weekend of the season. Each member was treated to a grandstand ticket and a ballpark food voucher. As the members entered the park each guest received a souvenir baseball bat. As the players were warming up, they would come over



and sign autographs for the crowd. Some of our junior members were able to get their bats autographed. The smiles on the players faces as they signed autographs showed they enjoyed signing as much as the kids enjoyed getting them. The Railcats mascot, Rusty, also gave out autographs and hugs to the fans. The kids were able to run across the field during the 7th inning stretch. Unfortunately, the home team lost but all of our members had a wonderful time.



50th Anniversary

Clifford and Lorraine (Armour) Nairn were married on August 25, 1975, in Tucson, Arizona. They recently celebrated with their son, Acott, daughter Traci, and son Jason and extended family at a Mass of Thanksgiving at Our Lady of Sorrows (arish in Snowflake, Arizona. Lorraine has been a member of S161 since the 1970s. Clifford and Lorraine have resided in Snowflake, AZ for the last 45 years.







FCSLA LIFE BRANCH 23 SUMMER FUN

What a great day for baseball! On August 24, 2025, Branch 23 gathered in Oconomowoc, Wisconsin for a Lake Country Dockhounds game. We all enjoyed some delicious food and drinks, and everyone snagged a new Dockhounds baseball hat! The fun didn't stop there: after the game, the kids had a blast at Louie's Birthday Bash, scooping up candy and cash dropped from a helicopter. Those new hats came in handy for collecting the loot! It was truly a howlin' good time!





Jogfathe







Baptism

Max and Jacob Coleman (J058) were baptized on July 20, 2025, at St John the Baptist Church in Whiting, IN. They are pictured with Fr Mark Peres and parents and godparents.



Wedding

Rhett V. Bilec (Branch S 077) and Anna V. Blake were united in marriage at St. Eugene Church, Saints Joachim and Anne Parish, in Liberty Boro, PA on June 28, 2025. The ceremony was officiated by Father Tom Burke. The bride was escorted down the aisle by her mother, Cheryl S. Blake, and her godmother, Sheri Bourassa. The parents of the groom are Mike and Susan Ellen Bilec. A reception followed at R Place Event Center in Elizabeth, PA where guests enjoyed dinner and dancing. The newlyweds enjoyed their honeymoon in Japan.



Parish Picnic

Senior Branch S55, Mt. Pleasant, PA held a parish picnic on their church grounds on June 8, 2025. A Slovak platter of haluski, halupki, and pierogi's, all homemade by the women at Visitation Church, was served. Even though it rained most of the day, the event was successful. Thank you to all who helped make the event happen.



L-R: Patricia Sofranko, Barbara Golobish, Kathyrn Janesko, and Elizabeth Butler.

Graduation

Cameron Wehr, graduated in May, 2025 from Temple University.

Her grandparents, Dan and Helen Bobeck and her parents, Kristin Bobeck Wehr and Dean Wehr and her sisters Alison and Gabrielle Wehr are members of FCSLA i Branch 74 in Bethlehem, PA. Cameron is pictured alone and with her sisters.







Magdalen I. Iskra District Scholarship Luncheon

The Magdalen I. Iskra District held a luncheon on August 2, 2025 to honor the ten National scholarship recipients and the recipients of the Magdalen I. Iskra Scholarship, Adrienne Van Doren Scholarship, and the Magdalen I. Iskra District College Graduate Scholarship. The luncheon was held at Andy Perugino's Restaurant in Luzerne, PA.

Anna M. Hudock, District Treasurer served as Master of Ceremonies. Diane F. Gregor, District Auditor led the Pledge of Allegiance and the singing of the National Anthems of the United States of America and Slovakia. Magdalen I. Iskra, District President extended greetings to all in attendance. Loree A. Gerich, District Trustee gave the invocation. A delicious family style lunch was served. After lunch, Anna M. Hudock introduced the Branch and District officers in attendance. Each scholarship recipient then introduced their family members present. Monetary gifts were presented to the National Scholarship recipients from their branches. The Magdalen I. Iskra Scholarship, Adeienne Van Doren Scholarship, and the Magdalen I. Iskra District College Graduate Scholarship were also presented. Everyone in attendance received gifts, compliments of the FCSLA Life. After the awarding the gifts and scholarships, Loree A. Gerich, District Trustee gave the benediction. The program ended with singing of God Bless America. The District officers would like to congratulate all the scholarship recipients. We are so proud of you.



