This month we’re discussing how to stay on track with your New Year’s Resolutions!

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Brothers and Sisters,

Wow, it’s 2020 already. You know you’re getting older when it truly seems like yesterday when everyone was worried about “Y2K” and the year 2000 coming up. That was 20 years ago! Where does the time go? Yeah, I know...we all start to sound like our parents. Maybe they were right all along! I digress....

Getting back to CSA happenings…
To reflect a bit on the past year, 2019 was yet another successful year for CSA. We’re still accounting for year-end, but all signs point to yet another year of surplus and capital growth for us. This, of course, will continue to keep CSA Fraternal Life safe and secure for our members’ insurance and savings needs for years to come.

As we near CSA’s 166th Anniversary, in addition to helping our members with their financial needs, we also continue to offer our wonderful suite of Fraternal offerings and programs. From annual scholarships that we award to our young adults, to matching funds that we offer through our CSA Serves program, to Lodge Recognition Awards (with a cash prize for highly productive lodges!), to bowling events, photo contests, and volunteering within the community, we have a ton of things going on. We also can’t forget the social side of things, such as having CSA’s annual Get-Together which includes our Miss National CSA Contest, to local Lodge and District events as well! From finances to philanthropy to fun….we have a bunch of things going on! That said, we continue to strive to not only keep CSA active and strong, but to evolve and grow as well.

Many of us here in the Home Office have been able to get out and about to visit members throughout the land. We look forward to continuing that in 2020, so you’ll see either myself, Matt, or many other of our Home Office staff members in the months ahead. It’s always wonderful to get a chance to visit with members.

This year our annual Get-Together will be held in Clearwater, Florida. It’ll be our first GTG venture to this Floridian area, and I know I’m personally looking forward to it. I also know the Get-Together Committee is plugging away with the set up, so if you can, make plans to be there during the first weekend of August. We’ll continue passing along updates on the GTG goings on in future months.

Needless to say, there are a number of good things happening within CSA. We’ll continue to keep them going and make them better.

Thanks again for your support over the years.
Happy New Year to all!
Until next month,
Calendar of Events

Saturday, March 28, 2020
Czech Festival 2020
American Czech Educational Center
4690 Lansdowne Ave., St. Louis, Missouri 63116

Sunday, April 1–30, 2020
Junior Bowl-o-Rama Month
Various locations.
More details to come!

Saturday, May 2, 2020
Join Hands Day
Various locations.
More details to come!

Friday, July 31 – Sunday, August 2, 2020
CSA 84th Annual Get-Together
Clearwater Beach, Florida
More details to come!

*All Journal articles are due the 12th of the month prior to publication
(Ex: Articles for January would be due December 12.)

CSA MISSION STATEMENT

CSA Fraternal Life is a fraternal benefit Society that provides families with financial security while promoting community involvement with volunteerism.

CSA Leadership

National Officers
John J. Kielczewski, President
Matthew Koski, Secretary/Treasurer

National Directors
Tom Ledvina
Iowa, Nebraska and Minnesota
Ken Dvorsky and Cary Mentzer
Northern Illinois, Indiana and Wisconsin
Irma Farrell
California, Colorado, Kansas, and Texas
Diane DiBianca
Northern Ohio and Michigan
Connie Wolf
Missouri and Southern Illinois
Terry Placek
Southeastern Ohio and Western Pennsylvania
Carol Tranter
Florida, Maryland, Virginia, D.C., Eastern Pennsylvania and New Jersey
Paul Vavrasek
New York State and Connecticut

Home Office Hours
Monday - Thursday: 8:00 a.m. – 4:30 p.m.
Friday: 8:00 a.m. – 1:30 p.m.

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Around the Czech Republic and Slovakia
July 27 – August 9, 2020
For details, go to www.czechschoolchicago.org

T. G. Masaryk Czech School

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Dearest Members,

By the time you receive this Journal, we will be well into the beginning of a new year. Up until this point, I can say that we’ve had a pretty mild winter so far. Perhaps there will be snow?

What a busy holiday season we had at CSA! Lodges and District Councils hosted various holiday parties, and I’m happy to have attended several. Thanks for inviting me! At the District Council No. 12 Christmas Party that the Cultural Division hosted, it was a pleasure to spend time with our Miss National CSA, Hunter Yurkovich. It was great hearing about all of the accomplishments she’s had at nursing school. I’ve known Hunter for several years now, and it’s always a pleasure to catch up and chat.

Thank you so much for your generous donations to the Scholarship Fund in 2019. Just what would we do without the generosity of our members? As always, I encourage young CSA members who are earning their undergraduate degrees to take advantage of this opportunity. Please refer to the CSA website for details and requirements of the Scholarship Program.

To our Lodge Presidents: Please note that you will receive copies of the President’s Reports to fill out during your meetings. These are also always available on the CSA website.

To our Lodge Secretaries: You will receive copies of the Election Reports, the Lodge Recognition Program, and the CSA Serves program. The new LRP for 2020 is very similar to this past year’s program. The CSA Serves program has similar rules as before. At the Home Office, we encourage lodges to send us your requests for matching funds as soon as you can, on a quarterly basis when applicable. That way, we can send donations to your charities of choice in a timely manner.

To our Lodge Treasurers: You will receive copies of the Financial Reports that you will fill out on behalf of your lodge.

