Congratulations to our 2006 LPSCU Post-Graduate Award Recipients.
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Calendar of Events

JANUARY
22 — 33rd Annual March for Life in Washington, D.C.
23 — Executive Finance Committee Meeting, Home Office, 8:30 a.m.

FEBRUARY
9 — Deadline for members who reside in Illinois to apply for Illinois Fraternal Congress Scholarships and to nominate Illinois members as the IFC Adult and Youth Fraternalists of the Year. See page 12 for details.
20 — Executive Finance Committee Meeting, Home Office, 8:30 a.m.

MARCH
1 — Deadline for submitting your poster entry in our Earth Day Contest. See page 16 for details.
15 — Deadline for nominating a member as our 2007 LPSCU Fraternalist of the Year. See page 8 for details.
20 — Executive Finance Committee Meeting, Home Office, 8:30 a.m.
31 — Deadline to apply for 2007 LPSCU College Scholarships and Ann (Shinal) Cichy Memorial Award. See page 10 for details.

APRIL
1 — Deadline for nominating a 13- to 18-year old member for the LPSCU’s Youth Achievement Award. See page 4 for details.
12 — LPSCU Annual Audit
13-15 — LPSCU Annual Board Meeting
24 — Executive Finance Committee Meeting, Home Office, 8:30 a.m.

MAY
5 — Join Hands Day
22 — Executive Finance Committee Meeting, Home Office, 8:30 a.m.

JUNE
1-3 — 100th Anniversary of the Slovak League of America. Celebrations in the New York area.
19 — Executive Finance Committee Meeting, Home Office, 8:30 a.m.
30 — Deadline to apply for 2007 Catholic High School Award and Bishop Grutka Award. See page 10 for details.

AUGUST
31 — Deadline to apply for 2007 Post-Graduate Award and LPSCU Religious Awards. See page 10 for details.

SEPTEMBER
6-9 — NFCA Annual Meeting
21 — Slovak Catholic Federation Meeting, Danville, Pennsylvania
22 — Slovak Catholic Federation Pilgrimage, Danville, Pennsylvania

Juniors — Enter Our Earth Day Contest!
See page 16 for details
Well, here we are once again in the early days of a brand New Year. I hope, as they say, “so far so good.” As I get older, with the dawning of each New Year in my life, I begin to appreciate more the fact that each New Year, God is indeed a great gift, a gift with many possibilities. We are given 365 new days to experience: days to enjoy and celebrate, to live and to give. But, in order that we might use the days of a New Year wisely, many people, at the onset of the New Year, make special resolutions.

As varied as these resolutions may be, they basically boil down to people wanting to better something about themselves and/or their situation in life. From weight loss (which never worked for me!) to quitting smoking to spending more quality time with family and friends, to getting to church more often, etc., each resolution is made with the best intentions in mind, but because of our frail humanity, and our inability to sometimes follow through on things, not long into the New Year we generally give up on the resolutions.

To me, the easy part of dealing with New Year’s resolutions is making the resolution itself. The hard part is keeping the resolution beyond just a few days or weeks. In making resolutions, experts remind us that we need to focus on realistic goals which can have measurable results. Sadly, when some make resolutions, as good as the resolutions may be, they are just too big and overwhelming. For example, a person might say, “I am going to lose 100 pounds.” This is a good goal, but it might be unrealistic to think that that much weight can be lost in a certain period of time, unless somehow the individual gets selected to be a contestant on “The Biggest Loser.” But, to keep things more manageable, instead of focusing on losing 100 pounds, perhaps we start off with something realistic like 10 pounds, which can then be broken down to maybe 1 pound a week, which over time will certainly add up. Creating “bite-size chunks” will help keep things doable. As some self-help counselors remind us, if our goals are too big and overwhelming, we will be defeated even before we begin to try to accomplish them.

It is easy to get swept up in hopeful yearning when deciding on New Year’s resolutions. As the clock ticks away the final minutes of the old year, the excitement of it all can be intoxicating. We believe we will be able to tackle our goals effortlessly. But after the rush of the New Year’s celebration fades and reality sets in, sadly, our ambitions can once again seem insurmountable and we give up.

According to Hinda Dubin, M.D., a clinical assistant professor of psychiatry at the University of Maryland School of Medicine and psychiatrist at the University of Maryland Medical Center, the key to achieving even our most lofty goals is to get started immediately. “Action precedes motivation, not the other way around,” said Dubin. “People often think that they should wait until they are motivated to start doing something good for themselves. They’ll say, ‘I’ll start that diet or fitness program when I’m really well rested and have a lot of energy.’ But it doesn’t work that way.”

Dubin said that instead of waiting for inspiration to act on our goals, we need to take action first and inspiration will follow. Our initial action does not have to be anything big. Just by putting on our sneakers and stepping on the treadmill for 10 minutes, we will make that energy we are “waiting” for materialize.

“Once one initiates an action — the smallest of actions — it is possible to pick up momentum and realize ‘Hey, this isn’t so bad’ and it will be a lot easier to keep moving forward, and to stay motivated,” Dubin said.

