American Heart Month
In this issue...

3 President's Piece
4 Calendar of Events
5 Today's Fraternal
7 Message from the Secretary
8 Miss CSA
9 2019 CSA Fraternal Calendar
10 Bowl-o-Rama Application
14 Meet the Member: Derik Scott
16 Meet the Member: Edwin Kotras
17 District Council
17 Lodge Happenings
28 Scholarship Donation Form
29 Scholarship Fund Report
29 Fraternal Well Wishes
31 Happy Anniversary
32 In Memoriam
34 Just Kids
Brothers and Sisters,

As always, I hope this month of February finds everyone well. Although the winter season hasn’t been too horrible, it’s nice that the spring season is right around the corner!

I’m happy to report to our membership that we just concluded our Quinquennial Audit from the State of Illinois Insurance Department, and that we’ve received a clean audit. Ultimately, this is not a surprise, in that our Board, our Executives, and our Staff are all very qualified, hard-working people who work every day to keep CSA Fraternal Life safe and secure. Though with that said, it’s obviously a positive to hear the same from the regulators, who are there to assure members and policy holders that your money is secure. Rest assured, your assets are safe with us.

Staying in the Finance area… we’re just finishing off the 2018 year-end accounting. I’m also happy to report that we’ll again be posting a profit, and adding to our Capital for the seventh consecutive year! We’ll be able to report the official numbers in future Journal issues, but as it looks now, the profit in 2018 should push our Capital past the $4 million range, which CSA hasn’t seen in more than a decade.

With this positive news, as always, there’s still a lot of work to be done. In addition to continuing the annual growth to Capital, other items include enhancing our product portfolio, continuing and enhancing our Fraternal benefits, continuing to monitor our investments, continuing and enhancing our great customer service, bringing value and fulfillment to our membership by helping out in our local communities, and much more.

The success that we’ve been able to achieve over these last few years is truly a team effort. Your CSA Fraternal Life Board of Directors, along with our Home Office Officers and Staff, continue to lead us along a positive path. CSA Fraternal Life continues its renaissance as we near our 165th Anniversary!

I’ll continue to update you on all things CSA in the months (and years) ahead. Congrats to us again, and until next month…

Fraternally,
John J. Kieleczewski, CLU, FLMI
President
CSA Fraternal Life
Calendar of Events

Saturday, February 23, 2019
Beerfest 2019
Chicago Czech American Community Center
Sokol Tabor Hall
1602 Clarence Ave.
Berwyn, Illinois 60402
More details to come.

Sunday, April 1–30, 2019
Junior Bowl-o-Rama Month
Various locations.
See application on page 10.

Saturday, May 4, 2019
Join Hands Day
Various locations.
More details to come.

Friday – Sunday, August 2–4, 2019
CSA 83rd Annual Get-Together
Cedar Rapids, Iowa
Watch for details!

Saturday, October 19, 2019
Czech Festival 2019
American-Czech Educational Center
4690 Lansdowne Ave., St. Louis, Missouri 63116
Czech food, pastries, pivo, music, and more.
See Facebook page for details.

Happy Valentine’s Day!
Dearest Brothers and Sisters,

In this day and age, it’s hard for a lot of us to stay healthy. For many, we’re working long hours to make ends meet, or maybe that means taking on a second or third job. For much of America, long gone are the days of one parent staying home to raise a household while the other goes off to work (only five days a week, at that). Now, you are most likely dealing with an exceedingly busy schedule on a daily basis.

With such an unpredictable and erratic way of life, it’s easy to forget about the importance of staying active and fit and to actually do something about it. It’s easy to justify going through the local drive-thru restaurant for dinner or skipping out on exercise for the day. Who can relate? You might think that the current way you’re living is “the best it’s gonna get,” but let’s be honest with ourselves, with a little prioritization and hard work, you can make small changes to achieve a healthier lifestyle.

**Design and Follow Through With Your Routine**

Make it a priority to invest in your physical health. Pick a window of time during the day to focus on exercise. You could choose to either start with some yoga before your morning coffee, visit the gym for 30 minutes on your lunch break, or take a walk around the neighborhood after your work day. Decide what works best for you, and remember to be realistic.

**Eat Healthier by Cutting Out Processed Foods**

Cut out fast food, processed foods, and sugar. Even “healthy” diet foods and protein bars can be deceiving. Always check the nutrition label and ingredients list. It could actually be a candy bar or soda in disguise.

**Keep a Water Jug on Hand**

Honestly? We’re not drinking enough water. It’s easy to not feel the effects of dehydration when you’re in an air conditioned office all day in front of a computer. Also, a lot of us mistake thirst for hunger. Get yourself a large, refillable water bottle that’s already labeled or find an empty gallon jug and label it yourself (see the photo). Keep sipping throughout the day.

**Focus on Good Sleep**

Being busy during the day directly affects your sleep habits. An active brain will stay with you while you’re lying in bed and can cause lower-quality sleep. Despite how busy you might be during the day, make sure you have a ritual at night that helps you slow down and transition into a healthy sleep pattern. Don’t do any work or check your cell phone when you hit the bed, and utilize the “Do Not Disturb” setting. Great sleep will help you work smarter.

**Don’t “Go on a Diet”, Adjust Your Diet**

Before you start from scratch and sign up for another restrictive eating plan, which has been designed by someone who doesn’t even know you, take a look at what you’re already eating. Can you make just small changes to your everyday meal routines? Replace a heavy creamy salad dressing with a lighter option, use a lettuce wrap for your sandwich instead of white bread, choose a baked potato over french fries, drink a cup of black coffee or tea over a can of soda or energy drink – these small changes can make a world of difference.

Let’s make 2019 our healthiest year yet!

Fraternally,
Amanda S. Lovell
Fraternal Director
alovell@csalife.com

---

Do you know a CSA member who deserves recognition? Are they active in the community; do they volunteer often or donate money to charitable organizations?

Send us their photo, a brief description of who they are and what they do, and we will publish them in the Journal.
New Year, New Beginnings

Take advantage of this competitive rate!

7-year **GOLD**
Flexible Premium
Deferred Annuity

4.5%
Initial
Guaranteed
First-Year
Interest Rate

5-year **SILVER**
Flexible Premium
Deferred Annuity

3.5%
Initial
Guaranteed
First-Year
Interest Rate

Both available from January 1, 2019 to March 31, 2019.

Plan Features:

- Principal is guaranteed 100%
- Tax deferred accumulation
- No annual administrative or other maintenance fees
- CSA does not penalize for withdrawals
- Eligible on all annuity products and plan types

1Surrender charge ends after 7 years. 2Rate is guaranteed for 1 full year from annuity contract date. Initial contributions must be $1,000 or more. In succeeding years, rates may change but will never be below the 2% guaranteed in the contract. 3Surrender charge ends after 5 years. 4Annuity application and initial deposit must be received between January 1, 2019 and March 31, 2019. 5Subject to contractual guidelines. 6Under current IRS regulation. Neither CSA nor its agents provide tax, legal, or accounting advice. Consult a tax, legal, or accounting professional with your specific situation. Within each contract year, you may withdraw up to 10% of accumulation value. Early withdrawals may be subject to IRS penalty. Product not available in all states.

CSA Fraternal Life
In New York Coherenbuch Society of America

1-800-LIFE-CSA
www.csalife.com

GFYRAJAN2019 CSA 12192018 AL
Brothers and Sisters,

February is long upon us and I hope everyone did well on Valentine’s Day. I, for one, kind of enjoy seeing my wife smile when I appear with candy and flowers for her. The simple act has a feel of youthfulness to me. As I have gotten older, that youthfulness is slipping some, as the sudden loss of a friend or relative due to another matter of the heart is occurring more frequently. I think about my heart from time to time now. That would be, the health of my heart. When we are younger, we do not even give our health a second thought. In our minds, we think we will live forever and we are invincible, however, with the passing years, that view has changed some. We all arrive at that time in our lives when we are faced with the knowledge that we will not live forever. Whether it be the aging of our loved ones or our own health scare, we all inevitably reach that point.

We can choose to ignore our health and just live the way we always have, or we can choose to exercise and eat better. I personally don’t know the best way. Perhaps we should have a happy balance in life and try our best to take care of ourselves while we enjoy life to its fullest.

The same can be said about life insurance. When we are young, we do not want to think about our demise. Death will never happen to us. However, we are a mortal shell and will pass away. We know that it is better to purchase life insurance when we are in good health and young. Unfortunately, too many times we wait too long and wind up paying more than we originally would have due to our age and health.

It might not seem romantic at first, but perhaps this year after you finish purchasing candy, flowers, and cards for your loved ones, check into your current life coverage. Ask yourself, if you were to pass away tomorrow, would those left behind be financially secure? Would your passing cause a dramatic change to your loved ones’ lifestyle? Life is full of risk; do what you can to manage yours today.

Fraternally,
Matthew A. Koski
Executive Secretary/COO/CRO
Greetings fellow brothers and sisters,

I hope everyone had a good start to the new year. Here in Chicago, we’ve had some of the most record breaking freezing temperatures, so I’ve been spending much of my time indoors, whether it’s at school studying or working part-time. A couple of weeks ago, my family and I attended a banquet that honored those who had heart surgery in the past. There was an abundance of food, great music, and various raffles with great prizes. My dad likes to attend this event every year because of the significance his heart surgery has on him.

Before jumping back to school, I was fortunate to take a weekend trip to Wisconsin Dells. Two of my closest friends and I stayed at the Wilderness Inn and spent our time relaxing and enjoying our time before the stress from school approached us. Needless to say, we did plenty of eating out and shopping.

Going back to school definitely took some time getting used to. Since it is officially my first semester of nursing school, there were hard transitions I had to get used to. My classes are longer, the work is tougher, and there are more expectations from my classmates and me. We started out by learning how to take a patient’s vitals, practiced proper patient safety and quality care, and are learning about the way our body works. One exciting thing I am looking forward to in the future is a trip in which several nursing students have the opportunity to travel to Europe for two weeks and take tours of different hospitals. The purpose is to experience how healthcare is both similar and different compared to that of the United States. I am extremely excited to experience this because it will be my first time traveling to Europe. By this time next year, I hope to be in Rome, Italy and later, France with my classmates to examine its beauty and culture.