As we did last year, we have included a Fraternal Calendar in this Journal for you to have. It is located on page 31. If you look on the back cover of this issue, you will see the details of our upcoming Photo Contest. The Fraternal Department is adding a limit of 4 submissions per member per category. A member will also only be allowed to win up to two categories, maximum. Each year we see more and more people participating in this contest. I can’t wait to see all of your submissions!

April 2020 has been designated as Bowl-o-Rama month. Send your bowlers’ applications to the Home Office by March 20. CSA youth members from 5-17 years old are welcome to participate!

Remember, it’s not too early to start thinking about the Miss National CSA Contest. The event will be held in Clearwater Beach, Florida this year at the 84th Get-Together during the first weekend of August. Mark your calendars! The theme for this year is “Seeing Clearly in 2020.” I’m looking forward to it, and I hope you are, too! I can’t wait to see long-time friends and maybe meet some new ones.

If you have any questions or concerns about the above information, give us a call or send me an email.

Wishing you all the best in 2020,

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

Read the Journal online at: www.csalife.com
Brothers and Sisters,
If you’re anything like me, January compels you to prize the previous twelve months successes and to condemn missed opportunities. Personally, I think the act of reviewing the year helps both people and companies to start anew, if you will. Everyone needs goals. It could be a big one such as paying off your house or perhaps increasing your retirement savings as a percentage of income. Have I mentioned that CSA offers annuity products? A modest saving idea could be drinking less coffee. I struggle with this one. Whether big or small, a life lived without goals means that you risk underachieving your full potential and spending your time reacting to circumstances instead of creating them. If you have had to sit through one of my speeches, you’re probably familiar with where this paragraph is going.
Your Board of Directors is equally engaged and we fully anticipate reaching the goal of CSA achieving 200 years as a viable fraternal society. That goal has been set, and we are working to create programs to get us there.
CSA has had a positive year with gains in some important product types while keeping costs affordable. We take very seriously the trust our members place in CSA and keep sight of the fact that someday you may need us to handle a very painful and personal loss in a timely manner. Again, here you are a member, not simply a customer. If you have an issue or question, we are here to answer it, not transfer you to some call center. We are looking at some exciting activities in the Sales Department. Amanda Lovell in Fraternal is ever vigilant on the lookout for new programs that encourage people to become more active in our Society. If you have any opportunities to move our goal forward locally that we may not be aware of, please contact your National Board Member (page 4 for a listing). They would be delighted to hear from you. This is your Society.
Heather and I truly appreciated the invitation we received to spend time with members from several districts. First the District Council No. 12 Cultural Division Christmas Party and then the Lodge Washington No. 30 Christmas Party in St. Louis. I also joined our Cedar Rapids Lodge No. 137 as they distributed holiday cheer to nursing home bound individuals, along with their Christmas/Pin Party the next day. The District No. 12 Family Christmas Party was moved up a week right after Thanksgiving. They had a great turn out! We were fortunate to have Miss CSA represent CSA at the Science and Industry tree display and Czech holiday play this year. All of these activities help us meet that goal of 200 years.
So, this New Year set some goals or resolutions (if you prefer). Consider attending the CSA Get-Together in Clearwater, Florida. A Get-Together is a great way to become acquainted or reacquainted with some of the things that makes CSA more than you would expect.
Happy New Year!
Fraternally,
Matthew A. Koski

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.
Hello Brothers and Sisters,

Happy New Year! May this year bring new happiness, new goals, new achievements, and a lot of new inspirations into your life. I also hope everyone had a fun and safe holiday season with friends and family! I spent my winter break and holiday with close friends and family.

In December, I had the chance to travel to Chicago, Illinois to attend the District Council No. 12 Cultural Division Christmas Party. I had a great time playing bingo and participating in a holiday game, but I am sad that I had to leave a little early and miss singing Christmas carols so that I could catch my flight home. Thank you to everyone for making me feel so welcomed! I enjoyed chatting and spending the day with you all!

A big thank-you to Nick and Lisa Kosmas for being my tour guides around Chicago. We visited the Museum of Science and Industry to watch the Moravian Cultural Society’s Annual “Christmas in the Czech Republic” performance. I loved learning about the Czech traditions highlighted in the performance, and I was surprised to see Vera Wilt and Alix Fron on stage. You ladies did a wonderful job! Afterward, we finished by walking around the museum to see all Christmas trees in the “Christmas Around the World” exhibit, and we visited other exhibits, as well. My favorite was Colleen Moore’s Fairy Castle. It is absolutely gorgeous! We finished off our day by eating our way through the Chriskindlmarket.

This month, I will begin my final semester of nursing school. I am beyond excited to almost be done and begin my nursing career. There is so much to look forward to this year. For me, 2020 brings my nursing school pinning ceremony, graduation, and, of course, more CSA activities like our 2020 Get-Together in Clearwater, Florida. What are you looking forward to in 2020?

Fraternally,
Sis. Hunter Rae Yurkovich
Lodge Groveton No. 4
The Committees of the Board - Strategic Development, Risk Governance & Compliance, Fraternal, and Audit - met on Thursday, November 14, then convened as a whole on Friday, November 15. All members were present except for Connie Wolf who was excused.

The Board’s general meeting on Friday was at a different venue than the Home Office because we have partnered with the Slovak Consulate’s office to use our facilities to aid those who need visas or other information, and it happened to be the same weekend. The relationship with the Consulate has been a great way for CSA to expand its visibility in the Chicago area.

Because of this change of venue, we were not able to have our yearly November appreciation luncheon with the staff. We hope to do this at the March meeting.

Due to unforeseen complications on his part, the Board was not able to meet with our actuary Joe Steimla.