Dubin’s comments come from a wonderful internet article entitled: Where to Begin: Expert Advice on Maintaining Resolutions. This article offers some very practical advice on not only how to make resolutions, but above all, on how to follow through on them.

Avoid perfectionist thinking — While we certainly always want to better ourselves, it is healthier to think in positive terms than it is to focus on how much we fall short of our goals and aspirations. If the expectations that we set for ourselves are too high and unattainable, then, at a certain point, we begin to focus more on how we are failing than on how much we are actually making progress. We should be encouraged by the loss of the 2 pounds instead of being upset that we have not lost the 100 pounds yet!

View setbacks as lessons for growth — We rightfully teach our children and young people that we really can learn from mistakes. Mistakes can be and usually are opportunities for learning. If we fall short of our goals, we need to step back from the situation and ask ourselves what keeps us from achieving them and then try to make corrections. When we make mistakes and fall short of the expectations we set for ourselves, this does not have to be the end of the world! We must step back, evaluate the situation, re-focus ourselves on what it is we are trying to achieve and even, if necessary, begin again.

Don’t make absolute resolutions — Keep the resolutions realistic. For example, our friend Dr. Dubin suggests that instead of saying we will not yell at our kids anymore, resolve to yell at them less often. Chances are, we will not be able to change things about ourselves immediately, but with patient persistence, we can begin to chip away at things and see glimpses of real progress.
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: lpscu@lpscu.org or visit our website: www.lpscu.org; or call Barbara Janicko at 412/367-1312. The deadline for nominations is April 1, 2007.

Help the LPSCU show an outstanding young person that “You Are Appreciated” by nominating him or her for the Youth Achievement Award!
A Holiday Message from Our Protector

Dear Sisters and Brothers of the Ladies Pennsylvania Slovak Catholic Union,

The fascination of Christmas has spanned centuries and touches both the young and the old. The shepherds were drawn “to see this thing that has taken place…” The Magi came from the east looking for the newborn king in order to do him homage. One of the prefaces for Christmas Mass says it all: “In him we see our God made visible and so are caught up in love of the God we cannot see.” Who cannot be fascinated?

Our God comes to us as the supreme gift of himself. He is the gift of gifts. The birth of the Christ Child heralds in an era of personal liberation made possible only by such a gift. What more could we ask of our God?

Every birthday celebration calls for gifts. The Magi, on learning that a very important king had been born, brought him royal gifts of gold, frankincense, and myrrh. But, the little drummer boy, of whom we sing in one of our Christmas carols, gave something even more precious to the Son of God. He, too, gave of himself and the talent that was uniquely his.

That is all the Lord expects from each one of us in this wonderful exchange of gifts that is the spirit of Christmas. It is never too late to include Jesus on our Christmas gift list. I pray that the blessings of this Holy Season sustain us through the New Year of 2007 in a generous giving of self. That is the only worthy response to the great love that prompted the Word of God to become flesh and dwell among us. May you find much peace and joy in giving the gift that is you!

Fraternally yours in the Lord,

Most Rev. Joseph V. Adamec
Bishop of Altoona-Johnstown
Protector, LPSCU

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

— Matthew v.5

In Memoriam

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<td>*Violet Check</td>
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*Multiple certificates
Mary C. Polaha of Allentown, Pennsylvania, passed away on Sunday, November 26, 2006, in Holy Family Manor, Bethlehem, Pennsylvania. She had celebrated her 103rd birthday on October 11, 2006. She was the widow of Joseph W. Polaha.

Born in Cementon, Pennsylvania, Mary was the daughter of the late John and Mary (Kolumber) Brezina. She worked for many years at General Cigar Factory, Allentown, retiring in 1948. She later worked part-time at the rectory of St. John the Baptist Slovak Catholic Church, Allentown, where she was a member.

She was also a former member of the Ladies Auxiliary of St. John’s Church; a 45-year member and former president and secretary of LPSCU Branch 40, Allentown; a member of the LPSCU’s Lehigh Valley Okres; and a member of the First Catholic Slovak Ladies Association, Branch 319, Allentown.

Mary is survived by her loving children: sons Joseph P. and his wife, Theresa, of Allentown; William J. and his wife, Dorothy, of Coplay, Pennsylvania; daughters, Dorothy Lichman and her husband, Leo, Sr., of Allentown; and Mary Kametz and her husband, Edward, of Whitehall, Pennsylvania; 12 grandchildren; 20 great-grandchildren; and four great-great-grandchildren.

A Mass of Christian Burial was held on Wednesday, November 29, at 10:00 a.m. in St. John the Baptist Church in Allentown. A viewing was held Wednesday morning in the church prior to the Mass. Interment was in the parish cemetery.

The officers and members of the LPSCU express sincere sympathy to Mary’s children and family members. Mary was a devoted and active member of the LPSCU, having served Branch 40 with distinction and dedication. She faithfully attended LPSCU Conventions until her health failed over the past 15 years. Mary was proud of the LPSCU and worked diligently to make Branch 40 grow in membership. She was a true fraternalist and friend to all who knew her. May she rest in peace.