Best,
Sister Cassandra Stone
Miss National CSA 2018-2019
# 2019 CSA Fraternal Calendar

<table>
<thead>
<tr>
<th>Month</th>
<th>Date(s)</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>1</td>
<td>Home Office closed for New Year’s Day</td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>CSA Scholarship Application Available (website)</td>
</tr>
<tr>
<td></td>
<td>31</td>
<td><strong>Deadline - 2018 Lodge Recognition Program submissions</strong></td>
</tr>
<tr>
<td>February</td>
<td>1</td>
<td><strong>Deadline - 2018 President Report forms due in Home Office</strong></td>
</tr>
<tr>
<td></td>
<td>18</td>
<td>Home Office closed for President’s Day</td>
</tr>
<tr>
<td>March</td>
<td>22</td>
<td><strong>Deadline - Bowl-o-Rama Entries</strong></td>
</tr>
<tr>
<td></td>
<td>22</td>
<td><strong>Deadline - Photo Contest Entries</strong></td>
</tr>
<tr>
<td></td>
<td>22</td>
<td><strong>Deadline - CSA Scholarship Applications and Transcripts</strong></td>
</tr>
<tr>
<td></td>
<td>31</td>
<td><strong>Deadline - Lodge Financial &amp; Election forms due in Home Office</strong></td>
</tr>
<tr>
<td>April</td>
<td>1-30</td>
<td>Jr. Bowl-o-Rama Month</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>Miss CSA Application available (website)</td>
</tr>
<tr>
<td></td>
<td>19</td>
<td>Home Office closed for Good Friday</td>
</tr>
<tr>
<td>May</td>
<td>4</td>
<td>Join Hands Day</td>
</tr>
<tr>
<td></td>
<td>27</td>
<td>Home Office closed for Memorial Day</td>
</tr>
<tr>
<td>June</td>
<td>14</td>
<td><strong>Deadline - Bowl-o-Rama Scores</strong></td>
</tr>
<tr>
<td></td>
<td>14</td>
<td><strong>Deadline - Miss CSA Application</strong></td>
</tr>
<tr>
<td></td>
<td>21</td>
<td><strong>Deadline - Fraternalist of the Year Nomination Application</strong></td>
</tr>
<tr>
<td></td>
<td>14</td>
<td><strong>Deadline - Miss CSA Photos</strong></td>
</tr>
<tr>
<td>July</td>
<td>4, 5</td>
<td>Home Office closed for July 4th Holiday</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td><strong>Deadline - Kropik Scholarship Application</strong></td>
</tr>
<tr>
<td></td>
<td>5</td>
<td><strong>Deadline - Recipient Information Form for CSA Scholarship</strong></td>
</tr>
<tr>
<td>August</td>
<td>2-4</td>
<td>83rd Annual Get-Together, Cedar Rapids, IA</td>
</tr>
<tr>
<td>September</td>
<td>2</td>
<td>Home Office closed for Labor Day</td>
</tr>
<tr>
<td>October</td>
<td>12</td>
<td><strong>Deadline - Veterans Names/Articles for November Journal</strong></td>
</tr>
<tr>
<td></td>
<td>14</td>
<td>Home Office closed for Columbus Day</td>
</tr>
<tr>
<td>November</td>
<td>28, 29</td>
<td>Home Office closed for Thanksgiving Holiday</td>
</tr>
<tr>
<td>December</td>
<td>1</td>
<td><strong>Deadline - CSA SERVES Matching Funds Requests</strong></td>
</tr>
<tr>
<td></td>
<td>24, 25</td>
<td>Home Office closed for Christmas Holiday</td>
</tr>
</tbody>
</table>

---

**2020**

<table>
<thead>
<tr>
<th>January</th>
<th>1</th>
<th><strong>Deadline - 2019 Lodge Recognition Program submissions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>February</td>
<td>1</td>
<td><strong>Deadline - 2019 President Report forms due in Home Office</strong></td>
</tr>
</tbody>
</table>

***Deadline for Journal articles - 12th of every PRIOR month***

(for example: your article for January should be submitted by December 12, etc.)

Read the Journal online at: www.csalife.com
Many lodges or districts hold group events with scorekeepers and refreshments, but any eligible member can compete regardless if you live far from a lodge. The only requirement is that the child bowls three (3) games under the supervision of an adult who can verify the scores.

Guests are welcome to attend. All bowlers receive a souvenir from the event, but only CSA members are eligible for prizes for their scores. Each participant competes against members of the same gender and age group. This is a scratch tournament.

APPLICATION FOR ENTRY IN THE CSA BOWL-O-rama

Bowler’s Name ___________________________ Date of Birth _______ / _____ / ______

Email Address ________________________________________________________________

Bowler’s Address _____________________________________________________________

City ___________________________ State ___________ Zip ___________

Lodge Name ___________________________ Lodge No. ___________

Phone No. ___________________________ Alternative Phone No. ___________

Check one box: □ Boy □ Girl Needs bumpers? □ Yes □ No

Bowling with: □ Lodge □ District □ Independently

Return completed form by March 22, 2019 to:

CSA Fraternal Life
2050 Finley Road, Suite 70
Attn: Fraternal Department
Lombard, IL 60148

Age Groups (age as of event)

Ages 5-7 Division 1*
Ages 8-11 Division 2
Ages 12-14 Division 3
Ages 15-17 Division 4

*Division 1 bowlers need only bowl 2 games

Submit bowling scores to the CSA Home Office by: May 31, 2019

For more information, email alovell@csalife.com or call (800) LIFE-CSA.
Chicken and fish are healthier than red meat, but why?
In general, red meats (beef, pork, and lamb) have more saturated (bad) fat than chicken, fish, and even vegetable proteins, such as beans. Saturated and trans fats can raise your blood cholesterol and make any existing heart disease worse. The unsaturated fats in fish, such as salmon, actually have health benefits. Omega-3 fatty acids, found in fish and some plant sources, as part of a heart-healthy diet, can help reduce the risk of heart failure, coronary heart disease, cardiac arrest, and the most common type of stroke (ischemic). There are many types of beans – pinto, kidney, garbanzo, soybeans, etc. – and they’re all good for you. Put lentils, split peas, and black-eyed peas on the list, too!

Tips for meat lovers
You can eat red meat, just try to do it in moderation. The American Heart Association recommends that people limit the amount of lean meat, skinless chicken, and non-fried fish to 5 ½ ounces per day, total. Eat 8 ounces of non-fried fish (particularly fatty fish) each week. Fatty fish like salmon, mackerel, herring, lake trout, sardines, and albacore tuna are high in omega-3 fatty acids, which are strongly linked to improved cardiovascular health. Keep in mind, however, eating a lot of meat is not a healthy way to lose weight, especially if you have heart disease.

How do I lower my trans and saturated fat intake when I consume meat?
• Limit your portion of meat to about the size of a deck of cards or three ounces.
• Choose lean cuts of meat. Lean cuts usually contain the words “round”, “loin”, or “sirloin” on the package.
• Trim off as much fat as you can before cooking, and pour off the melted fat after cooking.
• Use healthier cooking methods: bake, broil, stew, and grill. Try sautéing your food in water or stock instead of oil.

How to use more chicken, fish, beans, and other proteins
Breakfast
• Sprinkle a small amount of chopped, unsalted almonds, peanuts, or walnuts on your oatmeal or cereal.
• Make scrambled eggs or a vegetable omelet.
• Prepare soy-protein meat substitutes (low-sodium) for bacon and sausage.

Lunch
• Slice leftover chicken for sandwiches.
• Have a bowl of low-sodium bean or lentil soup.
• Eat a tuna sandwich on whole grain bread or a lettuce wrap (skip the mayo by mixing tuna with a ripe avocado).
• Make a chef’s salad with leftover chicken, low-fat low-sodium cheese, and hard-boiled eggs.
• Have a seafood salad.

Dinner
• Grill or bake chicken breasts. Remove skin before cooking.
• Sprinkle fish fillets with low-fat Italian dressing and bake them.
• Wrap a whole fish in foil with lemon and onion slices, then bake or grill.
• Make a low-sodium bean casserole.
• Make black bean burgers or garbanzo bean burgers from scratch.

Can a meat-free diet be sustainable?
Many people choose not to eat meat for religious reasons or because of other concerns, including health. If you do choose to go meatless, or at least limit your intake, you can still get all the nutrients your body needs, and there are tons of vitamins that can help you if you’re lacking. Most vegans and vegetarians will take B-12, Vitamin D, calcium, zinc, and iron to help supplement their diet. As for protein, high amounts can be found in most varieties of beans, tofu, nutritional yeast (which gives a cheesy flavor), green peas, soy milk, oatmeal, green vegetables, potatoes, nuts, and nut butters. Remember to always consult your doctor or health professional before changing your diet or exercise level.


Fresh vs. Canned vs. Frozen

Nothing beats fresh produce, but in the kitchen, using canned or frozen fruits and vegetables can be a lot more convenient. Though the question remains: are you giving up nutrition – or taste – for convenience?

Frozen and canned fruits and vegetables have an undeserved “bad” reputation. Though, you’ll want to check the labels to make sure there isn’t any (or a lot of) added sugar and salt. Frozen produce is picked and then frozen during the peak season, so they’re actually surprisingly fresh and always in season. Canned vegetables are budget-friendly and keep for a long time, so you’ll likely cut down on food waste and save money. The amount of nutrients lost during the process is minimal. Every once in a while, the taste and quality of a fresh fruit or vegetable may beat what canned or frozen foods offer, but not always. Frozen fruit is unbeatable in smoothies, and soups are a forgiving base for vegetables of all kinds.

Although a fresh fruit or vegetable would never be considered unhealthy, surprisingly, there are a few circumstances where frozen or canned could offer you more health benefits than fresh.

Here are a few examples…

**Fresh Peas vs. Frozen Peas**

Unless you have a garden or are shopping at the farmers’ market, frozen peas are the way to go. Why? Peas’ sugars turn into starch as soon as they are picked. After 24 hours, those sweet little green gems can be grainy and dull-tasting. Frozen peas, on the other hand, are picked and frozen at the peak of ripeness, halting the process of sugars turning to starch, so it’s a better bet that frozen peas will have that sweet taste you’re looking for. Plus, you don’t have to do any shucking! Look for frozen peas with no added sauces, salt, or sugar and dress them up on your own at home.