Welcome Address, Magdalen I. Iskra, District President

Scholarship Recipients with Magdalen I. Iskra, District President

Seated, Magdalen I. Iskra, District President. Standing, Marissa E. Jason, Pennsylvania State University-Dickinson Law, Magdalen I. Iskra District. College Graduate Scholarship: Matthew J. Van Why, Holy Redeemer High School, High School Freshman Award; and Jordan M. Cekloskv. Wilkes University, High School Senior Award



Recipients unable to attend were: Grace E. Washney, University of Pittsburgh School of Medicine, College Graduate Award; Brooke H. Chapple, University of Scranton, College Sophomore Award; Connor J. Chapple, Boston College, College Sophomore Award; John Paul S. Pierce, Pennsylvania State University, College Sophomore Award; John J. Grove, University of Texas at Austin, College Freshman Award; Daniel G. Balas, Luzerne County Community College; Vocational-Tech-Trade Award, Mary Catherine Pierce, Notre Dame High School, High School Senior Award; Alexis H. Goldman, Parkwood Prep School, Grade 5 Award; Cole Matthew Ceklosky, University of Notre Dame, Magdalen I. Iskra Scholarship and Emma M. Pierce, St. Jane De Chantal School, Adrienne Van Doren Scholarship.



District Officers

Seated, Martha A. Iskra, Vice-Presiden1/Secretary; Magdalen I. Iskra, President; and Loree A. Gerich, Trustee; **Standing,** Diane F. Gregor, Auditor; and Anna M. Hudock, Treasurer



Branch Officers

First Row: Martha A. Iskra, Treasurer, Branch S172 & President J362; Magdalen I. Iskra, President Branch S172; Loree A Gerich, Secretary, Branch S615 & J526 and Anna M. Hudock, Treasurer, Branch S086 & J073

Second Row: Patricia Bryk, Treasurer, Branch S615 & J526; Florence McCabe, Secretary/Treasurer Branch S350 & J207; Theresa Ceklosky, Secretary/Treasurer, Branch J362; and Diane F. Gregor, President/Secretary, S178 & J042



Seated: Anthony Foti, Martha A. Iskra, Magdalen I. Iskra, and Noreen Foti Standing: Loretta Ceklosky, Joseph Ceklosky Marissa E. Jason, and Diane Jason



Magdalen I. Iskra and Martha A. Iskra presenting the Magdalen I. Iskra Scholarship to Loretta Ceklosky and Joseph Celdosky grandparents of Cole Matthew Ceklosky; **Left to Right:** Loretta Ceklosky, Joseph Ceklosky, Magdalen I. Iskra, and Martha A. Iskra



Seated: Jean Bonn, Theresa Celdosky, Francis Ceklosky, and Linda Shemansky; Standing: Heidi Ceklosky, Jordan M. Ceklosky, Kevin Ceklosky, and Lauren Shemansky



Seated: Florence McCabe, Matthew Van Why, Kelly Van Why, and Patricia Bryk; Standing: Anna M. Hudock, Loree A. Gerich, John Gerich, and Diane F. Gregor



Diane F. Gregor, Leader of Song



Loree A. Gerich, Invocation and Benediction



Theresa Ceklosky presenting the High School Senior Award to Jordan M. Ceklosky; **Left to Right**, Jordan M. Ceklosky and Theresa Ceklosky



Matthew J. Van Why recipient of the High School Freshman Award with his grandmother Patricia Bryk; **Left to Right,** Matthew J. Van Why and Patricia Bryk



Marissa E. Jason receiving the Magdalen I. Iskra District College Graduate Scholarship from Martha A. Iskra; **Left to right**, Marissa E. Jason and Martha A. Iskra



Anna M. Hudock, Scholarship Luncheon Chairman and Master of Ceremonies

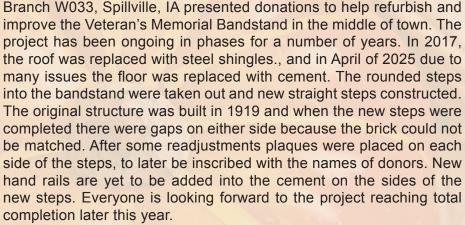
Congratulations!

