

# ZORNICKA

Ladies  
Pennsylvania  
Slovak  
Catholic  
Union



1898-2008

MORNING STAR

Vol. 67, No. 804

March-April 2008

## Zornicka Reaches 70-Year Milestone

The LPSCU's bi-monthly magazine, *Zornicka* (Morning Star), celebrates 70 years of existence on April 15, 2008. Publication of our society's official periodical was authorized in 1937 by delegates attending the 21st Convention of the LPSCU in Trenton, New Jersey. The original publication was issued monthly at a subscription rate of twelve cents per year for members and fifty cents for non-members.

The first issue of *Zornicka* was dated April 15, 1938, and was entirely in Slovak. It was printed in Wilkes-Barre, Pennsylvania, as a 4-page, tabloid-size newspaper, printed on newsprint in black ink. The purpose of the periodical was to provide members with news and information relating to the interests and activities of the LPSCU. It also included articles that were religious, cultural, and fraternal in nature.

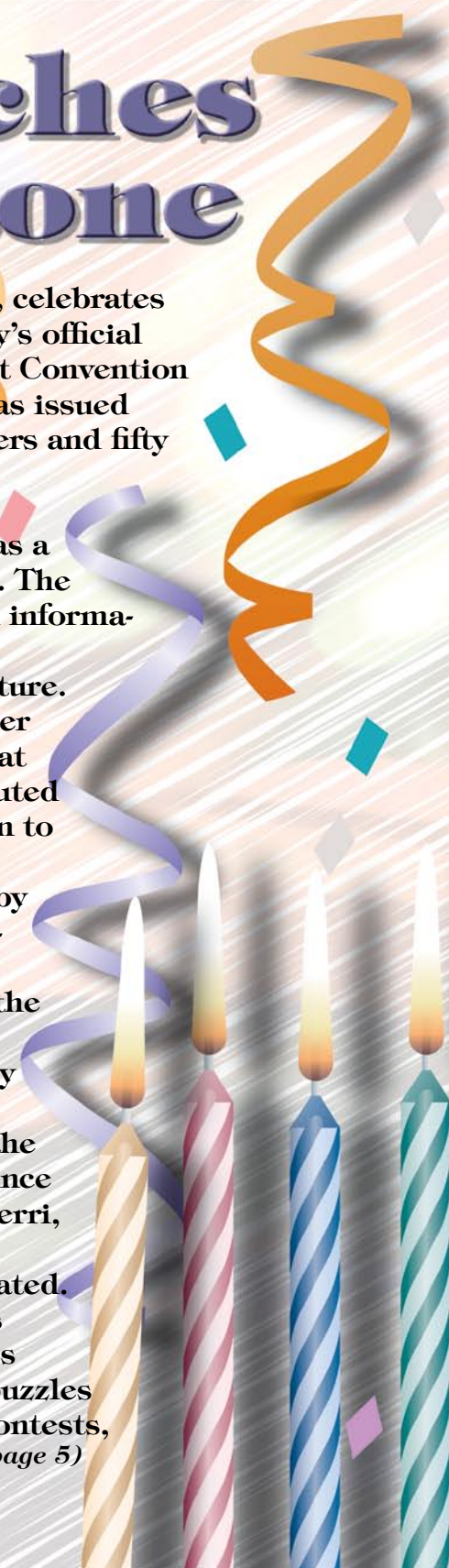
At the 28th Convention held in Gary, Indiana, from September 13-17, 1964, the newspaper format of *Zornicka* was changed to that of a magazine. The 8½" x 11" size and redesigned masthead debuted with the April 1965 issue. By this time, the publication had grown to 8 pages and was a combination of Slovak and English articles.

From the late 1950s until the late '80s, *Zornicka* was edited by Edward Kovac, a renowned Slovak journalist who resided in Middletown, Pennsylvania.

At the 1984 Convention held in Philadelphia, Pennsylvania, the position of Public Relations Director was created. Anne Shinal Cichy was the first member to hold this office. She worked closely with Editor Kovac in compiling the *Zornicka*. At the end of 1988, both Ms. Cichy and Mr. Kovac retired and the task of compiling the magazine fell exclusively to the new Public Relations Director. Since 1989, that office has been held at various times by Margaret A. Ferri, Helen Durica, and Mary J. Ford.

In January 1984, a section for our Junior members was initiated. These pages have since been compiled by our Fraternal Activities Director, Cecilia B. Gaughan. The Junior Branch Journal includes interesting and informative articles, craft and culinary projects, puzzles and word games, jokes, Slovak vocabulary and phrases, special contests,

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# Calendar of Events

## MARCH

- 2** — Rev. Dianiska District Meeting at Holy Trinity Church Hall, Hughes Street, Swoyersville, Pennsylvania, beginning at 1:00 p.m. Branches 17 and 19 will host.
- 25** — **Deadline to submit articles for May/June Zornicka.**
- 28-31** — Annual Meeting of the LPSCU Board of Directors at the National Headquarters, 71 South Washington Street, Wilkes-Barre, Pennsylvania.
- 30** — Deadline to submit Mother's/Father's Day Tributes/Memorials. *See page 19 for details.*
- 31** — Deadline to "Tell Us Why Your Mom's the Greatest" and "Tell Us Why Your Dad's So Special." *See details on pages 16 and 24, respectively.*

## APRIL

- 1** — Advanced Slovak Language Classes in Pittsburgh, Pennsylvania, sponsored by the Western Pennsylvania Slovak Cultural Association and running through May 6. *See page 16 for details.*
- 6** — Pittsburgh District Meeting at 1:00 p.m. Please contact your secretary for meeting location.
- 13** — Lehigh Valley Okres Meeting at SS. Cyril and Methodius Church Social Hall, Bethlehem, Pennsylvania, beginning at 2:00 p.m.
- 15** — Deadline to submit nominees for our 2008 Youth Achievement and Fraternalist of the Year Awards. *See pages 13 and 14, respectively.*
- 20** — Rev. Baloga Okres Spring Meeting at Holy Trinity Church, Struthers, Ohio, beginning at 1:00 p.m. Branch 180 will host.

## MAY

- 3** — JOIN HANDS DAY – Have you planned and registered your project yet? *See page 9 for details.*
- 4** — Lehigh Valley Okres Mother/Daughter Mass at St. John the Baptist Slovak Catholic Church, Front Street, Allentown, Pennsylvania, at 11:00 a.m., followed by Luncheon served at 12:45 p.m. at Best Western Lehigh Valley Conference Center, Routes 512 & 22, Bethlehem, Pennsylvania.
- 15** — Deadline to submit an application form requesting a donation from the LPSCU Convention. Forms are available from the Home Office or online at [www.lpsc.org](http://www.lpsc.org). *See page 17 for more details.*
- 22** — Deadline to file an Intent Form for those members seeking to run for the office of National President at the upcoming LPSCU Convention. *See page 8 for more details.*
- 25** — **Deadline to submit articles for July/August Zornicka.**

## JUNE

- 1** — Deadline to apply for a scholarship grant from the Slovak League of America. *See page 12 for details.*

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(USPS 699-520)

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E-mail: [lpsc.org](mailto:lpsc.org)  
Website: [www.lpsc.org](http://www.lpsc.org)**

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# Spiritual Advisor's Message

## Easter 2008 ~ Called to Holiness and Mission



Fr. Altavilla

In December 2007, the Most Rev. Joseph F. Martino, D.D., Hist. E.D., Bishop of Scranton, inaugurated a diocesan-wide process of pastoral planning entitled *Called to Holiness and Mission*. The key question to be answered, throughout the various stages of this process, is: Are the structures of our diocese — parishes, schools, etc. — adequate for the mission of proclaiming the Gospel in the 21st Century? Obviously, as has been the case in many other dioceses around the country, the results of this process will mean change and transition. The benefit of this particular planning process is that it seeks to involve the faithful in every aspect of the process itself. This process is not simply all about closure. It includes opportunities for parish self-study, joining in dialogue with neighboring parishes, and finally, proposing certain models for mission-effectiveness. In the end, the process will help use the current gifts and talents of our parishes and other diocesan institutions so that the message of Jesus may be proclaimed in this technological age.

In order to accomplish this goal, the process bases itself on two essentials of the Christian life — holiness and mission. To be holy is to grow in our relationship with God. In doing so, we become more God-like in our attitude, lifestyle, and willingness to work for the Kingdom. The goal of growing in holiness is, ultimately, achieved through prayer. Defined in many ways, prayer is communication. We communicate with God, and God communicates with us. The highest form of prayer is the Mass. When we gather together for the communal celebration of the Mass, God communicates with us — through his WORD in Sacred Scripture, through our reception of the BODY and BLOOD of his Son, Jesus, through the songs that are sung, prayers that are offered, and through our sharing of forgiveness, peace, and love with those around us. Along with our regular and faithful participation in the Mass, we are also called to develop our relationship with God through our private and personal prayer. While it is important for us to express our intentions to God, it is also important for us to sometimes simply be still and listen as God speaks to us and draws us deeper into a real relationship with him.

When we grow in holiness — both as individuals and as a community of faith — it naturally follows that we will actively seek opportunities to be people of mission. Ultimately, our mission is to make the message of Jesus known through our loving words and actions. Through baptism, we are invited to share in the work of Jesus by the authentic living of our faith. To be people of mission implies that we do not wait to be asked or invited to become involved in the mission of Jesus and the Church but that we keep our eyes, ears, and hearts open to opportunities for service that God sends our way — daily. We are called to be active participants in the mission of Jesus, not simply spectators!

It is appropriate for us to be undertaking our diocesan pastoral planning within the Lenten and Easter seasons. Taken together, both seasons speak to us of the tasks of growing in holiness and being ready and available for mission.

During Lent, we are called, as we heard on Ash Wednesday, to go to our “inner room” and simply be in the presence of God. As we continue our Lenten journey, to grow in holiness, some of us have committed to spend more time in prayer, or we have opted to give up something precious to us or have been engaged in works of Christian charity. Each of these “marks” of Lent — prayer, fasting, and works of charity — are the tools God gives us to grow in holiness.

Ultimately, our Lenten journey ends as we begin the Sacred Triduum — the Three Great Days — Holy Thursday, Good Friday, Holy Saturday, and then, Easter Sunday. We journey with Jesus from the Upper Room, the place of the Last Supper, to the hill of Calvary and his death on the cross for us. As we mourn

him, we reflect on his time in the tomb and his visit to the Netherworld to release from bondage all those held captive in death since the sin of Adam and Eve. Like those gathered at the foot of his cross, especially on Good Friday, we are invited to keep quiet as we gratefully reflect on the sacrifice that Jesus made on our behalf. The 40 days of Lent and the days of the Sacred Triduum are a grace-filled time for us to grow in holiness and appreciation for the gift of Jesus’ life and death.

Then, at the Great Easter Vigil or on Easter Sunday itself, we are presented with the glorious news — the Good News — that Jesus is risen from the dead! Death could not hold him prisoner and, thanks to his salvific action on our behalf, death will not hold us prisoner either. As we will hear in selections from the Easter Gospels, as to Mary Magdalene, the news of Jesus risen is entrusted to us. We are invited, along with Peter and John, to enter the tomb of Jesus, peer inside and believe that he is risen, he is truly risen. But, that good news is not to be kept selfishly to ourselves; that good news is to be generously shared with others! We are sent, as were the first eyewitnesses, to reveal his message of love to all his brothers and sisters. We are thus sent out as people on mission.