*Winner: Frozen peas!*

**Fresh Tomatoes vs. Canned Tomatoes**

If you’ve ever eaten a tomato in February, then you are well aware of the challenges that a fresh tomato faces. It’s a seasonal food. Yet, even in season, canned tomatoes offer something that fresh tomatoes can’t. Tomatoes are preserved using heat, which releases lycopene, a carotenoid that may help prevent prostate and breast cancer. Plus, canned tomatoes are super easy to work with. They’re already peeled, chopped, and ready to be cooked! Choose organic and BPA-free canned tomatoes when possible. Canned tomatoes are now available in glass jars or aseptic boxes in addition to “BPA-free” cans. Cans containing acidic foods, like tomatoes, are manufactured with BPA (bisphenol A). Some studies have linked it to infertility, heart disease, and diabetes, and other studies suggest that items containing BPA are safe. Regardless, the FDA is encouraging packagers to find alternatives to BPA, and studies on its effects are ongoing.

*Winner: Canned tomatoes!*
Fresh Broccoli vs. Frozen Broccoli
Yes, it’s true that frozen vegetables may be even better than fresh vegetables, nutritionally speaking (depending on their season and how long the fresh stuff has been on the shelf). However, there are circumstances where frozen vegetables can’t beat fresh vegetables. Take broccoli, for example. Frozen broccoli can be watery and often mushy when it’s cooked. It is convenient that it comes in pre-chopped florets, but you’re better off sticking with fresh.
Winner: Fresh!

Fresh Spinach vs. Frozen Spinach
With frozen (or, even canned) spinach, you can get more bang for your buck. You can squeeze a lot of spinach into a can or a bag, delivering more spinach in less volume. You would have to eat a mountain of fresh to get what you can in 10 ounces of frozen. You may find that you prefer frozen spinach over canned – it’s got better flavor and is lower in sodium – but the same principle applies. One cup of frozen spinach has more than four times the amount of nutrients, such as fiber, folate, iron, and calcium than a cup of fresh spinach, so if you want to power up, do it with frozen spinach.
Winner: Frozen!

Fresh Lemon Juice vs. Bottled Lemon Juice
Do you squeeze the juice from a fresh lemon when you need it or do you just reach into your fridge to grab the tiny, bottled stuff? If it’s the latter, then you might want to consider putting in the effort to use fresh lemon juice. Bottled lemon juice may have additives, like citric acid, sugar, and water. If you’ve ever tasted bottled lemon juice on its own, you’ll notice that the flavor is a little off – not bright and flavorful like the real stuff. Stick with squeezing fresh lemons. To have lemon juice on hand without always buying fresh lemons, squeeze a bunch of them and freeze the juice in ice cube trays to use as needed.
Winner: Fresh!
Meet the Member - Bro. Derik Scott: Attorney, MMA Fighter, Fitness Enthusiast, and Now – TV Star

Family ties to CSA (for five generations):
I have been a member of CSA for most of my life! On my mother’s side of the family, I am of Czech and Bohemian descent. Additionally, my family members have been Sokol members for five generations. All of my earliest memories include my entire family at Sokol Camp or at the St. Louis Sokol Hall (American Czech Educational Center) My mom, Dana Scott (Ulmer) has been in classes and coaching gym there for 47 years. My brothers and I all did gymnastics, competed, attended multiple instructors’ courses, and coached gymnastics classes. My mom was an original Board member of the Miss Czech-Slovak Missouri Pageant and judged the National Miss Czech-Slovak Pageant in 2010. She also was a CSA Sales Agent in Missouri for years. Our whole family has participated and attended the Czech Festivals, both in St. Louis and around the country. While at Baylor Law School, I would attend the Czech Festival in West, Texas.

My great-grandfather, William “Bill” Shana, was a gymnastics coach, counselor, champion gymnast, and was active in gym classes (along with my great-grandmother) through age 75! Further, he was the President of Sokol St. Louis for 13 years. In addition to his term as President, he served as a trustee for the Board of Directors of Sokol St. Louis until he passed at 100 years old in 2009. He personally bought most of our CSA policies when we were all very young.

A little about me:
It is clear that my entire life has been based on healthy movement, or as the principle of Sokol would say, “a sound mind in a sound body.” I grew up in a gymnastics gym with competitive brothers. My brothers and I have trained and competed in almost every sport under the sun. I am part of a set of Irish triplets, all roughly one year apart and looking alike, and we have an older athletic brother (six years older than me). This set the foundation for the following accomplishments.

After my time in high school, where I was strongly focused on both sports and academics, I attended Baylor Law School on a Dean’s Full Scholarship. During this time, I got my first personal training certification and also began training mixed martial arts (MMA). After graduation, I went to work for a law firm in Dallas. While in Dallas, I began training at Fortis MMA with Sayif Saud, one of the best coaches in the nation. Around this time, my brother Zeke and I set our first Guinness World Record (Most Swissball Backflips Between Two People In One-Minute). My brother Shaun and I took a trip to China with Guinness and CCTV1 for another record attempt about a year later.

I left the big law firm, started my own firm, and began operating a health and fitness business with my brothers. I began participating in MMA full-time. I amassed an extremely successful amateur career and I now fight professionally for Shamrock FC, where I am undefeated as a pro.

My involvement with the casting producers from our time with Guinness World Records allowed me to be pre-screened for a new competition show concept hosted by Dwayne “The Rock” Johnson.” The casting producers felt I was a great fit for the show. I submitted an audition video with a written application and my background information. I have been told that tens of thousands of people applied. I was selected to attend a combine with approximately 200 extremely impressive participants. We were put through an entire battery of physical tests – max deadlift, 40 yard dash, max vertical leap, Vo2 max test, obstacle course, and an interview. From the combine, 64 contestants were chosen to compete on The Titan Games. The segment in which I competed in aired on Thursday, January 24, 2019 on NBC.
Tips for healthy living and what works for me:
Training is a big part of who I am – a sound mind in a sound body. I strength train 4 times per week, I practice mixed martial arts 3 to 7 times per week, and I am a master level nutrition coach with Precision Nutrition, so, I practice what I preach in the kitchen.

Since this month’s Journal issue is all about heart health, this is what my health and fitness plan looks like.

My keys to keeping healthy are simple:

• I focus on being better, not perfect, and always remain kind to myself, mentally. We all eat cookies from time to time and that’s ok, within reasonable amounts, especially if the majority of what you eat are whole, natural foods.

• I set appointments and minimums for movement. I mark my training sessions on my calendar, just like I do any important meeting. I average 10,000 steps per day. I LOVE healthy, movement-based hobbies – snowboarding and surfing have been my current favorites. I live in Santa Monica, two hours from the mountains and right on the beach. Even when on vacation, I set standards for how many bouts of movement I’ll get in (anything from swimming to running sprints to hiking).

• I track and record consistently. I keep a workout and food journal and can tell you every workout I’ve done for the past eight years.

• I embrace that “health” is an ever changing thing and do my best to focus on being just a bit better given whatever I have at my disposal.

• Consistency is key. Even when I have “bad days” I know that consistent training, good nutrition, and mindfulness will help me achieve whatever health goals I have for myself.

Best of luck and health to all of my CSA Brothers and Sisters!

Bro. Derik A. Scott, JD, MBA
Attorney and Counselor at law
Guinness World Record Holder
PICP 1 & 2 Strength Coach
Pn 1 Nutrition Coach
Pn 2 Master Nutrition Coach
BioSignature Modulation Practitioner
Meet The Member

The Life of a Computer Hardware Repair Technician

The lesson here is: develop a skill and a strong work ethic.

I was fortunate to have worked in the era of “the beginning of the computer age.” In my teenage years, from 1954 to June 1960, I played with electronics. On August 1, 1960, I entered the U.S. Navy, acquiring a top-notched education in electronics, specializing in communications devices. I self-taught myself air navigation equipment at sea. Upon discharge, I worked as an Electronics Technician in an oscilloscope factory for six months. Then, as an Electronics Adjuster in a steel mill for nine months. Following that year, I was in a R&D (research and development) facility doing electronic instrument repair and test fixture construction and repair. While there, I came under the influence of a Master Electrician who taught me craftsmanship and the appreciation of the Electrical Trade.

From 1966 until 1971, I worked for IBM as a Field Service Engineer. I learned the architectures for the different generations of computers and the data processing equipment that was available then. I did not get to work on the main frame computers or in the computer rooms, but worked on all kinds of tele-communications and accounting machines in many interesting places. The Selectric Typewriter was on most of these machines and was very challenging to work with. I was not very excited about this machine, but it would later provide me with an opportunity. In those days, the paternalistic IBM wouldn’t admit to having a RIF (Reduction in Force). Unfortunately, I was laid off due to the economic recession at that time.

Within six weeks, I had a job working with a company that was leasing old data processing equipment. I stayed there for two years; meanwhile starting college at night, carrying 12 credit hours or more. My associates with similar work experience were also carrying this strenuous schedule.

My Selectric Typewriter experience helped me to get a job with Sorbus, doing Third Party Computer Maintenance. IBM was losing its monopoly on the computer industry, and other companies were making in-roads into their business. The opportunity to work on different generations of IBM main frames was an enticement I could not pass up. Over the next 11 years, I learned three generations of IBM main frames, and completed college in five years. I decided management was not for me. However, college was not a loss, as time would tell later on. Also, at this time I acquired a Top-Secret Clearance that would allow me access to a lot of interesting places and employment opportunities.

While riding an elevator in one of these places, a friend proposed that I should come to work at DEC (Digital Equipment Corporation) and I did. This move provided an opportunity to be a Field Service Engineer on a remote site in Western Virginia. Working government contracts is not long-term job security. This contract downsized in 1992. I then traveled around doing commercial and government accounts in areas in and beyond Washington, DC. I eventually became the onsite Field Service Engineer at a large government site in the DC area.

In early 2001, one of my customers was looking for an employee to fill a vacancy and was asking if I knew of anyone. After listing the requirements, I asked if he would hire me... half-jokingly. He then got serious and asked for my software experience (my college courses), knowing my hardware ability and reliability. I then asked who to talk to and what was the salary range. I went for the job and got it. My wife says networking works and this is so true. After IBM, all of my employments and promotions were due to my reputation. A few of months later, 9/11 occurred. My job got even more interesting. I can’t truly go into detail about what I was responsible for there, however, all the knowledge I had acquired up to that point was required and utilized. In 2005, the stress finally got to me. Following a heart attack (take care of yourself, folks!), I entered retirement and was given a chance to concentrate on my many other interests.