Sales Director Julie Souza reported that all states except California have approved our new rates that took effect November 1, 2019. There is new illustration software for our agents to make it easier for them to service members and sell new policies. Annuity sales are expected to reach $13,000,000 this year. She is also projecting an increase in sales of life policies in 2020.

The Fraternal Committee reported on the changes to the Lodge Recognition Program for 2020. This has been a very successful program and CSA has been able to give back financially to the communities where our Lodges are located.

The Board approved the update to the Strategic Development Plan. This covers the short and long term goals for all areas of sales, fraternal, business operations, compliance, and governance of the company. This plan will be up for discussion at every meeting.

The Board also approved the budget for 2020 and would like to thank the officers for their continuing efforts to increase our surplus while keeping our expenditures at a minimum. This is also because of the efforts of our dedicated staff. They are greatly appreciated.

This past year the Board has met with our vendors, updated our 3-year Strategic Plan, monitored and updated our policies, passed a working budget, and started the pre-planning for the next Convention.

Our goals for 2020 are an increase in sales, meet with our vendors, develop continuing Board education, and work to invigorated areas where there is minimal Lodge activity. We are looking to reactivate Lodges in certain areas and also develop new Lodges.

Thanks you to all our members for your support, and if you have any questions or concerns, please contact your Director.

Fraternally,
Irma Drahota Farrell
Chair
In July 2019, the T. G. Masaryk School launched the biggest fundraiser of its time with a $14,500 goal. An immediate roof replacement was necessary due to major leaks. By September 2019, 20 tons of old material were removed (including the original 1921 layer) and a new roof and down spouts were installed. The project was finished right on time before the start of the school year and was sponsored entirely by Czech community organizations and individuals. Among 57 donors, there were several CSA Fraternal Life lodges who contributed. The T. G. Masaryk School would like to extend its thanks! The building improvement would not be possible without Lodge Harrison/Hus/Garfield No. 378, Lodge Century of Progress/Bílá Hora No. 231, and Lodge Sokol Plzen No. 434. Thank you very much for supporting the last operating Czech community school that resides in its own original building. You all acted so quickly that the replacement and fundraisers were both successfully finished in just three months! You got us covered – literally.

Klára Moldová
Vice-President
Low-Impact Exercise for Older Adults

For many, New Year’s Resolutions include a little weight loss. No matter your age, the best exercise for you is the one you enjoy the most. After all, if you don’t like your workout, how long are you going to stick with it? When sampling any of the countless forms of exercise out there, it’s important to keep in mind exactly what you want and need to get out of your workout, and that’s bound to change throughout the years.

For older adults, the top priority must be maintaining your quality of life outside of the gym. To do that, focus on workouts designed to help you build strength, stay mobile, and improve balance. Also, the key is to consider the requirements of any given fitness option. Are your bones strong enough for high-impact exercises such as running and jumping? Is your balance where it needs to be for fall-free bike rides? How much time do you realistically have to spend at the gym?

As always, it’s smart to check with your doctor before beginning a new fitness program, especially if you have a chronic condition, balance issues, or injuries. The good news is – assuming your doctor hasn’t said a type of exercise is off-limits – choose whichever workout you like because they’re all terrific! So stay strong, be safe, and maintain your independence by integrating these top fitness options into your training plan.

Swimming
There’s a reason swimming is called the world’s perfect exercise. Whether you’re performing the breaststroke, taking a water aerobics class, or playing Marco Polo with the grandkids, getting in the pool is a great way to increase your cardiovascular fitness while also strengthening your muscles. Swimming puts minimal stress on your bones and joints, which is a major plus if you have arthritis or osteoporosis. Swimming can also help your mind stay as sharp as your body.

Yoga
With a holistic approach to fitness, yoga helps build muscle strength, aerobic fitness, core stability, and total-body mobility – all of which are important for older adults. While yoga is low-impact and gentle on your body’s joints, it’s still weight-bearing, meaning that you have to support your body’s weight with every posture. That’s vital to strengthening not just your muscles, but also your bones.

Pilates
Like yoga, Pilates is known for being a low-impact strength program, but its focus on core stability and balance makes it especially great for older adults. Most gyms offer Pilates classes designed for first-timers, which is especially important for those interested in classes that rely on the “reformer,” an exercise machine that uses springs, bars, and straps for resistance.

Bodyweight Training
1/3 of older adults experiences severe muscle loss, and when it comes to fighting age-related abdominal fat – a marker for overall health – research shows that strength training is more time-efficient than cardiovascular exercise. Fortunately, you don’t have to bench press a ton of weight to keep your muscles healthy and prevent fat gain over the years. In fact, it’s far safer to start small anyways. Simple bodyweight exercises such as chair squats, single-leg stands, wall pushups, and stair climbing will do a great job at keeping your body strong and ready to tackle everyday activities.

Resistance Band Workouts
Your gym undoubtedly has an array of resistance bands ready for use, but these inexpensive and beginner-friendly exercise tools are perfect for at-home workouts as well. Bands can help you challenge your muscles in ways you might not be able to with equipment-free training. For instance, when it comes to strengthening your back and improving your posture, rowing and other pulling-motion exercises are vital, but they are hard to do if you don’t have any exercise equipment on hand.
Low-Impact Exercise for Older Adults

Walking
Even if you can’t find the time to perform a structured workout, you likely have time to put one foot in front of the other! It is recommended that most people take 10,000 steps per day, even on days they don’t “work out.” Research shows that people who increase their activity levels to 10,000 steps per day live longer than those who remain sedentary. Keep in mind that for some older adults or those with a chronic condition, 10,000 may not be the right number, so talk to your doctor. Though, the fact remains: walking is a great, free workout that can have a positive impact on your health.