Preston Joseph Gerba born April 21, 2025, is the newest member of FCSLA branch 522. He is the son of Joseph and Shelby Gerba of Edmond, Oklahoma. He is one of several members of the family belonging to the organization including grandparents Paul and Theresa Gerba. Great grandparents Paul J. Gerba and Margaret Gerba were officers and members for many years. Welcome Preston!



Branch W033 Donates to Refurbish Veteran's Memorial Bandstand













FCSLA Life Branch W033 presents \$500 donation to Spillville IA American Legion Commander Post #467 for refurbishing the Veteran's Memorial Bandstand in Spillville IA. Above, L-R: Mark Balik, Raymond Koshatka, Commander Larry Spalla, Beth Klimesh, Director W033 Rich Kuhn presenting the check and 4th District Legion Commander Dennis Soppe.

Louise M. Yash District Hosts Fun Spring Meeting and Bingo Bash!



The Louise M. Yash District kicked off spring with a fantastic District Meeting and Bingo Event on April 12, 2025, at Regency Senior Communities in New Berlin, Wisconsin.

President Laurie Muffler started the day by introducing the board and warmly welcoming all members and guests. Following tradition, District Secretary Kathy Valent read the minutes, and District Treasurer Betty Novak presented her report. Then the real fun began! We shared a social hour with pizza and drinks, followed by several exciting rounds of Bingo and door prizes. It was a great success—especially for our first-ever Bingo event—with attendees from many branches: S023, S273, S356, S376, S633, S634, J130, J196, J334, and J539. A huge thank you goes out to District Auditor John Kaniewski for spearheading the Bingo arrangements and securing the wonderful venue! We also appreciate the hard work of our board and all district members who helped make the day a hit. Want to join in the fun at our next event? Contact Yash District President Laurie Muffler at fcslayashdistrict@gmail.com for more information!



48TH ANNUAL SAINTS CYRIL AND METHODIUS APPEAL UPDATE

The mailing for the 48th Annual Saints Cyril and Methodius Appeal will be going out in January to clergy of Slovak heritage, national and local leaders of our Slovak Catholic Fraternal Benefit Societies, members of the Slovak Catholic Federation, previous donors, and personal parishes of Slovak ancestry. The Appeal raises money to assist the Pontifical Slovak College of Saints Cyril and Methodius in Rome with its day to day operations.

Thank you to all the Branches, Districts and Members of the First Catholic Slovak Ladies Association who have contributed to the 47th Annual Appeal. The final totals will not be known for a few weeks, but as of October 13, 2025, the Appeal has received \$21,713.00 from 169 donors. Among the 56 donations received from Catholic Slovak Fraternal Branches and Districts, Branches S10 & J386, Branch S86, Branch S88, Branches S107 & J38, Branch S233, Branches S301 & J143, Branches S408 & J385, Branches S414 & J272, Branch S475, Branches S481 & J374, Branch S590, Branch S615, the Magdalen I. Iskra District, and the Home Office of the FCSLA have donated a combined total of \$2,685.00. Donations to date have also been received from 5 churches, 21 clergy and religious, and 87 individuals. On behalf of the Pontifical College, thank you for your continued generosity and support.

Anyone wishing to donate to the 2025 Appeal is asked to fill out the information in the box at the bottom of this article and mail it along with a check payable to the Slovak Catholic Federation to the address provided. Donations in any amount are deeply appreciated and are acknowledged. The 47th Annual Appeal runs from December 1, 2024 to November 30, 2025. Gifts received after November 30, 2025 will be credited to the 2026 Appeal. Thank you again for your goodness and generosity.

The Slovak Catholic Federation was founded in 1911 by Rev. Joseph Murgas, founding Pastor of Sacred Heart of Jesus Slovak Church, Wilkes-Barre, PA. The Federation brings together under one banner both individuals of Slovak heritage as well as Catholic Slovak Fraternal Organizations for cultural, religious and educational needs. Serving as Moderator is the Right Reverend Gary Hoover, O.S.B., Abbot of St. Andrew Svorad Abbey, Cleveland, OH. National President is Reverend Andrew S. Hvozdovic, V.F., Supreme Chaplain of the Slovak Catholic Sokol and Pastor of Our Lady of Victory Parish, Harvey's Lake, PA and Gate of Heaven Parish, Dallas, PA. Reverend Thomas A. Nasta, National Chaplain of the First Catholic Slovak Union and Parochial Vicar with Senior Priest status at Our Lady of Grace Parish, Penndel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator.