Submitted by Bro. Edwin Kotras
District Council

Entries and Applications Due Soon!

District Council No. 12 of Northern Illinois, Wisconsin, and Indiana — Now we are entering the shortest month of the year. All kinds of things are going on during the next 28 days. There’s Candlemas and Groundhog’s Day on February 2. If Punxsutawney Phil sees his shadow, there will be six more weeks of winter. Chinese New Year begins on February 5, and it is the Year of the Pig. Both Ronald Reagan and Babe Ruth were born on February 6 (Reagan in 1911 and Ruth in 1895). Thomas A. Edison was born on February 11, 1847 and Abe Lincoln on February 12, 1809. Don’t forget Valentine’s Day on February 14! President’s Day is celebrated on February 18. Susan B. Anthony’s birthday is February 15, 1820, and George Washington’s is February 22, 1732.

We at District Council No. 12 fondly remember the holiday parties and gatherings we’ve had with relatives and friends. The good times seem to go by so quickly. Our Lodge Recognition Program forms should all be in the Home Office, and we await the final results. Now is the time to get in your CSA Photo Contest entries, as there are several nice prizes to win. The deadline is March 22. In addition, the Bowl-o-Rama Entry Forms and CSA Scholarship Application are due on that date as well. Bowl-o-Rama scores are due by May 31.

The CSA Serves program for 2019 allows all of our lodges to choose the special groups, charitable causes, etc. of their choice. Remember that helping others in need makes us happier and healthier, too! Miss National CSA and Fraternalist of the Year applications are available and the deadline is on June 1.

Remember that District Council meetings usually are held at the Home Office Heritage Room on the last Thursday of the month. Our upcoming meetings will be on February 28 and March 28 at 6:30 p.m. All delegates, as well as lodge officers, are welcome to attend.

Fraternally,
Edward Slavik

Celebrity Status

Lodge Karel Jonas No. 279, Cedar Rapids, Iowa – Our lodge met on January 14 for a pizza party in honor of Trustee Gene Banes’ birthday. We ate pizza, sang “Happy Birthday,” and enjoyed an assortment of desserts provided by our members. Happy birthday, Gene, and a big thanks goes to you and Donna for hosting the party and meeting at your home.

Installation of Officers was performed by Installing Officer, Guide Donna Banes. Our officers include: President Tom Ledvina, Vice President Phyllis Hosek, Secretary Janice Ledvina, Trustee Marilyn Ledvina, Guide Donna Banes, Sentry Bev Vesely, and Trustees Loretta Ledvina, Gene Banes, Richard Hosek, and Tyler Ledvina.

Upcoming events were discussed and planned, including the T-Fest on February 1, our 42nd Annual Flea Market, and 46th Consignment Auction to be held on April 7. We’re hoping for good weather on both dates!

Our membership includes celebrity status! Member Mike Ledvina and his wife Connie were extras in the Clint Eastwood movie, “The Mule”. They traveled to Atlanta for filming this summer and were able to meet Mr. Eastwood. The movie opened in theaters on December 14. They can be seen dancing to Mollie B in a scene at a VFW. Congratulations, Mike and Connie!

Our next meeting will be held on Saturday, February 2, after cleanup of our T-Fest.

Fraternally,
Janice Ledvina

Read the Journal online at: www.csalife.com
**Lodge Happenings**

**Installation of Officers**

Lodge Paramount/Southgate No. 372, Bedford, Ohio –
Our last meeting on January 24 was held on a very crisp winter day with seven members present. Fran Weiss installed our officers and they remain the same: President Mary Ann Toncar, Vice President/Scribe Annette Reichman, Secretary Jan Dembowski, Treasurer Diane DiBianca, and Guide Johnny Weiss. Donna Stepka watched and took our picture. District Council Delegates are Virginia Dvorak, John Weiss, and Donna Stepka. Auditors are Annette Reichman, John Weiss, and Sunshine-Fran Weiss. Thank you, Fran!

Matching fund checks were received from the Home Office for our CSA Serves project. Thank you! Our projects this year will be DTJ, Honor Flight, Maple Hts. Senior Center, and the CSA Scholarship Fund.

Our Lodge President Mary Ann Toncar thanked everybody for their efforts in completing the needed tasks in 2018 to achieve the Lodge Recognition Program Platinum Award! She is confident that we will have no trouble winning the Platinum Award this year, too. A special thanks from the entire lodge was given to Diane DiBianca for keeping track of all of the activities that we completed.

Based on the vote from the bus trip last year, it has been decided to go to the Rivers Casino in Pittsburgh, Pennsylvania on June 26, 2019. “Happy Birthday” was sung to members Mary Ann, Donna, and Johnny. Thank you, Fran, for the birthday cake and Mary Ann for the cupcakes, ice cream, and bakery. We also enjoyed a Sloppy Joe lunch from the Senior Center. Everybody had said it had been a long time since they had a Sloppy Joe, and they tasted great!

Our upcoming meetings in 2019 will be held on February 28, March 28, April 25, May 23, Bus Trip on June 26, July (TBA for Picnic), August 22, September 26, October 24, November 21, and December 12 (location TBA). Meetings are held at the Maple Hts. Senior Center. Come to a meeting and connect – or reconnect – with your Lodge members!

Fraternally,
Annette Reichman

**Feeling Overjoyed and Seeing Clearly**

Lodge Paramount/Southgate No. 372 member Donna Tesmer is feeling overjoyed! Ten years ago her husband Terry lost his central vision in both eyes. Terry accepted his disability and found his new normal, which did not include driving, looking at baseball cards, or reading text – anything small was just a big black dot in the middle of his vision. They decided to visit the local low vision store after receiving an email about some new glasses. Her heart just broke with happiness seeing her husband’s reaction after putting on the device. It was the first time in 10 years that he could see her face clearly. The device sets on his head with what looks like a cell phone on top. You download an app to operate it. They Skyped with his daughter and he was able to see his grandchildren’s faces clearly for the first time. He was amazed when he could once again read and send a text from his cell phone. He can’t wait to go to the movie theater and read a menu at a restaurant!

She states, “Thank you so much to the people who invented and manufacture the Patriot ViewPoint solution. You have given my husband a whole new world.” As you can see by the picture, he can now get back to reading the paper. They can’t wait to explore all of the other possibilities this device will provide!

Fraternally,
Diane DiBianca
Lodge Happenings

We’re Still Kickin’

Lodge Betsy Ross No. 151, Cicero, Illinois – Not many of us are still active locally, but we’d like to change that! I attended the 2018 Quadrennial Convention and met members from other lodges. It was fun to actually hear about their activities besides reading about them in the Journal. I know a lot of lodges have membership challenges. CSA member and IT Director Nick Kosmas and I are working hard to engage our membership. We hope to mail out an informative notice in early spring to see if we can interest you in meetings. We will probably meet during the day at the CSA Home Office in Lombard. TBD!

I haven’t written for the Journal in about two years, but I would love to hear from you with news about you and your families. I’ll start by telling of my horse racing Breeder’s Cup experience in 2017 in San Diego. My partnership was lucky enough to run our horse in the juvenile turf race and finish second. It was the weekend when the Hispanic Day of the Dead activities were going on in Old San Diego. What fun!

My grandsons, Matthew and Derek Lenert, are very active in sports in Virginia. Matthew just returned from a soccer tournament in Orlando where he scored the lone point to win for his team.

Alyia and Samantha Thibault are still competing in pageants near the Round Lake, Illinois area and are both doing well. Participating in these events has certainly helped with their poise and self-esteem.

If you have some information about your family’s comings and goings, please email me at nlreagan@msn.com. Please mention CSA in the subject line so I know to open it.

Best,

Nancy L. Reagan
Lodge Mile-Hi Czechs No. 432, Lakewood, Colorado – Our Christmas Party was held at the lovely, festively decorated home of Treasurer Maryellen Vialpando and husband George. Eighteen attended, including Maryellen’s daughter, Joey Lantz, a two-time Miss National CSA contestant, and our special guest, CSA President and CEO John Kielczewski. He gave a glowing report on the finances and membership (20,000 and counting) of our almost-165 year-old fraternal society. President Kielczewski has been in office over six years and is doing a great job. He reported on the Home Office staff and the various recent Czech Embassy events in Chicago, where 100 years of the (now) Czech Republic were celebrated. It was founded by Tomáš Masaryk, with the help of Woodrow Wilson and the many immigrants from Moravia, Slovakia, and the Czech lands – especially in the Chicago area. Impressive and elegant!

Other items of interest include the Wolf family. Irma Wolf played background piano music for the Evergreen Symphony Orchestra Christmas party. Then, Sonny won first prize at the Rocky Mountain Miniature Train Collectors Association. The prize? He had first choice of numerous train items. An update from longtime volunteer at the Action Center and new Vice President, Mary Campe – the Beautiful Junk Sale in October made $56,000! The next sale will be held in March to benefit the Action Center, which gives help to people in need in Jefferson County. Items include food, clothing, housing, and counselling for jobs and education. This is a most worthy cause.

Dot Fox loves helping second graders one-on-one in reading at the local elementary school in Thornton. Husband Ron assists at the library. Dr. Sandy Doe continues to set the longevity teaching records at Metro State University – 53 years and counting! A published poet, she also teaches Creative Writing.

Two personal notes – Great Aunt Mary Lou Bennington and Grandmother Pat Keening attended the very elaborate (including a 1952 Phantom Rolls Royce!) and joyful wedding of Nick Strunc, a former CSA Scholarship recipient, and Hannah Falvey of South Des Moines, Iowa at the magnificent old St. Ambrose Roman Catholic Church in October.

Finally, my younger son Tom (bass singer) and his wife Tammy (soprano singer) helped sing the full Messiah at Carnegie Hall the Sunday after Thanksgiving along with 270 other voices and a 70-piece orchestra. There was a packed house and it was an awesome experience. They belong to the Aspen Choral Society.

Fraternally,
Pat Kenning
Scribe
February Freeze. Warm Hearts.