### Language Class Produces Teaching Helper

Annual Slovak language classes offered by the Slovak Heritage Society of Northeastern Pennsylvania had an interesting result recently, much to the delight of both instructors. One participant who went through levels of learning from the Beginner’s class to separate sessions for further understanding and on to Advanced class thereafter expressed an interest in helping to teach. Subsequently, former student John Hudanish from Scranton, Pennsylvania, did participate in one teaching session this past fall.

Slovak Heritage Society Chair Phil Tuhy of Wilkes-Barre, Pennsylvania, noted the group conducts classes in the fall and early in the year, starting in February.

### New Insurance Issued

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John Hudanish is pictured at right with Beginner’s class instructor Andrew Sofranko of Wilkes-Barre and Advanced class instructor Helen Sevinski of Swoyersville, Pennsylvania.
In Memoriam

Trude V. Check-Tuhy

Trude V. Check, 71, a resident of Heritage House and a lifelong native of Wilkes-Barre, Pennsylvania, died Saturday, December 9, 2006, at Hospice Community Care-Geisinger South, Wilkes-Barre, after a lengthy illness.

Trude was born in Wilkes-Barre on January 13, 1935, the daughter of the late Joseph A. and Mary (Scerbak) Check. She was a graduate of James M. Coughlin High School, Wilkes-Barre, and College Misericordia, Dallas, Pennsylvania, where she received a Bachelor of Music Degree. She was employed by British Overseas Airline Corporation for two years as she continued her graduate work in music education. From that time unil retirement in 1993, she taught music for the Wyoming Valley West School District.

A gifted soloist, Trude sang in many local churches, at Temple B’nai Brith, and for several musical organizations. She appeared in a number of musicals at Little Theater of Wilkes-Barre. She was a member of St. Mary of the Immaculate Conception Church, where she enjoyed serving as a lector.

Co-founder of the Slovak Heritage Society of Northeastern Pennsylvania, Trude was a strong proponent of her Slovak heritage and the Slovak language. She was musical director for the Slovak Heritage Society, a tour leader for a number of excursions to Slovakia, a member of many Slovak fraternal organizations, director of programs for the World Festival of Slovak Youth, and an active participant of the King’s College Ethnic Initiative.

Trude was a member of LPSCU Branch 6 in Wilkes-Barre. She attended our 2004 Convention in Washington, D.C., where our members and delegates will recall her beautiful singing at the Convention and also at our 100th Anniversary Celebration and at various special celebrations of the LPSCU.

Surviving are her husband Philip, step-daughter Elena V. Tuhy of Newark, Ohio, brother Dr. Thomas M. Check and his wife Betty of Gwynedd Valley, Pennsylvania; sister Betty Pirnick of Wilkes-Barre, and several nieces and nephews. She was predeceased by another brother, William J. Check.

A Concelebrated Memorial Funeral Mass was held on Thursday, December 14, in St. Mary of the Immaculate Conception Church, Wilkes-Barre, with Monsignor Thomas V. Banick, pastor, and Monsignor Francis J. Beeda, pastor of St. Joseph’s Church, Hazleton, Pennsylvania, officiating.

Memorial contributions may be made to the Salvatorian Mission Warehouse, New Holstein, WI 53061, Attn: Brother Regis; St. Mary of the Immaculate Conception Church, S. Washington Street, Wilkes-Barre, PA 18702; or to a charity of your choice.

The officers and members of the LPSCU are deeply saddened at the loss of our beloved fraternalist, Trude V. Check-Tuhy. We extend sincere sympathy to her husband Philip, who was always at her side, and to her step-daughter, brother, sister and their families. May she rest in peace.

LPSCU Members Participate in Cancer Benefit

LPSCU members of Bethlehem Branch 83 and Hellertown Branch 196 participated in a Cancer Benefit Luncheon at Blair Mill Inn, Horsham, Pennsylvania, on October 15, 2006. They teamed with members of the Longaberger Country Sampler Branch of which LPSCU Public Relations Director Margaret A. Ferri is a consultant and Agnes White of Warwick, Pennsylvania, is branch leader.

One hundred eighty-four guests attended the benefit. Guest speakers were three breast cancer survivors who bravely related their experience with this dreadful disease. Each cancer survivor in attendance received a corsage and each attendee received a beautiful 2006 Longaberger Horizon of Hope Basket, which is the company’s featured cancer basket. A beautiful program book for the event was printed by Triangle Press of Harrisburg, Pennsylvania.

As a fundraiser, members of the Country Sampler Branch donated 39 themed Longaberger baskets for a special raffle chaired by Margaret A. Ferri. The raffle alone raised a profit of $4,610. There was also a silent auction and a cash-and-carry sale of retired baskets. All told, a $6,200 profit was realized, which was donated to the Pennsylvania Breast Cancer Coalition.