Pickle Ball
Pickle ball is a lot like tennis but lower impact. You have all the fun from volleying a ball back and forth over the net without the stress on your joints. Like walking, pickle ball is a group activity. It’s not something that you do on your own. So you have the benefits of getting out there and engaging in physical activity while at the same time socializing with friends. Many communities offer a summer pickle ball league. This increases the circle of friends you can play with, and it allows seniors to have a touch of healthy competition.

Garden
Some people do not think of gardening as exercise, but that’s because those people may have never worked in a garden! Moving plants from one place to another, pulling out weeds, digging in the earth, and watering the grass provide opportunities for low impact activity. In addition to being a good source of exercise, gardening has a calming effect, it is a positive way to use time, and you’ll be producing something that will benefit both you and those around you!

Cycling
Cycling is great for those who want to increase their leg strength but can’t run or engage in other high-impact sports due to osteoporosis or joint issues. Cycling also helps improve cardiovascular health, metabolic health, and cognitive performance in adults older than 70. If you have cycling trails near your home, consider scheduling regular bike rides with family or friends. Indoor cycling is another great option for those without access to trails or when weather conditions aren’t ideal. Plus, with a stationary bike, you don’t have to worry about falls or needing to wear a helmet!

Strength and Aerobic Classes
Group exercise isn’t just a fantastic way to break a sweat; you’ll also have tons of fun and make new friends along the way. These are both hugely important when it comes to making exercise a habit. In fact, research states that the social aspect of group exercise increases activity levels in older adults over the long term. If you’re nervous about jumping into a new group, ask a friend to sign up with you.

Personal Training
If you’re looking for more attention and instruction than group classes provide, working with a personal trainer is a great path to fitness and fun. Many offer one-on-one and small-group sessions where you and 1-3 of your friends perform the same workout with the trainer.

Make it easier on your wallet by using one-on-one sessions in just the beginning stages to help get you started. A trainer can help you build a solid base of fitness knowledge regarding different exercises, what proper form looks like, how machines work, etc. Then choose a group program you feel comfortable with once you gain a little confidence back!

When choosing a trainer, look for someone certified through a governing body like the American College of Sports Medicine, the American Council on Exercise, the National Academy of Sports Medicine, or the National Strength and Conditioning Association. Bonus points if they have a history of training older adults!


January is International Creativity Month

If you’re ready for a boost to your creativity then you’re in luck because January is International Creativity Month. Created by motivational speaker Randall Munson, the purpose of International Creativity Month is to find time to explore creative ways to re-energize yourself and your colleagues, family, and friends. This can include creatively improving communication skills, arranging group thinking sessions, or setting creative challenges.

Randall Munson says that we are born creative. We can see that when we observe children in particular and their imagination. Setting up International Creativity Month was an opportunity to inspire people to unleash the creativity that they were born with.

We must not only acknowledge the importance of creativity for developing new ideas, which filters across many different sectors, because the most beneficial way to celebrate is to use this month to explore what your own creativity could produce. Harness your creativity by following these steps:
1. Just get started.
2. Take a break.
3. Move around.
4. Find inspiration in your environment.
5. Avoid digital distractions.
6. Don’t be afraid of mistakes.
7. Be free.
8. Find your flow.
9. Capture and document your ideas.
10. Share your creativity with friends and family!

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.

Eligibility: 5 – 17 year olds

APPLICATION FOR ENTRY IN THE CSA BOWL-O-ROMA

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 20, 2020 to:

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

Submit bowling scores to the CSA Home Office by: May 31, 2020

For more information, email alovell@csalife.com or call (800) LIFE-CSA.

*Division 1 bowlers need only bowl 2 games
District Council

It’s Official – We Now Have 2020 Vision

District Council No. 12 of Northern Illinois, Wisconsin, & Indiana –

Looking to the future, we all have to think positive thoughts and hope that good things will happen in the coming year. January was named after Janus (the two-faced god of the Romans). He can be a nemesis if we are cold and indifferent to others, so be cheerful and stay positive.

What’s happening? Well, the Family Holiday Party at Safari Land on November 24 was very successful. Over 100 people attended. Kids enjoyed the games, pizza, and pop. They took pictures with both Santa and Mrs. Claus. It was a fun-filled afternoon for everyone who attended. The Cultural Division’s Holiday Party on December 1 had over 65 attendees. All lodge and D.C. officers who attended were honored with special certificates of appreciation and koláčky treats. The dinner was very tasty as always, the Christmas music was joyful, and visiting with all of our friends made this an enjoyable afternoon. Plus, the raffle had over 60 prizes!

Important days are coming up in January. January 1 is New Year’s Day. Let’s be thankful for another year, and a big thanks goes to the Chinese for all of the noisemakers and firecrackers. On January 20, we celebrate Martin Luther King Day. Franklin D. Roosevelt was born on January 30, 1882. Our $.10 coin, the FDR dime, was issued on January 30, 1946. Ben Franklin was born on January 17, 1706.

Mark your calendars – on January 23 we will have our first D.C. No. 12 meeting at 6:30 p.m. at the Home Office Heritage Room.

Have a happy and prosperous new year!