Lodge Happenings

Lodge Kruh Osvojnych Zen A Panu No. 121, Dillonvale, Ohio – I’m not sure about where you live, but in Ohio, we’re in the middle of a deep freeze. While I was writing this article, we were suffering the remains of a winter storm, with another one right around the corner. Ugh! Like it or not, Old Man Winter has made his presence known.

On the wind in February
Snowflakes float still,
Half inclined to turn to rain,
Nipping, dripping, chill.
~Christina Georgina Rossetti

On a warm and fuzzy note, lodge members recently enjoyed our annual post-holiday dinner at The Golden Chopsticks Restaurant in Wheeling, West Virginia. We were delighted to be reunited with Jack and Bonnie Snider of St. Clairsville, Ohio. Both have been CSA members since childhood, grew up in Dillonvale, and were former neighbors to our Vice-President, Delores Shinkarow. Please know how much we enjoyed your company at our dinner, Jack and Bonnie. We hope you will join us again!

During our short business meeting, a letter was read from the Louis Stokes VA Medical Center in Cleveland. They thanked us for our donation of holiday cards for the hospitalized veterans. It is fulfilling to know that this ongoing project is both needed and appreciated.

We will continue our CSA Serves yearly project in our local churches, the American Legion, and the American Legion Auxiliary, as in years past. These organizations are all working hard to maintain their membership and continue their services to the community. It is our goal to help them by volunteering work hours, providing monetary donations, donating needed supplies, and supporting their fundraising efforts. In addition, we will continue to support our CSA Scholarship Fund as we have for many years. We have had several young members (now adults) benefit from scholarships. Thank you, CSA!

In closing, we wish all of our Brothers and Sisters a happy Valentine’s Day. Our hearts are always “warmest” when we’re with those we love!

In the coldest February,
as in every other month in every other year,
the best thing to hold on to in this world is each other.
~Linda Ellerbee

A big, “warm” hug from Ohio,
Sister Wendy Kurtz Lovell

Read the Journal online at: www.csalife.com
Lodge Happenings

Highlight of the Holiday Season

Lodge Benjamin Franklin No. 02,
Seven Hills, Ohio – Our customary
November elections and wrap up meet-
ing went routinely and quite smooth. All
lodge positions were accepted again for
the year 2019. It was also agreed to pro-
vide the backers fee for our bowling
team. The Team Franklin Keglers com-
pete at Seven Hills Lanes on Thursday
evenings. Let’s have a great season,
guys! The lodge also moved to provide
year-end donations to the Parma Heights
Food Pantry and Cleveland Ronald
McDonald House.

Vicki and Jim Zidlicky were in the
holiday spirit as they insisted on con-
tributing the $50.00 cash, which would
be part of the 10 door prizes the lodge
brings to the District Christmas Party.
Our President Scott Krecow puts togeth-
er a super package every year, as do all
our area lodges. Thank you all!

District Council No. 10’s Pin and
Christmas Party was again a highlight of
the holiday season. The December 9
weather was cold but clear, so it was
easy traveling for our CSA President
John Kielczewski, who joined us at the
Woodside Party Center. It is always a
pleasure to be in the company of such a
positive and optimistic leader. Catering
and drinks are always top shelf, as is
fraternalism and camaraderie. Our two
tables of members and guests can attest
to that. However, we did miss our only
member eligible for a 50-year pin.
Congratulations to Cynthia Campbell of
Minerva, Ohio, who will receive her pin
by mail. Cynthia also missed one of the
area’s premier polka groups, The Frank
Moravcik Band. They played
“Cleveland Style,” along with the stan-
dards and many holiday favorites.
Incidentally, our own Ken Burdzinski’s
brother, Ron, was a drummer with the
band. Everyone had a wonderful after-
noon!

Fraternal regards,
Jeff Zidlicky
LodgeFranklinScribe@gmail.com
Lodge Happenings

Seeking Support for the Cemetery

Lodge Yankee-Jungmann No. 77, North Riverside, Illinois – Our Lodge started out the holidays by attending the District Council No. 12 Christmas Party at Sky Banquets. We enjoyed our dinner, had a great raffle, and sang Christmas carols with Ed Slavik.

Next, on December 16, our Lodge held its meeting and Christmas Party at the Bohemian Crystal Restaurant in Westmont. Everyone filled up on breaded pork tenderloin, beef, and smoked butt. After eating, we exchanged Christmas cards and treats for everyone in attendance. It was a pleasure that Millie Calek and her daughter Ann made it to the party.

Chuck Michalek, one of our members, is on a committee at the Bohemian National Cemetery to raise money for the much needed restoration of the Columbarium. They do have some contributions coming in but need a lot more. It would be terrible if this beautiful structure falls into disrepair. Make a New Year’s Resolution to donate whatever you can to this worthy project. Take a ride to the cemetery and see what’s being done for this building.

Fraternally,
Mary Ellen Janda

Get Ready for the Bowl-o-Rama

Lodge Cleveland Chapter No. 219, Cleveland, Ohio – Happy New Year to you all! Our January meeting was attended by 12 members. Our members were given our new password, which is to be used for 2019. The swearing in of our officers will take place at our February meeting.

We received thank you notes from Ronald McDonald House and DTJ Taborville for the donations we gave to them. We also received copies of letters that the Home Office sent to those charities for their matching funds.

March 31st will be our Junior Bowl-o-Rama at Yorktown Lanes in Parma Heights, Ohio. It will be held at noon. It’s only $10.00 (which must be pre-paid) for non-members and free for members. The $10.00 cost includes shoes, three games of bowling, pop, chips, and a hot dog. A non-bowler (parent, guardian) can stay and eat lunch after bowling; it is only $3.00 per person. The application is in the Journal, but please send it back to Dusty Clark at 880 Brightwood Ct., Brunswick, Ohio, 44212. You can call him at 330-273-7316 if you have any questions. It’s a lot of fun, so please bring your children, grandchildren, and friends. When my granddaughter bowled, she said it was the best day she ever had!

Tony Genco, Judy (Sevcik) Genco, and Karen (Sevcik) Buzek provided a very yummy lunch (picture included). Karen made a delicious lasagna and Tony and Judy brought the accompaniments. Hope this encourages you members to attend our meetings! Remember, they are the second Tuesday of every month at 10:30 a.m. (weather permitting) at the Sokol Ceska Sin Hall on Clark Avenue in Cleveland.

Our 50/50 raffle was won by Judy Genco and Kathy Gawrilow. That was followed by rousing games of Bingo.

Until next month, stay warm!
Fraternally yours,
Judy (Sevcik) Genco
Lodge Happenings

Fun and Fraternalism at the San Jose Fire Station

Lodge Golden Gate No. 252, San Mateo, California – As President of Lodge Golden Gate, which meets on the San Francisco Peninsula, I hope you all had a Merry Christmas and a Happy New Year. For those of you who read or speak Czech, Veselé Vánoce a šťastný nový rok. We continue to meet on the first Friday of each month, but take a break during the summer months.

Christmas is a bit different here in California, with no snow on the ground and flowers blooming. The day I wrote this article, I was greeted by four Robins in a nearby tree, though the sun hadn’t warmed us up yet. We make up for the lack of snow by doing a lot with decorations and lights.

It is best to remember that the Christmas holidays are for family and friendship with lots of sharing and giving. I must admit that I don’t miss Chicago weather, but I do miss the shopping, which included prasky sausage, jaternice sausage, and knedlíky. I also miss visiting the Christmas trees at the Museum of Science and Industry.

Last month, our meeting was devoted to service, with our members filling and sewing pillows that will be distributed to the patients at the Veterans Administration Hospital in Menlo Park.

On November 24, nine of our members (which included three of the young ones) went to the San Jose Fire Station #22 to give toys and gifts that will be given to children in need who are located on the San Francisco Peninsula. Jamie Karin, one of the firefighters, gave everyone a tour of the station and let those who wanted to, try on equipment, sit in the firetruck, and pretend to be firemen. I am not sure who enjoyed it more, the men or the kids. All were offered the opportunity to go out for ice cream after the outing. It was interesting to learn that firemen have to work for 48 hours straight, but the good news is that they then have many days off. We here in California especially salute the firefighters who so valiantly fought the biggest fire ever in our state, which practically destroyed the entire city of Paradise. There are 16,000 homes no longer standing and 89 lost their lives. Many people only had their lives to be thankful for this holiday season.

Our December meeting was held at my home, as it is every Christmas. The Christmas tree was decorated and holiday decorations were up. Since the meeting fell on St. Nicholas Day (Mikuláš), each guest had a small stocking at their table setting. Cheese, bakery, and poppy seed cakes were part of the morning snack. Instead of playing Bingo after our lunch of roast pork, dumplings, and red cabbage (with appropriate beverages), we had a white elephant gift exchange. It was a lot of fun stealing from each other. I lucked out and was able to pick last, so I chose the very best gift, which included a box of See’s Candy.

For information on our club, please contact Secretary Shelle Jones at (408) 528-9434 or email her at schelle@scfpt.com.

Fraternally,
Walt Strach
NEFA; Breakfast with Santa

Lodge Laurel No. 452, Storrs- Mansfield, Connecticut – On November 3, NEFA (New England Fraternal Alliance) held their annual meeting in New Bedford, Massachusetts at the Home Office of LUSO-American Fraternal. As CSA representative to NEFA, and a member of the NEFA Board of Directors, I attended this meeting, with my daughter, Laura, accompanying me. Many of us met on Friday evening at the hotel to socialize and to prepare for the meeting. Our meeting opened Saturday morning with a Flag Raising Ceremony, including singing “The Star Spangled Banner”. Due to the weather, we raised the Flag inside, over the foyer of the building. In the picture you can see NEFA members saluting Anthony Pio, from Luso-American, for his success in raising the Flag.

Our meeting continued with a Memorial Service led by our Chaplain, Dan Tanzone. After our business meeting, we heard speaker, Rose Jardim, CPA, from JMR and Company, LLC, who spoke to us on “Charitable Contributions”. Our luncheon speaker was Deborah Soares, Director of Public Relations for United Way of Greater New Bedford. In addition to telling us a little about the local organization, she accepted our donations of non-perishable food brought by all NEFA members and an NEFA monetary donation. We also presented our two scholarship awards at the luncheon.