LPSCU members who volunteered at the event were Mary Shannon and Mary Ann Ackerman, president and financial secretary, respectively, of Branch 83. Attending the fundraiser were Branch 83 members John Ferri, Jack and Christie Ferri and their daughters, Angelina and Nicole from New Market, Maryland; Jean Kosalko and daughter-in-law Tiffany Kosalko of Hellertown Branch 196; and family of Bethlehem Branch 130 members, Noah Alder Savitsky and McGuire Curtis, whose mother Sheila Alder-Curtis, grandmother Kathy Alder, aunt Diane Alder, and cousin Kim Chapkovich also attended.

Others in attendance were Ann Kurtz and Grayce Mikolajczyk, social members of the Lehigh Valley Okres.

This most worthwhile special event proved to be a beautiful and most successful benefit for the Pennsylvania Breast Cancer Coalition.
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 2007 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 or visit our website: www.lpscu.org.

Hurry — The Deadline for Nominations is March 15, 2007

ATTENTION:

LPSCU Branch & District Members

We’re Looking for a Shining Star in the LPSCU for the 2007 Fraternalist of the Year

HAM AND POTATO SOUP

3½ cups peeled and diced potatoes
½ cup diced celery
¾ cups water
¼ cup diced cooked ham
½ tsp. salt
1 tsp. black pepper
5 Tbsp. flour
½ cup chopped onion
2 Tbsp. chicken bouillon granules
5 Tbsp. butter
2 cups milk

Combine potatoes, celery, onion, ham, and water in a stockpot and bring to a boil. Cook over medium heat until potatoes are tender (about 10 to 15 minutes). Stir in the chicken bouillon, salt and pepper.

In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes. Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

Letters

LPSCU Educational Benefit Committee,

Thank you so much for selecting me as one of your 2006 Scholarship Awardees! It means a lot to be recognized and the money will be a great contribution to put toward my tuition cost here at Penn State. Please know that your generosity is greatly appreciated!

Sincerely,

Victoria Cooper
Branch 64
Pittsburgh, Pennsylvania

Dear Ms. Kluchinski and LPSCU Members,

Thank you very much for the Scholarship check. It will be very helpful when paying for my books at the University of Delaware. I greatly appreciate the honor of being named a 2006 Scholarship recipient.

Best regards,

Laura E. Bigley
Branch 157
Trenton, New Jersey

Ms. Savidge,

Thank you so much for $500 scholarship. The money will be used to defray my costs for the Spring Semester tuition. I am pursuing my college education at the University of Maryland studying architecture. I really appreciate being considered for the award.

Sincerely,

Andrew McGowan
Branch 65
Munhall, Pennsylvania

Dear Ladies Pennsylvania Slovak Catholic Union,

Thank you so much for my scholarship money. It was a big help to me and will go towards my books and tuition for next semester. In case you forgot, I am attending college at Temple University majoring in marketing. I am taking 16 credits per semester. It is tough, but I am doing well in all of my classes and continue to do so. Thank you again for the money and your support during my college years. I hope all of you have a Happy Holiday.

Yours truly,

Sarah Witkowski
Branch 213
Dallas, Pennsylvania

Cooking Corner
LEHIGH VALLEY OKRES

On October 21, 2006, the Lehigh Valley Okres treated its Junior members to an afternoon of fun at Strawberry Acres in Coplay, Pennsylvania. Coordinating this event were Jean Kosalko and Margaret A. Ferri, president and treasurer, respectively, of the Lehigh Valley Okres. Twenty-two children, together with their parents, participated in the festivities.

The event started at 1:00 p.m. with a picnic lunch of hot dogs, chips, cookies, cider, and soft drinks. Each child received a beaded necklace or orange ribbon bracelet identifying him/her as a member of the LPSCU’s Lehigh Valley Okres. That identification entitled the children and their parents to a free pass to participate in all activities at Strawberry Acres, including a craft barn where they decorated a pumpkin, pony rides, a large slide, hay rides, feeding the farm animals, a bus ride to the orchard to pick apples, and a trip to the pumpkin patch to select a pumpkin to take home. Although it was difficult to keep the children together as a group, they enjoyed choosing what they wanted to do under the supervision of their parents.

The children were proud of the funny faces they painted on the pumpkins and many raved about apple-picking, the slide, and the pony rides. When it was time to leave for home at 4:00 p.m., each child received a goodie bag filled with candies, chips, and popcorn.

Margaret A. Ferri

SHS Presents Book to Local Library


SHS Chairperson Philip R. Tuhy of Wilkes-Barre noted that the book is the work of Martin Bosak and his brother Rudolf of Slovakia. Tuhy explained, “The English text had been edited and prepared by the Slovak Heritage Society.”

He went on to say that the book provides a valuable source of information for those who cherish their ethnic background and want to learn more about Slovak heritage and traditions. Areas highlighted include weddings, christenings, funerals, and major feasts, including Christmas and Easter, plus material in daily lifestyles, information important to all ages. He added that future distribution of the book to various college and university libraries is planned.