47th Annual Saints Cyril and Methodius Appeal

| Name | | |
|---------|---------|-------|
| Address | | |
| City | _ State | _ Zip |

Amount \$

Please make check payable to Slovak Catholic Federation and mail to:

Rev. Thomas A. Nasta, National First Vice President Slovak Catholic Federation Our Lady of Grace Church 225 Bellevue Avenue Penndel, PA 19047-4052

Branch 313 Member Receives Papal Blessing at the Vatican



Megan (Rosenberger) Ronnfeldt, Branch 313, and her husband, Andrew, were recently honored to receive a special marriage blessing from Pope Leo XIV at the Vatican on September 3, 2025. The couple met in Washington, D.C., while Megan, originally from Natrona Heights, PA, was serving in the U.S. Navy. A graduate of the U.S. Naval Academy, now a retired Lieutenant, she prayerfully presented Pope Leo XIV with a U.S. Navy prayer coin. Andrew, a native of Minneapolis and graduate of Creighton University, shares a lifelong Catholic upbringing with his wife, who were both educated in Catholic schools from grade school onward. Megan at Mary Queen of Apostles, New Kensington, PA, and Saint Joseph High School, Natrona Heights, PA. They now reside in Northern Virginia and express joy in sharing the news of their blessing with the First Catholic Slovak Ladies Association community.

Branch 46 Member Aiden Jurcenko Earns Master's from Johns Hopkins

Aiden Michael Jurcenko of Branch 46 received his Master's Degree from Johns Hopkins University May 2025. He received his Bachelor's degree in May of 2024. His field of study was Biomolecular Engineering. He is pictured with his parents.



From Independence to Today – We Stand with Our Veterans

Senior Branch 11 Fundraising Drive for the Wounded Warrior Project Donate - Now through June 30, 2026



In 2026, our nation will proudly celebrate **250 years of independence** - a milestone made possible by the courage and sacrifice of those who have served and defended our freedoms. To honor this historic occasion, **Senior Branch 11** is hosting a **Matching Funds Fundraising Drive** to benefit the **Wounded Warrior Project (WWP)**. Founded in 2003, the Wounded Warrior Project is a **501(c)(3) nonprofit organization** that provides **no-cost programs**, **services**, **and events** to support wounded veterans and their families. Their mission is to help those who have served live with dignity, strength, and independence. In 2023, with your support, **Senior Branch 11** raised **\$3,000** for this remarkable cause. As we approach the nation's **250th** anniversary, we are setting our sight even higher—with the goal of **doubling that impact**.

All funds raised will be presented in **July 2026** to the **Wounded Warrior Project**. Together, we can celebrate our nation's independence by honoring and supporting those who sacrificed for it. Thank you!

Sr. Branch 11 President/National Director

Sr. Branch 11 Secretary/Treasurer

Kristina L. Menke

 $\star\star\star\star$ Donate today. Give hope. Change lives. $\star\star\star\star$

Fin Deak

Mail cash or check to: Jim Deak - Sr. Branch 11, 1348 Breezewood Dr, Homestead, PA 15120 If mailing a check please make check payable to: FCSLA BR.-S011 FBO WWP

Fraternal Societies of NEPA donate to Domestic Violence Service Center

As part of their Make-A-Difference Day Project, the Fraternal Societies of Northeast Pennsylvania presented a donation to the Domestic Violence Service Center (DVSC) at the October meeting held at the Home Office of LPSCU Life in Wilkes-Barre. In addition to cash donations an assortment of items including household items, bed linens, towels, small appliances, hats/gloves, health and hygiene products were collected. All of the items will be used by the residents of DVSC's emergency shelter and transitional housing unit. The Fraternal Societies of Northeast Pennsylvania (FSNEPA), a not-for-profit trade association, unites local leaders of fraternal benefit societies of Northeastern Pennsylvania. First Catholic Slovak Ladies Members include: Association, Ladies Pennsylvania Slovak Catholic



At the donation presentation, from left to right: Anna Hudock; Charlotte Androckitis; Mary Jo Savidge; Theresa Kluchinski; Tammy Rodgers, Domestic Violence Service Center; John Andrzejewski, III; Margaret Jollimore; Martha Iskra and Magdalen Iskra.