Our afternoon continued with speaker, Ed Depersis, CFO of ENDepersis Fraternal Consulting, LLC, from Pittsburgh, Pennsylvania. Our speakers gave us valuable information and interesting facts. We came away well nourished! We completed our afternoon business, including election of officers. Our new NEFA President for the next two years is Albert Costa from Luso-American. He succeeds our out-going President, Irene Grabowy, from the Polish National Alliance of the USA.

Our evening banquet included delicious food, presentations of our “Family of the Year” and our “Harvey G. Bacque Fraternalist of the Year” awards, installation of officers, a keynote speaker, Patricia Larson, Luso-American Life Financial Director, and entertainment by Manuel Brandao, a local musician/comedian. The group picture shows most officers, board members and committee chair. CSA member Marion Varga is standing in the back row. We had a successful, informative, and enjoyable day!

On Saturday, December 8, Lodge Laurel members supported the Willington Boy Scout Troop by attending their “Breakfast with Santa.” The Scouts set up everything, take patron’s orders and serve the breakfast. We keep them very busy and keep them on their toes! They also held a raffle. The scouts and their parents worked very hard obtaining the many items they raffled. All the proceeds from this event go to Paul Newman’s “Hole-In-The-Wall-Gang Camp” in nearby Ashford, Connecticut. The picture shows Lodge members Val Voboril Rogers, Laura Varga-Knowlton, scout Jonathan Varga, Rachael Macht, and Gail Zaicek standing; and Marion Varga, and Eli and Grace Macht seated. Missing from the picture are Pam Voboril Landon and Margaret Varga.

Keep warm and have a Happy New Year!

Fraternally,
Marion Varga
Lodge Happenings

Another Busy Year Ahead – Won’t You Join Us?

Lodge Woodrow Wilson No. 377, Lombard, Illinois – The onset of 2019 brings with it a new year of opportunities and plans for our lodge: utilizing our members’ talents and time to contribute service and material donations to community organizations; enjoying social opportunities to gather as friends; and celebrating our members’ milestones and contributions. We are beginning to plan our lodge’s participation in the 2019 “CSA Serves” program, including ongoing projects as well as some new ideas. I will do my best to keep you up-to-date on our projects, and – even if you are unable to join us for monthly meetings – perhaps you still can find ways to contribute to our efforts? If you have ideas or would like to become more actively involved, just let me know!

I want to start by sharing and celebrating a wonderful event from last year (I’m still catching up!) for the Dropka/Mentzer family. On October 13, Mike Dropka and his soulmate, Christiana (Gentry), were married in a beautiful ceremony near Houston, Texas. The celebration itself was a wonderful expression of their love and commitment to each other, sprinkled with meaningful traditions from their shared heritage. The weekend clearly was the beginning of a shared life that will be filled with a bounty of happiness, and we wish Mike and Christiana all the best!

Winter can be a tough time to get out and about, depending on the weather. Please remember that we are happy to provide a ride to lodge meetings and events for our members. We also are already planning our calendar for spring/summer, so watch for updates about special events and activities, and contact me if you have questions or would like transportation – we would love to have your company!

Hope to see you soon!
Jean Hemzáček Laukant
hemzacek.j@gmail.com / 630-279-7894

Christmas Party Held

Lodge Central Star No. 411, Owosso, Michigan – Our lodge hosted a Christmas Party this past December with many members and guests in attendance. If you would like to attend an upcoming meeting, please contact Loeta Hersch at (517) 845-6238. We’d love to see you!

All About Drones

Lodge Anton J. Cermak No. 99, Brookfield, Illinois – Our January 2019 meeting featured our Installation of Officers by CSA Executive Secretary/COO Matt Koski. We also had a recap of lodge activities from 2018, led by Vice President Scott Cramer. Thanks to all of our members who made last year so successful and memorable. Our “Chief Science Officer” Dale Novak briefly explained the difference between commercial drones and drones that are used for fun. He also dilated on the way to build radio-controlled airplanes.

Our lodge meets on the second Wednesday of the month at 6 p.m. at Tony’s Restaurant on Ogden Avenue in Brookfield. New faces, ideas, and energy are always welcome. Please join us!

Fraternally,
Charles Courtney
Lodge Happenings

Choosing Charities to Support

Lodge DuPage Pioneers/Edison No. 409, Lombard, Illinois – Our Christmas Holiday Dinner and Meeting at Sawa’s Old Warsaw on December 18 was a resounding success. Twenty members and guests enjoyed a buffet of ethnic dishes and desserts. We welcomed CSA Executive Secretary Matt Koski, Fraternal Director Amanda Lovell, and District No. 12 Director Ken Dvorsky. Following a hearty meal, President Jerry Gaydusek called our meeting to order with the Pledge. The highlight of the meeting was the election of officers for 2019: President Jerry Gaydusek, Vice President Lyn Burton, Treasurer Helen Gaydusek, Secretary/Scribe Gerri Romanelli, and Sentry/Guide Dale Burton.

Vice President Lyn then sold tickets for our raffle, which raised $100 for our lodge’s treasury. Our raffle table was filled with holiday décor, food, candy, and other treats and gifts. This monthly raffle not only supports dinners and social activities for lodge members, but adds to our donations to various causes. Our traditional Christmas Card Exchange brought good wishes and blessings to members for the coming year. Thanks to member Jim Wozniak for the photos of our mini get-together.

Our meeting in January began with discussions of what charities and programs we will be supporting in the coming year. Happy New Year to all. Let’s make it a good one!

Fraternally,
Gerri Romanelli

Blankets and Pop Tabs

Lodge R.T. Crane No. 7, North Riverside, Illinois – The holidays are officially over and our regular meetings are back in swing. We’ve happily collected and donated fleece tie blankets and pop tabs for those in need. We delivered eight blankets to the Scottish Home for their residents and dropped off 10 pounds of pop tabs to the Ronald McDonald House. Many of our members have traveled and shared exciting news over the holidays. Congratulations to one of our members, Diana Peters, (grand niece of Vera Wilt) who recently graduated from DePaul University and will walk across the stage in May. Her sister Carolyn Peters recently traveled to Greece and saw many beautiful sights. Mary Lee had a wonderful time in Florida, and Jim Thompson has just finished up his “North Pole related duties.”

We’d like to remind you that we meet on the fourth Wednesday of every month at 6:00 p.m. at the North Riverside Library for a potluck dinner and meeting. We’d love to see new faces and we always welcome visitors from other lodges as well!

Fraternally,
Alix Wilt

Left to right: Sis. Jadalyn Hanson and Sis. Jackie Hanson accept their plaques for winning the sweetest chili and the spiciest chili in the ‘chili cookoff’ in Shelley, Idaho.
Scholarship Fund Donation Form

With the price of higher education rapidly increasing, scholarships continue to be an important fraternal benefit. The CSA Scholarship Fund assists young adults, not only with their education, but with their professional goals. We appreciate your generous donations and your continued support!

Fill and send this form with donation. Please make checks payable to CSA Fraternal Life Scholarship Fund.

Enclosed is my donation of $ ____________

☐ For the general Scholarship Fund or ☐ In Memory of __________________________

Send acknowledgement of contribution to __________________________

Address __________________________________________________________

City ____________________________ State _________ Zip ___________

Donor’s Name ____________________________

Address __________________________________________________________

City ____________________________ State _________ Zip ___________

Education is the most powerful weapon which you can use to change the world. — Nelson Mandela

CSA Fraternal Life
In New York Czechoslovak
Society of America

www.csalife.com

2050 Finley Rd. Ste. 70, P.O. Box 249, Lombard, IL 60148 · Phone: 630-472-0500 · Fax: 630-472-1100
Installation of Officers

Lodge Brookfield No. 475, Brookfield, Illinois – A few brave souls dared to venture out into the frigid weather to attend our January meeting. We reviewed plans for the new 2019 Lodge Recognition Program, with CSA President John Kielczewski serving as Installation Officer for those present. For this year, our officers are: President Barbara Deig, Vice President Kevin Pileggi, Treasurer Dolores Chiappetta, Secretary Jerry Silhan, Guide-Sentry John Kielczewski, and Scribe Kimberly Silhan. Here’s looking forward to another successful, event-filled year – preferably with more agreeable weather!

Lodge Brookfield meets on the second Wednesday of the month at 5:00 p.m. at the CSA Home Office in Lombard, Illinois. Members and guests are welcome! Hope to see you there!

Fraternally,
Kimberly Silhan

Fraternity Well Wishes

Rose Burns
Lodge Pingree 366

Alice Gruber
Lodge Cleveland Chapter No. 219

Debbie Malinowski
Lodge Benjamin Franklin No. 02

Janet Mix
Lodge Cleveland Chapter No. 219

Leatrice Rose
Lodge Cleveland Chapter No. 219

Marie Zanzano
Lodge Cleveland Chapter No. 219

Scholarship Fund Report

December 10, 2018 - January 10, 2019

IN MEMORY OF DECEASED MEMBERS
Lodge Central Star No. 411
Lodge Pingree No. 366
Lodge Mile-Hi Czechs No. 432

IN MEMORY OF ANNE KUBIK
Carol A. Tranter

IN MEMORY OF DOROTHY VAVRICEK
IN HONOR OF SHARON RIGEL
Lodge Prokop Velky No. 137

IN MEMORY OF SUE SMITH
Lodge Independence Liberty Bell No. 408

IN MEMORY OF NANCY L. NORRIS HOWARD AND LYNN A. PALKA
Lodge Bratri od Sazavy No. 211

IN MEMORY OF OTTO VANEX
Irene G. and Peter C. Widrlechner

TO CONTINUE CSA’S TRADITION OF ASSISTING YOUNG MEMBERS IN PURSUING THEIR HIGHER EDUCATION
Lodge Svetlo No. 277

TOTAL DONATIONS $610.00
Starting the New Year in a Good Way

Lodge Century of Progress Bila Hora No. 231, Cicero, Illinois – The month of February is a busy time for our lodge. Seven of our regular attending members sent out 27 Valentines to our lodge youngsters and we included a gift of $5. Recently, Director Ken Dvorsky reinstalled our lodge officers for 2019. Afterwards, we celebrated the occasion by having a nice dinner at Tony’s Restaurant in Brookfield.