Fraternally,

Ed Slavic

A Merry Mehlman’s Holiday Gathering

District Council No. 9, Southeast Ohio –

A total of 15 members and guests of District Council No. 9 met at Mehlman’s Cafeteria in St. Clairsville, Ohio on Sunday, December 15 for their holiday gathering. The cafeteria style restaurant is a local favorite and offers a large selection of entrees, sides, and desserts to its patrons.

Those in attendance were: Peg and Joe Goclan, James Belanus, Jean and Spike Hendershot, Gary Oblak, Brad Kurtz, Shelley Dulesky, Mariann and Chuck Ebright, Delores Shinkarow, Bonnie and Jack Snider, and Wendy and Gary Lovell.

Members and guests all enjoyed their meals and the fellowship time with each other. Many topics were discussed including upcoming holiday plans, Christmas baking, and who wasn’t finished with their shopping! Oh well, we all decided that Santa was coming whether we were ready or not!

As always, we reminisced about past holiday celebrations that included those precious CSA members who are no longer with us. A big part of what makes our group so special is that ethnic bond that continues to tie all of us together even through the generations. That bond seems strongest during the holiday season. From our hearts to yours... we wish you the happiest of new years!

Fondly,

Sister Wendy Kurtz Lovell

It’s Official – We Now Have 2020 Vision
New Officers

District Council No. 10, Northern Ohio – The Election of Officers was held in September and the District Council No. 10 Christmas Luncheon was on December 5 at The Club House. Fourteen members attended. There was a short meeting. Judy Genco brought up that CSA should have a 25 Year Pin as there are a lot less people having 50 and 75 years in the organization.

We also voted for a new Treasurer. The officers for 2020 are: President/VP Diane DiBianca, Secretary/Scribe Annette Reichman, Sentry Mary Ann Toncar, and the new Treasurer, Johnny Weiss. Johnny will take over the duties in January. Thank you, June Karecki, for all of your years as Treasurer!

The Christmas/Pin Party was December 8 and there were 66 people in attendance. CSA President John Kielczewski presented Marsha Gorman from Lodge Cleveland Chapter No. 219 with her 50 Year Pin. Thank you to The Frank Moravcik Band for the wonderful music that everyone enjoyed. The food was tasty and everyone had a good time. Congrats to the sideboard and door prize winners. More pictures can be seen on the Lodge Parmount/Southgate’s Facebook page.

Next meetings in 2020 are April 2 at the Garfield Heights Library, June 4 at Parma/Snow Library, July District Picnic TBA, September 3 at Garfield Heights Library, and the December Luncheon TBA.

Fraternally,
Annette Reichman
Lodge Woodrow Wilson No. 377, Brookfield, Illinois – As we said goodbye to the year – and the decade! – our December holiday meeting epitomized all that is the best of our lodge. We started with a bountiful potluck of tasty foods, before recapping some of the year’s successes. Our lodge volunteer hours and donations throughout the year for CSA Serves once again earned the maximum allowed level of matching funds from the CSA Home Office. This year, matching funds will go to People’s Resource Center, to aid in their programs that support the community; to Friends of Bohemian National Cemetery, to assist them in preserving our heritage; and to the Czechoslovak Heritage Museum, which has made great progress toward an opening in 2020! We thank CSA for this additional contribution, which multiplies the value of our own members’ efforts in supporting organizations that help the community.

Once again this December, our members exhibited their incredible generosity and caring for the community. Our holiday collection tallied well over $1,100 of toys, games, books, and more. All were donated for those in our area who might otherwise have struggled to make the holidays special for their children. A literal car-full of gifts was delivered to People’s Resource Center “Share the Spirit” program, which gives parents a chance to “shop” the donations to find a special gift for their child.

The new year will bring more fraternalism, socializing, and service, and we truly hope that you will join us for lodge events, activities, and meetings – the first Friday of each month at 6:30 p.m. at the CSA Home Office in Lombard, Illinois. Guests are welcome.

Fraternally,
Kimberly Silhan

Lodge Brookfield No. 475, Brookfield, Illinois - Our annual holiday meeting was held on December 11 at Stevens Restaurant in Downers Grove this past December. Following a nice meal, we played games for small mystery prizes. Everyone in attendance came away a winner.

Lodge Brookfield meetings are held on the second Wednesday of each month at 5:00 p.m. at the CSA Home Office in Lombard, Illinois. Guests are welcome.

Fraternally,
Kimberly Silhan

What a Great Ending to a Great Year!

Missy Dropka helps to sort and organize a few of the many toys donated to "Share the Spirit."
**Lodge Happenings**

**New Year, New Meeting Time**

Lodge Paramount/Southgate No. 372, Bedford, Ohio – Hope everybody had a great holiday season!

President Mary Ann called the meeting to order with seven members present. We went over the old and new business. CSA Serves was discussed and the forms are being sent to the Home Office. Our yearly donation was presented to Sister Linda Vopat for the Maple Heights Senior Center. We held the Election of Officers. Everybody has remained the same and at the same pay.

Diane went over the LRP, and our lodge is on track to get the Platinum Award.

Diane, Jan, and Mary Ann went to Lodge Cleveland Chapter No. 219’s Crock Pot Cook-Off. There were 20 crock pots of food; everybody got a placemat with squares on it to put their samples. They said it was a lot of fun and they enjoyed a lot of tasty dishes! Tony Genko’s jalapeño popper mac and cheese was a hit, and everyone enjoyed it. How about sharing the recipe, Tony?

The 50/50 was won by yours truly (for the first time in a long time) and Mary Ann.

