



LPSCU Life

Security, Peace of Mind

Morning Star

ZORNIČKA

Vol. 82, No. 890
May-June 2023

National Secretary-Treasurer Mary Jo Savidge Retires

After nineteen plus years of holding the position of LPSCU's National Secretary-Treasurer, Mary Jo Savidge is retiring. She was the first hired National Secretary-Treasurer; prior to that, it was an elected position. When Mary Jo was hired, announcement of her taking over the role of National Secretary-Treasurer was featured on the cover of *Morning Star*. It is only fitting that she grace the cover one last time before she begins her retirement.

Mary Jo has many memories from her tenure in this position. One that particularly stands out is when she danced to the music of the German band, The Dummkopfs, with the delegates at the 2008 National Convention in Las Vegas.

Mary Jo says most of all she will miss all of the wonderful people she has met and worked with over the years, and particularly her co-workers at the Home Office. But she says she definitely won't miss her alarm going off at 5:15 a.m.! She will also miss all the leaders of other fraternal organizations that she has had the honor of meeting and working with.

Her retirement plans include traveling, playing golf, fishing, exercising more, and spending more time with her family and friends. Mary Jo is hoping to cross an item off her bucket list by taking a cruise to Alaska. She also plans to do volunteer work. In her own words, she "plans to enjoy life to the fullest."

Mary Jo looks forward to spending time with her fiancé, Mark Maros, their cat, Kiki, her daughter, Amy Savidge, and Amy's boyfriend, Vinny Le, and grand-cats, Lulu and Nala. Mary Jo, Amy, and Mark are all long-time members of Branch 213, Dallas, Pennsylvania. Mary Jo also intends to spend time with her three siblings, Sheila, Bernie, and Clare, as well as their extended families. She shares that she has "the best siblings a girl can have."

Mary Jo was an active member of the Rev. Dianiska District for eighteen years. She does plan to remain an active member of Branch 213 upon her retirement.

Anyone who would like to extend their warm wishes to Mary Jo can direct them to: Mary Jo Savidge, National Secretary-Treasurer, LPSCU, 71 S. Washington Street, Wilkes-Barre, PA 18701.



The LPSCU thanks Mary Jo for her many years of service and dedication to our organization. We congratulate her on a well-deserved retirement and wish her much enjoyment in her future plans.

In This Issue

Spiritual Advisor's Message	3	Members Spends Three Days in Havana.....	13
Mid-Year Board Meeting Notice.....	3	2023 Youth Achievement Award Notice.....	14
Irrevocable Life Insurance Burial Trust.....	3	SS.C.M. Appeal Update.....	14
New Insurance Issued.....	3	Bishop Grutka Memorial Scholarship Award	15
Branch and Okres News.....	4	Rev. Dianiska District Plans to Make a Difference ...	15
LPSCU is 125 Years Old!	4	Meet Our New Member!	15
National Flag Day Proclamation	5	LPSCU 20 Year Endowment Insurance Plan	16
Editorial Notice	5	2023 Margaret Sabol Scholarship Award Notice	17
Rev. Dianiska to Celebrate LPSCU's Anniversary.....	5	National Czech & Slovak Museum & Library News.....	17
Branch 213 Donates Bike for Easter Egg Hunt	5	LPSCU Flexible Annuity	18
Member Keeps Up a Family Tradition	6	LPSCU 2023 Religious Awards Notice.....	19
Anne (Shinal) Cichy Memorial Award Notice.....	7	Branch 213 Donates to Laurel Run Easter Party	19
Highlighting Our LPSCU Branches.....	7	In Memoriam ~ Elva Silay.....	19
Cooking Corner	7	Have Any News?	20
Lynda (Posivak) Mohlenhoff Memorial Award	8	Photograph Info	20
In Memoriam.....	8	Insurance Policy Checklist.....	20
SS.C.M. Sisters to Host Summer Festival.....	8	Year End Financial Report.....	20
Member-Families Celebrate Multiple Birthdays.....	9	Focusing on National Awareness Month	21
2023 Post Graduate Award Notice	10	Polish Falcons to Hold National Youth Camp	21
Tree of Life Reservation Form	10	Junior Branch Journal.....	22-23
2023 Catholic High School Award Notice	11	2023 Catholic Grade School Award Notice	24
Can You Help Us Locate These Members?	12	LPSCU Cookbook	24

Calendar of Events

At the time Morning Star went to press, the events listed on this calendar and in this issue were correct to the best of our knowledge. We recommend that members check the LPSCU's website (www.LPSCU.org) or Facebook page (LPSCU Life) or contact their Branch representative closer to each event in case any changes or cancellations had to be made.

❖ 2023 ❖

1/1-12/31 – The LPSCU will be celebrating its 125th Anniversary Year throughout 2023. See the announcement on page 4.

MAY

- 1** – Deadline to make a reservation for Branch 213's Flag Day at the Ballpark.
- 1** – Deadline to make a reservation for FSNEPA's Flag Day at the Ballpark.
- 4** – LPSCU to Host Zoom Bingo from 5:00 to 6:30 p.m.
- 8-10** – American Fraternal Alliance Spring Symposium, Oak Brook, Illinois
- 15** – Deadline to submit matters to be considered by the LPSCU Board of Directors at its Mid-Year Meeting in June.
- 19-20** – Joint Fraternal National Bowling Tournament, Airport Lanes, Cheektowago, New York.
- 20** – **Deadline to submit articles for July/August 2023 Morning Star.**
- 25** – FSGP Seminar, Pittsburgh, Pennsylvania

JUNE

- 1** – Deadline to nominate a young member for the LPSCU 2023 Youth Achievement Award. See notice on page 14.
- 9** – Branch 213 is hosting Flag Day at the Ballpark at 6:35 p.m. at the Scranton/Wilkes-Barre Railriders Stadium. Reservations are required.
- 9** – Fraternal Societies of Northeast Pennsylvania is hosting Flag Day at the Ballpark at 6:35 p.m. at the Scranton/Wilkes-Barre Railriders Stadium. Reservations are required.
- 14** – National Flag Day. Pause for the Pledge of Allegiance at 7:00 p.m. ET. See page 5 for proclamation.
- 17** – LPSCU Mid-Year Board Meeting, Zoom teleconference beginning at 9:00 a.m. ET.
- 30** – Deadline to apply for a 2023 LPSCU Catholic Grade School Award. See notice on page 24.
- 30** – Deadline to apply for a 2023 LPSCU Catholic High School Award. See notice on page 11.

continued on page 11

LADIES PENNSYLVANIA
SLOVAK CATHOLIC UNION

Morning
Star ZORNICKA

(USPS 699-520)



ZORNICKA (Morning Star), a bi-monthly magazine, is the official publication of the Ladies Pennsylvania Slovak Catholic Union, National Headquarters, 71 South Washington Street, Wilkes-Barre, PA 18701.

Send articles for publication to Deborah McKinley, Public Relations Director, 34 Oxford Street, Tamaqua, PA 18252; 610/704-7288; zornicka@lpescu.org

Articles must be received by the 20th of the month, 5½ weeks prior to the issue date.

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

Periodical Postage paid at Wilkes-Barre, PA 18701 and additional entries.

Subscription Rate: Members — free; Non-members — \$25.00 per year.

Postmaster: Send address changes only to: Zornicka (Morning Star), Ladies Pennsylvania Slovak Catholic Union, 71 South Washington Street, Wilkes-Barre, PA 18701.

OFFICE HOURS

AT NATIONAL HEADQUARTERS

Monday through Friday:

November 1 — April 30

7:00 a.m. to 4:30 p.m.

May 1 — October 31

7:00 a.m. to 3:30 p.m.

Phone: 570/823-3513

Toll Free 888/834-6614

Fax: 570/823-4464

E-mail: lpescu@lpescu.org

Website: www.lpescu.org

BOARD OF DIRECTORS

SPIRITUAL ADVISOR

Reverend Robert Seeman, St. Catherine of Siena, 199 McGovern Boulevard, Crescent, PA 15046-7026; 412/225-3585; rseeman801@gmail.com

PRESIDENT

Theresa A. Kluchinski, 446 Mountain Oaks Drive, Laurel Run, PA 18706; 570/823-3513, toll free 888/834-6614; theresa@lpescu.org

VICE PRESIDENT

Anita Gregory, 304 Turkey Path Road, Sugarloaf, PA 18249; 570/788-3263; anitag13@hotmail.com

SECRETARY/TREASURER

Mary Jo Savidge, 71 South Washington Street, Wilkes-Barre, PA 18701; 570/823-3513, Fax 570/823-4464; maryjo@lpescu.org

CHAIRPERSON OF TRUSTEES

James Yocum, 1738 Evergreen Drive, Hazle Township, PA 18202; 570/436-6792; jpyocum@ptd.net

TRUSTEES

Dolores M. Evanko, 173 Berner Avenue, Hazleton, PA 18201; 570/454-5547; devanko112@gmail.com

Margaret Jollimore, 1001 SR 292E, Harveys Lake, PA 18618-7829; 570/760-9790; jollimore.lpescu@ymail.com

Joan T. Hladek, 2138 Waterbury Lane E., Sycamore, IL 60178; 815/895-0431; jthladek@gmail.com

Janice M. Mathews, 670 Pettigrew Road, North Huntingdon, PA 15642; 412/751-9582; indmathews@gmail.com

A Message from Our Spiritual Advisor

CELEBRATING PENTECOST (50 days after Easter)



“The Advocate, the Holy Spirit whom the Father will send in my name, will teach you everything and remind you of all that I told you.”

~ John 14:26

The Apostles at Pentecost were enlightened and empowered with the gift of the Holy Spirit. They were filled with wisdom and courage to boldly proclaim the Gospel to people of every nation.

In the words of Pope Francis, the descent of the Spirit in the Upper Room “does not remain only limited to that moment but is an event that is renewed and renews itself again. Christ, glorified at the right hand of the Father, continued to realize his promise, sending the Holy Spirit to enliven the Church who teaches us, reminds us, and makes us speak.”