Inquiries about information or book sales of *Slovak Folk Customs and Traditions* are welcomed. Please contact Elaine Palischak, 1340 W. Mountain Road, Plymouth, PA, call 579/779-1694, or e-mail: shsnea@verizon.net.

Co-editors Darina Tuhy of Wilkes-Barre (left) and Helen Savinski of Swoyersville, Pennsylvania (right) present a copy of *Slovak Folk Customs and Traditions* to Elaine Stefanko, co-ordinator of Information Services at the Osterhout Free Library in Wilkes-Barre.
LPSCU 2007 Educational Benefits

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.

College Scholarship — $500 One-Time Award
- Member of LPSCU for two (2) years with $2,000 legal reserve life insurance plan.
- Must be a 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 June 30th.

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, 2006 and August 30, 2007.
- Provide photocopy of diploma received.
- Provide a wallet-size color photo.
- Application must be postmarked by August 31st.

St. Theresa of the Little Flower, Blessed Andre, 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.

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.

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

ZORNICKA
The 7th Slovak Consular Tour included many unique and enjoyable features, in addition to the typical tour destinations of historical sites in Bratislava, Nitra, Trnava, Sastin, Trencin, Levocha, the Tatra, Kezmarok, and Levocha in Slovakia, visits to the Punkvevni cave and Macocha abyss in Brno, and to many historic landmarks in Prague. The first was a private visit with U.S. Ambassador Rodolphe Vallee in Bratislava. We also had a private visit with Archbishop Sokol at his residence and personal chapel at his home in Nitra and a private visit with Mayor Benc at his office in Presov, the sister city of Pittsburgh. Another unique event was the private tour of the U.S. Steel plant in Kosice.

Other highlights included attendance at mock weddings in Krakovany and Zdiar. While at the spa in Trencianske Teplice, everyone received six invigorating spa treatments. The rafting trip on the Dunajec ended with an outdoor picnic featuring haluski and goulash, followed by live goral folk music. In fact, during the entire tour our participants were entertained by seven different musical folk groups.

Honorary Consul Joseph Senko and his wife (LPSCU member) Albina are already planning several tours to Slovakia in 2007.

Dear LPSCU Members:

My sincere appreciation goes to each and every member of the LPSCU for the generous scholarship of $300.00. I recently purchased a new laptop and the money will be used to pay it off. Your support of my continued education is appreciated beyond words. May God bless each of you as I have been blessed. Thank you again!

Sincerely,

Caryn Glassbrenner
Branch 64, Pittsburgh, Pennsylvania

Ladies Pennsylvania Slovak Catholic Union,

Thank you so much for the academic scholarship for the 2006-2007 school year. Your thoughtfulness and generosity are greatly appreciated. Your gift has helped make this school year financially possible. Thanks again!

Sincerely,

Megan Nonnemacher
Branch 124, Hazleton, Pennsylvania
Illinois Fraternal Congress Offers Scholarships

LPSCU members who are residents of the state of Illinois can apply for a scholarship being offered by the Illinois Fraternal Congress. Please read the following information in order to check if you qualify for an IFC Scholarship.

**Applicant Information Sheet 2006-2007**

- Applicant must be currently attending or planning to enroll as a full-time student in an accredited college, trade, or technical school. The applicant may also be returning to school.
- The applicant, the applicant’s parent, or legal guardian must be a member in good standing of an Illinois fraternal benefit society for a minimum of two years.
- The applicant, the applicant’s parent, or legal guardian must belong to a society whose membership dues are current with the Illinois Fraternal Congress.
- An applicant who has lived apart from his/her family for a period of one year may be considered a separate family and establish eligibility through his/her own membership in an Illinois lodge.
- Three (3) nonrenewable scholarships will be awarded in the amount of $500 each and will be awarded at the discretion of the IFC Board.
- Recipients are not eligible for a second scholarship from the IFC.
- The society coordinator must return the application to the IFC Scholarship Chairman by **February 9, 2007**. All applications will go through a judging process and the winners will be announced at the annual Illinois Fraternal Congress meeting in March 2007.
- The decisions of the judges will be final.
- Payment of the scholarship will be made directly to the recipient upon notice from the institution to which the winning recipient has been accepted.
- A current grade transcript must accompany the scholarship application. Because of the **February 9, 2007, deadline**, students should secure a current high school or college transcript of grades BEFORE going on Christmas break. Many administrative offices are closed during the holidays.
- All questions on the application must be answered. Incomplete applications will be disqualified.

To apply, go to [www.ifc-fic.org/scholarships](http://www.ifc-fic.org/scholarships) to print out a copy of the official Scholarship Application form. Complete as instructed and submit this form and your school transcripts to LPSCU President Theresa Kluchinski, who must sign the Scholarship Application and return it to the IFC Scholarship Chairman by February 9, 2007.