What an awesome gift! Through baptism, we have been given the promise of eternal life and the challenge to make Jesus known to others. Both at the Great Easter Vigil and on Easter Sunday, we will be invited to renew our baptismal promises — the promises made either for us or by us, depending on our age when we were baptized. In that moment of affirmation, we recommit ourselves to be those who reveal the Face of Christ to others.

*Ultimately, our mission is to make the message of Jesus known through our loving words and actions.*

*continued on page 24*



# 2008 EASTER MESSAGE

from Bishop Joseph V. Adamec

Sisters and Brothers of the Ladies Pennsylvania Slovak Catholic Union,

Colored eggs, flowers, and Easter clothes are all reflective of Easter's meaning.

They speak of life, beauty, and newness. And, that is what we celebrate during the Feast of feasts.

Another Lenten Season has passed. Another Easter has come. Are we better for it? Is there a newness about us – a greater beauty, a more abundant life? Are we becoming an Easter People?

Our relationship with the Lord is a love affair. He courts us, and we respond. As in any love affair, our responses take various forms. We endure patiently. We pattern our activity after Him and what He may have done in our situation. We reach out to others, for He said that what we do for them we do for Him.

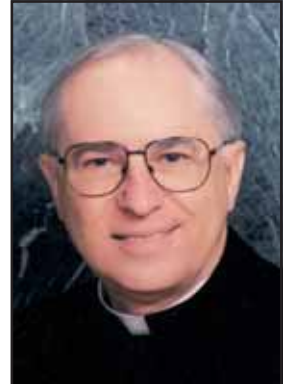
Lent was a time when we focused on our response more intensely than we may have done during the rest of the year – during the rest of our lives. Now that we have come to Easter and its holy season, we rejoice at the fact that we are not able to come even close to matching the Lord's love. He gives so much more, including His divinity.

We have been invited into a transformation, a mini-resurrection, if you will. I pray that the colored eggs that we present, the flowers with which we adorn our space, and the new clothes that we sport will be reflective of a new and beautiful life that we have personally discovered this year in the Easter Mysteries that we celebrate, as well as of the person that we have become.

May you find joy in reflecting the Easter hope of a better life to those around you, so that they, too, may enter into a deeper love affair with the Risen Lord.

Alleluia!

Fraternally yours in the Risen Lord,  
+ Joseph  
(Most Rev.) Joseph V. Adamec  
Bishop of Altoona-Johnstown  
Protector, LPSCU



**Most Rev. Joseph V. Adamec**

A stained glass window illustration. At the top left, a white dove with a purple shadow is flying. The central part of the window shows a cluster of flowers, including blue lilies and yellow tulips, with green leaves. At the bottom, the word 'HOMERIS' is written in large, colorful, stylized letters. At the bottom right, another white dove with a purple shadow is flying, holding a green olive branch.

The National Officers  
of the  
Ladies Pennsylvania  
Slovak Catholic Union  
wish our members  
and their loved ones  
a Blessed and Joyous Easter!

☪

Veselá veľká noc  
Radostné Alleluja

☪

v  
Šventu Velyku Linkejimai

## Election of Delegates

Members of Branches 20, 25, 48, 67, 90, 126, 184 and 213 interested in representing their Branch as a Delegate to the Convention in Las Vegas, Nevada, to be held July 22-24 are instructed to contact Branch Secretary Theresa Kluchinski. You may call 570/829-5410 or write to 446 Mountain Oaks Drive, Laurel Run, PA 18706. **Deadline is April 1, 2008.**



# 70-Year Milestone Reached

(continued from page 1)

and news items about promising young members. It is considered both an educational tool and a fun fraternal benefit for our Junior members.

In January 1988, the subscription rate remained at twelve cents for members but was increased to \$1.00 per year for non-members. Since January of 1989, members have received the publication free of charge. Non-members paid \$3.00 per year beginning in 1989 and \$15.00 per year beginning in 1998, which is where the non-member subscription rate remains today.

From the early 1960s until 2001, *Zornicka* was printed by the Jednota Press in Middletown, Pennsylvania. Since that time, Triangle Press in Harrisburg, Pennsylvania, has designed and produced the magazine.

The format and design of the magazine has evolved over the years. By 1990, nearly every issue of *Zornicka* had a 4-color front cover, with selected interior pages in color as well, especially for the Christmas and Easter issues. Photographs and stories about Branch, Okres, and Junior events and ac-

tivities abounded, forcing an increase from 8 to 12 to 16 pages per month. Gradually, 4-color was permanently added throughout to highlight articles and “dress up” the publication. As fewer and fewer members were able to read the Slovak language, more and

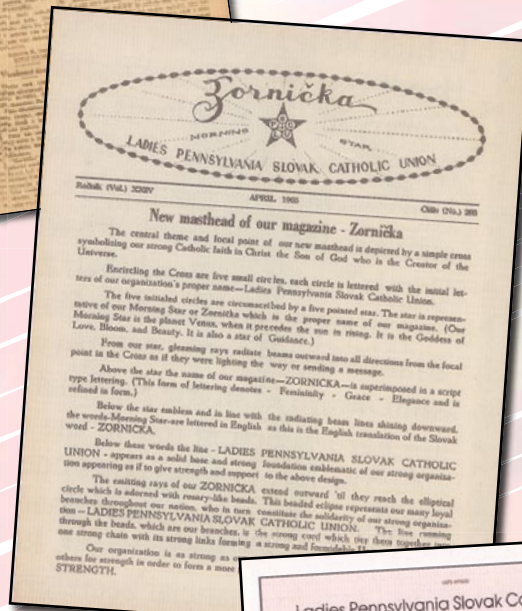
zine format” in the PFC’s annual magazine contest. The publication was cited for its “excellence in presentation, style, and overall communicated skills.” The award came while Public Relations Director Mary J. Ford and Fraternal Activities Director Cecilia B. Gaughan were in charge of preparing the magazine’s content.

On April 14, 2007, in an effort to decrease expenses, the Board of Directors voted to publish *Zornicka* on a bi-monthly basis, beginning with the September/October 2007 issue. The new schedule has not affected the content of the magazine, which, at 20 or more pages, continues to offer members news and information on LPSCU products and services, fraternal activities and events, and items of interest from the Catholic, Slovak, and fraternal world.

From a modest 4-page black-and-white newspaper to a full color, multi-page, award-winning magazine, *Zornicka* has truly become a “gem” for the LPSCU.

Seventy years of publishing *Zornicka* for the benefit of our membership is an accomplishment of which the

LPSCU can be justifiably proud. Happy 70th Anniversary to our “Morning Star” ~ and many more!



more of the magazine was printed in English, until today it is entirely so.

In 2004, *Zornicka* received the highest compliment from the Pennsylvania Fraternal Congress in the form of a 1st Place award for “full color maga-



**LEHIGH VALLEY OKRES**

The Lehigh Valley Okres held its annual Holiday Luncheon on Sunday, December 9, 2007, at the Lehigh Room of the Best Western Lehigh Valley Conference Center in Bethlehem, Pennsylvania. A punch reception commenced at noon followed by the luncheon at 12:30 p.m.

Jean Kosalko, president of the Lehigh Valley Okres, extended a warm welcome to all present and offered a prayer before the meal. Sixty Okres members and guests attended.

At the conclusion of the luncheon, President Kosalko introduced the Okres officers: Secretary Mary Shannon and Treasurer Margaret A. Ferri, and National officers: Fraternal Activities Director Cecilia Gaughan, Public Relations Director Margaret A. Ferri, and Honorary Vice President Mary Ann Ackerman. She also introduced former Public Relations Director Mary Ford. She then asked the local officers of Allentown Branches 38/40, Bethlehem Branches 83/130, and Hellertown Branch 196 to introduce themselves.

Entertainment was provided by 10 Junior members who sang Christmas songs. As they were performing "Jingle Bells," Santa Claus (in the person of Jim Shannon of Northampton, Pennsylvania) entered the room ringing jingle bells of his own. Santa greeted the members at each table, after which the children gathered around him by the Christmas tree. He presented gifts of a nutcracker to each boy, a necklace to each girl, and a plush dog to each infant. Each child present also received a candy cane-shaped container filled with candies.

Each attendee at the luncheon received a Christmas favor. Holiday prizes were chanced off and special prizes in the annual raffle were won by Trish Kessler, Nicholas Hoch, Joan Hladek, Don Schimeneck, Holly Pulsinelli, John Ferri, Rev. Philip A. Altavilla, Laura Mamay, Alexandria Kosalko, Beverly Wagner, and Andrew Krempasky.

The group enjoyed singing Christmas carols in English and in Slovak prior to the conclusion of the festivities, which concluded with a Benediction offered by Sister M. Francine Garganta, OSF, of SS. Cyril and Methodius Convent. A delightful time was had by all who attended.



**Santa is surrounded by Lehigh Valley Okres Junior members — In front, Molly Keretz with her mother Sabrina, Aliyah and Anthony Caraballo, and Alexandria Kosalko with her father Eric. In back, Alexandra Wingfield, Michael DeFazio, Nicholas Wingfield, Brigette Guempel, Rachel Wingfield, Kyle Kessler, and Amy and Christopher Shannon.**



**Sabrina Caraballo is delighted as she watches her children, Aliyah (dressed in Santa outfit) and Anthony sitting on Santa's lap.**



**Lehigh Valley Okres officers, L-R: Margaret A. Ferri, treasurer; Mary Shannon, secretary; and Jean Kosalko, president, with Santa (Jim Shannon) at the Holiday Luncheon.**



**Seven-month-old Alexandria Kosalko, newest and youngest member of the Lehigh Valley Okres, is fascinated with Santa's beard.**



**REVEREND DIANISKA DISTRICT**

The Reverend Dianiska District held its annual Christmas party on Sunday, December 2, 2007, at the Ramada Inn, Public Square, Wilkes-Barre, Pennsylvania. Branches 6, 48, and 213 hosted the event.

Theresa Kluchinski, secretary of Branches 48 and 213, extended a welcome to the 61 adults, their guests, and six of our young members who braved wintry weather to share in the festivities. Father Philip Altavilla offered grace and blessed the *Oplatky* prior to everyone exchanging Christmas wishes by sharing the holy bread with one another.

In her role as National President, Theresa Kluchinski recited a special Christmas reading. District President Mary Ann Ewasko thanked all members for their cooperation throughout the year and wished everyone a Merry Christmas and a Blessed New Year. After a delicious dinner served family-style, everyone enjoyed a games social.

Members and guests joined in a special gift raffle with proceeds donated to Camp Bravehearts, Inc., an organization that offers a variety of weekend retreats to women dealing with cancer. Canned goods were donated by everyone and will be taken to the St. Vincent de Paul Soup Kitchen.

President Ewasko announced that our District presented four 2007 College Awards. In attendance to accept their awards were Christine Marley and Victoria Lombardo. Awardees Brian Tirpak and Annaliese Dahms could not attend. Their awards were accepted by Ann Tirpak and Chuck Simalchik, respectively.

Bernie Walchick was the recipient of the special drawing for recommending a new member to her branch secretary.

President Ewasko reported that our members in nursing homes will be given poinsettia plants and they and our honorary members were remembered with Christmas Novena Mass cards.

The Reverend Dianiska District members wish everyone a happy, healthy, and blessed New Year!