Union, National Slovak Society, Slovak Catholic Sokol and the First Catholic Slovak Union.

Slovak Heritage Society of Northeastern Pennsylvania

The Slovak Heritage Society of Northeastern Pennsylvania held their Annual Meeting at The Café Route 315 on September 10, 2025. Twenty-seven members were in attendance. Board members gave oral reports on the activities that were held during the year and the financial status of the society was presented by the treasurer, Helen Bacumpas.

Election of Board Members was held. The following members were elected to serve a 3-year term: Helen Bacumpas, Anna Hudock, Anthony Palischak, Elaine Palischak, Michael Stretanski, and Robert Zavada. Rev Andrew S. Hvozdovic will serve as Chaplain. Dorothy Sullivan was recognized by Elaine Palischak for her years of service on the board.

Elaine Palischak announced the activities planned for the year. The Feast of St. Nicholas will be celebrated on Sunday, December 7, 2025, at St.Ignatius Loyola Church, 339 North Maple Avenue, Kingston, PA at 2:00 P.M. The church is handicapped accessible. An afternoon filled with song and



Pictured, are board members of the Slovak Heritage Society of Northeastern Pennsylvania along with their Chaplain, Rev. Andrew S. Hvozdovic. Seated, left to right are: Helen Bacumpas, Anna Hudock, and Elaine Palischak. Standing left to right are: Rev. Andrew S. Hvozdovic, Anthony Palischak, Robert Zavada, and Michael Stretanski.

storytelling of past Slovak Christmas traditions will take place. Refreshments will be served followed by fellowship. Everyone is invited to participate free of charge; a free-will offering will be accepted.

Several members of the board are members of FCSLA Life S172. For further information, call Anna Hudock at 570-510-1655.



IN MEMORIAM

Christine Bernadette Pazak, S289



Christine Bernadette Pazak, Branch 289, daughter of Andrew and Margaret (Christoff) Pazak passed away on December 10, 2020. Christine was a Dietetic Technician, Registered, with her degree from Indiana University School of Medicine in Hospital Dietary

Technology. She was a devoted Catholic of Saint Lawrence, Indianapolis and enjoyed Heart of the Nation. She was a member of Our Daily Bread Ministries and the American Dietetic Association. She was proud of her Slovak heritage. She was a child of a Veteran, and a wonderful Mother to her daughter and son-in-law. She was an avid reader, walker, and illuminated warmth and kindness. She is survived by her daughter Antoinette (Pazak) and son-in-law Johan Ibanez, of Prayols, France, as well as her sisters and brother. Her ashes travelled to France in 2021 and were privately honored at Notre Dame de Lourdes; she will be entombed in Prayols, with Mass planned at St Volusien by Father Laportalière. Condolences can be sent to the family Pazak-Ibanez, 4 route du Pech, 09000, France. Donations in the memory of Christine Pazak, the niece of Sister M. Ivan Christoff, can be made to: The Sisters of Saints Cyril and Methodius, Villa Scared Heart, 1002 Railroad Street, Danville, PA 17821

Therese Frances Massura Tylus, S485



Therese Frances Massura Tylus, born October 2, 1927, passed away on January 20, 2025, age 97, surrounded by her large immediate family. Therese was the 11th of 12 children born to Joseph and Maria (Bacur) Massura, immigrants from Bobrovec, Slovakia. Her parents instilled

in Therese and her siblings a love of God, country and family. Therese was one of the first members of J382 enrolled on March 3, 1929, and graduated to S485 where her mother was a founding charter member. Therese strongly advocated for our beloved society by encouraging the purchase of life insurance for children – walking the talk throughout her life. Therese graduated from St. Simon grammar and St. Augustine high schools in Chicago. Upon graduation from high school, Therese worked in the banking industry while taking care of her elderly father, several brothers, a nephew and niece. Music filled her life - playing the piano, singing at family gatherings, and serving as St. Simon's organist/cantor