We also started the new year in a good way. Eight full bags of groceries, six boxes of ceramic plates, shopping bags, a big box of wooden clothes hangers, etc. were taken to St. Barbara’s Food Pantry/Lending Closet. We’ll try to do this again in March.

Our lodge workers had a lot of fun doing holiday activities. We held a Christmas Bingo at Tabor Hill Nursing Home for over 45 residents on December 13. All who came played bingo, won big stuffed animals, had Hick Finn doughnuts, and apple juice. Everyone took part in a raffle for 16 knitted comforters. Four Lodge Rovnost ladies made these colorful warm coverings – Caroline Johnston, Joyce Nemec, Chris Lanzel, and Kim Silhan. Thank you for your beautiful work. A lot of lucky recipients were very happy. We ended our bingo party by giving each attending resident a Christmas card plus $1 and a small stuffed animal tree ornament.

We also had a lot of fun at our annual Christmas Luncheon at the Bohemian Crystal Restaurant on December 12. This was a reward dinner for all of our diligent workers and friends. Hey, the days are getting a little longer now, and springtime is waiting at the door!

Fraternally,

Edward Slavik

Recap of Lodge Events Over the Holidays

Lodge Harrison/Hus/Garfield No. 378, Cicero, Illinois – I want to give a recap of lodge events hosted during the holiday season. Our annual Christmas party was a true family affair. Forty members and guests met at the Czech Plaza Restaurant for a delicious duck dinner – just ask Bill Kostecki. My thanks go to the Pros, Rus, and McGuire families for their support. We had seven children under the age of 7 in attendance. I want to thank Amanda, CSA Fraternal Director, for being there to talk to our members. Thank you to Czech Plaza for treating our lodge so well, and thanks to all who came out to celebrate the start of the holiday season with us.

We had a nice spread of raffle prizes that were donated by members. This year, there were 13 delicious Crawford prasky sausages on the table. Guess what went first? We raised $280, which was divided between Honor Flight Chicago and the food pantry at the St. Barbara Parish in Brookfield.

Personally, I was fortunate to be able to see relatives on Christmas Eve, thanks to my cousin Mary Oskroba, who has been keeping the tradition alive since we were small children. Also, I got to see Judy and Jim Wozniak, my cousins from the Klauber side. After Christmas, I visited Mike and Pam in Maryland and was treated to her special svíčková dish. While there, I met up with nephews Keith and Kyle, who both came in from Colorado and D.C. (respectively). Oh, and all of the people mentioned above are CSA members – how is that for family!

Our lodge sent 42 holiday cards, with the allocation money from District Council No. 12, to our youth members. I have received thank-you notes from the Wildman, Harner, Howe, and Helfrich families. See the photo!

Until next month,

Ken Dvorsky
Hoping to See You

Lodge Sionilli No. 170, Brookfield, Illinois – We would like to thank Brother Cary Mentzer for attending our January lodge meeting and installing our lodge officers for 2019. We met at the Riverside Town Hall. Cary gave us an update on the status of the Czech Heritage Museum that he and others have been working so hard to reopen.

Over the past few years, our lodge has really tried to change up the way we conduct business in order to attract a new group of members to attend our meetings, volunteer events, and social activities. We would love to see new faces and are open to new ideas! We want to hear from all of our members about what they would like to do and plan future events accordingly. We hope to see more of you in 2019!

Fraternally,
Alix Wilt

Happy Anniversary

Frank Jezek and Delores “Dee” Ryan
February 26, 1949
Location of wedding: Chicago, Illinois
Members of Lodge Woodrow Wilson No. 377

Civil War Presentation

Lodge Groveton No. 4, McKees Rocks, Pennsylvania – Hello to all our fellow CSA members. Lodge Groveton hopes everyone had a safe and easy transition into 2019 after a great 2018. Lodge Groveton finished off 2018 with a few exciting events. We celebrated our Lodge Christmas with a delightful evening at the Downey House, a local restaurant that is enjoyed by all members attending. Lodge Groveton also welcomed back two long time members, Matthew and Nick Yurkovich, to our monthly meeting.

Our December meeting was held at our usual place, Eat-N-Park, and was attended by 18 members. We were excited to be entertained by guest speaker Matthew Yurkovich and his vast knowledge of the Civil War, specifically the Confederate Soldier. Matthew was dressed in full Confederate Soldier garb accompanied by the contents of all items carried in their bags and even weaponry. Matthew answered questions from members and even passed around materials that were used during the Civil War by Confederate Soldiers. It was a very exciting addition to our meeting and Lodge Groveton was very thankful for Matthew taking the time to join us.

We kicked off 2019 with our usual Eat-N-Park monthly meeting. Lodge Groveton started off by swearing in the newly elected Officers, a group in which we are very confident will make 2019 even better than previous years. Lodge Groveton got off to a good start to the year with around 20 members involved in the first meeting of 2019. As always, we meet the first Wednesday of every month at 7 p.m. and invite any interested members to join us.

Lodge Groveton invites CSA members to check out our Facebook page and explore our frequently updated pictures, events, and upcoming dates for all Lodge related items. We look forward to any and all interactions with our fellow members and wish all Lodges a very happy and prosperous 2019.

Gary Forrester

Like us on Facebook
<table>
<thead>
<tr>
<th>Claim</th>
<th>Name</th>
<th>Lodge</th>
<th>Location</th>
<th>Date of Death</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>52982</td>
<td>Joan J. Engstrom</td>
<td>2</td>
<td>DULUTH, MN</td>
<td>11/09/11</td>
<td>83</td>
</tr>
<tr>
<td>52984</td>
<td>Irene E. Cinibulk</td>
<td>4</td>
<td>LOYALHANNA, PA</td>
<td>12/19/18</td>
<td>83</td>
</tr>
<tr>
<td>53020</td>
<td>Adeline E. Smetak</td>
<td>4</td>
<td>LATROBE, PA</td>
<td>12/29/18</td>
<td>100</td>
</tr>
<tr>
<td>53018</td>
<td>Dennis L. Chrisman</td>
<td>7</td>
<td>MOMENCE, IL</td>
<td>12/06/18</td>
<td>66</td>
</tr>
<tr>
<td>53005</td>
<td>Margaret A. Benes</td>
<td>66</td>
<td>STICKNEY, IL</td>
<td>12/15/18</td>
<td>89</td>
</tr>
<tr>
<td>52979</td>
<td>Robert E. Taibl</td>
<td>99</td>
<td>BOLINGBROOK, IL</td>
<td>11/11/18</td>
<td>92</td>
</tr>
<tr>
<td>52986</td>
<td>Donald C. Norman</td>
<td>99</td>
<td>COUNTRYSIDE, IL</td>
<td>09/16/18</td>
<td>28</td>
</tr>
<tr>
<td>52974</td>
<td>Sharon L. Maddox</td>
<td>121</td>
<td>WEST JEFFERSON, OH</td>
<td>11/19/18</td>
<td>74</td>
</tr>
<tr>
<td>53001</td>
<td>Roselynn L. Ferranti</td>
<td>121</td>
<td>AUSTINTOWN, OH</td>
<td>12/23/18</td>
<td>80</td>
</tr>
<tr>
<td>52990</td>
<td>John M. Pechous</td>
<td>170</td>
<td>ORLAND PARK, IL</td>
<td>12/13/18</td>
<td>84</td>
</tr>
<tr>
<td>52987</td>
<td>Betty M. Royer</td>
<td>211</td>
<td>PALM BCH GDNS, FL</td>
<td>12/19/18</td>
<td>92</td>
</tr>
<tr>
<td>53008</td>
<td>Carolyn T. Rismoen</td>
<td>211</td>
<td>KENOSHA, WI</td>
<td>06/30/18</td>
<td>70</td>
</tr>
<tr>
<td>53010</td>
<td>Marjorie Lawler</td>
<td>211</td>
<td>ELMWOOD PARK, NJ</td>
<td>12/30/18</td>
<td>93</td>
</tr>
<tr>
<td>52992</td>
<td>Susan K. Janoski</td>
<td>219</td>
<td>ALLENTOWN, PA</td>
<td>10/29/18</td>
<td>70</td>
</tr>
<tr>
<td>52972</td>
<td>Justine K. Putney</td>
<td>230</td>
<td>COLONIAL HEIGHTS, VA</td>
<td>11/22/18</td>
<td>84</td>
</tr>
<tr>
<td>52973</td>
<td>Frederick O. Carter</td>
<td>230</td>
<td>LYNCHBURG, VA</td>
<td>11/27/18</td>
<td>76</td>
</tr>
<tr>
<td>53004</td>
<td>Georgiana Svec</td>
<td>231</td>
<td>LADY LAKE, FL</td>
<td>06/07/17</td>
<td>93</td>
</tr>
<tr>
<td>53006</td>
<td>Hattie M. Fisher</td>
<td>277</td>
<td>KILLEN, TX</td>
<td>11/15/18</td>
<td>89</td>
</tr>
<tr>
<td>52999</td>
<td>Frank J. Kostka</td>
<td>295</td>
<td>GRETNA, NE</td>
<td>09/04/18</td>
<td>66</td>
</tr>
<tr>
<td>53003</td>
<td>Charles E. Baggett</td>
<td>302</td>
<td>CHICAGO, IL</td>
<td>12/15/18</td>
<td>86</td>
</tr>
<tr>
<td>53017</td>
<td>Sandra L. Taylor</td>
<td>310</td>
<td>BRIDGEPORT, OH</td>
<td>12/17/18</td>
<td>68</td>
</tr>
<tr>
<td>52997</td>
<td>Olga Balint</td>
<td>366</td>
<td>LAGRANGE, KY</td>
<td>03/16/16</td>
<td>95</td>
</tr>
<tr>
<td>53000</td>
<td>Mildred B. Pilous</td>
<td>372</td>
<td>CHAGRIN FALLS, OH</td>
<td>12/29/18</td>
<td>97</td>
</tr>
<tr>
<td>52998</td>
<td>Janet C. Bihlmayer</td>
<td>377</td>
<td>ST. CHARLES, IL</td>
<td>07/09/09</td>
<td>91</td>
</tr>
<tr>
<td>53007</td>
<td>David R. Taylor</td>
<td>377</td>
<td>CHICAGO, IL</td>
<td>11/07/18</td>
<td>64</td>
</tr>
<tr>
<td>53012</td>
<td>Aloise B. Lynch</td>
<td>377</td>
<td>CHICAGO, IL</td>
<td>01/08/19</td>
<td>95</td>
</tr>
<tr>
<td>52981</td>
<td>Colleen A. Flanagan</td>
<td>378</td>
<td>BERWYN, IL</td>
<td>12/09/18</td>
<td>67</td>
</tr>
<tr>
<td>53014</td>
<td>Jesse Chavez</td>
<td>388</td>
<td>HIAWATHA, IA</td>
<td>12/14/18</td>
<td>84</td>
</tr>
<tr>
<td>52975</td>
<td>Karen L. Davis</td>
<td>404</td>
<td>ANNA, IL</td>
<td>12/11/18</td>
<td>73</td>
</tr>
<tr>
<td>53015</td>
<td>Valerie C. Dungan</td>
<td>404</td>
<td>ALTON, IL</td>
<td>04/18/17</td>
<td>67</td>
</tr>
<tr>
<td>53016</td>
<td>Susan L. Smith</td>
<td>408</td>
<td>ALMA, MI</td>
<td>12/03/18</td>
<td>78</td>
</tr>
<tr>
<td>52977</td>
<td>Dorothy N. Hanzlik</td>
<td>409</td>
<td>COAL CITY, IL</td>
<td>10/19/18</td>
<td>86</td>
</tr>
<tr>
<td>53021</td>
<td>Margery R. Paull</td>
<td>419</td>
<td>MICHIGAN CTY, IN</td>
<td>12/31/18</td>
<td>81</td>
</tr>
<tr>
<td>52985</td>
<td>Kenneth Moultrie</td>
<td>422</td>
<td>ASTORIA, NY</td>
<td>11/12/18</td>
<td>62</td>
</tr>
<tr>
<td>52983</td>
<td>John J. Dana</td>
<td>429</td>
<td>RENSSELAER, NY</td>
<td>07/25/17</td>
<td>86</td>
</tr>
<tr>
<td>52994</td>
<td>Robert L. Nesmith</td>
<td>448</td>
<td>ROCHESTER, NY</td>
<td>12/30/18</td>
<td>74</td>
</tr>
<tr>
<td>52971</td>
<td>Gary T. Shuta</td>
<td>450</td>
<td>VESTAL, NY</td>
<td>11/18/18</td>
<td>61</td>
</tr>
<tr>
<td>52995</td>
<td>Eugene E. Haba</td>
<td>452</td>
<td>TRUMBULL, CT</td>
<td>09/26/18</td>
<td>91</td>
</tr>
<tr>
<td>53002</td>
<td>Natalie D. Zelenka</td>
<td>458</td>
<td>GRANADA HLS, CA</td>
<td>11/23/18</td>
<td>87</td>
</tr>
<tr>
<td>53009</td>
<td>Guillerma B. Fojas</td>
<td>458</td>
<td>CHINO HILLS, CA</td>
<td>12/19/18</td>
<td>77</td>
</tr>
<tr>
<td>52989</td>
<td>Jerome C. Zajic</td>
<td>463</td>
<td>MELBOURNE, FL</td>
<td>11/13/18</td>
<td>92</td>
</tr>
<tr>
<td>52996</td>
<td>June L. Nightlinger</td>
<td>463</td>
<td>WARRINGTON, PA</td>
<td>11/24/18</td>
<td>94</td>
</tr>
<tr>
<td>52993</td>
<td>Mark S. Gutman</td>
<td>469</td>
<td>BALDWIN, NY</td>
<td>11/22/18</td>
<td>60</td>
</tr>
<tr>
<td>52976</td>
<td>Silvio E. Cavada</td>
<td>479</td>
<td>JEANNETTE, PA</td>
<td>11/13/18</td>
<td>75</td>
</tr>
<tr>
<td>52991</td>
<td>Janet A. Chilson</td>
<td>481</td>
<td>BOOTHWAYN, PA</td>
<td>12/09/18</td>
<td>74</td>
</tr>
</tbody>
</table>
Lodge Sionili No. 170 sends condolences to Kveta Skach on the passing of her sister, Daniella Kratochvil.