**Susan Worth**



**Front row L-R: Theresa Kluchinski, national president; Helen Washick, 2007 Fraternalist of the Year; Mary Ann Ewasko, national chair of trustees and president of Rev. Dianiska District; and Mary Jo Savidge, national secretary-treasurer. Back row, L-R: Bob Washick, son of the honoree; Father Philip A. Altavilla, national spiritual advisor; and Chuck Simalchik, national trustee.**



**Children in attendance at the Christmas party are, front row, L-R: Raymond Knaub, Melanie Lombardo, and Marissa Jason. Back row, L-R: Cecilia Chisdock, Andrew Semanek, and Paul G. Jason.**



**Rev. Dianiska District members shown with two of our four 2007 College Award recipients from the District are, front row, L-R: Chuck Simalchik, Ann Tirpak, Melanie Lombardo, Toni Shinal, and Mary Ann Ewasko, district president. Second row, L-R: Janet Marley, Patrick Marley, award recipients Christine Marley and Victoria Lombardo, Lora Lombardo, Danielle Lombardo, Theresa Kluchinski, national president, and Father Philip Altavilla, national spiritual advisor.**

**MSGR. BEEDA DISTRICT**

The Msgr. Beeda District's Christmas Party was held on Thursday, December 6, 2007 — the Feast of St. Nicholas — at the Ramada, Rt. 309, Hazleton, Pennsylvania.

District President Anita Gregory welcomed the 31 members and guests to the holiday celebration. Before everyone sat down to a delicious dinner, the invocation was offered by Father Joseph Evanko. Each member in attendance received a favor, a Christmas hand towel and a candle.

Following dinner, several of our lucky members won at Bingo led by Dolores Evanko. Numerous door prizes were also raffled.

Each year our District holds a Christmas Raffle. The money raised from this is used to send any young member from our area who wishes to participate to the March for Life in Washington, D.C. The winners from this special raffle were drawn and announced at the party.

Deacon Leonard Kassick then asked everyone to join him in singing some of our favorite Christmas carols.

The evening concluded with Msgr. Francis J. Beeda, our District's namesake, offering a few brief remarks. Both Msgr. Beeda and Anita thanked all members for coming out to this year's celebration and wished everyone and their families a Merry Christmas and a happy and healthy New Year.

Deacon Cyril Kowalchick offered the closing prayer for the evening.

**Anita Gregory**



**Enjoying the Msgr. Beeda District's Christmas Party are, front row L-R: Agnes Rocosky, Anna Gasper, Marie Kokinda, Mary Surmick, and Mary Fendrick; back row, L-R: Pauline Kubilus, Msgr. Francis Beeda, Fr. Stephen Krawontka, Cyril Kowalchick, and Theresa Shofran.**

### **PITTSBURGH DISTRICT**

Pittsburgh District members enjoyed their annual Christmas party at the Edgewood Country Club in Pittsburgh, Pennsylvania, on December 9, 2007. Following a delicious luncheon, a Chinese auction, and the raffling of many door prizes, the group was entertained by a ventriloquist.

Members were delighted to have our president, Barbara Janicko, attending and feeling better following her recent illness.

**Sylvia Goda**



**Pittsburgh District members enjoy their Christmas party.**

## **Slovak Radio Hour Note**

The popular and entertaining "Western PA Slovak Radio Hour" can now be heard on your computer as it is being broadcast live at 3:00 p.m. EST every Sunday afternoon. Simply go to [WPITAM.com](http://WPITAM.com) and click on "Listen Now." Tell your friends and relatives to tune in on Sunday afternoons!

## **ATTENTION: ALL MEMBERS ASPIRING FOR LPSCU NATIONAL OFFICE**

According to the Official Minutes of the Board of Directors' Semiannual Meeting held in Las Vegas, Nevada, on November 6-8, 2007, it is required that any member with aspirations for National Office must request an Intent Form from the Home Office. According to the LPSCU Bylaws, the qualifications for candidates are set forth in the following Articles:

Article 16. A candidate for office must be at least 21 years of age, an active member with participation in LPSCU Branch or District activities for at least five years, and be present as a delegate at the Convention.

Article 17. No two immediate family members shall serve as an Officer of the LPSCU during the same term of office. Immediate family is defined as: grandparent, parent, spouse, or sibling.

Article 18. A member or delegate who is a National Officer/Director/Board Member of another fraternal benefit society may not hold office of the LPSCU.

Article 26. No hired employee of the LPSCU shall be eligible to hold any National Office in the LPSCU while so employed, with the exception of the office of Secretary/Treasurer.

Article 27. Since the office of President is full time, nominations for this office will not be made from the floor. Nominations for the office of President shall be by written application which states the nominee's qualifications, personal background and history, as well as past experience. Nominee applications are to be submitted to Home Office two months prior to the Convention. The Board of Directors shall verify these qualifications. They may use personal interviews, a professional investigating company, or any other means in order to verify the qualifications. From these applications, the Board of Directors shall recommend to the Nominating Committee candidates qualifying for the office of President.

Article 28. While nominations from the floor are to be accepted for all National Offices, excluding the office of National President and the hired position of Secretary-Treasurer, upon acceptance of the nomination, nominee will provide a resume to the delegates of the National Convention, containing personal background and history, and past experience, to prove their qualifications for the office to which they have been nominated.

The completed Intent Form must be returned to the Home Office with a postmark no later than **June 6, 2008**, with the exception of the Intent Form for the office of President, which must be returned to the Home Office with a postmark no later than **May 22, 2008**.



# Bishop Roger Gries Celebrates Golden Jubilee

Bishop Roger W. Gries, O.S.B., M.Ed., V.G., Auxiliary Bishop of the Diocese of Cleveland, Ohio, celebrated his 50th anniversary as a Benedictine monk this past July. Bishop Roger professed his first vows as a Benedictine monk on July 11, 1957, at St. Andrew Svorad Benedictine Abbey in the presence of Abbot Theodore Kojis, O.S.B. He received his first year of monastic training under Father Placid Pientek, O.S.B., who served as novice master at the time.

To mark his golden jubilee of profession as a Benedictine monk, Bishop Roger joined the Benedictine monks at St. Andrew Abbey on Wednesday, July 11, 2007, for the abbey's morning prayer, conventual Mass, and breakfast in honor of St. Benedict, whose feast as patriarch of western monasticism is celebrated on that day. One of the celebrants at the prayer and Mass was Father Pientek, who is now retired.

As Father Roger, Prior Roger, Abbot Roger, and now Bishop Roger, he has used his many talents and gifts to serve Jesus Christ and his Church through many important assignments. After ordination as a priest in 1963, he joined the faculty of Benedictine High School as a mathematics teacher and football coach. Within two years, he joined the administration of the school as the assistant principal and then served as principal from 1968-1977.

Serving as the fourth Abbot of St. Andrew Svorad Benedictine Abbey from 1981 until 2001, Abbot Roger led the community through a major capital campaign that resulted in construction

of the first Abbey Church, a new wing housing an infirmary, guest rooms, the community dining room and cafeteria, and physical improvements to the high school.

In 2001, Abbot Roger was called to the office of Bishop by Pope John Paul II to serve the urban region of the Diocese of Cleveland as Auxiliary Bishop, first to Bishop Anthony Pilla and now to Bishop Richard Lennon.

On August 29, 2007, the monks of St. Andrew Abbey honored Bishop Roger on the occasion of his golden jubilee with a private community reception at the monastery.

Bishop Roger is a member of LPSCU Branch 209, Cleveland, Ohio. The LPSCU extends belated congratulations to Bishop Roger on the occasion of his golden jubilee as a Benedictine monk. *Ad multos gloriosque annos!*

## HAVE ANY NEWS?

We welcome any news concerning honors, awards, or out-standing achievements received by our members, news on a Branch/Okres social, or any letters, articles, or information of interest to our members.

Contact Margaret A. Ferri  
Public Relations Director  
428 East Frankford Street,  
Bethlehem, PA 18018  
Phone 610/866-8945  
or e-mail [margeferri28@aol.com](mailto:margeferri28@aol.com)



**JOIN HANDS DAY**  
it starts with us

Sponsored by  
**America's Fraternal  
Benefit Societies**  
May 3, 2008

## A JOIN HANDS DAY REMINDER

On JOIN HANDS DAY, fraternalists and non-fraternalists will come together to make a difference in their communities through helpful projects that connect youths and adults.

JOIN HANDS DAY gives fraternal benefit societies and volunteer organizations the opportunity to reach out to people they don't know, to connect generations and develop new relationships.

**This year, JOIN HANDS DAY is Saturday, May 3.** Have you planned your project yet? If not, don't wait for someone else to make the move. Contact family members, church members, fellow LPSCU members, neighbors, friends, and their children. If you can't recruit enough participants, check around your area to see if you can combine your efforts with those of another group. There is always something you can do to make life better for another person, and in the end, you'll both benefit!

In planning your project, be sure to invite the young people in your Branch and District to participate alongside your adult members in this JHD event. And remember to pre-register your project on the JOIN HANDS DAY website, [www.joinhandsday.org](http://www.joinhandsday.org). You can also check the website for project ideas and to view and read about past JHD projects.

After JOIN HANDS DAY, don't forget to register the results of your project online in order to compete for a JHD award.

We look forward to hearing from you about your group's JOIN HANDS DAY activity. Write a short article and send it, along with a group photo or two, to the LPSCU Public Relations Director so it can be shared with our members in the *Zornicka*.



## Promote the LPSCU During Our 110th Anniversary Year

As the Ladies Pennsylvania Slovak Catholic Union is celebrating its 110th Anniversary in 2008, we are asking our members to make every effort to recommend new members to our beloved society, the "fraternal with a Big Heart." Among the various insurance plans one can choose from are the Single Premium, 20-Payment Life, Whole Life, 3-Payment Life, 20-Year Endowment, and Juvenile Estate Term.

Life insurance is essential as it provides future security for your loved ones. In addition to this protection, with an LPSCU life insurance plan members enjoy many fraternal benefits such as educational scholarships and awards, the opportunity to attend Branch and District socials, a bi-monthly fraternal magazine, contests and programs for young members, and the ability to be nominated for the Fraternalist of the Year and/or Youth Achievement awards.

Please promote our beloved LPSCU as we celebrate 110 years of existence. Recommend your relatives, neighbors, co-workers, and friends to apply for an LPSCU life insurance plan so that they also can enjoy and benefit from membership in our wonderful organization. Contact your Branch Secretary or the Home Office at 570/823-3513 (or toll free at 888/834-6614), or e-mail [lpescu@lpescu.org](mailto:lpescu@lpescu.org) for information relating to any of the life insurance plans and premium rates offered by the LPSCU. To learn more about the LPSCU, visit our website at [www.lpescu.org](http://www.lpescu.org).

## You Can Win \$300!

It pays to refer someone to the Ladies Pennsylvania Slovak Catholic Union. For every referral, you will be entered into our \$25 monthly drawing. In addition to our monthly drawing, your name will also be entered into our Convention Drawing with one lucky \$300.00 winner chosen from among those referrals resulting in an approved certificate of insurance. All other referrals will be entered to win \$100.00.

Simply complete the information below and mail to:

LPSCU  
P. O. Box 32  
Wilkes-Barre, PA 18701-0032

### RECENT WINNERS OF OUR MONTHLY DRAWING

November 2007 Sara Kearns, Pittsburgh, Pennsylvania  
December 2007 Stashu Niznik, Wilkes-Barre, Pennsylvania

### Yes, I would like to refer:

*Please print clearly. All information must be completed to enter!*

Name of Referral \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Referred by \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## July's Fraternal MVP Invited to Capitol Hill

Victoria Lombardo, who was honored as Fraternal MVP (Most Valuable Participant) by the National Fraternal Congress of America for the month of July 2007, was recently invited to Washington, D.C., to meet with her members of Congress. A Fraternal MVP is an active fraternalist who volunteers time and effort to strengthen his or her community through participation in local lodge activities and other charitable endeavors.