for Slovak Sunday masses and weddings. In 1959, while out for a night of dancing with girlfriends, she met the love of her life, Leo Joseph Tylus. Having spent the night talking and finding mutual common ground, they married in 1960, celebrating 53 years of marriage until Leo's death in 2014. In Calumet City, IL, with Leo, they raised four daughters, teaching them the same family priorities. Therese's desire to serve encompassed volunteering for 56 years, predominantly at St. Victor Parish, a local hospital and her daughters' schools. In 2007, Therese and Leo received the Christifideles Award from Cardinal Francis George of Chicago. During this time, she became a loving and doting grandma to Vincent and Francis who loved her back immensely! After Leo's passing, Therese stayed in Calumet City before moving to LaGrange, IL, near her late sister Lydia, and later moving to Celebrate Senior Living in Niles, IL. Therese is predeceased in death by her husband, parents, and 11 siblings. She is survived by daughters, Mary Therese Tylus, Sharon (Peter) LoCascio, Leslie Tylus and her grandsons, Vincent Leo (Madison) and Francis Luke LoCascio, and numerous nieces and nephews who adored their "Auntie Therese."

Helen Bancuk, S445



Helen Marie (Opalek) Bancuk, age 101, passed on January 23, 2025. She was born in Muskegon Heights, MI on January 8, 1924 to Joseph & Anna (Beer) Opalek. She married the love of her life, Edward J. Bancuk, on November 23, 1944 (Thanksgiving Day) in Muskegon

Heights. They met at the Fruitport Pavilion where they would dance the night away while listening to Big Bands from Chicago. Helen graduated from Muskegon Heights High School in 1942. She worked at Teledyne-Continental Motors for 5 years as an Air Force inspector on parts for the Craft Wright Whitney engines. While working at Continental she took flying lessons at Muskegon Airport with a group of ladies from work. She knew how to fly an airplane before she could drive a car. She retired after 25 years with Muskegon Heights Public School system. She was a devout Catholic and member of the St. Margaret Mary Church, Allendale, MI. She was also a member of the Sacred Heart Altar Society. She was the secretary for the First Lady Slovak Association Branch S445 at Tatra Hall, Muskegon, MI for many years. Left to cherish her memory are her 10 children, Edward (Nana) Bancuk

(continued on page 22)

of Greece, Monica Basch of Grand Haven, MI, Jerome (Dawn) Bancuk of Muskegon, MI, Thomas (Nancy) Bancuk of Wausau, WI, Joel Bancuk of Grandville, MI, Paula (John) Sibley of Middleton, WI, Paulette (Roger) Kluge of Niles, MI, Mark Bancuk of Grand Haven, MI, Timothy (Margaret) Bancuk of Grand Rapids, MI, Teresa (Hal) Landers of Windham, ME, 18 Grandchildren, 37 Great Grandchildren and 7 Great Great-Grandchildren, and Sister, JoAnn Harris, Portage, MI.

Alice Mary Klimesh, W033



Alice Mary Klimesh, 90, a beloved wife, mother, grandmother and great-grandmother, passed away on April 24, 2025. She was born on February 9, 1935, on the family farm four miles outside of St. Lucas, Iowa, the daughter of Joseph and Julia Kriener. Alice met her

future husband at an uncle's gathering. On September 14, 1954, at the St. Lucas Catholic Church, she married Glen Klimesh, who grew up on a farm between Protivin and Spillville, Iowa. The newly married couple settled

on the farm he was born on and a year and a half later moved to the farm she lived on for the rest of her life. A self-proclaimed "tomboy", she helped with every aspect of the farming and proudly maintained her "Farmer" tax status until the day she left us. There they raised ten children, instilling the combination of love and hard work. Alice was renowned for her cooking. Everyone learned to arrive at Grandma's with an empty stomach! Alice was everyone's "Grandma" and her greatest gift was her ability to see, love, and accept everyone for who they were. She always found a way to make each person feel important and special. She truly was a saint among us. Alice's survivors include: Three daughters: Glenda (Dr. Kelly) Ross, Arla Klimesh, and Jan (Randy) Samuelson; Seven sons: Lyle (Bertha) Klimesh, Keith Klimesh, Ronnie (Janice) Klimesh, Loren (Sue) Klimesh, Stac (Karen) Klimesh, Kurt (Kristie) Klimesh and Kent Klimesh; Twenty-eight grandchildren and 19 greatgrandchildren; one sister, Rosalia Pickar; Sister-in-laws: Marilyn Kriener, Gloria Klimesh, Shirley Klimesh, Mary Klimesh and brothers-in-law, Gabe Klimesh, and Gary Klimesh.