Like the disciples of long ago, our lives are filled with the gift of the Holy Spirit. As we celebrate the great Feast of Pentecost on Sunday, May 28, 2023, let us embrace the seven gifts of the Holy Spirit. And by doing so, may we be strengthened as messengers of the Lord spreading the gospel message to everyone. May we speak with courage and conviction to our troubled world of the goodness of God in Spirit and Truth.



Rev. Robert L. Seeman

Blessings,
Father Bob

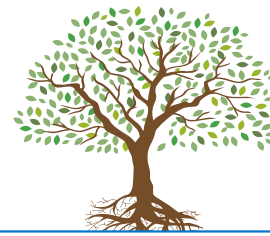
Happy Pentecost!

*“Come, Holy Spirit, fill the hearts
of your faithful,
and enkindle in us the fire of your love.
Send forth your Spirit
and we shall be created,
and you shall renew the face of the earth.”*
Amen

Board of Directors Mid-Year Meeting Notice

This announcement is made to all members of the LPSCU that the mid-year teleconference meeting of the Board of Directors will convene on Saturday, June 17, 2023, at 9:00 a.m., via Zoom, and continue until all business has been completed.

Members wishing to submit matters for the Board of Directors to consider at this meeting are directed to send them to the attention of Theresa Kluchinski at the LPSCU National Headquarters, 71 South Washington Street, Wilkes-Barre, PA 18701 or P.O. Box 32, Wilkes-Barre, PA 18703. All correspondence relative to this meeting should be received no later than May 15, 2023.



LPSCU Life

Security, Peace of Mind

Introducing LPSCU Life's Irrevocable Life Insurance Burial Trust

LPSCU Life's Irrevocable Life Insurance Burial Trust is a legal document by which a person sets aside a specific amount of money to be used for a certain purpose. In this case, that purpose is to pay for funeral expenses.

The LPSCU Life Irrevocable Life Insurance Burial Trust is available on any new or existing LPSCU Life Whole Life Plan. However, the insured must be between ages 50 and 85 to apply for coverage. Minimum and maximum face amounts apply.

This Burial Trust is available to residents in Illinois, Indiana, New Jersey, Ohio, and Pennsylvania.

For more information on the LPSCU Life's Irrevocable Life Insurance Burial Trust, contact your local branch representative or the Home Office.

New Insurance Issued

Branch	Branch Representative	Jan./Feb. 2023	Year-to-Date Total
52	Angela Skiffen	\$ 2,000.00	\$ 2,000.00
90	Theresa Kluchinski	\$ 4,000.00	\$ 4,000.00
109	Joan Hladek	\$ 1,000.00	\$ 1,000.00
		\$ 7,000.00	\$ 7,000.00

MSGR. BEEDA DISTRICT

Officers and members of the Msgr. Beeda District held their first meeting of 2023 on March 15 at Tom’s Kitchen restaurant, Route 93, Sugarloaf, Pennsylvania. Seven members and one guest attended the meeting, which was hosted by Branch 60.

District President Anita Gregory welcomed everyone to the meeting and thanked them for coming. President Gregory then read the Treasurer’s Report. Plans were finalized for the upcoming celebration of the 125th Anniversary of the LPSCU, to be held on April 16, 2023, with a Mass at 8:00 a.m. at Sts. Cyril and Methodius Church, 604 N. Laurel Street, Hazleton, Pennsylvania. Immediately following the liturgy will be a breakfast buffet at Rocco’s Restaurant, 245 Muir Avenue, Hazleton.

Looking forward to the rest of the year, ideas for Matching Fund projects and donations were suggested and

agreed upon. The group also discussed several options and voted on when and where to hold the District’s Christmas party. The party will take place on Friday, December 1, 2023, at 6:00 p.m., Rocco’s Restaurant in Hazleton. All the plans for the Christmas party will be finalized at the next meeting, which will be held September 6, 2023, at Vesuvio’s Restaurant, 366 W. Butler Drive, Drums, Pennsylvania.



District Officers (L-R): Vice-President Diane Kupsho, Secretary Dolores Evanko, President Anita Gregory, and Treasurer Mary Ann Litchock.



Members in attendance at the recent meeting are, from left, Diane Kupsho, Anita Gregory, Dolores Evanko, Mary Ann Litchock, John Guza, Cecilia Nemeth, and Debby McKinley. Missing from the photo is Bob Kupsho.

**125th Anniversary
1898-2023**



**LPSCU IS
125 YEARS OLD!**

The Board of Directors has authorized a reimbursement of \$15.00 per member if any LPSCU Branch/District commemorates this milestone with a specific 125th Anniversary Celebration held any time from January 1st to December 31st in 2023!

There are some rules:

- You must publish the celebration in the *Morning Star (Zornicka)* prior to the event, inviting participation of all members, and
- After the event, you must publish an article and group photo of the celebration, with a copy being sent to the Home Office.
- A list of attendees must accompany the article that is sent to the Home Office.
- The type of event is at the Branch’s/District’s discretion.
- For any member that attends, whether or not they are in your Branch/District, you will be reimbursed \$15.
- Giveaways will be provided by the Home Office, if requested.

If you have any questions, do not hesitate to contact the Home Office.



LPSCU Life

Security, Peace of Mind



PROCLAMATION National Flag Day

WEDNESDAY, JUNE 14, 2023

*Annual Pause for
the Pledge of Allegiance
to the U.S. Flag*

WHEREAS, by Act of Congress of the United States dated June 14, 1777, the first official flag of the United States was adopted, and

WHEREAS, by Act of Congress dated August 3, 1949, June 14 of each year has been designated National Flag Day, and

WHEREAS, on December 8, 1982, the National Flag Day Foundation was chartered to conduct educational programs and to encourage all Americans to Pause for the Pledge of Allegiance on National Flag Day, June 14, and

WHEREAS, by Act of Congress, Public Law 99-54 was passed to have the Pause for the Pledge of Allegiance as part of the celebration of National Flag Day throughout the nation, and

WHEREAS, National Flag Day celebrates our nation's symbol of unity, a democracy in a republic, and stands for our country's devotion to freedom, to the rule of law, and to equal rights for all,

NOW, THEREFORE, I, Theresa A. Kluchinski, national president, do hereby proclaim June 14, 2023, as National Flag Day and urge all members of the Ladies Pennsylvania Slovak Catholic Union to pause at 7 p.m. Eastern Time on this date for the 41st annual Pause for the Pledge of Allegiance to the United States Flag and our great nation.

EDITORIAL NOTICE

The editor reserves the right to edit submissions to *Morning Star* in order to correct grammatical or spelling errors, delete repetitions, clarify ideas, or reduce the amount of copy and/or photos to fit available space.

Rev. Dianiska District to Celebrate LPSCU's 125th Anniversary

All LPSCU Members are Invited!

The Rev. Dianiska District invites **all members** of the LPSCU to be our guest at a breakfast buffet on Sunday, July 16, 2023, in honor of the 125th Anniversary of our beloved Ladies Pennsylvania Slovak Catholic Union. The event will be held at 11:00 a.m. at the Holiday Inn East Mountain Inn, 600 Wildflower Drive, Wilkes-Barre, Pennsylvania.

Reservations are required and can be made by calling District President Mary Ann Ewasko at 570-823-6432. **Deadline to RSVP is July 5, 2023.** We look forward to seeing everyone as we celebrate this monumental milestone.

Branch 213 Donates Bike for Easter Egg Hunt

Wilkes-Barre Township's Annual Easter Egg Hunt was held on April 8, 2023, at the Al Karaska Memorial Park in Wilkes-Barre Township, Pennsylvania. It was a beautiful, sunny day and there was a great turnout for the event. LPSCU Branch 213 donated a bicycle to be given as a prize to the holder of the lucky ticket. This is the second year that the Branch has donated a bike for the community event.

Pictured below is the donated bike with the lucky winner and his mom. Also pictured are Branch 213 Secretary Theresa Kluchinski and her two grandchildren, Adam and Emily Landmesser.



West Hazleton Member Keeps Up a Family Tradition

Following her mother's Slovak family tradition, Mary Ann Litchock, a member of Branch 60 in West Hazleton, Pennsylvania, continues to make paska bread for Easter to give to her family and friends. Mary Ann shared that the paska is really not that hard to make; it's just waiting for the dough to rise three times that takes up most of the time involved in making the bread. I can attest that her paska is delicious and always has a place in the Gregory family Easter basket which they take to get blessed on Holy Saturday. Mary Ann says her family loves it!

Paska is a Slovak bread that is traditionally eaten during Easter. It is often the centerpiece of the traditional Easter basket blessed on Holy Saturday. A traditional basket usually contains ham, kielbasa, hrudka, butter, bread, salt, horseradish, and eggs. The food is not eaten until after Mass on Easter Sunday.

Each item in the basket is symbolic of a religious theme. Paska represents Jesus Christ, the Bread of Life, and is considered to be the most important food in the basket. Paska is typically baked into a round loaf and usually features a dough braid around the edge along with a decorative cross or other religious symbol placed on top.

We thank Mary Ann for maintaining this beautiful tradition which she continues to carry on and share with all of us.

Anita Gregory
Branch 60



Left: Letting the dough rise three times is very time consuming. Right: A religious symbol is placed on top before baking.



Mary Ann prepares the dough.



A couple of the finished paskas that will be enjoyed on Easter Sunday.

Remember to notify the Home Office
if your address changes!

AN LPSCU EDUCATIONAL BENEFIT



2023 Anne (Shinal) Cichy Memorial Award \$750 Award

The LPSCU is proud to offer the Anne (Shinal) Cichy Memorial Award for students in the healthcare field. This award, instituted in 2006, is given in memory of Anne (Shinal) Cichy, the first LPSCU public relations director. The award is made possible through the generosity of Mr. and Mrs. Francis A. Shinal.