Aloise Lynch, nee Berger, age 95, longtime active member of Lodge Woodrow Wilson No. 377, will be greatly missed by her friends at CSA. Aloise was preceded in death by her beloved husband, Dr. Joseph James Lynch; she is survived by her daughters, Cindy (Dr. Larry) Gelman and Leslie Foley, and granddaughter Samantha Gelman. Aloise was proud to be a member of CSA, and her contributions to our lodge will long be remembered.

She served as lodge Journal correspondent for a number of years, documenting lodge activities and sharing our news with members until 2004. Aloise also participated for many years as a member of the “Wilson Follies,” dancing and singing alongside her lodge friends to entertain other members at Wilson dances and gatherings. Her smile, and the smiles that Aloise brought to others, will long be fondly remembered.

Submitted by Jean Hemzacek Laukant, Woodrow Wilson No. 377

Lodge Happenings

Elvis Celebrates Jill Anderson’s 50th Birthday

Lodge Independence-Liberty Bell No. 408, St. Louis, Michigan – Our lodge was very busy during the month of December. We started out with a Euchre party on December 1. We had 12 tables of Euchre players. We also have non-Euchre supporters who come out to witness the action. Our Euchre parties are always well attended, so if you enjoy Euchre, please join us. Bring a dish to pass on January 5 at 7:00 p.m. and be part of the fun!

On December 7, Darrin Giles hosted a Christmas party for his coworkers. The food was excellent and approximately 30 people attended. Darrin is always an excellent host and makes everyone feel welcome.

Also on December 7, we wrote out Christmas cards for residents who live in our nearby nursing and assisted living facilities. We enjoyed each other’s company and have actually received thank you notes from some of the residents, or family members of the residents, who received them.

Our lodge held a Memorial Service on December 15 for one of our long-term members, Susan Lynn Smith. Her husband Bob Smith, along with their family members, organized the service. There were over one hundred people in attendance. It was a wonderful tribute to Susan. She will be missed.

On December 19, we threw a Christmas Party to celebrate and honor our bar waitresses (friends) that take such good care of us all year long. We had a potluck and there were gifts for our honorees. Thank you, Teresa Butcher, Dawn Giles, Judy Mayle, and Cindy Hulwick.

Jill Anderson celebrated her 50th birthday! Elvis even came to commemorate her special day! There was plenty of good food, music, dancing, and a lot of friends and family to make her day extra special.

Chris and Kristi Bebow held a very special birthday celebration for their daughter Lylly. Approximately 20 people helped Lylly celebrate her day. Proud grandparents are Bob and Lala Threloff.

Our New Year’s party was smaller than usual this year since some of our usual attendees were not feeling well, but the New Year was still rung in. Welcome 2019!

We had a Swiss Steak Dinner on January 12.

Our newly elected officers for the year of 2019 are as follows: President Craig Anderson, Vice President Kyle Muscott, Secretary Betty Cowles, Treasurer Barb Trgina, Sentry/Guide Rich McClintic, Board of Trustees Pete Connaughton, Rick Edgar, Darrin Giles, Dale Hamilton, and Frank McClintic.

Our next meeting will be held on February 5 at 6:30 p.m.

Fraternally yours,
Mary Anderson
Color Your Own Valentine

Just Kids
From the Heart
H M R P Y M A H V Y W U W P
Y E V D N X X E N A A T E L U
S O A Y X U A A I L T B S T M
K B D R E R X R B V R D I Q J
N R E P T V A T L E B S C K K
Y G L B M Q C A R Y I X R S L
X R U C C P S T Q C O E E G R
Y R A A C R N T Z W D M X Y J
N O N U E S C A V V B T E X E
P D Y W R V U C M U S C L E R
Y W O Q M B S K D R A C L Z A
J L T S F S E E V N E D Y I C
F Q J S U Z I F V F L B M V M
J K R F L P B J L O P F T C H
E N I T N E L A V H L J W L U

CANDY
CARD
CARE
EXERCISE
FEBRUARY
FLOWERS
HEART
HEART ATTACK
HEARTBURN
LOVE
MUSCLE
VALENTINE
VALVE

Send Just Kids your stories, riddles, etc.
Mail: Just Kids, c/o the CSA Journal,
P.O. Box 249, Lombard, IL 60148
Email to: CSAJournalEditor@gmail.com

Czech to English
únor...........................................................February (ù-nor)
srdce...........................................................heart (srd-ce)
srdění chlopeň.........................heart valve (sr-deč-ní chlo-peň)
srdění sval............................heart muscle (sr-deč-ní sval)
srdění záchvat.................heart attack (sr-deč-ní zách-vat)
pálení žáhy......................heartburn (pá-le-ní žá-hy)
ze srdce..............................from the heart (ze srd-ce)
cvičení.................................exercise (cvi-če-ní)
opatruj se..................................take care of yourself (o-pat-ruj se)

Veselého Valentýna...........................

............Happy Valentine’s Day (Ve-se-lé-ho Val-en-tý-na)
2019 Photo Contest

DEADLINE: MARCH 22, 2019
PHOTO SUBMISSION
CATEGORIES:
ANIMALS
NATURE
PEOPLE
PHOTOGRAPIER’S CHOICE
(objects or subjects of interest)

Enter for a Chance to
Win a Cash Prize!

Grand Prize for Best of Contest: $250
Prize for Each Category:
1st Place: $125
2nd Place: $75
3rd Place: $50

Submitted photograph(s) must be
taken by a CSA member in the
year 2018. No professional or
studio photos will be considered,
as this is an amateur contest.
NEW THIS YEAR: Participants
may send 4 submissions,
maximum, per category. A member
will also only be allowed to win up to
two categories, maximum.
You may submit any size photo (up to
8x10), un-mounted, in black and
white or color. Photo must be
submitted as is; no retouching or
photoshopping.

Digital images must be sent electronically or printed
traditionally on photo paper; print-outs on computer
paper will not be accepted. If mailing your photo,
on a separate sheet, print your name, lodge name and
number, age, full address, phone number, type of
camera used, and submission category. If the photo
includes specific scenery, please give the location.
Do not write on the back of photo.

Send photos to:
alovell@csalife.com
CSA Fraternal Life
Attn: Fraternal Dept.
P.O. Box 249
Lombard, IL 60148

"Hit us with your best shot."