**Victoria Lombardo**

Victoria's name was selected randomly from among the weekly MVPs from this past July. The selected MVPs were then invited to Washington by the NFCA to meet with their respective elected officials in Congress to share their fraternal experiences with the Representatives. The visit also gave the MVPs an opportunity to convey what it means to them to be able to participate in fraternal activities and to make a difference in their communities.

Fraternal MVPs are part of the NFCA's "Fraternalists-in-Action" program, which recognizes individuals whose unique stories best represent 21st Century fraternalism.

Due to prior commitments, Victoria was unfortunately unable to accept the NFCA's invitation.

Victoria is a member of LPSCU Branch 6 in Wilkes-Barre, Pennsylvania. The story regarding her selection as a National Fraternal Congress Fraternal MVP appeared in the September/October 2007 issue of *Zornicka* on page 8. She was also chosen as the LPSCU's 2007 Youth Achievement Award winner.

**SIGN A  
NEW MEMBER  
TODAY!**



# 39<sup>th</sup> National Convention News

*Theresa Kluchinski, National President*

The 39th National LPSCU Convention will be held in Las Vegas, Nevada, on July 22-24 of this year. Branches having at least ten (10) members are entitled to have a delegate representative present at the Convention. Each Branch sends its delegate(s) to the Convention at its own expense. The LPSCU, however, shall pay the delegates' hotel and meals during the time spent at the Convention. If you are interested in representing your Branch at the 39th National Convention, please contact your local Branch representative. If you are unsure of your Branch or your local representative, please call the National Secretary/Treasurer, Mary Jo Savidge, at the Home Office.

Delegates have a great responsibility. The Convention is the highest legislative body of this organization. Business transacted at this year's Convention will take our LPSCU through 2012. With this said, one item that will be discussed are the proposed changes to the existing Bylaws. To allow not only the delegates but also all of the general membership an opportunity to review what has been proposed and to comment on them, the proposed changes are being published in this issue of *Zornicka*. Keep in mind the following are **proposed** changes. Only with the approval of two-thirds (2/3) of the delegates present at the 39th National Convention can the LPSCU Bylaws be changed.

Most of the proposed changes are cosmetic, allowing for consistency, correct grammar, and technological improvements. In reading the proposed changes, note that those words, phrases, or Bylaw articles with a strikethrough (~~example~~) are recommendations to remove or change the existing Bylaws. Words, phrases, or Bylaw articles that are boldfaced (**example**) are what would replace the strikethrough or be corrections or new items for consideration.

If you have any comments or additional recommendations, please forward same to: LPSCU Bylaw Committee, P.O. Box 32, Wilkes-Barre, PA 18703

## RECOMMENDATIONS OF PROPOSED CHANGES To the Constitution and Bylaws of the Ladies Pennsylvania Slovak Catholic Union

Article 10. (c) ~~Provide proper notification of expulsion or suspension of a member to the National Secretary/Treasurer setting forth the reason, giving the full name and address of the member so affected.~~

Reason/Rationale – Since the implementation of Direct Bill, the Branch Secretary no longer collects premium payments. The Home Office monitors the non-payment of premium.

Article 10. (d) will become (c).

Article 30. Shall appoint the Actuary, Medical Examiner, Legal Advisor, **and** Certified Public Accountant ~~and Office Manager~~, who shall work jointly with the Board of Directors and shall be under their direction.

Reason/Rationale - It leads the reader to believe the Board must appoint an Office Manager.

Article 36. Shall have authority to establish and create a

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retirement benefit plan for ~~members of the Board of Directors and~~ employees of the LPSCU.

Reason/Rationale – Since the members of the Board are “employed” by the LPSCU, the language is repetitive.

Article 39. Shall have the right to designate ~~an individual(s)~~ **a qualified member** to act in the place of the Officer(s) suspended, during the time of the investigation.

Reason/Rationale – Officer(s) must be a member of LPSCU in good standing.

Article 42. Invest all funds of the LPSCU in such securities and in such manner only as the laws of the Commonwealth of Pennsylvania and the regulations adopted by the Insurance Department of the Commonwealth of Pennsylvania and the LPSCU permit.

Suggested:

Article 42. Ensure funding in such securities and in such manner as permitted by the laws of the United States of America, the Commonwealth of Pennsylvania, the Insurance Department of the Commonwealth of Pennsylvania and as set forth in the Statement of Investment Policy Objectives and Guidelines adopted by the LPSCU Board of Directors.

Reason/Rationale – Specify that Executive Finance Committee is bound by Objectives and Guidelines adopted by the Board of Directors.

Article 43. **Have authority to** sell the assets of the LPSCU thereby ~~authorizing the execution of~~ executing all necessary documentation required in conveying to the purchaser thereof good and **sufficient marketable** title. ~~Committee shall direct that the payment for said securities shall be made to the Secretary/Treasurer.~~ **All monies received from the sale of said asset(s) shall be deposited in a financial institution in a timely manner.**

Reason/Rationale – Clarification.

Article 44. All ~~savings~~ **monies** of the LPSCU shall be deposited in a financial institution which provides insurance on deposits. The checking account shall not exceed what is prudently necessary.

Reason/Rationale – Clarification.

Article 45. The Secretary/Treasurer is Secretary of the Executive Finance Committee **and shall maintain a complete record of investment transactions in the Minute Book of the Executive Finance Committee.**

Reason/Rationale – Document the responsibility of maintaining record of meetings.

Article 52. (d) will become (e); (e) will become (f); (d) will now read as follows:

(d) Shall be a member of the Executive Finance Committee and abide by the Bylaws set forth in that section.

Reason/Rationale – Document responsibility of Vice President.



## Elaine Shook, Branch 83 Recording Secretary



**Elaine Shook**

Elaine (Naishe) Shook, 57, of Bethlehem, Pennsylvania, died on Sunday, December 2, 2007, in the Hospice of the V.N.A. of St. Luke's Hospital in Bethlehem, after a courageous two-year battle with cancer.

She was born on October 18, 1950, in Fountain Hill, Pennsylvania, daughter of the late Louis and Irene (Spisak) Ivanitch. She was the wife of David Shook. They celebrated their 35th wedding anniversary on April 8, 2007.

Elaine was a graduate of Bethlehem Catholic High School, Class of 1968. She took accounting courses at DeSales University in Center Valley, Pennsylvania, and was an auditor for Price Waterhouse Coopers for 28 years before retiring in 2003. She then obtained her real estate license and began working for the Fishburn Realty Company in Bethlehem.

She was also a tennis teacher, who loved to play tennis and ski. In 2006, she received the U.S. Tennis Association's Courage Award.

Elaine was a member of SS. Cyril and Methodius Catholic Church in Bethlehem. She was a life-long member of LPSCU Branch 83 in Bethlehem, and had served as its recording secretary since July 1, 1999. She was a devoted and dedicated member of the LPSCU, inheriting her fraternal attributes from her mother and maternal grandmother. Elaine's mother, Irene Ivanitch, served as recording secretary of Branch 83 for 13 years until her death in June 1999, and her maternal grandmother, Elizabeth Spisak, served as president of Branches 83 and 130 for five years and also served as National Trustee for many years prior to her death in 1958. Over the years, Elaine was a dedicated volunteer for LPSCU Branches 83 and 130, as well as a continuous volunteer within her community. She was a true friend to all she met.

In addition to her husband, Elaine is survived by a daughter, Alexandra Eun

Sun Shook, who is a junior at Lehigh University; a brother, Raymond Ivanitch of Bethlehem; a sister, Louise Nagle of Strafford, Vermont; and her beloved dog, Jazzie Shih-Tzu.

A Mass of Christian Burial was celebrated by Msgr. Michael J. Chaback, pastor, at SS. Cyril and Methodius Catholic Church. The church was filled to capacity with more than 500 mourners. Interment followed in Holy Saviour Cemetery in Bethlehem. Funeral arrangements were handled by Pearson Funeral Home in Bethlehem.

As a tribute to Elaine, a Time for Remembrance luncheon was held at the Iacocca Hall Wood Dining Hall at the Mountaintop Campus of Lehigh University following the burial service.

In lieu of flowers, the family has requested memorials to Stephen's Place, 729 Ridge Street, Bethlehem, PA 18015, which is a rehabilitation facility to cure male drug and alcohol offenders.

The officers and members of the LPSCU are deeply saddened at the loss of our dear fraternal sister, Elaine Shook. Her dedicated service as a volunteer and as a branch officer is a testament of her love for the LPSCU. We extend sincere sympathy to David and Alexandra Shook, and to the rest of Elaine's extended family. May she rest in peace.

## Pittsburgh Members Celebrate Joint Birthday

Mary "Baba" Lorinc and her great-granddaughter, Rachel Marie Bowman, celebrated their respective birthdays on the same day, December 19, 2007, when Mary turned 91 and Rachel turned six.

Rachel's mother, Mary Ann Bowman, remarked, "As the mother of Rachel and granddaughter of Baba, I am very blessed to have these two ladies in my life."

Both Mary and Rachel are LPSCU members of Northside Branch 64 in Pittsburgh, Pennsylvania.

We wish Mary and Rachel a belated Happy Birthday and hope that they get to celebrate many more birthdays together!

## Slovak League Offers Scholarship Grants in 2008

The Slovak League of America, a civic and cultural federation of Americans of Slovak ancestry, is pleased to announce that it will offer six \$750 scholarship grants to deserving students for the Fall 2008 semester. A student of Slovak ancestry who is currently enrolled or will be enrolled for the Fall 2008 semester in full-time study at a college, university, or professional school may apply for these grants. The grants are available to students in the undergraduate or graduate level of study.

Applicants are asked to write a study paper of no less than six typewritten, double-spaced pages on some theme from Slovak history or culture. The completed application form, along with the essay, is to be returned by the **deadline date of June 1, 2008**. Grants will be paid to the individual student in August 2008.

To request an application, write to the Slovak League of America, 205 Madison Street, Passaic, NJ 07055, or phone 973/472-8993 Mon.-Fri., 11 a.m. to 4 p.m.

The Slovak League of America Scholarship Fund, Inc., was established in 1972 as an affiliate of the Slovak League of America to assist students of Slovak ancestry in their quest for higher education. Since then, more than 100 students have benefited from this fund.



**Rachel Marie Bowman (right) with her great-grandmother, Mary 'Baba' Lorinc.**

## Board Congratulates President Kluchinski

The LPSCU Board of Directors presented President Theresa Kluchinski with a necklace and wristwatch in recognition of her receiving the John Jordan Upchurch Award from the Pennsylvania Fraternal Congress this past October. Shown below, Secretary/Treasurer Mary Jo Savidge presents the gift to Theresa on behalf of the Board at the LPSCU's Board Meeting held in November 2007 at Bally's Hotel in Las Vegas, site of our upcoming convention.



## WPSCA Offers Aid for Summer Slovak Program

The Western Pennsylvania Slovak Cultural Association is offering financial aid for its Summer Slovak Language and Culture Program abroad. This 3-week program commencing August 1st will be held at Comenius University in Bratislava, Slovakia. Students must apply for admission to study in this program by requesting an application form from the Slovak Embassy.

The WPSCA is offering financial aid of up to \$2,500 to cover tuition costs, room and board, airfare, and course materials. Awards will be based on the applicant's academic record, major course of study, interest in Slovakia, and letters of recommendation.