Those applying for the Anne (Shinal) Cichy Memorial Award must meet the following criteria:

- ◆ Must have a life insurance certificate with the LPSCU.
- ◆ Must attend an accredited college/university in the **fall of 2023** on a full time basis, pursuing a degree in the healthcare field. Proof of acceptance/attendance must be provided.
- ◆ Must provide a wallet-size or digital color photo.

The recipient of the 2023 Anne (Shinal) Cichy Memorial Award will receive \$750.

The recipient of this award shall be selected by a random drawing from among all the qualified applicants. No individual shall be eligible to receive this award more than two times.

Applicants must meet all criteria outlined above and provide data indicated on the application form to be eligible. Those applications with incomplete data or requirements will not be considered. All submitted materials become the property of the LPSCU and will not be returned.

Applications are available from the LPSCU Home Office or its website. **Applications must be postmarked by July 1, 2023.** Submit application to:

Ladies Pennsylvania Slovak Catholic Union
ATTN: Anne (Shinal) Cichy Award
P.O. Box 32

Wilkes-Barre, PA 18703

Phone: 570-823-3513 ◆ TF: 888-834-6614

Fax: 570-823-4464

E-mail: lpescu@lpescu.org ◆ Website: www.lpescu.org

Highlighting Our LPSCU Branches

National President Theresa Kluchinski

BRANCH 1

Hazleton, Pennsylvania

LPSCU Life is celebrating its 125th Anniversary in 2023 and so will LPSCU Branch 1. Branch 1 was the first LPSCU branch organized back in 1898 in Hazleton, Pennsylvania.

I'm sorry to say that the Home Office didn't keep historical records on our branches. It was always up to the officers of each branch to maintain the history of the branch. Unfortunately, as years went by, these records were discarded or destroyed.

Researching information about our first branch was challenging and I'm not sure everything is 100% accurate. I was, however, able to find the following information.

The earliest records I found indicated that Anna Kroner was the Branch Secretary in 1933. I'm not sure when she assumed this position, but she held it until 1941. In 1941, Margarita Sekerak became Branch Secretary. Margarita maintained the position for fourteen years and then Anna Bednar Lazur took over. Anna assumed the responsibility of Branch Secretary in or around 1955 and held it for twelve years, until 1967.

Branch 1's most recent Branch Secretary was Emily Janosov Degenhart who took care of the branch from 1967 until her death on August 31, 2021. Emily was responsible for Branch 1 for fifty-four years, the longest serving of any of the Branch 1 secretaries.

Today, Branch 1 has a new Branch Secretary – Anita Gregory! The Degenhart Family has asked Anita to assume the position of Branch Secretary and would like to continue to support Branch 1 and the functions of the branch and the Monsignor Beeda District.

Cooking Corner

PIEROGI MASHED POTATO CASSEROLE

- 10 potatoes, peeled, boiled and mashed
- ¾ lb. cheddar cheese, grated
- 1 lb. wide noodles, cooked
- 1 cup butter (2 sticks)
- 2 onions, finely diced
- Salt, to taste

Mash the potatoes with a mixer. Add cheddar cheese and beat well. Sauté the onions in butter until soft. Add two-thirds of onions to potato mixture and then salt to taste. Add noodles and mix by hand. Butter a 13 x 9-inch baking dish. Put potato/noodle mixture into the dish. Add remaining butter and onions over top. Cover with foil and bake at 350 degrees for 30 minutes.





The Lynda (Posivak) Mohlenhoff Memorial Award

This LPSCU scholarship award is for students pursuing a degree in or relating to the fields of Math, Science, or Technology. It is given in memory of Lynda (Posivak) Mohlenhoff through the generosity of her parents, Peggy and Frank Posivak. All were/are members of LPSCU Branch 83 in Bethlehem, Pennsylvania.

One lucky qualified applicant will be chosen for the \$500 award. The winner will be selected by a random drawing from among all qualified applicants. (Note: No individual shall be eligible to receive the scholarship more than two times.)

Any LPSCU member may apply, regardless of the amount or type of life insurance they have, but they must meet the following criteria to be eligible for this memorial award:

- Applicants must be accepted to attend (or already be attending) an accredited college/university as a full-time student pursuing a degree in or relating to the fields of Math, Science, or Technology. Proof of acceptance/attendance is required.
- Applicants must provide a wallet-size or digital color photo.
- Applicants must provide two letters of recommendation from a teacher, friend, or religious affiliation.

To be eligible to receive this year's award, **applications must be postmarked by August 15, 2023.** For an application, please call the LPSCU Home Office at 888-834-6614 (toll free) or 570-823-3513; fax 570-823-4464; e-mail lpscu@lpscu.org; or visit our website at www.lpscu.org.

In Memoriam

Blessed are they that mourn, for they shall be comforted.
— Matthew v.5

Name	Branch	Location
Eleanor Vasko	1	Hazleton, PA
Sandra L. Brueningsen	7	Exeter, PA
Genevieve Kowalchik	7	Exeter, PA
Veronica Gibblets	19	Swoyersville, PA
Anna Dumas	21	West Lake, MA
Sophie M. Katilus	21	West Lake, MA
Catherine Sudo*	37	Plymouth, PA
Kathryn Talianek	40	Allentown, PA
Ann Gasparro	52	North Braddock, PA
Kathleen Magasko	60	W. Hazleton, PA
Elva Silay*	64	Pittsburgh, PA
Rose Mary Lepell	79	Whiting, IN
Nicholas Costas	132	Wilkes-Barre, PA
Elizabeth Tenisci	156	Coaldale, PA
Irena Barzdukas	158	Chicago, IL
Daniel Dauzvardis	158	Ottawa, IL
Irena Maciukevicius	158	Chicago, IL
Marcella Brady	197	Wilkes-Barre, PA
Catherine Capparell	197	Wilkes-Barre, PA
Kathleen Karle	197	Wilkes-Barre, PA
Bernard Krosnodonsky	197	Wilkes-Barre, PA
Margaret Marek*	197	Wilkes-Barre, PA
Christopher W. Sites	197	Wilkes-Barre, PA
Daniel Zichwic	197	Wilkes-Barre, PA
Christopher Schwartz	209	Cleveland, OH
Thomas Razawich, Sr.*	214	Duryea, PA

**Multiple certificates*

Lorinc, Kaylor, and Bowman Families Celebrate Multiple Birthdays

This past December, Rachel Marie Bowman, daughter of Mary Ann Bowman, celebrated her 21st birthday with family members at 202 Tacos, located in Bellevue, Pennsylvania. Her actual birthday is on December 19. Rachel and her Baba, the late Mary Lorinc, shared birthdays, and her Baba always said Rachel was her best birthday present ever.

Rachel is a junior at West Virginia University in Morgantown, West Virginia. She is studying forensics and psychology. In addition to her classes, Rachel is working as an undergraduate teaching assistant. She hopes to secure an internship this summer, possibly in the field of behavioral and social sciences.

Nineteen must be a lucky number because Rachel's older brother, Malcolm, was also born on the 19th day, this time in the month of January, twenty-three months before his sister. Malcolm celebrated his 23rd birthday in style, surrounded by family and friends. In the midst of his final semester at Penn State University, State College, Pennsylvania, where he is completing his degree in Civil Engineering, Malcolm was able to relax and enjoy being the recipient of a family tradition in gift giving that began with his Baba. A healthy sense of humor is part of that deal. Following graduation, Malcolm will begin a job as a civil engineer with Mott McDonald, a global engineering company. Much to his grandmother's delight, the job is located in Pittsburgh.

In January of this year, Mary Ann Kaylor celebrated her 80th birthday. She was fortunate to have many members of her family present to share the event. They came from far away to help her celebrate: England, Utah, Washington State, California, Ohio, and North Carolina. As a special way to demonstrate their love and appreciation for Mary Ann, all in attendance sang a modified version of Neil Diamond's "Sweet Caroline," re-titling it "This Mom of Mine."

As Mary Ann's sister Helen Lorinc likes to say, "We are all truly blessed." Indeed we are. The Lorinc/Kaylor/Bowman family are members of Branch 64 in Pittsburgh, Pennsylvania.



L-R: Tom Kaylor, Mary Ann Kaylor, Rachel Bowman, Helen Lorinc, Malcolm Bowman, and Emma Quiroga.

MAY/JUNE 2023



Mary Ann Kaylor's birthday cake.



Rachel Bowman



Malcolm Bowman opens a humorous birthday gift from his family.



The Kaylor, Lorinc, and Bowman families gather for birthday celebrations.



LPSCU 2023 POST GRADUATE AWARD

The LPSCU is offering a Post Graduate Award Benefit to our members who are awarded a Master's or Doctorate degree during the period running from July 1, 2022, to August 30, 2023. Applicants must have a minimum of \$5,000 of insurance through the LPSCU in order to apply for the \$500 award. Applicants can increase their current face amount to meet the \$5,000 requirement.

Members who qualify may receive this award one time upon receiving their Master's degree and one time upon receiving their Doctorate. (Members must apply separately and provide all the required criteria if they wish to apply for both the Master's and Doctorate Post Graduate Awards.)

Following are the guidelines for applying for the Post Graduate Award. All applicants must:

- Be a member of the LPSCU for at least five (5) years with a \$5,000 permanent reserve life insurance certificate. (Term insurance is excluded.)
- Provide a photocopy of the Master's and/or Doctorate degree received.
- Provide documentation that the degree was awarded between July 1, 2022 and August 30, 2023.
- Provide a wallet-size or digital color photo.

Applicants must meet all criteria outlined and provide data indicated in order to be eligible. Applications missing data or with incomplete requirements will not be considered. All materials become the property of the LPSCU and will not be returned.