REPORT OF THE FCSLA NATIONAL TREASURER

Balance Sheet As of 6/30/2025

| Admitted Assets | |
|--------------------------------------|------------------|
| Category | 2025 |
| Cash & Short Term Investments | \$ 14,855,064 |
| Bonds | 1,026,539,985 |
| Preferred Stock | 1,020,000 |
| Common Stock | 353,994 |
| Investment Income Due & Accrued | 13,653,995 |
| Property Plant & Equipment, Net | 4,110,708 |
| Certificate Loans & Accrued Interest | 1,614,850 |
| Other Assets | 29,200 |
| Interest Maintenance Reserve | 4,844,501 |
| Total Admitted Assets | \$ 1,067,022,297 |

| Liabilities &Surplus | |
|-------------------------------------|------------------|
| Category | 2025 |
| Life Reserves | \$ 309,852,567 |
| Annuity Reserves | 624,822,735 |
| Death Claims Payable | 2,298,672 |
| Unearned Premiums | 352,777 |
| Matured Endowments | 306,932 |
| Provision for Dividends Payable | 1,400,000 |
| Accumulated Dividends & Interest | 5,390,106 |
| Accrued Convention Donations | 100,000 |
| Provision for Future Conventions | 201,341 |
| Asset Valuation Reserve | 11,768,741 |
| Other Liabilities | 2,018,678 |
| Total Liabilities | \$ 958,512,549 |
| Surplus | \$ 108,509,748 |
| Total Liabilities and Surplus Funds | \$ 1,067,022,297 |

Income Statement For Period ending 6/30/2025

| Revenue | |
|---|----------------|
| Category | 2025 |
| Insurance Premiums | \$ 3,248,147 |
| Annuity Premiums | 9,025,848 |
| Investment Income | 24,865,160 |
| Amortization of IMR | (296,274) |
| Rental Income | 234,008 |
| Other Revenue | 34,123 |
| Total Revenue | \$37,111,012 |
| Direct Expenses | ψον, τιτι, στ2 |
| Category | 2025 |
| Change in Life & Annuity Reserves | \$(10,509,089) |
| Life & Annuity Benefits | 40,057,675 |
| Salaries - Life and Annuity Employees | 460,070 |
| Underwriting & Commissions Expenses | 452,877 |
| Total Direct Expenses | \$ 30,461,533 |
| , , , , , , , , , , , , , , , , , , , | ,, , |
| Net Revenue before General Operating and Fraternal Expenses | \$ 6,649,479 |
| General Operating and Fraternal Activity Summary | |
| Category | 2025 |
| General Operating Expenses | \$ 4,376,935 |
| Net Income before Fraternal Expenses, Dividends, Realized Capital | |
| Gains/(Losses) | 2,272,544 |
| Less :Fraternal Expenses | 2,024,402 |
| Less :Dividend to Members | 710,094 |
| Capital Gains/(Losses) | 12648 |
| Total Net Income /(Loss) | \$(449,304) |



SAUSAGE & RICE STUFFED PUMPKINS

3 small pie pumpkins (about 2 pounds each) 1/2 pound bulk sweet Italian sausage

1 pound fresh mushrooms, chopped

2 medium onions, chopped

1 medium green or red pepper, chopped

2 garlic cloves, minced

4 cups cooked long grain rice

1 cup grated Parmesan cheese, divided

2 large eggs, lightly beaten

1/4 cup minced fresh parsley

1 teaspoon salt

1/2 teaspoon dried thyme

Preheat oven to 450 degrees. Cut a 3-in. circle around each pumpkin stem. Remove tops and set aside. Remove strings and seeds from pumpkins; discard seeds or save for roasting.

In a large skillet, cook sausage, vegetables and garlic over medium heat 6-8 minutes or until sausage is no longer pink, breaking up sausage into crumbles; drain. Remove from heat; stir in rice, 3/4 cup cheese, eggs, parsley, salt and thyme.

Place pumpkins in a 15x10x1-in, baking pan; fill with rice mixture. Replace pumpkin tops. Bake 30 minutes.

Reduce oven setting to 350 degrees. Bake 25-35 minutes longer or until pumpkin is tender when pierced with a knife and a thermometer inserted in filling reads 160 degrees. Sprinkle remaining cheese over filling. Cut to serve.