To request a financial aid application, call Cynthia Maleski or Joseph Senko at 412/531-2990. **Deadline to submit the financial aid application is May 1, 2008.**

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## Pittsburgh Fraternal Honor Joe Senko

The Fraternal Societies of Greater Pittsburgh is made up of 21 fraternal benefit societies representing over 1.1 million members. The total insurance in force of the member societies is more than \$4.5 billion. Ten of the societies have their national headquarters in the Pittsburgh area. This is the most of any city in the United States.

Each year, the FSGP chooses to honor one of its members who has displayed the true fraternal spirit. The Fraternalist of the Year is awarded to an individual who has worked and dedicated him/herself to the cause of fraternalism. We are pleased to announce that our selection for 2008 is Joseph Senko.

Joe has been the Slovak Honorary Consul for Pennsylvania since 1997. He is also the Executive Director of the Western Pennsylvania Slovak Cultural Association which he formed 11 years ago. As a Certified Public Accountant for 35 years, Joe has been recognized by his peers and has received many awards. He is currently associated with the Pittsburgh accounting firm of McKeever Varga & Senko.

Joe has shared his years of business experience by serving on the boards of numerous non-profit organizations. He is also recognized for eight tours he has conducted to Slovakia and the three shipments of supplies he has collected and sent to the needy in Slovakia.

A banquet honoring Joe Senko will be held on Saturday, April 5, at the Greentree Radisson Hotel in Pittsburgh. For ticket or ad information, call Pam Postler at 412/531-2990.

Joe and his wife, Albina, are members of LPSCU Branch 42 in Pittsburgh. Congratulations, Joe! We're proud of you.

*Let an outstanding youth know. . .*

## You Are Appreciated

We all know someone between the ages of 13 and 18 who deserves recognition for his or her scholastic, athletic, fraternal, volunteer, and/or other achievements.



To receive a Nomination Form, contact the Home Office at 570/823-3513 or toll free 888/834-6614; e-mail: [lpescu@lpescu.org](mailto:lpescu@lpescu.org) or visit our website: [www.lpescu.org](http://www.lpescu.org). The deadline for nominations is **April 15, 2008**.

Help the LPSCU show an outstanding young person that "You Are Appreciated" by nominating him or her for the Youth Achievement Award!



# Lehigh Valley Okres Sponsors Breakfast with Santa

On Saturday, December 1, 2007, the Lehigh Valley Okres sponsored a Breakfast with Santa for its Junior members from 9:00-10:30 a.m. at Christkindlmarkt in Bethlehem, Pennsylvania. Santa personally greeted each child as they entered Christkindlmarkt. Twenty Junior members and 15 parents and grandparents attended the event.

Everyone enjoyed the buffet featuring hot ham and egg sandwiches (donated by McDonald's), bagels, cereals, toast, fruit, cookies, cakes, hot chocolate, milk, and coffee. Entertainment was provided by a ventriloquist and PBS Channel 39's TeleBear, who gave all the children a big hug. Each youngster had a chance for a photo shoot with Santa and to tell him what they wanted for Christmas. Then Santa presented each child with a gift bag filled with toys and goodies.

All the children enjoyed having breakfast with Santa. At the conclusion of the festivities, everyone had the opportunity to stay and enjoy the vendors' Christmas displays and to shop at Christkindlmarkt.



**PBS Channel 39's TeleBear mascot hugs Mcguire Curtis (left) and Noah Alder at the Breakfast with Santa.**



**Santa poses with some of the Lehigh Valley Okres Junior members who attended the Okres-sponsored breakfast.**



**Sierra Mamay, great-niece of member Mary Ford, was delighted by the fun entertainment provided by the ventriloquist and her elf.**

## Attention:

### LPSCU Branch & District Members

*We're Looking for a Shining Star  
in the LPSCU for the  
2008 Fraternalist of the Year*



Do you have a member who, through example and accomplishment, provides outstanding volunteer service?



Do you have a member that should be recognized for outstanding fraternal and volunteer efforts?



If you can answer "yes" to the above, then you have a "Shining Star" member to be nominated as our 2008 LPSCU Fraternalist of the Year!

To receive a Nomination Form, contact the Home Office at 570/823-3513 or toll free 888/834-6614; e-mail: [lpscu@lpscu.org](mailto:lpscu@lpscu.org) or visit our website: [www.lpscu.org](http://www.lpscu.org).

**Hurry — The Deadline for Nominations is April 15, 2008**

Get involved  
in the LPSCU!  
Meet new friends!  
Attend Branch &  
Okres meetings!  
Sign up a new  
member!

# Minutes of the Executive Finance Committee

November 27, 2007

## Home Office, Wilkes-Barre, Pennsylvania

President Theresa Kluchinski called the meeting to order and offered a prayer for deceased members of the LPSCU and for Trustee Barbara Janicko and Secretary/Treasurer Mary Jo Savidge, followed by the Pledge of Allegiance. Attendees: Theresa Kluchinski, president; Anita Gregory, vice president; Mary Jo Savidge, secretary/treasurer; and Mary Ann Ewasko, chairperson of trustees. The committee reviewed and accepted the Minutes from the October 24, 2007, Executive Finance Committee meeting.

### Correspondence and Requests

The committee acknowledged all the correspondence read and approved the following:

- ❖ Fraternal Societies of Pittsburgh requesting a donation for the Children's Hospital Drive. (Approved \$100)

### Financial Statement

The committee reviewed the following checking accounts as of October 31, 2007:

M&T Bank — General Operating Account, M&T Bank — Home Office Checking Account, and Smith Barney Checking Account. The committee completed a review of the Balance Sheet and Revenue/Expense statement for October 31, 2007. Graphs illustrating month-end balances for 2007 for the assets, liabilities, fund balance, premium income, investment income, and investments were presented and reviewed.

### Stock/Bond/Pension Portfolio

The committee was provided copies of all reports from October 31, 2007, reviewing all activity, including CDs, Common Stocks, Preferred Stocks, Bonds, International Investments, Schedule D — Parts 3 and 4. The committee also reviewed the Employee Retirement Plan.

### Other Business

The committee discussed the following: Premium Income and Home Office Flood Insurance coverage.

There being no further business, the EFC adjourned.

Respectfully submitted,

**Mary Jo Savidge**

National Secretary/Treasurer

December 19, 2007

## Home Office, Wilkes-Barre, Pennsylvania

President Theresa Kluchinski called the meeting to order and offered a prayer for deceased members of the LPSCU and for Trustee Barbara Janicko and Secretary/Treasurer Mary Jo Savidge, followed by the Pledge of Allegiance. In attendance: Theresa Kluchinski, president and Mary Ann Ewasko, chairperson of trustees. The committee reviewed and accepted the Minutes from the November 27, 2007, Executive Finance Committee Meeting.

### Correspondence and Requests

The committee approved the following request:

- ❖ NFCA 2008 membership dues totaling \$2,025.

### Financial Statement

The committee reviewed the following checking accounts as of November 30, 2007:

M&T Bank — General Operating Account, M&T Bank — Home Office Checking Account, and Smith Barney Checking Account. The committee completed a review of the Balance Sheet and Revenue/Expense Sheet for November 30, 2007. Graphs illustrating month-end balances for 2007 for the assets, liabilities, fund balance, premium income, investment income, and investments were presented and reviewed.

### Stock/Bond/Pension Portfolio

The committee was provided copies of all reports from November 30, 2007, reviewing all activity, including CDs, Common Stocks, Preferred Stocks, Bonds, and International Investments, Schedule D — Parts 3 and 4. The committee also reviewed the Employee Retirement Plan.

There being no further business, the EFC adjourned.

Respectfully submitted,

**Mary Jo Savidge**

National Secretary/Treasurer

## New Insurance Issued

| State | Branch Representative | Nov.-Dec. 2007 | Year-to-Date Total |
|-------|-----------------------|----------------|--------------------|
| PA    | Cecilia B. Gaughan    |                | \$ 195,000.00      |
| PA    | Theresa Kluchinski    | \$ 5,000.00    | \$ 117,000.00      |
| PA    | Charles Simalchik     | \$ 50,000.00   | \$ 110,000.00      |
| PA    | Joan Ellen Frendak    |                | \$ 67,000.00       |
| PA    | Elva Silay            |                | \$ 65,000.00       |
| PA    | Anita Gregory         | \$ 10,000.00   | \$ 65,000.00       |
| PA    | Marion DiCalogero     |                | \$ 60,000.00       |
| PA    | Verna Prawdzik        |                | \$ 60,000.00       |
| PA    | Dolores Evanko        |                | \$ 60,000.00       |
| PA    | Mary Ann Ewasko       |                | \$ 59,000.00       |
| PA    | Mary Agnes Stromberg  |                | \$ 55,000.00       |
| PA    | Home Office           | \$ 5,000.00    | \$ 55,000.00       |
| PA    | Mary Vesci            | \$ 32,000.00   | \$ 54,000.00       |
| PA    | Dorothy Lichman       | \$ 19,000.00   | \$ 43,000.00       |
| PA    | Helen Arlotto         |                | \$ 40,000.00       |
| PA    | Margaret Ferri        |                | \$ 35,000.00       |
| IN    | Ann Dobias            |                | \$ 33,000.00       |
| PA    | Barbara Janicko       |                | \$ 27,000.00       |
| PA    | Janice Mathews        | \$ 10,000.00   | \$ 23,000.00       |
| OH    | Mary Ann Strauss      |                | \$ 21,000.00       |
| OH    | Catherine Bozick      |                | \$ 20,000.00       |
| PA    | Emily Degenhart       |                | \$ 20,000.00       |
| PA    | Deborah Adamchak      | \$ 5,000.00    | \$ 17,000.00       |
| PA    | James Yocum           |                | \$ 15,000.00       |
| PA    | Ann Tirpak            | \$ 10,000.00   | \$ 15,000.00       |
| PA    | Theresa Olshemski     |                | \$ 12,000.00       |
| OH    | Lucille Komorosky     |                | \$ 11,000.00       |
| PA    | Cecilia Sarocky       |                | \$ 10,000.00       |
| PA    | Mary Ann Ackerman     |                | \$ 10,000.00       |
| PA    | Bernadine Kurzeja     |                | \$ 10,000.00       |
| PA    | Agnes Janinek         |                | \$ 5,000.00        |
| PA    | Joan Evan             |                | \$ 5,000.00        |
| PA    | Margaret Jollimore    | \$ 5,000.00    | \$ 5,000.00        |
| IN    | Joan Hladek           |                | \$ 4,000.00        |
| IL    | Agnes McLaren         |                | \$ 1,000.00        |
|       |                       | \$151,000.00   | \$1,404,000.00     |



## Tell Us Why Your Mom's "The Greatest!"



Mother's Day is fast approaching. Now you can tell your mother and the LPSCU in the pages of *Zornicka* why she is the very best. In two or three sentences, tell us what your mother means to you and why she is "The Greatest!" If you have one, send along a photo of you and Mom to accompany your letter.

Please have your information to us before **March 31st**. Forward it to the Fraternal Activities Director:

Cecilia B. Gaughan  
325 Florida Avenue  
Whitehall, PA 18052



## WPSCA Announces Advanced Slovak Classes

The Western Pennsylvania Slovak Cultural Association announces its Advanced Slovak Language Class Program will be held every Tuesday starting April 1 and running through May 5, 2008, from 7:00 to 8:30 p.m. at Mount Lebanon Public Library, 16 Castle Shannon Boulevard, Pittsburgh, Pennsylvania. Tuition is free (excluding materials and graduation celebration). Registration can be made by calling Pam at 412/531-2990 during business hours. Please register no later than one week prior to the start of the class.