Applications are available from the LPSCU Home Office or its website. **Applications must be postmarked by September 30, 2023.** Submit applications to:

Ladies Pennsylvania Slovak Catholic Union
ATTN: Post Graduate Award
P.O. Box 32

Wilkes-Barre, PA 18703

Phone: 570-823-3513 ♦ Toll free: 888-834-6614

Fax: 570-823-4464

E-mail: lpscu@lpscu.org ♦ Website: www.lpscu.org

DO YOU NEED A VERY SPECIAL GIFT?

Purchasing a LEAF or STONE from the TREE OF LIFE Program makes a unique and perpetual gift.



"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...". Or you may also choose to simply have your name, the family name, or business name inscribed on a Leaf or Stone. Restrictions as to space and number of characters are listed below, based on whether you choose a fraternal Leaf (\$100) or larger Stone (\$500). 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 payments.

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

ALL PROCEEDS RECEIVED FUND OUR SCHOLARSHIP PROGRAM

Name _____
Address _____
City/State/Zip _____
Phone _____

Enclosed is (please check one):

- My first donation toward my "Tree of Life," entitling me to an engraved (please check one)
- Fraternal Leaf Fraternal Stone (when fully paid)
(Minimum of \$20 per payment - Keep track of your own payments.)
- My \$100 check for a Leaf (paid in full)
- My \$500 check for a Stone (paid in full)

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.

PLEASE ENGRAVE MY FRATERNAL LEAF OR STONE AS FOLLOWS:

Calendar of Events

continued from page 2

- 30** – Deadline to apply for the 2023 Bishop Andrew G. Grutka Memorial Scholarship Award. *See page 15 for details.*
- 30** – Deadline to submit articles for the Slovak Catholic Federation's annual publication, *The Good Shepherd*.

JULY

- 1** – Deadline to apply for the 2023 Anne (Shinal) Cichy Memorial Award. *See page 7 for details.*

LPSCU 2023 CATHOLIC HIGH SCHOOL AWARD

\$300 One-Time Award



The LPSCU is offering a Catholic High School Award benefit, which is a \$300 one-time award to our members who are attending a Catholic high school during the 2023-2024 academic year. Members may only receive this award one time.

The following are the Guidelines for applying for the Catholic High School Award:

- ◆ Must be a member of the LPSCU for two years with \$2,000 permanent reserve life insurance certificate (excludes term insurance).
- ◆ Must be a Catholic high school freshman, sophomore, junior, or senior in the fall of 2023.
- ◆ Must provide a wallet-size or digital color photo.

Applicants must meet all criteria and provide data indicated above to be eligible. Incomplete applications or those missing data requirements will not be considered. All materials become the property of the LPSCU and will not be returned. **Applications must be postmarked by June 30, 2023.**

Applications are available from the LPSCU Home Office or its website. Return completed applications to:

Ladies Pennsylvania Slovak Catholic Union
ATTN: Catholic High School Award
P.O. Box 32

Wilkes-Barre, PA 18703
Phone: 570-823-3513 ◆ TF: 888-834-6614
Fax: 570-823-4464

E-mail: lpscu@lpscu.org ◆ Website: www.lpscu.org

- 8** – Summer Festival hosted by the Sisters of SS. Cyril and Methodius from 10:30 a.m. to 5:00 p.m. at Villa Sacred Heart in Danville, Pennsylvania. Mass at 5:00 p.m. in the Basilica.
- 16** – Rev. Dianiska District's breakfast buffet in honor of the LPSCU's 125th Anniversary at 11:00 a.m. at the Holiday Inn East Mountain Inn, Wilkes-Barre, Pennsylvania. Reservations must be made by July 5. *See page 5 for more details.*
- 20** – **Deadline to submit articles for September/October 2023 Morning Star.**
- 23-30** – Polish Falcons of America National Youth Camp at SNPJ Recreation Center, Enon Valley, Pennsylvania. Registration is required by July 1. *See page 21 for more details.*

AUGUST

- 15** – Deadline to apply for the Lynda (Posivak) Mohlenhoff Memorial Scholarship Award. *See notice on page 8.*
- 15** – Deadline to apply for the Margaret Sabol Scholarship Award. *See notice on page 17.*
- 31** – Deadline to apply for a 2023 LPSCU Religious Award. *See notice on page 19.*
- TBD** – Indiana Fraternal Alliance Meeting

SEPTEMBER

- 12-14** – American Fraternal Alliance Executive Summit, Oak Brook, Illinois
- 17-18** – Slovak Catholic Federation Fall Meeting, Independence, Ohio
- 20** – **Deadline to submit articles for November/December 2023 Morning Star.**
- 28-30** – LPSCU Semi-Annual Board Meeting, Hershey, Pennsylvania
- 30** – Deadline to apply for a 2023 LPSCU Post Graduate Award. *See notice on page 10.*

OCTOBER

- 5-6** – New Jersey/New York Fraternal Alliance Meeting, Atlantic City, New Jersey
- 22** – Rev. Dianiska District meeting at 1:00 p.m. at the North End Slovak Club, North Main Street, Wilkes-Barre, Pennsylvania. "Make a Difference Day" will be observed.
- 22-24** – Pennsylvania Fraternal Alliance Meeting, Erie, Pennsylvania
- TBD** – Ohio Fraternal Alliance Meeting

NOVEMBER

- 20** – **Deadline to submit articles for January/February 2024 Morning Star.**

DECEMBER

- 9** – LPSCU Board Meeting, Zoom teleconference beginning at 9:00 a.m. EST.

❖ 2024 ❖

APRIL

- 14-15** – Slovak Catholic Federation Spring Meeting, Danville, Pennsylvania

JUNE

- 28-30** – LPSCU National Convention, Hershey, Pennsylvania

CAN YOU HELP US LOCATE THESE MEMBERS?

We are looking for the following members. Their last known place of residence is listed below.

Amreihn, Kenneth – Essexville, MI
Baluh, Bethany – Mt. Pleasant, PA
Beeda, Michaela – Port St. Lucie, FL
Blair, Stacy – Hickory, NC
Bridzius, Andrius R. – El Paso, TX or San Antonio, TX
Brinker, Regina – Livermore, CA
Burrier, Ryan – Scranton, PA
Campbell, Scott – Pittsburgh, PA
Cavanagh, Agnes – Campos, IL
Cavenas, Keri L. – Mahanoy City, PA
Chvostal, John – Long Beach, CA
Chvostal, Paul – Cypress, CA
Colello, Christopher – Georgetown, KY
Davies, Bernadette – South Abington Twp., PA
or Chaumont, NY
Fink, Carly – Reading, PA
Fink, Thomas – Coopersburg, PA
Golby, Raeleen – Johnstown, PA
Gunther, Amanda – Chicago, IL
Hodge, Michael – N. Catasauqua, PA
Hoobler, Mary – Sewickley, PA
Horman, Susan M. – Chandler, AZ
Jones, Jeffrey – Youngstown, OH or Struthers, OH
Kinsey, Ann Marie – Taylor, PA
Kniess, Denise M. – Butler, PA
Kohut, Joseph – Charleston, SC
Lichkus, Jonathan – Somerville, MA
Lowrie, Deborah – Dalton, PA
McBeth, Ryan – Hellertown, PA
McKenzie, Gary – Hazleton, PA
McMahon, Arianna – Duryea, PA or Avoca, PA
McTague, Robert – Scranton, PA
Matuza, William R – Hazlet Twp., NJ
or West Keansburg, NJ
Mikulaj, Angela – Lake Station, IN
Mikulaj, Brian M. – Lafayette, IN
Miller, Richard – Luta, FL

Mitrakos, Deborah – Naperville, IL or Aurora, IL
Moskal, Justin – St. Charles, IL
Murzyn, Stanley – Flint Hill, VA or Front Royal, VA
Parisi, Allison – Seminole, FL
Pecchioli, Allan – Cinnaminson, NJ
Rodick, Amanda – Mahanoy City, PA
Sharrow, Roxanne – Youngstown, OH
Shook, Alexandra – Hoboken, NJ
Smith, GeriLynn – Chaumont, NY
Stinavage, Judy – Binghamton, NY
Stumpf, Kelly – Blandon, PA
Suchy, Mary – Chicago, IL
Susoreny, James – Richardson, TX
Tomanio, Terri – Port Charlotte, FL
Vizza, Daniel – Chicago, IL
Votral, Gregory – Springfield, MA
Vrabel, Susan – Orlando, FL
Wasko, Matthew – Binghamton, NY
Wateski, Jessica – Exeter, PA
Watson, Michael – Hubbard, OH
Weinreich, Sarah – Shenandoah, PA
Weldner, Robert – Orefield, PA
Wenta, Silvia – Mountain Home, AR
or Western Spring, IL
Whitaker, Kimberly – Emmaus, PA
Wisniewski, Edward – Waymart, PA or Rockaway, NJ



If you have any information regarding any of these members or their relatives, please contact Secretary-Treasurer Mary Jo Savidge as soon as possible at 570-823-3513, toll free at 888-834-6614, or via email at lpescu@lpescu.org. Your assistance is greatly appreciated.