**Mark Wiewel**, IFC Scholarship Chairman
Western Catholic Union

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Illinois Fraternal Congress Outlines 2007 Adult and Youth FOTY Program

The Adult and Youth Fraternalist of the Year awards are given each year by the Illinois Fraternal Congress to recognize an adult and young person within the fraternal benefit system who, through example and accomplishment, provided outstanding volunteer service to his or her lodge, society, and community during the past year.

**Eligibility:**

- Anyone between the ages of 12-22 may be nominated for the youth award. Those 23 and older may apply for the adult award. Both groups of nominees must be members of an Illinois fraternal benefit society for at least two years. *(Since the LPSCU is a member of the Illinois Fraternal Congress, LPSCU members residing in Illinois are eligible to participate in this program.)*
  - Nominees will be judged on activities completed within the last 12 months.
  - Individuals who are compensated by their society for their volunteer efforts are not eligible to receive an award.
  - The adult and youth awards can be won only once by an individual. However, a society is eligible to re-nominate an individual not selected in a previous year.
  - The program will be administered by the IFC Adult and Youth Fraternalist of the Year Committee.
  - A qualified panel of independent judges will choose the winners. The decisions of the judges will be final.
  - Each member society is eligible to submit three adult and youth nominations each year.

**Award Description:**

- An engraved plaque will be presented to the adult and youth honorees at the annual meeting of the IFC in March 2007. Travel, lodging, and meal expenses for the honorees will be paid by the sponsoring societies.
- A $100 check will be awarded on behalf of each honoree to the nonprofit, charitable organization of their choice.
- Media information regarding the honorees will be distributed by the IFC Adult and Youth Fraternalist of the Year Committee.

Nomination packets are to be postmarked no later than **February 9, 2007**. For a nomination form, please contact LPSCU President Theresa Kluchinski at 570/823-3513; toll free at 888/834-6614; fax 570/823-4464; or e-mail lpscu@lpscu.org.
Windber Parish Celebrates Centennial


The parish got its start in June of 1905 when a group of Slovaks approached Bishop Eugene Garvey of Altoona asking to form a parish in Windber. He gave permission to form a committee and Jozef J. Surkosky, Michael Chervenak, Andrew Sendek, Andrew Kocis, George Molcan, Michael Gloncak, Andrew Kolar, John Mihalcik, John Dorotzak, George Hadzima, and John Stasko were elected to the task. The parish was established in 1906, but due to a coal strike and subsequent riot, only the basement was constructed initially.

It was not until 1910 that the upper church was completed. It was dedicated by Bishop Garvey on November 21st. Rev. Leo Stefl was the first pastor. Fr. Francis Jevnik later purchased ground for the East End Cemetery in 1913. (A West End Cemetery was purchased and established in the mid-1960s.)

In 1913, Michael Adamec had been a member of the parish for about a year. He moved on and eventually settled in Michigan, but coincidentally his son — Joseph V. Adamec — became the current bishop of our diocese. Rev. John A. Lach became pastor in 1916. He built a new rectory and a parochial school, bringing in the Dominican Sisters to staff the school.

The Dominicans were a new order and received their first three novices by Bishop John J. McCort in 1923. A year later, they moved on to Michigan when the Dominican Sisters of the Congregation of St. Rose of Lima were established in Oxford. The sisters staffed SS.C.M. School until it closed in 1980.

On March 12, 1955, Fr. Lach was named a Domestic Prelate with the title Rt. Rev. Monsignor. He retired in 1958 after serving as pastor at SS. Cyril and Methodius for 42 years. He remained in the Windber area and died on December 10, 1971. He is buried in the church cemetery.

During Fr. Joseph Banik’s tenure, the original steeple was replaced by an unimpressive construction of aluminum. It was said that it resembled an upside-down ice cream cone.

Five people died in the Windber area in the flood of July 22, 1977. All were parishioners of SS. Cyril and Methodius: Andrew Koharchik, Margerite Koharchik, George Zidzik, Susan Zidzik, and Helen Zidzik.

In 1983, Rev. Richard Hovanec replaced the “ice cream cone” with the current steeple, much to the parishioners’ relief.

The parish participated in the Diocesan Reconfiguration Study, the results being announced in the spring of 1995. It was determined that Holy Child Jesus and SS. Cyril and Methodius churches would be clustered upon the retirement of Rev. Charles Leonardis, sharing one pastor and utilizing one pastor and two buildings for worship, with the possibility of merging into one parish. On June 8, 2001, Rev. Leonardis retired as pastor of the Holy Child Jesus Parish. As directed by the 1995 plan, Holy Child was clustered with SS. Cyril and Methodius with the Rev. Matthew Misurda serving as pastor of both parishes.

In January of 2002, Bishop Adamec notified Father Misurda that instead of a merger, Holy Child Jesus Parish was to be absorbed into SS. Cyril and Methodius Parish as soon as possible. Directives were issued on April 25 and the statue of the Holy Child Jesus was brought to SS. Cyril and Methodius Church by Joseph Felix and Michael Tallyen. Absorption papers were signed on April 28, 2002. The closure Mass at Holy Child Jesus Church was held on May 27, 2002.