## An LPSCU Life Insurance Policy Makes a Perfect Gift

Do you need a gift for a special someone who is celebrating an upcoming First Holy Communion, confirmation, graduation, or marriage? The LPSCU has the perfect gift for you! We offer a variety of life insurance plans from which you may choose. An LPSCU life insurance policy will not only provide life insurance protection, but also affords the insured educational benefits, the opportunity to attend Branch and District social events, and a monthly fraternal magazine. An LPSCU life insurance policy is truly a unique and lasting gift.

For an application or additional information on the type of life insurance plans offered by the LPSCU, contact your Branch Secretary or the Home Office toll free at 888/834-6614; locally at 570/823-3513; fax 570/823-4464; or e-mail [lpscu@lpscu.org](mailto:lpscu@lpscu.org).

Additional information is available on the LPSCU website: <http://www.lpscu.org/>.

## Santa Visits Nursing Home Residents

On December 20, 2007, Santa Claus (in the person of John Ferri of Bethlehem, Pennsylvania) visited with the residents of Gracedale Nursing Home in Nazareth, Pennsylvania. Santa commenced his visit with residents at 9:00 a.m. when he entered the Tower of Gracedale, a 10-story, two-wing building. Accompanied by an accordion player and carolers singing Christmas songs, Santa greeted residents in the two dining rooms on each floor, and visited those who were bedridden in their rooms.

After completing his rounds in the Tower, Santa and his entourage then visited the original, two-story Gracedale building. Some 150 residents were assembled in the recreation hall and joined in singing carols as Santa personally greeted them, wishing each a Merry Christmas and Happy New Year. Again, Santa visited bedfast residents in their rooms. All told, Santa spent time with at least 700 residents at the facility.

Each resident received a gift of a sweater, scarf, slippers, or other useful item from volunteers who participated as Santa's helpers. The gifts were purchased with monetary donations that were collected for that purpose.

By mid-afternoon when Santa completed his visits at Gracedale, he was delighted with the joy he had brought to the residents of the nursing home. This was John's fourth year playing Santa for residents at the Northampton County facility.

John is the husband of LPSCU Public Relations Director Margaret A. Ferri. John and Margaret and their children, David, Jack and wife Christie, and Patricia and husband Rand Kienzle, are members of Bethlehem Branch 83. The couple's grandchildren, Angelina, Nicole, Victoriana, Jenna, Jace, and Tate, are fourth generation members of Branch 130.



**Santa (John Ferri of Branch 83) prepares to distribute gifts and holiday cheer to residents of Gracedale Nursing Home in Nazareth, Pennsylvania.**



## UTILIZATION REPORT

|                          | For December<br>2007 | Year-to-Date<br>2007 |
|--------------------------|----------------------|----------------------|
| Prescriptions Filled:    | 34                   | 367                  |
| Normal Retail Pricing:   | \$2,286.87           | \$18,860.99          |
| ScriptSave Pricing:      | \$1,880.87           | \$14,534.64          |
| Total Dollars Saved      |                      |                      |
| by LPSCU Cardholders:    | \$406.00             | \$4,326.35           |
| Average Saved per        |                      |                      |
| Discounted Prescription: | \$12.69              | \$13.23              |
| Overall LPSCU Discounted |                      |                      |
| Prescription Savings:    | 17.89%               | 24.57%               |

The ScriptSave® Prescription Drug Savings Program is available to you at **NO COST** from the Ladies Pennsylvania Slovak Catholic Union. There are **no monthly or ongoing fees, no limits on usage and no income or age restrictions**. Your entire household can use the card to receive substantial savings on brand name and generic prescriptions at over 53,000 participating pharmacies nationwide.

### Everyone Can Save!

Use your ScriptSave® card for any brand name or generic prescription you or a family member pays for out-of-pocket. If you have health insurance coverage, use your ScriptSave® card for any prescriptions that are not covered by your insurance or for savings for your family members not covered by insurance. The ScriptSave® card also provides savings on prescriptions that are excluded by Medicare Part D law, if you have Medicare and are enrolled in a Medicare Part D prescription drug plan.

The ScriptSave® card provides you:

- Average savings of 22%, with potential savings of up to 50% (based on national program savings data) on both brand name and generic prescriptions for you and your entire household.
- Easy access to everything you need – right online! Look up drug prices, find a pharmacy nearby and get answers to your questions.

Any LPSCU member (including the membership of LCA) can receive a ScriptSave® card at no cost. If you are interested in receiving a ScriptSave® card, please contact our Home Office at [lpescu@lpescu.org](mailto:lpescu@lpescu.org). You are eligible for the card as long as you are a member of the LPSCU (or LCA) in good standing.

**DISCOUNT ONLY—NOT INSURANCE. This program is not an insurance policy and does not provide insurance coverage. Discounts are available exclusively through participating pharmacies. AR, SC, SD and TN residents: You may cancel your registration under this program within thirty (30) days from the date your discount card is issued.**

**Have you signed up  
a new member lately?**

**Do your part  
to help your LPSCU!**

## In Memoriam

*Blessed are they that mourn, for they shall be comforted.*

— Matthew v.5

| Name                     | Branch | Location             |
|--------------------------|--------|----------------------|
| * Thomas S. Boyer        | 6      | Wilkes-Barre, PA     |
| * Helen T. Bocan         | 8      | Jessup, PA           |
| Margaret M. Forster      | 9      | Mahanoy City, PA     |
| * Floyd Yuhás            | 19     | Swoyersville, PA     |
| * Monica Frauenberg      | 33     | Hazleton, PA         |
| Joseph J. Krajsa         | 38     | Whitehall, PA        |
| Carol A. Lutch           | 42     | Pittsburgh, PA       |
| * Rachel A. Kassick      | 60     | West Hazleton, PA    |
| Antoinette Molchany      | 62     | North Hampton, PA    |
| Karol H. Sendek          | 64     | Pittsburgh, PA       |
| Agnes Hudak              | 69     | Scranton, PA         |
| Eleanor Malik            | 75     | Lansford, PA         |
| Vilma Zolota             | 75     | Lansford, PA         |
| Maria Vasil              | 76     | White Oak, PA        |
| * Anna M Marcinko        | 78     | Belle Vernon, PA     |
| Ruth Magurany            | 79     | Whiting, IN          |
| Joseph M. Bacha          | 82     | Barnsboro, PA        |
| * Elaine E. Shook        | 83     | Bethlehem, PA        |
| Mary Mesteller           | 90     | Johnstown, PA        |
| Margaret Gurzenda        | 100    | Tresckow, PA         |
| * Bernice DeBellás       | 100    | Tresckow, PA         |
| Mary Metizigan           | 109    | Hammond, IN          |
| Elizabeth Galadjda       | 124    | Hazleton, PA         |
| Joseph Vajda             | 124    | Hazleton, PA         |
| Mary Stefanik            | 131    | Reading, PA          |
| Genevieve F. Blain       | 145    | Fairview Park, OH    |
| Thomas E. Hentz          | 161    | Youngstown, OH       |
| Mary Ann Holowitz        | 167    | Sterling Heights, MI |
| Anna Galicki             | 197    | Wilkes-Barre, PA     |
| Maria C. Stefko          | 202    | McKees Rocks, PA     |
| Richard J. Stefko        | 202    | McKees Rocks, PA     |
| Bertha A. Blandina       | 214    | Duryea, PA           |
| Edward P. Gibas          | L0018  | Tamaqua, PA          |
| Ann M. Hydock            | L0024  | Minersville, PA      |
| Anthony F. Skirius       | L0042  | Los Angeles, CA      |
| Cecilia V. Jackson       | L0171  | Detroit, MI          |
| Anatolijus Maciukevicius | L00177 | Waukegan, IL         |
| Vytautas Kezenis         | L0222  | Wilkes-Barre, PA     |

\*Multiple certificates

## Convention Donations Notice

The LPSCU Convention, to be held July 22-24, 2008, in Las Vegas, Nevada, will consider applications for donations.

Donation applications are available upon request through the Home Office. Qualified representatives of organizations seeking donations may contact the Home Office for an application. Applications are also available on the LPSCU web site, [www.lpescu.org](http://www.lpescu.org).

All requests for donations from the Convention must be submitted on an LPSCU Donation Application Form and must be returned to the Home Office with a postmark of no later than **May 15, 2008**.



## Christina Donohoe Creates Artwork for Disaster Outreach Program

A life-size portrait of Mother Teresa drawn by LPSCU member Christina Donahoe is on display at Our Mother of Sorrows Church in Murrysville, Pennsylvania. Our Mother of Sorrows' Sister Church in Biloxi, Mississippi, initiated a Mother Teresa Outreach Program immediately following the Hurricane Katrina disaster.

Christina was asked to create a drawing of Mother Teresa as a local endeavor to help the needy in Biloxi. Parishioners of the Murrysville Church place contributions at the foot of the drawing. In an extended effort to help the needy, the Mother Teresa drawing is



Life-size portrait of Mother Teresa by member Christina Donohoe.



Artist Christina Donohoe with her younger sister, Elizabeth.

now traveling to churches of all faiths in the Murrysville area.

In order to make the artwork as near to a life-size replica of Mother Teresa as possible, Christina's drawing had to be 4'11" tall. To accomplish this, Christina used her 10-year-old sister, Elizabeth, as a model, tracing her outline on the canvas. The result was a life-size depiction of Mother Teresa.

Christina has painted many large banners for church and school functions, as well as for outside special events. The talented 11th grader attends Greensburg Central Catholic High School. Elizabeth is a 5th grader at Our Mother of Sorrows Grade School and their older sister, Lauren, is in her second year at St. Francis University. All three girls and their mother, Patty, are members of Pittsburgh Branch 42.

Sylvia Goda

## 9th Consular Tour to Slovakia

Honorary Slovak Consul Joseph Senko will be conducting his 9th Consular Tour to Slovakia and the Czech Republic from July 4-19, 2008.

Joe is including the best of his previous eight tours in this upcoming event. Some of the highlights include a wine tasting, a spa treatment, a visit to a Christmas ornament factory, attending a folk wedding ceremony, rafting, a tour of the U.S. Steel plant and the annual folk craft festival in Kezmarok. In addition to a full day tour of Vienna and of Prague, the tour will also include visits to Trnava, Piestany, Banska Bystrica, the High Tatras, Cicmany, Levoca, Bardejov, Presov, and Kosice.

The tour includes all quality hotels, daily breakfast and dinner, air-conditioned bus transportation, an English-speaking guide, and numerous musical folk entertainment. The price, including airfare from New York, is \$3,887 per person (double occupancy).

If you are interested in obtaining a more detailed itinerary or if you have questions, call Joe Senko at 412/531-2990 or e-mail him at [jtsenko@aol.com](mailto:jtsenko@aol.com).

## WPSCA to Feature Slovak Movies

The Western Pennsylvania Slovak Cultural Association has announced the schedule for two of its upcoming Slovak movies (with English subtitles).

On Saturday, March 29, 2008, at 2:00 p.m., "The Shop on Main Street" will be shown at Mt. Lebanon Public Library in Pittsburgh, Pennsylvania. This Academy Award winning film takes place in Kosice and depicts the Nazi solution regarding the Slovak Jews in the final stages of World War II.

At 7:00 p.m. on Saturday, April 19, "She Kept Crying for the Moon" will be shown at the Slovak Civic Federation in Pittsburgh. This movie is a bittersweet comedy about village life in Eastern Slovakia. A typical village wedding is the highlight of this 1982 film.