Member Spends Three Life-Changing Days in Havana

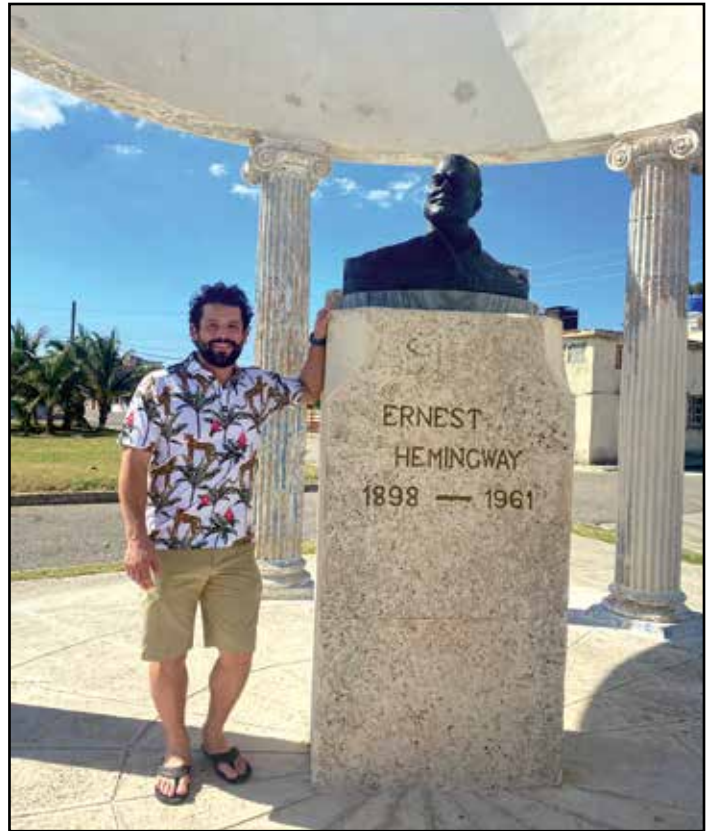
I am a lover of traveling and immersing myself in new places and cultures. The more obscure the place, the better. When I was invited by my friends to go to Cuba, this was an offer I could not turn down.

Leading up to my trip, I started to remember the things I had heard and read about Cuba – its beauty during its heyday and its struggles under Communism. Despite what I had heard and read, I witnessed a country that displayed resilience, beauty, and love. While the country struggles with volatility in its government and economy, its citizens are full of love and gratitude for the blessings they do have. What the Cuban people lack in monetary wealth, they compensate for with joy and a sense of community.

As an American living in this fast-paced, hustling culture we have created, I am grateful I was given the opportunity to visit Cuba. My trip re-emphasized the importance of slowing down and enjoying the present moment. It showed me that love and community mean more than money and possessions.

Upon my return to the States, a number of people have asked me how my trip to Cuba was. My simple response: “It changed me.”

Nicholas Hladek
Branch 109
Hammond, Indiana



At the Hemingway Memorial in Cojimar.



Nicholas with one of Cuba's famous vintage automobiles.



Checking out some of Cuba's premium cigars.

SS.C.M. Appeal Update

The Saints Cyril and Methodius Appeal is in its 45th year raising money to assist the Pontifical Slovak College of Saints Cyril and Methodius in Rome with its day-to-day operations. The Appeal relies upon the generosity of individual donors in addition to collections taken up in individual parishes of Slovak ancestry. A direct mailing asking for donations was sent in January to local District and Branch leaders from the four Catholic Slovak fraternal organizations, members of the Slovak Catholic Federation, clergy with Slovak ancestry, and previous donors.

As of March 20, the 2023 Appeal has received \$8,719 from 111 donors. Donations to date have been received from twenty-two Branches and Districts from our Slovak Catholic fraternal organizations, nineteen clergy and religious, and seventy individuals. On behalf of the Pontifical College, thank you for your continued generosity and support!

Anyone wishing to contribute to the 2023 Appeal is asked to fill out the information in the box at the bottom of this article and mail it, along with your check payable to the Slovak Catholic Federation, to the address provided. Donations in any amount are deeply appreciated and are acknowledged. Any gifts received after November 30, 2023, will be credited toward the 2024 Appeal. Thank you again for your goodness and generosity.

The Slovak Catholic Federation was founded in 1911 by Rev. Joseph Murgas, founding pastor of Sacred Heart of Jesus Slovak Church, Wilkes-Barre, Pennsylvania. The Federation brings together under one banner both individuals of Slovak heritage as well as Catholic Slovak fraternal organizations for cultural, religious, and educational purposes. Serving as Moderator is the Right Reverend Gary Hoover, O.S.B., abbot of St. Andrew Svorad Abbey, Cleveland, Ohio. National President is Reverend Andrew S. Hvozdic, V.F., supreme chaplain of the Slovak Catholic Sokol and pastor of Our Lady of Victory Parish, Harvey's Lake, Pennsylvania and Gate of Heaven Parish, Dallas, Pennsylvania. Reverend Thomas A. Nasta, national chaplain of the First Catholic Slovak Union and parochial vicar with senior priest status at Our Lady of Grace Parish, Pennel, Pennsylvania, serves as First Vice President of the Federation and is the Appeal Coordinator.



2023 YOUTH ACHIEVEMENT AWARD

LET AN OUTSTANDING YOUNG PERSON 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.

Help the LPSCU show an outstanding young member that they are appreciated by nominating him or her for the **2023 Youth Achievement Award**.

To receive a Nomination Form, contact the Home Office at 570-823-3513 or toll free at 888-834-6614; E-mail: lpscu@lpscu.org or visit our website: www.lpscu.org

**THE POSTMARK DEADLINE
FOR NOMINATIONS IS JUNE 1, 2023.**

45th Annual SS.C.M. Appeal

Name _____

Address _____

City _____ State _____ Zip _____

Amount \$ _____

Please make check payable to

Slovak Catholic Federation and mail to:

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



BISHOP ANDREW G. GRUTKA MEMORIAL SCHOLARSHIP AWARD \$1,000 AWARD (Maximum of \$2,000 per member)

The LPSCU is proud to once again offer the Bishop Andrew G. Grutka Memorial Scholarship Award for lay persons between the ages of 18 to 35. This award, implemented at the 37th National Convention held in Merrillville, Indiana, in August 2000, is given in memory of Bishop Andrew G. Grutka, an outstanding Slovak leader who was the founding Bishop of the Diocese of Gary, Indiana.

Those applying for the Bishop Andrew G. Grutka Memorial Scholarship Award must meet the following criteria:

- Be a member of the LPSCU for two (2) years with \$5,000 permanent reserve life insurance certificate (excludes term insurance).
- Be a lay person between 18-35 years of age.
- Be of the Catholic religion (Latin Rite or Byzantine).
- Be initiated fully into the Church (Baptized, Eucharist, and Confirmed) and continuing to be eligible to receive the sacraments of the Church.
- Be a member of a Catholic parish.
- Be active in parish/diocesan/campus ministry as a lector, extraordinary minister of Holy Communion, adult altar server, catechist/aide, member of parish RCIA/C Team, youth minister, member of the Parish Pastoral Council, Finance Council, and/or other parish committees or organizations.
- Provide a Sponsor Eligibility Form from their parish to show they are active Catholics.
- Be active in an organization or activity that promotes awareness of our Slovak heritage, culture, and traditions.
- Be endorsed by his or her 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 or digital color photo.

Applicants must meet all criteria and provide data indicated above to be eligible. Incomplete applications or those missing data requirements will not be considered. All materials become the property of the LPSCU and will not be returned. **Applications must be postmarked by June 30, 2023.**

Applications are available from the LPSCU Home Office or its website. Return completed application and supporting material to:

Ladies Pennsylvania Slovak Catholic Union
ATTN: Bishop Grutka Award
P.O. Box 32
Wilkes-Barre, PA 18703

Phone: 570-823-3513 ❖ TF: 888-834-6614 ❖ Fax: 570-823-4464
E-mail: lpscu@lpscu.org ❖ Website: www.lpscu.org

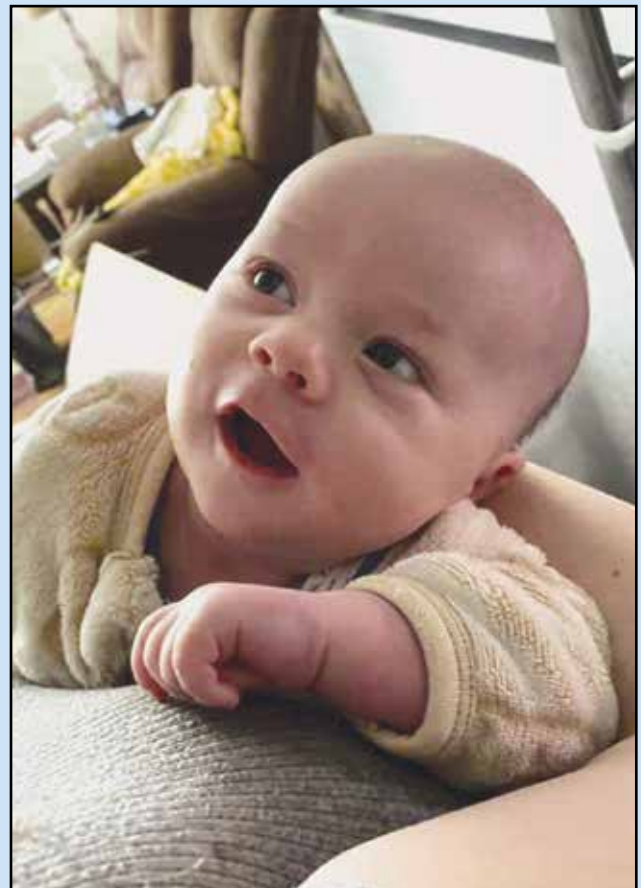
Rev. Dianiska District Plans to “Make a Difference”

Members of the Reverend Dianiska District will observe “Make a Difference Day” at their fall meeting on Sunday, October 22, 2023. The meeting will be held at 1:00 p.m. at the North End Slovak Club, North Main Street, Wilkes-Barre, Pennsylvania. Wilkes-Barre Branch 6 will host.

The Catherine McAuley Center will be the benefactor of the District’s Make a Difference Day project. Members will be donating cleaning supplies for the Center. This event will be held in conjunction with the LPSCU’s Matching Fund Program.

Meet Our New Member!

Theo James Heckel-Russell, the newest member of the Heckel family, was born November 9, 2022. He is the great-grandson of Mary Heckel. Both Mary and Theo are members of Branch 42, Pittsburgh, Pennsylvania. Welcome, Baby Theo!