Starting January 23, our new meeting time will be at 10:30 a.m. Our next meetings are: February 27, March 26, April 23, May 28, June 24 (Bus Trip), July 22 (District Picnic), August 27, September 24, October 22, November 19, and December 17 (TBA). Meetings are held at the Maple Heights Senior Center. Come to a meeting. For $1.50, you can have a nice lunch and reconnect with your fellow Lodge members!

Fraternally,

Annette Reichman

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**CGSI Conference Highlights**

Lodge Yankee-Jungmann No. 77, North Riverside, Illinois – Our November meeting had two guests from Lodge Rovnost No. 53: Caroline Johnston and Joyce Nemic. Our members enjoyed socializing with them.

That night, we also had our election of officers: Mary Ellen Janda, President and Scribe; Margaret Jasinski, Vice President and Sentry, Guide; Eunice Semple, Treasurer; and Cindy Bueneman, Secretary.

Eunice Semple told us about the Czechoslovak Genealogical Society International (CGSI) Conference that she attended in October in Lincoln, Nebraska. There were nearly 400 registrants. There were bus trips on Tuesday and Wednesday to areas settled by Czechs and Slovaks. There were three days of seminars dealing with historical, cultural, and technical topics. The next CGSI Conference will be in Milwaukee in October 2021, and Eunice hopes to attend that one as well.

The District Council No. 12 Christmas lunch and party was a great time. We sang Christmas Carols that Ed Slavik played on his accordion. It ended with a raffle that had many prizes.

Thanks to all who worked so hard to make this event happen and put everyone in the Christmas spirit.

Fraternally,

Mary Ellen Janda
Lodge H appenings

The Diverse Flavors of Little Kisses

Lodge Century of Progress/Bila Hora, No. 231, Cicero, Illinois – Our meeting was called to order on November 13, 2019. The Minutes and Treasurer’s Reports were read and approved and accepted. Once again, there were many communications read, including requests for donations. Some requests were approved and others were tabled.

Representatives from the Cultural Division of District Council No. 12 representatives reviewed deliberations of their meeting held on November 9, commenting that most of the discussion centered on Christmas music, raffles, bingo, the invitation to the current Miss CSA, and other activities during the Christmas Party that was held on December 1.

Our representative to Tabor Hill reported that they are beginning new programs which include invitations to the public. He cited a new program on Medicare as an example. Each year, members of our lodge visit Tabor Hill. This year, as always, on December 12, they lead the residents in a game of bingo and also distributed Christmas cards to all.

During the meeting, we had our Memorial session. A table was set up with lighted candles and each member carried a lighted candle. We individually recited the names of those we wished to remember.

Lodge member, Treasurer, and representative to the Czech School in Cicero, Illinois, Roberta Kulik, was our lecturer last month. Roberta spoke of her grandparents who immigrated to the United States in the late 1800s. She said that they met in Czechoslovakia at the coal mines. Her grandfather was a miner and her grandmother used to separate the rocks of coal by size. Roberta recalls that her mother used to read her grandfather’s poems to her as a child - poems that her grandfather wrote to her grandmother while they were apart, since her grandmother arrived in the United States two years earlier than he did. In the photo, Roberta can be seen viewing the notebook of poems and on the chalkboard, you can see three words taken from Roberta’s favorite poem. In English they mean: kiss, celery, and orange.

The notebook is extremely fragile. The pages have turned aged brown and seem to melt with a touch. In the photo, you can see that Roberta is treating the book with loving care. Translated into English, Roberta’s favorite poem is as follows:

The Diverse Flavors of Little Kisses

A little kiss is a strange creation
it tends to embody a variety of tastes, as spices.

A little kiss, which a child gives a mother
tastes like an almond, and has a sweet aftertaste.

A kiss which a man grants men
tastes like the flavor of stale water from cabbage.

A kiss with which one greets a young woman
tastes like celery, and awakens feelings of love.

A kiss given by two matrons
tastes like a wooden kohlrabi.

A kiss from old women tends to have the flavor of ginger
under which the coughs are scraped away all the way up.

The kiss which had my delight
tasted to me greater than all spices.

The kiss which my dear lover gave to me
tasted high above all oranges.

The kiss which a man gives a woman
that has the flavor of honey.

Oh my! Can you imagine? This is the late 1800s! Romance is historical and never-ending! It is so beautiful that it’s no wonder that it’s Roberta’s favorite poem. I have also included a photo of the pages, seen written in Czech. You can see the extreme fragility of the pages. Also, the photo is dark because the pages are dark with age.

I close this article feeling very melancholy and hope you do as well.

Fraternally,
Elaine Tejcek
Lodge Betsy Ross No. 151, Lombard, Illinois – On November 30, Hunter Yurkovich, our Miss National CSA, visited Christmas Around the World and Holiday Lights at the Museum of Science and Industry (MSI) with Nick Kosmas and his wife, Lisa. While at MSI, we watched the great performance of “Christmas in the Czech Republic” by the Moravian Cultural Society. We later went to the Chriskindlmarket at the Daley Center in downtown Chicago. We got to see many beautiful trees at MSI and some wonderful Christmas ornaments and decorations at the Chriskindlmarket, that really got us into the Christmas spirit.

We are still keeping our fingers in our philanthropic work for CSA. We made donations to the Northern Illinois Food Bank and provided a Thanksgiving dinner for a family at the Glen Ellyn Food Pantry. Contributions were continued to our Scholarship Fund.