In the fall of 2005, plans were drawn up to celebrate the centennial of SS.C.M. parish on November 5, 2006, with the Most Rev. Joseph V. Adamec to celebrate Mass, followed by a reception in the church hall and the publication of a parish history book.


LPSCU Branch 24 (St. Mary’s Society) is a part of our parish.

Edward T. Surkosky

Parishioners enjoy the centennial reception in the church hall.
Dear Junior Members,

Happy New Year to all of you! It is that time again, the time to make our New Year’s resolutions. Last year we all decided to make it a healthier year. Perhaps you were faithful to that resolution, or perhaps not. Now you have a fresh start so you can renew that healthy resolution by starting to exercise.

We all know that exercising is good for us and that is why the majority of us put that on top of our New Year’s resolutions list year after year. Our intentions are good, but too often we throw ourselves into an exercise programs too vigorously and injure ourselves, and then give up. The key to success lies in making exercise a part of your regular routine. And it doesn’t have to be painful.

Many people have found that the best way to do this is by walking. A regular program of brisk walking increases your aerobic capacity. Walking improves circulation, conditions muscles, and strengthens bones. Besides all of this, it relieves stress and reduces weight. Walking will burn as many calories as jogging does, with less harsh impact on knees and other joints.

You don’t have to walk any particular way, but there comes a point when refinements offer definite benefits. The correct posture, arm swing, and stride add up to higher-intensity exercise and lower risk of injury.

Posture is important. Lean slightly forward from the ankles, not the waist. (Leaning from the waist will tire your back and breathing will be more difficult.) Arm swing will make walking a total body activity. Keep your elbows firmly bent at a 90-degree angle and swing from the shoulder. You may decide to carry 1- or 2-lb. hand-held weights to improve your workout. Try to make your stride long and smooth. It helps to study the moves from competitive race walkers.

Stretching is always a good idea. Warm muscles respond better to stretches than cold ones, so walk for five or ten minutes until you are warm. Then stop and do a few stretches.

When the weather is inclement, move your walk indoors. If you don’t have a treadmill at your house or access to a gym, shopping malls are a popular alternative.

Having the perfect technique is not as important as getting out there and doing something! Keep in mind that you are not in a big hurry. This is a lifetime health habit. A steady and moderate approach is the best way to reach your fitness goals.

You do need a good pair of walking shoes. Choose a pair with a firm heel cup for stability, a rocker sole, and plenty of room for the toes. Wear loose, comfortable clothes.

Remember, fitness walking is virtually injury-free and something you can do anywhere at any time. It is the safest and most natural exercise, so let’s start walking!

Cecilia B. Gaughan, Fraternal Activities Director

New Year Nutrition

You are determined to eat healthy this year. Here are some facts about super foods to help you do just that.

**Apples** have tons of antioxidants, including flavonoids and other polyphenols, as well as fiber.

**Avocados** have the same thing going for them as olive oil: they both have healthy monounsaturated fatty acids. These are the “good fats”; they help lower the bad cholesterol and raise the good cholesterol levels.

**Blueberries** — As tiny as they are, blueberries deliver a huge wallop of antioxidants of many kinds. The frozen are as good as the fresh and you will find the frozen easier to buy in the winter. They are also good sources of fiber, folic acid, and vitamins C and E.

**Beans** — Even though they do not get the same buzz as blueberries, beans are another great source of health-promoting antioxidants. And they have lots of lean protein, which is all good for the heart.

**Dark Chocolate** — Hmmm, sounds good to me, but remember, only the dark chocolate does the trick, not the milk or white. Dark chocolate contains the same kinds of flavonoids that makes tea so healthy to drink. That is good news for the heart.

**Kiwi** — This is a good rival to the banana in potassium. It is loaded with vitamin C. The skin is edible but it is best if you rub the fuzz off of it first. The skin contains falconoid antioxidants.

**Oats** — King of fiber, high in protein, potassium, magnesium, and other minerals.

**Spinach** — This green leafy vegetable has it all. It is loaded with lutein (great for the eyes) and many other carotenoids, plus several B vitamins, C and E.

**Walnuts** have been rehabbed as a “good for you” food. All nuts have healthy fats and micronutrients. But be careful because they are full of calories, so a few go a long way.

**Yogurt** — Yogurt’s claim to fame is its live cultures. It is a very healthy treat that fights bad bacteria and aids digestion. Yogurt has been around for centuries. It is a good source of calcium and protein.

These foods are full of nutrition and on top of that, they taste good. Plan to put them on your list of healthy choices for New Year’s eating!
**Cold Weather Safety**

You’re having so much fun outside in the winter weather — snowball fights, sledding, snowboarding, ice skating, and snowmobiling. But remember, cold weather brings a need for extra caution. Children lose heat more rapidly than adults and are at greater risk for developing frostbite and hypothermia.

Here are some facts for you to remember while you are having fun.

**FROSTNIP:** This will show as white patches on the ears, nose, cheeks, fingers, or toes. You may also feel numb. Get yourself inside and change your clothes. Soak affected areas in warm (not hot) water until the skin turns pink.