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

LPSCU 20 YEAR ENDOWMENT PLAN

A unique way to generate significant funds for the purpose of future college education costs for young family members is to purchase a 20 Year Endowment Life Insurance Plan. Premium payments are made for a period of 20 years and will help defray higher education tuition and costs. Planning for college education tuition and costs should be started as soon as a child is born in order that the necessary resources be available for the child to pursue a college degree. An endowment life insurance certificate can serve many other purposes as well, such as assisting with wedding expenses or towards the purchase of a home, furniture, car, or a vacation.

After 20 years of premium payments, the insured will have the choice of any one of the following three options: (1) Immediate payment of the face value; (2) Immediate payment of a portion of the face value and a paid-up certificate for the face amount of the existing certificate (Option A); or (3) Paid-up certificate for a larger face value (Option B). In the event of death prior to 20 years, the face amount of the endowment certificate is payable to the named beneficiary/ies.

The 20 Year Endowment Life Insurance Plan is offered from age 0 to 70 and premium payments can be made either monthly, quarterly, semi-annually, or annually. This plan offers the added fraternal benefits of educational awards, youth and adult activities, newborn benefit, prescription discount card, official publication, and discount car rental, to name a few.

A 20 Year Endowment Life Insurance Plan should be considered as a way to build up savings for the future, while at the same time protecting the insured with life insurance. To apply for this specific plan, or any other insurance plan offered by the LPSCU, contact your Branch Secretary or the LPSCU Home Office.

Listed below are the Annual and Monthly Premium Schedules for the 20 Year Endowment Life Insurance Plan. The premiums listed are based on \$1,000 of life insurance coverage. Semi-annual and Quarterly premium rates are also available by contacting your Branch Secretary or the Home Office.

20 YEAR ENDOWMENT ANNUAL AND MONTHLY PREMIUM RATES PER \$1,000

Based on 2017 CSO Male and Female Mortality Tables / Based on Age at Last Birthday

Issue Age	Annual		Monthly	
	Male	Female	Male	Female
0	\$40.81	\$39.68	\$3.67	\$3.57
1	40.81	39.79	3.67	3.58
2	40.82	39.98	3.67	3.60
3	40.83	40.17	3.67	3.62
4	40.85	40.36	3.68	3.63
5	40.94	40.55	3.68	3.65
6	41.13	40.74	3.70	3.67
7	41.32	40.93	3.72	3.68
8	41.51	41.13	3.74	3.70
9	41.72	41.33	3.75	3.72
10	41.92	41.53	3.77	3.74
11	42.12	41.72	3.79	3.75
12	42.32	41.92	3.81	3.77
13	42.52	42.12	3.83	3.79
14	42.73	42.32	3.85	3.81
15	42.93	42.52	3.86	3.83
16	43.13	42.72	3.88	3.84
17	43.33	42.92	3.90	3.86
18	43.54	43.13	3.92	3.88
19	43.76	43.34	3.94	3.90
20	43.97	43.55	3.96	3.92
21	44.18	43.76	3.98	3.94
22	44.39	43.97	4.00	3.96
23	44.60	44.18	4.01	3.98
24	44.81	44.39	4.03	4.00
25	45.02	44.60	4.05	4.01
26	45.23	44.81	4.07	4.03
27	45.44	45.02	4.09	4.05
28	45.66	45.24	4.11	4.07
29	45.89	45.46	4.13	4.09
30	46.11	45.68	4.15	4.11
31	46.33	45.90	4.17	4.13
32	46.55	46.12	4.19	4.15
33	46.78	46.34	4.21	4.17
34	47.00	46.56	4.23	4.19
35	47.22	46.77	4.25	4.21

Issue Age	Annual		Monthly	
	Male	Female	Male	Female
36	\$47.44	\$46.99	\$4.27	\$4.23
37	47.67	47.22	4.29	4.25
38	47.91	47.45	4.31	4.27
39	48.13	47.68	4.33	4.29
40	48.36	47.91	4.35	4.31
41	48.59	48.14	4.37	4.33
42	48.83	48.37	4.39	4.35
43	49.06	48.59	4.42	4.37
44	49.28	48.82	4.44	4.39
45	49.52	49.06	4.46	4.42
46	49.77	49.30	4.48	4.44
47	50.00	49.53	4.50	4.46
48	50.24	49.77	4.52	4.48
49	50.48	50.00	4.54	4.50
50	50.71	50.24	4.56	4.52
51	50.96	50.47	4.59	4.54
52	51.19	50.71	4.61	4.56
53	51.42	50.94	4.63	4.58
54	51.66	51.19	4.65	4.61
55	51.92	51.43	4.67	4.63
56	52.16	51.67	4.69	4.65
57	52.40	51.92	4.72	4.67
58	52.64	52.16	4.74	4.69
59	52.89	52.40	4.76	4.72
60	53.12	52.64	4.78	4.74
61	53.36	52.89	4.80	4.76
62	53.61	53.14	4.82	4.78
63	54.19	53.39	4.88	4.81
64	56.03	53.64	5.04	4.83
65	58.08	53.89	5.23	4.85
66	60.34	54.14	5.43	4.87
67	62.84	54.59	5.66	4.91
68	65.63	56.34	5.91	5.07
69	68.76	58.30	6.19	5.25
70	72.26	60.52	6.50	5.45



THE 2023 MARGARET SABOL SCHOLARSHIP AWARD

\$1,000 ANNUAL AWARD

The LPSCU is proud to offer this award to full time students pursuing a Medical or Science degree, including STEM programs. This award is given in memory of Margaret Sabol, who was a member of LPSCU Branch 42 in Pittsburgh, Pennsylvania. It is funded entirely through the generosity of Margaret's daughter, who is also a member of Branch 42.

Any LPSCU member may apply, regardless of the amount or type of life insurance they have, but applicants must meet the following criteria to be eligible for this memorial award:

- Attend an accredited college/university in the fall of 2023 on a full-time basis pursuing a degree in Medicine or Science (including STEM programs). Proof of acceptance/attendance is required.
- Provide a wallet-size or digital color photo.
- Provide two letters of recommendation from a teacher, friend, or religious affiliation.
- Submit a one-page essay on "Why this degree is important to me."

The recipient of the Margaret Sabol Scholarship Award will receive \$1,000. No individual shall be eligible to receive the scholarship more than two times. The recipient will be selected by Margaret Sabol's daughter from among all the qualified applicants.

Applications must be postmarked by August 15, 2023. Request an application by contacting one of the choices listed below. Send completed applications to:

Ladies Pennsylvania Slovak Catholic Union

ATTN: Margaret Sabol Award

P.O. Box 32

Wilkes-Barre, PA 18703

Phone: 570-823-3513 • Toll free: 888-834-6614

Fax: 570-823-4464

E-mail: lpscu@lpscu.org • Website: www.lpscu.org

News from the National Czech & Slovak Museum & Library

The National Czech & Slovak Museum & Library, located in Cedar Rapids, Iowa, plans to prepare quarterly press releases highlighting different aspects of the library. As they become available, we will share them here with our members. Featured in the most recent press release is the Skala Bartizal Library, which is an integral part of the NCSML.



The Skala Bartizal Library supports the mission of NCSML by collecting, preserving, and making available library materials that document Slovak and Czech history and culture within both the European and American contexts. These materials can be used for research and information purposes and to support the NCSML's exhibits, programs, and publications.

The library collects books, periodicals, archival materials, oral histories, sheet music, musical recordings, as well as films and documentaries. Areas of interest include history and politics, literature (both fiction and non-fiction), local history, genealogy, immigration, folk and fine art, customs and traditions, religion, music, and cooking.

Most of the materials in the library are donated by individuals or organizations that want to ensure that these items are preserved and available for future generations. The library is particularly interested in collecting materials that document the Slovak-American and Czech-American experience, including minutes books kept by fraternal lodges or branch secretaries, the journals issued by the home offices, and the materials produced by other Slovak- and Czech-American organizations. Items are preserved in acid-free archival folders and boxes and secured in a temperature- and humidity-controlled environment. Current materials available can be discovered by searching the library's online catalog, archival finding aids, and portals to digitized materials.

The library is open Tuesday through Saturday and is staffed by two professional librarians who manage the library's resources and provide reference services to the public in person, over the phone, or via email. Assistance is offered to families researching their family history, authors writing novels, organizational histories, and scholarly articles, and those who have questions about a variety of historical or cultural topics. Inquirers are also referred on to the library's network of other libraries, archives, scholars, and subject matter experts, as needed.

The Skala Bartizal Library serves the Slovak-American and Czech-American communities, actively preserving their stories and accomplishments. You are encouraged to explore our collections, discover what we have to offer, and learn more about your cultural heritage. Inquiries are welcomed. Learn more about the library at www.NCSML.org or contact us directly at library@NCSML.org.

David Muhlena
Library Director

LADIES PENNSYLVANIA SLOVAK CATHOLIC UNION

FLEXIBLE ANNUITY

ANNUAL INTEREST RATE IS 3½%*

*EFFECTIVE FEBRUARY 1, 2023

- The LPSCU Flexible Annuity is a flexible-premium, deferred annuity that accepts ongoing deposits of as little as \$100 per month.
- An annuity is a long-term investment where the interest earned is accumulated and compounded.
- Annuities are used to supplement retirement income, whereby at some point you stop paying into the annuity and start taking out.
- Upon maturity, LPSCU offers a number of distribution options, giving our members the convenience of selecting the one that is best suited for them.
- LPSCU's competitive interest rate is reviewed quarterly by the Board of Directors; however, your rate will never go below the guaranteed minimum rate established by the annuity contract.
- You can become a member of the LPSCU by purchasing an annuity and you can own an annuity regardless of your health status.
- Deposits can be made at your convenience!
- Minimum deposit is \$100
- After the sixth year, there is no LPSCU penalty on annuity withdrawals.
- If the annuitant dies prior to settlement, funds on deposit are payable directly to the named beneficiary(ies).
- Settlement Options:
 - Payment of a specified amount
 - Payments for a specified period
 - Life Annuity
- Payment options can be monthly, quarterly, semi-annually or annually, depending upon your needs.
- Prior to settlement, annuitant may withdraw the Cash Surrender Value at any time; however, the minimum withdrawal amount is \$250

NOTE: Withdrawals taken prior to age 59½ may be subject to a 10% Early Withdrawal Penalty by the Internal Revenue Service.