## Calendar of Events continued from page 2

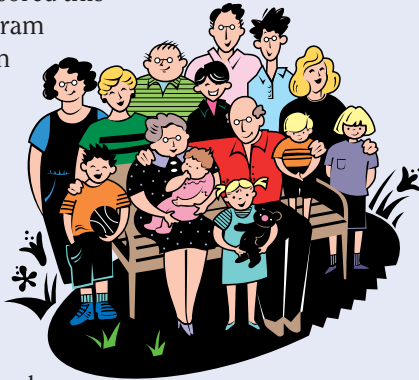
- 6** — Deadline to file an Intent Form for those members seeking to run for any national office (other than that of National President) at the upcoming National Convention. *See page 8 for more details.*
- 15** — Deadline to submit your entry in our Pet Photo Contest. *See page 21.*
- 22** — Rev. Baloga Okres Picnic Social and Meeting at St. Matthias Church, Youngstown, Ohio, beginning at 1:00 p.m. Branch 163 will host.

### JULY

- 25** — **Deadline to submit articles for September/October Zornicka.**

# Mother's & Father's Day Tribute/Memorial Program

Once again this year, the LPSCU is offering a Tribute/Memorial Program to run in the May/June issue of the *Zornicka*. We are pleased to report that this is the seventh year that the LPSCU has sponsored this special tribute. The program will give our members an opportunity to honor their living parents or remember their deceased ones by placing a Mother's and/or Father's Day message in our May/June issue.



Tributes/Memorials will be limited to 2-4 lines and should not exceed 25 words. There is no charge for placing a message, but a good will donation of \$5.00 per greeting will be appreciated. In keeping with the benevolent and fraternal nature of our organization, all proceeds from the Mother's Day Tributes/Memorials will be donated to the Breast Cancer Research Center and all monies donated to the Father's Day Tributes/Memorials will go to the American Diabetes Association for diabetes research.

Donations (which are tax deductible) should be made by check *payable directly to the respective research center* — Breast Cancer Research Center for Mother's Day messages and American Diabetes Association for Father's Day messages.

Tribute/Memorial requests, along with all donation checks, should be mailed to Fraternal Activities Director Cecilia B. Gaughan, 325 Florida Avenue, Whitehall, PA 18052 (phone 610/433-4610).

**Deadline for submitting Mother's/Father's Day messages for the May/June *Zornicka* is March 30, 2008.**

A few examples of Mother's/Father's Day Tributes/Memorials follow:

In honor of our mothers  
Mary Jones and Susan Clark  
Given by George and Christine Clark

In loving memory of Joseph Smith, Sr.  
(June 1, 1900-April 2, 1982)  
Given by his children and grandchildren

Happy Mother's Day to Betty J. Winston  
With love from her grandchildren  
Tom and Sharon Carlson and Maryann Winston

The LPSCU reserves the right to edit messages.

We hope many of our members will participate in this worthwhile fraternal activity, which allows them to honor their mothers and fathers and donate to two very worthy causes. This is a wonderful way to show our love and appreciation to our parents (and grandparents) and to show the concern and compassion the LPSCU has for our fellowman.

# Tree of Life RESERVATION FORM

Your inscription may be personalized to recognize a loved one or special event with "In honor of...", "In memory of...", or "In celebration of...". You may also simply have your name, the family name, or business name. Restrictions as to space and characters are listed below, based on whether you choose a fraternal leaf or stone.

Your contribution can be paid in one installment or several; however, we will not bill you for any remaining portion. It is your responsibility to monitor your installments.

Please complete the Reservation Form and return it (a photocopy is also acceptable), along with your donation, to: LPSCU Tree of Life, P.O. Box 32, Wilkes-Barre, PA 18703-0032. Please make checks payable to the "LPSCU – Scholarship Fund."

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Enclosed is: (please check one)

- my first donation toward my "Tree of Life," entitling me to an engraved fraternal leaf or stone (please circle one) when fully paid. (Minimum of \$20 per payment.)
- my \$100 check entitling me to an engraved fraternal leaf.
- my \$500 check entitling me to an engraved fraternal stone.

### PLEASE ENGRAVE MY FRATERNAL LEAF OR STONE AS FOLLOWS:

#### Leaf inscription:

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

#### Stone inscription:

Maximum of 6 lines with 40 characters per line, including spaces.

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# LPSCU 2008 Educational Benefits



## Ann (Shinal) Cichy Memorial Award — \$500 (Maximum of \$1,000 per member)

- Must have a life certificate with LPSCU.
- Attend an accredited college/university in the fall of this year on a full time basis in the healthcare field.
- Provide proof of acceptance/attendance.
- Provide a wallet-size photo.
- Application must be postmarked by **March 20th**.

## College Scholarship — \$500 One-Time Award

- Member of LPSCU for two (2) years with \$2,000 legal reserve life insurance plan.
- Must be high school senior, college freshman, sophomore, or junior to apply.
- High school senior must provide letter of recommendation from school guidance/principal.
- Submit official transcript from high school that includes test scores; college students must submit documentation indicating latest overall GPA.
- Provide detailed list of extracurricular activities, honors and awards.
- Provide detailed list of church, community, volunteer, and work activities including honors and awards, with reference(s) included.
- Attend an accredited college/university in the fall of this year on a full time basis.
- Submit proof of acceptance/attendance for fall semester.
- Submit a brief essay (no more than 200 words) on the topic "Why is life insurance important?"
- Provide a wallet-size color photo.
- Application must be postmarked by **April 30th**.

## Catholic High School Award — \$150 One-Time Award

- Member of LPSCU for two (2) years with \$2,000 legal reserve life insurance plan.
- Must be Catholic high school freshman, sophomore, junior, or senior.
- Provide a wallet-size color photo.
- Application must be postmarked by **June 30th**.

## Bishop Grutka Award — \$1,000 (Maximum of \$2,000 per member)

- Member of LPSCU for two (2) years with \$5,000 legal reserve life insurance plan.
- Must be a lay person between 18-35 years of age.
- Must be of the Catholic religion (Latin Rite or Byzantine).
- Must be initiated fully into the Church (Baptized, Eucharist, and Confirmed) and continuing to be eligible to receive the sacraments of the Church.
- Must be a member of a Catholic parish.
- Must be active in parish/diocesan/campus ministry as Lector, Extraordinary Minister of Holy Communion, Adult Altar Server, Catechist/Aide, member of parish RCIA/C Team, Youth Minister, Parish Pastoral Council, Finance Council and/or other parish committees of organization.
- Active in organization or activity that promotes awareness of our Slovak heritage, culture, and traditions.
- Endorsed by your pastor and LPSCU branch secretary with additional endorsement provided by campus minister, youth minister, or pastoral associate.
- Attend or will attend an accredited college/university as a full time student.
- Provide a notice of acceptance or tuition receipt for the coming scholastic year.
- Provide a wallet-size color photo.
- Application must be postmarked by **June 30th**.

## St. Theresa of the Little Flower, Blessed André, St. John Vianney — \$300 Annually

- Member of LPSCU for two (2) years with \$2,000 legal reserve life insurance plan.
- Must re-apply each year while attending/completing studies for Religious Life.
- Provide a wallet-size color photo.
- Application must be postmarked by **August 31st**.

## Post-Graduate Award — \$300 One-Time Award

- Member of LPSCU for five (5) years with \$2,000 legal reserve life insurance plan.
- Degree must be awarded between July 1, 2007 and August 30, 2008.
- Provide photocopy of diploma received.
- Provide a wallet-size color photo.
- Application must be postmarked by **August 31st**.

Applicants must meet all criteria and provide data indicated to be eligible. Incomplete applications or those missing data requirements will not be considered. Applications **must be** obtained by contacting the Home Office:

Phone — 570/823-3513  
Toll free — 888/834-6614  
Fax — 570/823-4464  
E-mail — [lpscu@lpscu.org](mailto:lpscu@lpscu.org)

Ladies Pennsylvania Slovak Catholic Union  
Educational Benefit Committee  
P.O. Box 32  
Wilkes-Barre, PA 18703



## ATTENTION ALL ANIMAL LOVERS . . .

# THE LPSCU IS HAVING A PET PHOTO CONTEST

If you have a pet, you know how blessed you are. Our pets provide companionship and unconditional love. Research also shows that they can help reduce stress and blood pressure in their owners, increase longevity in those who've had heart attacks, and even relax and improve the appetites of Alzheimer's patients. Many 4-legged pets, especially dogs, can also get owners off the couch, helping them stick to a regular exercise routine.

No matter what kind of pet you have – 2- or 4-legged, winged, furry, scaly, big or small – I'm sure your pet is like a member of the family. Here's a chance to showcase your pet and to win a great prize that will help out other animals not as fortunate as yours. Just take a photo of your pet and send it the Fraternal Activities Director, along with the completed form below.

Judging will take place at the LPSCU Convention in July and the winners will be chosen by the delegates. The 1st Place winner will receive a \$50.00 donation made in their name to the animal shelter of their choice. The 2nd and 3rd Place finishers will each receive a \$25.00 donation made on their behalf to the animal shelter of their choice. In addition, the winners will have their pets' photos featured in the September/October issue of *Zornicka* in honor of St. Francis of Assisi's feast day on October 4th. All other entries will be featured in a subsequent issue of the magazine.

**This contest is open to ALL members of the LPSCU**, so get those cameras clicking and send in your pet's photo today! Because the photos will be posted at the Convention for all to see, we request that you submit a printed photograph rather than a digital file. (Photos will not be returned unless they are accompanied by a stamped, self-addressed envelope.) Please send your entry to Ceil Gaughan no later than **June 15, 2008**.

----- FILL OUT AND RETURN WITH YOUR PHOTO ----- PLEASE PRINT -----

Your name \_\_\_\_\_ Branch # \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone or email (in case we need to contact you) \_\_\_\_\_ Pet's name \_\_\_\_\_

Tell us a little about your pet (Age; How long you've had your pet; Anything special about it, etc.) \_\_\_\_\_

Submit your Entry Form and Photo to: Fraternal Activities Director Cecilia B. Gaughan, 325 Florida Avenue, Whitehall, PA 18052

## The LPSCU Whole Life Insurance Plan

One very economical life insurance instrument offered by the LPSCU is the Whole Life Plan, which may be applied for from age 0 to 70. Premiums for the Whole Life Plan are considered to be low and affordable for any applicant's age. Why not take advantage of securing substantial life insurance protection with low premium payments? Premiums can be paid on a monthly, quarterly, semiannual, or annual basis. Coverage remains in force for the entire life of the insured. Upon the insured's death, the face amount is payable to the named beneficiary.

In addition to its low premiums, the Whole Life Plan offers unique fraternal benefits such as educational awards,

youth/adult activities, newborn benefits, a prescription discount plan, and a bi-monthly LPSCU magazine.

The Whole Life Plan also offers the fraternal benefit of "Paid Up at 80 Plus." To qualify, any insured member with a Whole Life policy who turns 80 years of age and has 25 years of LPSCU membership with this plan will not have to pay any further premiums as the policy becomes paid up.

Consider the Whole Life Plan for substantial life insurance protection. Call your Branch Secretary today for an application for this economical and beneficial insurance plan, or contact the LPSCU Home Office at 570/823-3513 (or toll free 888/834-6614); e-mail: [lpscu@lpscu.org](mailto:lpscu@lpscu.org) or visit our web site: [www.lpscu.org](http://www.lpscu.org).



## Dear Junior Members,

In March we will welcome the return of Spring, and we always think of outdoor activities when Spring arrives. One of the most beneficial ones is walking. We all walk every day, but fitness walking is perhaps the most underappreciated



form of exercise. The great thing about walking is that it's something you can do all by yourself, with a friend, or in a group, and you can do it anywhere!