MAPLE-MUSTARD CHICKEN SHEET PAN

4 pieces Chicken thighs or breasts 2 tablespoons Dijon or whole grain mustard 2 tablespoons Maple syrup 3 cups mixed root vegetables (carrots, parsnips, potatoes), cut bite-size 1 tablespoon olive oil

Salt & pepper to taste

Preheat oven to 400 degrees. Toss vegetables with oil, salt and pepper; spread on sheet pan.

Mix mustard and maple syrup together. Coat chicken. Place on top of veggies.

Roast in oven for 35-40 minutes until chicken is done and veggies are tender.

CRANBERRY BRIE BITES

8 oz Brie cheese, cut into 1" cubes 16 Phyllo or puff pastry squares (storebought)

1/4 cup whole cranberry sauce 2 tablespoons honey

Optional: fresh thyme sprigs for garnish

Preheat oven to 375 degrees. Place pastry squares in a mini muffin tin.

Put a brie cube in each, top with approximately 1 teaspoon cranberry sauce, then drizzle with honey.

Bake 10-12 minutes until pastry is golden. Garnish with thyme.

MAPLE BACON **CINNAMON ROLLS**

Cooking spray, for baking dish 10 slices bacon

2 tablespoons maple syrup

1 (17.5 oz) can refrigerated cinnamon rolls

3 oz. cream cheese, softened

1/4 cup butter, softened

3/4 cup powdered sugar

1/2 teaspoon vanilla extract

2 tablespoons milk

Preheat oven to 350 degrees and grease a medium baking dish with cooking

In a large skillet over medium heat, cook bacon until slightly crispy, turning halfway through, about 5 minutes. Brush bacon generously with the maple syrup and let cook until the syrup thickens and glazes the bacon, about 30 seconds

Separate cinnamon rolls, then unroll each roll. Place 2 slices of bacon end to end on unrolled cinnamon rolls, then re-roll. Repeat until all the cinnamon rolls are re-rolled and place in a prepared baking dish. Bake until cinnamon rolls are golden and no longer doughy, 25 to 30 minutes.

Meanwhile, make frosting: In a medium bowl, combine cream cheese and butter and beat until light and fluffy. Add powdered sugar and vanilla and beat until smooth. Gradually add milk to loosen icing, if needed.

Frost cinnamon rolls and serve warm.

APPLE CIDER PORK CHOPS

2 tablespoons olive oil

6 boneless pork loin chops (6 to 8 ounces each), about 3/4 inch thick

1 garlic clove, minced

1 tablespoon Dijon mustard

1 teaspoon honey

1/2 teaspoon apple pie spice

1/2 teaspoon coarsely ground pepper

1/4 teaspoon dried thyme

1/4 teaspoon salt

1 cup apple cider

1 tablespoon plus 1 teaspoon cornstarch

2 tablespoons water

Minced fresh parsley

In a large skillet, heat olive oil over medium heat. Brown pork chops on both sides.

Meanwhile, in a small bowl, combine next 7 ingredients; stir in apple cider. Pour over pork chops. Reduce heat to medium-low; cook, covered, until a thermometer inserted into chops reads 145 degrees, 4-5 minutes. Remove chops from skillet; let stand for 5 minutes.

In a small bowl, mix cornstarch and water until smooth: stir into cider mixture in skillet. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Pour over chops; sprinkle with fresh parsley.

SWEET & SAVORY SWEET POTATO BITES

2 large sweet potatoes peeled and sliced in thick rounds

1/2 cup Ricotta Cheese or any vegan ricotta cheese of choice

1/2 cup walnuts rough chopped

2 tbsp raw unfiltered honey

1/4 cup dried cranberries

pinch of salt

1/2 tsp fresh finely chopped rosemary

Line parchment paper with unbleached parchment paper

Preheat oven to 375

Add the sweet potato rounds and drizzle with olive oil and salt and bake for about 20 minutes and remove to cool slightly.

While potatoes are baking, mix the ricotta with cinnamon and add the mixture into a ziplock bag.

Cut the end of ziplock bag and pipe about 1/2 tsp onto each cooked sweet potato

Top with walnuts, cranberries and a drizzle of honey.

Place back into the oven for 5 minutes to heat up.

Remove and add a dash of honey.