For more information about the

LPSCU FLEXIBLE ANNUITY

contact the LPSCU Home Office or your local Branch Secretary

71 South Washington Street | Wilkes-Barre, PA 18701

Phone 888-834-6614 | Fax 570-823-4464 | e-mail: lpscu@lpscu.org | www.lpscu.org

LPSCU 2023 RELIGIOUS AWARDS

FOR MEMBERS ENTERING RELIGIOUS LIFE

- ❖ **St. John Vianney**
 - ❖ **St. Theresa of the Little Flower**
 - ❖ **St. André Bessette**
- \$300 ANNUALLY**

The LPSCU is offering three separate Religious Awards for members entering religious life. They are:

- ❖ **The St. John Vianney Award**
This award is offered to any male member of the LPSCU aspiring to the priesthood. The member may apply for the \$300 Award upon entrance into an approved program of priestly formation. The award may be renewed for each successive year until ordination, provided the member re-applies for said award each year.
- ❖ **The St. Theresa of the Little Flower Award**
This award is offered to any female member of the LPSCU aspiring to religious life. The member may apply for the \$300 award upon completion of her first year of Novitiate. The award may be renewed annually until the member is professed as a religious nun, provided she re-applies for said award each year.
- ❖ **The St. André Bessette Award**
This award is offered to a male member of the LPSCU aspiring to religious life as a brother in a religious congregation. He may apply for the \$300 award upon entrance into an approved program for religious brother formation. The award may be renewed annually for each successive year until completion of the program, provided the member re-applies for said award each year.

Following are the guidelines for applying for each of the Religious Awards. All applicants must:

- ❖ Be a member of the LPSCU for two (2) years with a minimum \$2,000 permanent reserve life insurance certificate (excludes term insurance).
- ❖ Provide a wallet-size or digital color photo.
- ❖ Re-apply each year while attending/completing studies for Religious Life in order to receive the award each year of his/her religious training.

Applicants must meet all criteria outlined and provide data indicated to be eligible. Incomplete applications or those missing data requirements will not be considered. All materials become the property of the LPSCU and will not be returned.

Applications are available from the LPSCU Home Office or its website. **Applications for the 2023 awards must be postmarked by August 31, 2023.**

Submit applications to:

Ladies Pennsylvania Slovak Catholic Union

ATTN: Religious Awards

P.O. Box 32

Wilkes-Barre, PA 18703

Phone: 570-823-3513 ❖ Toll free: 888-834-6614

Fax: 570-823-4464

E-mail: lpscu@lpscu.org ❖ Website: www.lpscu.org

Branch 213 Donates to Laurel Run Easter Party

LPSCU Branch 213 from Dallas, Pennsylvania, recently made a donation to Laurel Run Recreation for its annual Easter Party. The event was held on Saturday, April 1, at the Laurel Run Municipal Building in Laurel Run, Pennsylvania. The Easter Bunny was there to the delight of both young and old. Each child was given a ceramic bunny and paint for their activity. An Easter egg hunt took place, followed by cupcakes and juice. Everyone enjoyed the day.

Theresa Kluchinski
Secretary, Branch 213



Some of the colorful baskets given to the children that attended Laurel Run's Easter Party.

In Memoriam

Elva E. Silay, from Avalon (formerly North Side), Pittsburgh, Pennsylvania, passed away on February 12, 2023, at the age of 90. Elva was a member of Pittsburgh Branch 64. She was an active LPSCU member, serving as treasurer of Branch 64 for many years and attending numerous National Conventions.

Have Any News?

We welcome any news concerning honors, awards, or outstanding achievements received by our members, life events of our members (confirmations, graduations, weddings, promotions, etc.), news on a Branch or District social, or any letters, articles, or information of interest to our members.

Contact Debby McKinley,
Public Relations Director
34 Oxford Street,
Tamaqua, PA 18252
zornicka@lpsc.org

Photograph Info

When submitting digital photos for publication in the *Morning Star*, please save them as separate files sent as attachments to your text copy, not as part of the text copy itself. For best results, photos should be saved in **jpg** format, not as Word files.

INSURANCE POLICY CHECKLIST

✓ **Beneficiary:**

Is my named beneficiary living?

Do I want to change my beneficiary?

✓ **Address:**

Is my current address on file with the Home Office?



It is very important that this information be correct and up-to-date. Please contact the Home Office or your Branch Secretary to make any necessary changes or corrections.

Ladies Pennsylvania Slovak Catholic Union Year End Financial Report

Assets	Year End 2022	Year End 2021
Investments.....	\$ 15,885,497.00	\$ 15,740,325.00
Cash on Deposit	\$ 105,431.00	\$ 819,632.00
Real Estate Owned	\$ 97,270.00	\$ 102,654.00
Other Assets	\$ 56,396.00	\$ 60,771.00
Totals	\$ 16,144,594.00	\$ 16,723,382.00

Liabilities & Fund Balance	Year End 2022	Year End 2021
Fund Balance.....	\$ 3,309,950.00	\$ 3,738,748.00
Interest Maintenance Reserve	\$ 142,771.00	\$ 162,559.00
Asset Valuation Reserve	\$ 231,086.00	\$ 541,168.00
Amt. Retained as Trustee.....	\$ 86,210.00	\$ 90,365.00
Aggregate Reserve-Life Certificates.....	\$ 12,129,929.00	\$ 11,978,421.00
Other Liabilities	\$ 244,648.00	\$ 212,121.00
Totals	\$ 16,144,594.00	\$ 16,723,382.00

Revenues	Year End 2022	Year End 2021
Premium Income	\$ 228,042.00	\$ 319,567.00
Investment Income.....	\$ 638,930.00	\$ 728,484.00
Income - Other	\$ 27,837.00	\$ 31,338.00
Totals	\$ 894,809.00	\$ 1,079,389.00

Expenses	Year End 2022	Year End 2021
Death Claims	\$ 340,177.00	\$ 339,368.00
Endowments	\$ 37,727.00	\$ 30,349.00
Cash Surrenders	\$ 38,576.00	\$ 59,688.00
Annuity Benefits.....	\$ 22,949.00	\$ 20,556.00
Dividends	\$ -	\$ -
Increase in aggregate reserves.....	\$ 151,510.00	\$ 218,854.00
Branch Support/Commissions	\$ 17,069.00	\$ 20,724.00
General Operating Expenses	\$ 319,739.88	\$ 358,176.45
Officers and Committee Expenses	\$ 17,521.39	\$ 5,658.90
Actuarial/Accounting Expense.....	\$ 78,621.86	\$ 97,145.43
Investment Mgt. Fee	\$ 88,994.46	\$ 97,108.39
Official Publications.....	\$ 57,350.73	\$ 55,606.78
Travel Expense	\$ 7,798.00	\$ 3,208.62
Bureau and Association Dues	\$ 8,020.00	\$ 6,695.00
Donations.....	\$ 5,605.00	\$ 5,380.00
Scholarships	\$ 2,150.00	\$ 2,471.65
Fraternal Activities.....	\$ 12,097.68	\$ 9,988.78
Insurance Taxes, Licenses & Fees.....	\$ 30,951.00	\$ 32,040.00
Sub Total	\$ 1,236,858.00	\$ 1,363,019.00

Net Gain/Loss From Operations.....	\$ (342,049.00)	\$ (283,630.00)
Net Realized Capital Gain (Loss).....	\$ (47,596.00)	\$ 168,833.00
Total	\$ (389,645.00)	\$ (114,797.00)

Surplus Account	Year End 2022	Year End 2021
Surplus, December 31, previous year	\$ 3,738,748.00	\$ 3,613,345.00
Net income from operations	\$ (389,645.00)	\$ (114,797.00)
Change in net unrealized capital gains (losses)...	\$ (349,827.00)	\$ 263,528.00
Change in asset valuation reserve	\$ 310,082.00	\$ (21,376.00)
Aggregate write-ins for gains and losses	\$ 592.00	\$ (1,952.00)
Change in reserve acct. chg. In valuation basis	\$ -	\$ -
Net change in surplus for the year	\$ (428,798.00)	\$ 125,403.00
Surplus, December 31, previous year	\$ 3,309,950.00	\$ 3,738,748.00

Focusing on National Awareness Month

Deborah McKinley, LPSCU Public Relations Director

MAY

National Asthma and Allergy Awareness Month

May is recognized as National Asthma and Allergy Awareness Month. According to national information available, 10% of adults in the United States suffer from some form of asthma, ranging from mild to severe. The percentages are even higher for people who suffer from allergies. In 2021, 26% of adults and 19% of children were diagnosed with seasonal allergies. Mind you, these numbers are just for seasonal, or hay fever-like, allergies. These numbers don't include people who suffer from allergies that are year-round, such as food, pet, and insect allergies.

If you know anyone who suffers from asthma and have witnessed them having an asthma attack, you know how scary these episodes are and how quickly they can escalate into life-threatening situations. Seeing someone writhing in pain as they are gasping for every breath is not for the faint of heart. Unfortunately, I know this all too well as my daughter has had asthma since birth. As she has gotten older, her trigger points have lessened, but I can say from first-hand experience, it is not easy watching someone, especially your child, struggle for every breath. I've lost track of how many middle of the night ER runs we made when she was a toddler due to her difficulty breathing.

All of the data available of what to do if someone has an asthma attack looks great on paper: stay calm, use a rescue inhaler, call 9-1-1 if you do not feel better after 10 puffs of the rescue inhaler. These all sound great in theory but they can be difficult to implement in the heat of the moment, especially the "stay calm" part. That is meant for both the asthma/allergy sufferer and the people around them.