Another great thing about walking is that very little equipment is required — just a sturdy pair of walking shoes and comfortable clothing. Be sure your shoes fit you properly. They should have adequate room for your toes, provide arch support, keep your feet from turning in or out, and support your ankles. Your socks should be seamless and fit snugly. They should also be made of material that wicks away perspiration from your skin so you won't get blisters. Dress in layers — a wind-breaker and/or sweatshirt over a T-shirt, for instance, so you can remove layers as you warm up. Be sure to carry a bottle of water with you to keep hydrated along the way.

Speaking of warm ups, your walking program should include a warm-up, endurance, and a cool-down period. To warm up, walk at a low intensity for about 5 minutes to gradually increase your heart rate and limber up your muscles. Stretching before you begin is also helpful. For your endurance leg, begin to increase your speed, or vary your terrain to include some hills so you get a good cardiovascular workout. Swing your arms for added benefit, or carry 1-2 lb. hand-held weights. Aim for 15-20 minutes of continuous walking and gradually increase your time as your stamina improves. Cool down gradually by returning to a level surface and slowing your pace. End with some stretching.

Some of you may prefer running to walking, but all of the above rules still apply: good shoes, comfortable clothes, hydration, stretching, warm-up, endurance, cool down. If you like to run alone over long distances, you may want to join the cross-country team at your school. If you prefer to compete against other runners, especially in short bursts of speed, the track team may be for you. But whether you run alone for the fun of it or compete on a team, running is a great sport. Think of all the freedom you have, running at your own pace. You can clock your miles in the park, along the road, or on the track. And if you have a friend who enjoys running with you, it's a great way to get a good workout and get to chat at the same time.

Running will certainly get you in shape. Your lungs play an important part in this activity. Runners must condition and exercise their lungs because healthy lungs will give them better stamina. And running gives your heart a great cardiovascular workout. If you've been a "couch potato" all winter, just remember to start slowly and gradually increase the intensity of your workout as your strength and stamina improve. Many people who start out as walkers soon progress to running. It's a sport that really puts your body in motion!

**Cecilia B. Gaughan**, Fraternal Activities Director

## The Month of March

March is the third month of the year and marks the beginning of Spring. At one time, it was the first month of the Roman calendar. March's improving weather meant the Romans could begin to make preparations to go to war. Therefore, they named this month *Martius* in honor of Mars, their god of war.

Ancient people living in England called this month *Leneten-monath*. This means "lengthening month" and as we well know, after the first day of Spring the days do begin to get noticeably longer.

Early March is often cold and stormy but turns milder as the month goes on, prompting people to say March comes in like a lion but goes out like a lamb.



## All About April

April, which contains 30 days, is the "opening" month. The Romans called this month *Aprilis*, which comes from the Latin word meaning "to open."

April is the month that ushers in more changes than any other. We usually see the last of the ice and snow, and grass starts to turn green. Every tree and shrub around us is starting to bud and the birds are singing and building nests.

Monthly events for April include National Frog Month, National Kite Month, National Garden Month, and National Poetry Month.

Whose birthday do you share this month?

**April 2** — The birthday of Hans Christian Anderson, Danish writer of fairy tales.

**April 5** — Booker T. Washington, African American educator,

was born in Virginia in 1856.

**April 8** — Former First Lady Betty Ford was born in 1918.

**April 13** — Birthday of Thomas Jefferson, 3rd President of the United States.

**April 17** — Inventor and statesman Benjamin Franklin died on this date in 1790.

**April 19** — The American Revolutionary War began with the battles of Lexington and Concord in 1775.

**April 22** — Earth Day was first celebrated in 1970. What are you doing to help protect the Earth?

**April 23** — William Shakespeare was born in 1564; he died on the same day in 1616.

**April 25** — Arbor Day. Planting a tree is a great way to help renew our natural resources.

**April 27** — Samuel Morse, inventor of the telegraph, and President Ulysses S. Grant share this birthdate.

**April 30** — The United States purchased the Louisiana Territory from France on this date in 1803.



## Fun Foot Facts

In different cultures across the world, feet are looked at differently. In China, the custom of the female foot binding began late in the Tang Dynasty (618-906) and gradually spread through the upper class. Young girls, usually between the ages of 4 and 7, had their feet tightly wrapped in an attempt to stop the growth because tiny feet were considered beautiful and a sign of wealth. That is because women with bound feet could not walk and were usually housebound. The poorest classes needed able-bodied women to work the fields and could not afford to lose this labor source. Sadly, the result was a smaller but very deformed foot. The practice was outlawed in 1911.



In Middle Eastern societies, the feet are considered to be the dirtiest part of the body because they are in constant contact with the ground. Sitting so as to expose the soles of one's feet to someone is considered a grave insult. Foot washing is a custom widely practiced in these societies as well as in Christian denominations. Foot washing as a religious ritual derives from when Jesus washed the disciples' feet at the Last Supper.

In some countries it is customary to remove one's shoes before entering a home. This practice is very popular in much of Europe and Canada, as well as in New Zealand and Australia. In Korea and Japan the custom is widespread because many of the floors are made of material that is too soft to stand up to the wear and tear of footwear.

Our feet are amazing structures used to get us from one place to another. In fact, the average person, engaging in non-strenuous activity, walks approximately 4 miles every day or about 115,000 miles in a lifetime!

Feet actually serve two important functions: weight bearing and propulsion, each requiring a high degree of

stability and flexibility. The feet contain 25% of all the bones in the human body. Each foot also contains more than 150 ligaments and an intricate network of muscles, nerves, and blood vessels. The foot is formed by five metatarsal bones and phalanges (these are the toes). The bottom of the foot is called the sole and the area just behind the big toe is called the ball. The skin of the sole is denser

than any other area of the skin on our body.

During a typical day, the feet endure a cumulative force of several hundred tons. All the more reason to take good care of your feet so they can continue to serve you!

## Kids in the Kitchen

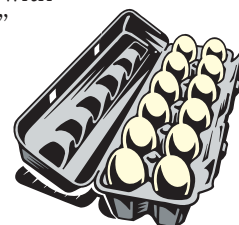
### EASTER EGG DYEING

It's time for you to bring out the onion skins I asked you to save. Instead of dyeing eggs bright colors, we are going to make golden brown eggs like Grandmother used to make. We'll do this by using the onion skins.

This is what you will need:

- A dozen white eggs (not boiled)
- At least 2 cups of onion skins (red or golden)
- Some old nylon stockings
- Some blades of grass, parsley, and clover
- Small wire twist ties
- A wax crayon

Make a pattern on each egg by laying a cloverleaf or the parsley or pieces of grass over the shell. You can also write a greeting on the eggs with the wax crayon or write "Alleluia" (which means "Praise God"). You may also choose to keep them plain with no design. Once you've completed your designs, place each egg in one of the nylon stockings, being careful not to knock off your design pieces. Tie the stocking closed with a twist tie so your design is held in place by the nylon.



Place a layer of either red or golden onion skins in the bottom of a large pot and lay some eggs on top of the skins. Put another layer of skins on top and add another layer of eggs. Finish with a layer of onion skins. Fill the pot with cold water until the eggs are covered. Now boil the eggs until they reach the desired color.

Once the eggs have cooled, remove the nylon. Surprise! Your eggs should have a reddish color if you used red onion skins and if you used the gold or brown skins, they will have a golden brown color. This is an old-fashioned way of dyeing eggs using natural ingredients.

## All About Ducks

You have probably heard the expression "Like water off a duck's back," but have you ever wondered what it means? Ducks manage to stay warm and dry even in the wettest weather because water does not penetrate their feathers. Ducks, geese, and other waterfowl keep their feathers in tip-top shape by preening. This means they use their bills to clean and arrange their feathers. As they preen, they also coat their feathers with "preen oil" which is produced in glands at the base of their tail. The duck's well-oiled feathers are like a slick raincoat. When water strikes them, the droplets roll right off, just like Dad's car when it has a good coat of wax. That way ducks stay waterproof, not waterlogged.





# Tell Us Why Your Dad's So Special!

# Holiness and Mission

*continued from page 3*

With Father's Day rapidly approaching, we thought our young members would like a chance to explain what makes their dad that special man in their lives. Is it the way he makes you laugh? The fun times you spend together playing sports or involved in a family activity? Does he always make the time to listen when you have a problem? Can he grill the world's best hamburger or figure out the toughest math problem? In two or three sentences, why not share with our readers why your dad (or grandpa) is "The Best Dad Ever!" If you have one, send along a photo of you and Dad to accompany your letter. Please send or email your information **no later than March 31st** to Cecilia B. Gaughan, 325 Florida Avenue, Whitehall, PA 18052, [cbgaughan@msn.com](mailto:cbgaughan@msn.com).



As the two Marys (Matthew 28:10) came to the tomb of Jesus to pray, they were greeted with the news that Jesus is alive and were then sent to proclaim that news to his disciples. The same holds true for us. We pray, we are given the good news, and then we are sent to share that news with others through the goodness of our lives. In a sense, we literally become the good news that we have heard!

Let us remember that Easter is more than just a Gospel story of an empty tomb or empty cross. For us, as followers of Jesus, Easter is a mind set, a belief in the living presence of Christ in our midst, a sense of his breath constantly breathing new life and hope into our spirits. And, as Jesus once said, "the gift you have received, give as gift." This is the Easter challenge.

On behalf of the Board of Directors of the Ladies Pennsylvania Slovak Catholic Union, I would like to wish you and your loved ones a very blessed and joyous Easter! May the Risen Christ deepen in each of us a desire to understand better and respond generously to our baptismal call to grow in holiness and mission! Christ is Risen! Indeed, He is truly Risen! Happy Easter! **ALLELUIA!**

Počas obdobia Veľkej noci, nech vás všemohúci Boh, ktorý skrze zmŕtvychvstanie svojho Syna nám daroval dar nehyňúcej slobody, vovedie do večnej blaženosti!

**Rev. Philip A. Altavilla, V.E.**

## Cooking Corner

### COOKIES AND CREAM CAKE

- |                       |                            |
|-----------------------|----------------------------|
| 2¼ cups flour         | ½ cup butter, softened     |
| 1 Tbsp. baking powder | 2 tsp. vanilla             |
| ½ tsp. salt           | 3 egg whites               |
| 1⅔ cups sugar         | 1 cup crushed Oreo cookies |
| 1 cup milk            |                            |

Sift flour, baking powder, and salt in large bowl. Stir in sugar. Add milk, butter, and vanilla. Beat on low speed for 30 seconds. Beat on medium speed for 2 minutes. Add egg whites and beat 2 minutes. Stir in 1 cup crushed Oreo cookies. Bake in a greased 13x9 inch pan at 350 degrees for 30 minutes. Cool completely. Frost with cream cheese frosting.

### Cream Cheese Frosting

- |                        |                   |
|------------------------|-------------------|
| 3 oz. cream cheese     | ¾ stick margarine |
| 1 tsp. milk            | 1 tsp. vanilla    |
| 1½ cups powdered sugar |                   |

Beat together cream cheese, margarine, milk, and vanilla until smooth. Gradually add powdered sugar to mixture and beat until creamy. Spread frosting over cake and cut into bars.



## CHANGE OF ADDRESS FORM

### Ladies Pennsylvania Slovak Catholic Union

71 South Washington Street  
Wilkes-Barre, Pennsylvania 18701  
or Fax to: 570/823-4464

Branch No. \_\_\_\_\_ Certificate No. \_\_\_\_\_

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