We hope you will consider joining us at the CSA Home Office after the first of the year as we plan another “getting to know you” meeting to try to jump-start our lodge. Some of you returned the questionnaires we sent out this Fall asking you about preferences for programs, meeting times, etc. Please watch for another notice of the meeting.

Fraternally yours,
Nancy L. Reagan
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
Lodge Happenings

Enjoying Winter Months and Family Gatherings

Lodge Sionilli No. 170, Brookfield, Illinois – Happy New Year 2020!

We have been enjoying the winter months and the family gatherings that the holidays bring. First off, we would like to congratulate our member Joseph Weissensel who is a recipient of a CSA Scholarship. We are very proud of you and know that all your hard work and dedication to your education will go far in your future.

At our November meeting, we enjoyed a relaxing and delicious dinner social at the Bohemian Crystal Restaurant in Westmont, Illinois compliments of our lodge. Lamb, Moravian platter, soup, pork roast duck, koláčky, and pound cake were just a few of the dishes enjoyed by our members at our dinner meeting.

We held our election and are happy to announce our officers for 2020: President Matthew Schultz, Vice President Pat Smolucha, Secretary Vera Wilt, Treasurer Stan Smolucha, and Guide and Sentry John Pritasil. Congratulations!

We also voted to make donations to Operation Support our Troops America, the CSA Scholarship Fund, and the Red Cross. Before leaving, we took a lodge photo in front of the fireplace.

Our next meeting will be held in Brookfield at Sokol Spirit on January 8 at 7:00 p.m. We would love to see some new faces at our meeting as we begin the New Year!

May your dreams lead you forward to new adventures and success throughout 2020!

Fraternally,
Pat Smolucha

Scholarship Fund Report

November 10, 2019 - December 10, 2019

TO CONTINUE CSA’S TRADITION OF ASSISTING YOUNG MEMBERS IN PURSUING THEIR HIGHER EDUCATION

Lodge Yankee-Jungmann No. 77
Charles Courtney
Lodge Karel Jonas No. 279
Donation Match/Lodge DuPage Pioneers/Edison, No. 409
Donation Match/D.C. No. 9
Donation Match/Lodge Groveton No. 4
Donation Match/Lodge Paramount Southgate No. 372
Donation Match/Lodge Benjamin Franklin No. 002
Donation Match/Lodge Laurel No. 452
Donation Match/Lodge Rovnost No. 53

IN MEMORY OF ALICE BERGQUIST
Lodge Anton J. Cermak

IN MEMORY OF LODGE MEMBERS
Lodge Benjamin Franklin No. 002

IN MEMORY OF GEORGIANA UHLIR
Vera Taus

IN MEMORY OF DECEASED LODGE MEMBERS
R. T. Crane Jr. No. 007

Total Donations $2,422.50
What a nice afternoon it was for our lodge’s annual Christmas Party. The day was complete with food, a visit from Santa, our traditional candy jar guessing game and gift exchange, and all-around fun for everyone who attended.

We welcomed members of Lodges Spirit of St. Louis No. 157 and Missouri No. 1 (including Director Connie Wolf and her husband Mike, who is also District Council President), and special guests, CSA’s COO Matt Koski and his wife Heather. Matt brought us up to date on some happenings at the Home Office on the business and fraternal levels, and we thank him and Heather for making the trip to join us.

Members were very generous with our special collection, as always. This year we decided to raise some money for a lady who provides patients at Koch Veterans Hospital in St. Louis with “extras” and incidentals that they might not be able to buy for themselves. Thanks to donations that came in that day, this good-hearted individual will be able to purchase more items for the vets, just in time for the holidays!

We also heard from guest speaker Elysia Musumeci, Outreach Coordinator for Brightside STL, an organization that works to make St. Louis neighborhoods cleaner, greener, and more environmentally-friendly. She talked about some of their programs and projects, including one that gets things started for more than 200,000 seedlings that are then planted in the city. We decided that we’ll support the group in 2020, and we’re looking forward to getting involved in some of those activities throughout the year.

As our last action for the year, we re-elected our officers for another term. Congratulations to President Jennifer Zeman, Vice-President Deborah Zeman, Secretary Gail Petelik, Treasurer Karen Ditz, and Guide and Sentry Ericka Ryals.

Many, many thanks to Sis. Karen Ditz for putting together the meal of soups and chilis, and to the other officers for taking care of the decorating and all the other work that goes into making the party a success.

Here’s wishing everyone a very Happy New Year!

Fraternally,
Deborah Zeman

Elysia Musumeci of Brightside STL talks about the organization’s mission.

Lodge officers and friends: Ericka Ryals, Deborah Zeman, Gail Petelik, Connie Wolf, Matt Koski, Karen Ditz, and Santa

Fraternal Well Wishes

Norma Rosoletti
Lodge Cleveland Chapter No. 219
Lodge Laurel No. 452, Ashford, Connecticut – As a delegate to the New England Fraternal Alliance (NEFA), I attended our Annual Meeting on the weekend of November 9, accompanied by my daughter, Laura. The meeting was held at the New Bedford Harbor Hotel in New Bedford, Massachusetts. We met on Friday evening for socialization and to prepare materials for the Saturday meeting. At 8:30 a.m., the Past Presidents met. At 9:30, we held a Flag Raising Ceremony followed by a Memorial Service.