Asthma and allergies aren't going to be "cured" any time soon. The best you can do is be informed, know your trigger points, keep your rescue inhaler or epi pen up-to-date, and, most importantly, remain calm.

JUNE

National Men's Mental Health Awareness Month

June is designated as National Men's Mental Health Awareness Month. The goal of a specific month dedicated men's mental health is to encourage men – and boys – to implement healthy living decisions. This then allows them to take control of their overall health, including their mental health. It is the hope that an entire month devoted solely to men's mental health elevates societal awareness of the mental health struggles that men deal with in our society on a daily basis. There are approximately six million males in the United States alone that are affected by depression.

There are five major mental health issues that affect men. These are depression, anxiety, bipolar disorder, psychosis and schizophrenia, and eating disorders. Statistically, one in five adult males experience a mental health issue each year. Sadly,

men are less likely to seek help for these issues. This can be due to an overall reluctance to talk about it, downplaying the symptoms, or what they perceive as social norms that men don't need help and therefore don't seek help.

The good news is that help is available. There are online mental health resources, in-person support groups, therapists, and "immediate" types of resources, such as crisis hotlines. What works for one person may or may not work for another. Some will do well in online versus in-person settings; the same goes for group versus individual settings. There isn't one fix that will help everyone. That's why there are choices. The main goal is to recognize when you, or someone you know, needs help, and then don't be afraid to get the help needed. One step at a time.

The purpose of these monthly awareness articles is to bring to the forefront issues that people deal with every day but probably don't think about on a daily basis. The better informed we are, the better we can react to situations when needed.

Polish Falcons of America to Hold National Youth Camp

The Polish Falcons of America have announced that the 2023 National Youth Camp will be held from July 23-30, 2023. The camp will take place at SNPJ Recreation Center located in Enon Valley, Pennsylvania.

The camp is open to individuals aged 10 and up in various capacities. Campers are 10 to 18 years of age. Junior Counselors are 19 to 20. Counselors are 21 and older. All Counselors are required to have a background check completed. Applications for Junior Counselors and Counselors are available on the Polish Falcons' website.

The camp will provide an activity for everyone. Campers can participate in volleyball, basketball, kickball, swimming, bowling, obstacle courses, arts and crafts, and team challenges, just to name a few. You don't need to know how to do any of these activities. Campers will be taught everything they need to know to participate. Beginners are welcome!

For more information, please visit the following website: www.polishfalcons.org/program/national-youth-camp/. You can also register and pay online, or by printing out the forms and sending completed forms and your check to the address provided. The cost is \$275 for Polish Falcons of America members and \$300 for non-Polish Falcons of America members. However, the LPSCU will match the \$25 non-member cost for any of its members wishing to attend the camp, so the camp cost for LPSCU members would also be \$275. Please contact the Home Office at lpescu@lpescu.org for more information or to set up a payment plan.

The deadline to apply is July 1, 2023.

Any camp-related questions can be directed to Christine Puskar either by e-mail at cpuskar@polishfalcons.org or by phone at 800-535-2071.



Junior Branch Journal

The History of Mother's Day

Happy Mother's Day! The real history of Mother's Day in the United States might surprise you. Three women—who championed efforts toward better health, welfare, peace, and love—contributed to this day. The creation of a national Mother's Day is primarily attributed to three women: Ann Reeves Jarvis, Julia Ward Howe, and Ann's daughter, Anna M. Jarvis.

- ★ Ann Maria Reeves Jarvis (September 30, 1832 - May 9, 1905) was a social activist and community organizer during the American Civil War era. She is recognized as the mother who inspired Mother's Day and as a founder of Mother's Day movements.
- ★ Julia Ward Howe (May 27, 1819 - October 17, 1910) was an American author and poet, known for writing the original 1870 pacifist Mother's Day Proclamation. The Mother's Day Proclamation was an appeal for women to unite for peace in the world. Written in 1870, Howe's Mother's Day Proclamation was a pacifist reaction to the carnage of the American Civil War and the Franco-Prussian War.
- ★ Anna Maria Jarvis (May 1, 1864 - November 24, 1948) was the founder of Mother's Day in the United States. Her mother had frequently expressed a desire for the establishment of such a holiday, and after her mother's death, Jarvis led the movement for the commemoration.



Mother's Day endures and evolves. Just as Mother's Day was the creation of multiple women, the modern Mother's Day celebrates the varied roles of mothers today. We commemorate the many ways mothers have fought to better the lives of their children, from social welfare to non-violence. We also honor the way mothers have raised and nurtured their children with love and courage.



Maypoles



The greenness of spring in May expressed the hopes of farmers concerning the strength and good growth of all plants. The custom of raising Maypoles was performed throughout Slovakia. People usually cut tall, straight trees with regular crowns. There is no unity concerning the decoration of the Maypoles. One village paints the tree trunks white from top to bottom and decorates them with various ribbons and scarves.

Maypoles were built in ancient times and were placed in front of houses and farm buildings as protection against diseases and evil spirits before the first of May. Eventually, this led to the erecting of Maypoles in front of the houses of eligible girls.

Maypoles had three different meanings: (1) a young man raised the Maypole only for the girl he was attracted to; (2) Maypoles were a joint gift from young men to all grown-up girls; (3) a Maypole was raised for each girl. Unfortunately, in an attempt to establish good forest management, the raising of Maypoles was forbidden.

Junior Branch Journal



Flag Day

When the American Revolution broke out in 1775, the colonists weren't fighting united under a single flag. Instead, most regiments participating in the war for independence against the British fought under their own flags. In June of 1775, the Second Continental Congress met in Philadelphia to create the Continental Army—a unified colonial fighting force—with the hopes of a more organized battle against its colonial oppressors. This led to the creation of what was, essentially, the first "American" flag, the Continental Colors.

For some, this flag, which was comprised of 13 red and white alternating stripes and a Union Jack in the corner, was too similar to that of the British. George Washington soon realized that flying a flag that was even remotely close to the British flag was not a great confidence-builder for the revolutionary effort, so he turned his efforts towards creating a new symbol of freedom for the soon-to-be fledgling nation.

On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that "the flag of the United States be 13 stripes, alternate red and white," and that "the union be 13 stars, white in a blue field, representing a new constellation."

Over 100 years later, in 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14 as Flag Day.

The June Birthstone is Pearl

The birthstone for June is the Pearl and the June birthstone color is light purple. Pearls are associated with purity, fidelity and integrity and are often worn by brides on their wedding day. Pearl jewelry is the gift given to celebrate 1st, 3rd and 30th wedding anniversaries.

Pearls are the only organic birthstone (derived from a living organism) and are formed inside mollusks around a foreign particle. Cultured pearls are simply farmed pearls, where a foreign particle has been introduced deliberately into the mollusk, causing a pearl to form.

'Pearl' comes from the Latin word "pirum" which means "pear", reflecting the pear shape of pearls.

Father's Day

Relive the traditions that you have had with your father while growing up on Father's Day. The ball games you played, that snack you both like to binge on at midnight secretly without your mother knowing — today is the day to share these experiences with your old man.

Fathers are among the most difficult relations to buy a present for. Where mothers can be lavished with flowers and spa days, it is not that simple when it comes to dads. If your dad has a hobby, buy something related to that. Gift cards for his favorite store work great as well. You can also prepare your dad's favorite meal and give him the royal treatment by letting him have the comfiest chair and letting him choose what you're watching on TV.



Happy Father's Day

PERIODICAL



LPSCU 2023 CATHOLIC GRADE SCHOOL AWARD

\$150 One-Time Award

The LPSCU is proud to announce that it is offering a Catholic Grade School Award benefit, which is a \$150 one-time award to our members who are attending a Catholic grade school during the 2023-2024 academic year. Members may only receive this award one time.

The following are the Guidelines for applying for the Catholic Grade School Award:

- Must be a member of the LPSCU for two years with \$2,000 permanent reserve life insurance certificate (excludes term insurance).
- Must be enrolled in a Catholic grade school in kindergarten, or in Grades 1 through 8 in the fall of 2023.
- Must provide a wallet-size or digital color photo.

Applicants must meet all criteria and provide data indicated above to be eligible. Incomplete applications or those missing data requirements will not be considered. All materials become the property of the LPSCU and will not be returned. **Applications must be postmarked by June 30, 2023.**

Applications are available from the LPSCU Home Office or its website. Return completed application and supporting materials to:

Ladies Pennsylvania Slovak Catholic Union
ATTN: Catholic Grade School Award
P.O. Box 32

Wilkes-Barre, PA 18703

Phone: 570-823-3513 ♦ TF: 888-834-6614

Fax: 570-823-4464

E-mail: lpescu@lpescu.org ♦ Website: www.lpescu.org

Still Available!

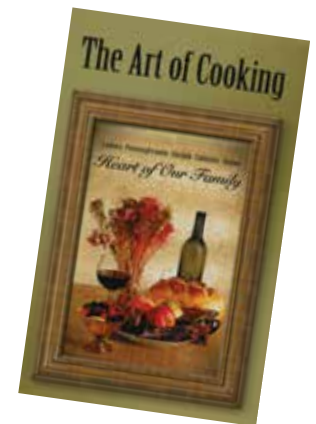
The LPSCU Cookbook

The Art of Cooking - Heart of Our Family

Our brand new cookbook is chockfull of over 400 cherished family recipes submitted by our members, in addition to helpful tips, hints, and measurements to aid you while cooking and baking these delicious favorites.

The spiral bound book is divided into sections which include:

- *Appetizers & Beverages*
- *Breads & Rolls*
- *Soups, Salads & Sauces*
- *Main Dishes*
- *Miscellaneous - Crock-Pot*
- *Ethnic Foods*
- *Vegetables*
- *Desserts*



The cost is just \$10.00, plus \$5.00 shipping and handling per copy. Send your check and order information to:

LPSCU Cookbook
P.O. Box 32
Wilkes-Barre, PA 18702-0032

Get one before they're gone!

**SIGN UP A NEW MEMBER
TODAY!**