**FROSTBITE:** This will cause your skin to turn blue/purple and maybe even blister. Get inside immediately and put on warm, dry clothes. Don’t use direct heat or rub the affected area. Seek medical attention.

**MILD HYPOTHERMIA:** The warning signs are shivering, goosebumps, and numb hands. Get out of the cold and remove all wet clothing. Move around and drink a hot beverage to raise the body temperature.

**MODERATE HYPOTHERMIA:** This causes intense shivering and may be accompanied by confusion and drowsiness. Go inside immediately and wrap yourself in warm layers; don’t treat with direct heat. It may be necessary to call 911 for help.

If you are sledding, wear a helmet, heavy gloves, and boots. Children under 6 should never sled without an adult. When skiing or snowboarding, wear goggles and a helmet. Never ski alone. Always ice skate in approved areas, and never skate alone.

**Parents** — Dress your children in layers; this will keep them warmer and drier outside. Never let children play outdoors if the wind-chill is 10 degrees F or lower. Infants should never be taken out in very cold weather.

Follow these precautions and stay safe this winter.

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**Slovak Lesson**

**Naša Škola – Our School**

Nové pero dobre piše. A new pen writes well.

To je žltá krieda. This is a yellow chalk.

To je naša učebňa. This is our classroom.

To je tvoja čítanka. That is your reader.

Na stenači sú obrazy. On the walls are pictures.

Učíme sa slovenčinu. We are learning Slovak.

Kde je môj línear? Where is my ruler?

Tabuľa je čierna. The board is black.

Naše lavice sú pekné. Our desks are nice.

Nemám černidlo. I have no ink.

Kde je tvoj sošit? Where is your copy-book?

Slovenčina je krásna reč. Slovak is a beautiful language.

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Attention Junior Members ~
Enter Our New Earth Day Contest

To help us celebrate EARTH DAY on April 22, 2007, we’d like you to share your ideas. Create a poster showing what people can do to celebrate Earth Day and protect and preserve Planet Earth. There are many good web sites on the internet where you can read about Earth Day and get some inspiration for your poster.

Contest Rules:
1. Submit an original poster that you have created.
2. Your poster should not be larger than 8½” x 11”. Use unlined paper, poster board, or canvas.
3. You may use charcoal, ink, crayons, pastels, colored pencils, tempera paint, or watercolors. DO NOT USE MAGIC MARKERS.
4. Identify your poster on the back with your name, address, grade, branch number, and telephone number.
5. Protect your poster between sheets of cardboard. DO NOT BEND OR FOLD YOUR POSTER.

Mail your entry to Cecilia B. Gaughan, LPSCU Fraternal Activities Director, 325 Florida Avenue, Whitehall, PA 18052.

Award Categories:
Winners will be chosen in each category listed below.
- Kindergarten — 2nd Grade
- 3rd Grade — 5th Grade
- 6th Grade — 8th Grade
- 9th Grade — 12th Grade

The First Prize Award in each category will be a $50.00 Savings Bond. Consolation prizes will also be given. Awards will be announced and posters will be pictured in the Zornicka.

Don’t delay ~ Start working on your poster today!!

continued from page 3

Don’t keep resolutions to yourself — We should feel comfortable being able to tell someone we trust about the resolutions we have made. Sharing our goals with friends, who can gently nudge us in the right direction when we veer off course, can be very helpful. Many in recovery programs have “sponsors” they can call upon to receive encouragement and support in order to continue on the road to progress and growth.

Give the resolutions some meaning — People sometimes set goals that are not necessarily meaningful to them. Our goal(s) should be something we really desire to change or achieve, not something that society says is good for us to do or our family members would like to see us do. If we do not have strong, internal motivation within ourselves, we will not be successful. As some people often say, “I want to do this for myself.” That is much more meaningful than saying, “I’m going to quit smoking just to keep my husband/wife/children happy.”

Take baby steps — Set realistic goals that are attainable and then take small steps that are likely to be met with success toward those goals. We do not try to lose 10 pounds in a week or quitting smoking cold turkey with no preparation. Instead, try joining a weight loss program and try to lose a pound a week, or join a smoking cessation group. When we take these baby steps, we will be able to see the progress we are making!

Fine-tune your spirituality — It is essential to add a spiritual dimension to our goals. In building our relationship with God, we are able to receive wonderful gifts of grace, encouragement, and patience which help us stay focused on achieving our personal goals. God does not promise to do the “work” for us; rather, God promises to give us the gifts needed to accomplish our goals.

In the early days of this New Year, may God bless each of you and your families! May God grant us the strength and determination needed to follow through on those resolutions that we have made which, in God’s time and in God’s way, will lead us to a new and better life! Happy New Year!

Fr. Philip A. Altavilla

Members —
Remember to send your news and photos to Public Relations Director Margaret A. Ferri.
E-mail margeferri28@aol.com or send to 428 E. Frankford St., Bethlehem, PA 18018.