After our morning business session, we had a wonderful speaker, Ellie Gamache, from Special Olympics, Mass. She explained how Special Olympics works to “spread the message of inclusion for people with intellectual disabilities around the world.” They provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults. She encouraged any of us to help by providing monetary donations, participating in fundraisers, volunteering at events, or by becoming a coach. You can read more about Special Olympics at: www.specialolympics.org.

At our luncheon, we presented two $1,000 Scholarships to current college students and also heard from Janet King of The Hyde Park Emergency Food Pantry. Members brought non-perishable food for this cause. Following our afternoon business session, we walked two blocks down the street (in the cold wind) to meet with and hear from Dr. Leslie Vincente of the Discovery Language Academy. We each had the opportunity to try out their new Virtual Reality system. It was amazing! We ended our afternoon session with a Round Table Discussion. At the evening banquet, we presented our “Family of the Year” Award and the “Harvey G. Barque Fraternalist of the Year” Award. Our keynote speaker for the evening was Aires Pavao, Luso-American Financial Director, with the topic “Documentary on Coal Wars”. His main message was “with information comes power and with power comes responsibility”. It was a successful meeting and a knowledge filled weekend.

At our lodge’s Annual Meeting on November 17, we had two presentations. First, we heard from Veronika Myers, who now lives in Ashford and is of Bohemian and Czech descent. Veronika took us on a tour of several Czech and Slovak cities and towns with discussion and pictures. We visited Bratislava, Znoimo, Prague and Cesky Krumlov. Then Sister Jill Goodwin and her husband Larry took us through the history of Slovakia from the 500s to the 900s. We even got to play a game to quiz our learnings. Both presentations were very informative. We deeply appreciate Veronika, Jill, and Larry for taking the time to put these together. We look forward to Jill and Larry continuing their presentation at our January meeting, which is scheduled for Sunday, January 26 at 1:30 p.m. at the home of Sister Marion Varga.

We held our Election of Officers: President Sis. Kirsten Varga; Vice President Sis. Laura Varga-Knowlton; Secretary Sis. Marion Varga; Treasurer Bro. Stephen Varga; Guide Sis. Agnes Zabik; Sentry Bro. Paul Varga; Youth Activity Director, Sis. Margaret Varga; Membership Director Bro. Bob Zaicek; Scribe and Lodge Recognition Coordinator Sis. Marion Varga; and our Auditing Committee, Sis. Agnes Zabik, Bro. Bob Zaicek, and Sis. Rachael Macht. Installation of Officers will be held at our January meeting.

Stay warm!

Fraternally,
Marion Varga

Like us on Facebook
Lodge Happenings

Soup Competition Winners Named

Lodge R.T. Crane, Jr. No. 7, North Riverside, Illinois – Happy New Year! We hope the holidays brought joy, peace, and love to each and every one of you. We are looking forward to all that the 20s have in store for us!

The results of the Lodge R.T. Crane 2019 Soup Competition are in! We had seven soups, all made by members of our lodge. After tasting them all, we voted for our top three soups, and the winner was the barley mushroom soup made by Randy Vokral! Congrats to the chef, it was delicious!

2019 was rounded out by a wonderful Lodge Christmas Party held at Bohemian Crystal Restaurant. It was lovely to enjoy some delicious Czech food together, play games, and exchange Christmas cards. Everyone’s favorite “dollar bill game” was a hit once again. Congratulations to our winner, Pat Thompson! We closed out our party with a “selfie” taken with a CSA selfie stick that was a favor at a previous Get-Together. We may still need some practice using it!

We know the year 2020 is going to be filled with puns about perfect vision and we can’t wait to see them all!

Fraternally,
Alix Fron
New Year... New Outlook

Lodge Kruh Osvojenych Zen A Panu No. 121, Dillonvale, Ohio – In a perfect world, we would all make well thought out resolutions and manage to keep them in the new year. However, human nature usually keeps us from following through. This year, I am resolving to make no more New Year’s Resolutions! Instead of disappointing myself repeatedly, I set a goal to try to approach life’s problems and concerns with a more positive outlook.

Speaking of the positive, we were excited to have members Gary Oblak, Shelley Dulesky, and Brad Kurtz in attendance at our December gathering. We haven’t had the privilege of the company of these members in quite a while and their presence was most welcome. Please know that we really enjoyed our time together and we hope to visit with you again real soon.

At the time of this writing, we had not scheduled a date and place for our January holiday meal. However, by the time you read this, that event will have come and gone. We hope to share an update with you in the future.

In the new year, our members will stay active in supporting our churches, the CSA Scholarship Fund, our local American Legion Posts and their respective auxiliary units, and other local causes as need arises. Because so many of our members are involved in a variety of organizations, we are never at a loss as to where to donate our time, materials, or financial support. We are thankful for the CSA Serves Program which allows our donations to turn into even bigger ones with the support of the Home Office.

Our lodge meets monthly at the Dillonvale Presbyterian Church Social Hall with exceptions for celebratory meals and special occasions. All members are welcome and encouraged to attend. For more information regarding upcoming meeting details, contact Lodge Secretary Mariann Ebright at (740) 733-8158 or President Wendy Lovell at (740) 769-7511.

What resolutions are you trying to uphold in the new year? Maybe you are like me and are opting for an overall better outlook. Maybe you are resolving to get back to your lodge meetings (wink… wink!) Whatever you decide, our lodge members wish you health, happiness, and lots of fraternalism in 2020!

Blessings,
Sister Wendy Kurtz Lovell

Happy New Year to All!

Lodge Prokop Velky No. 137, Cedar Rapids, Iowa – This is my first attempt at submitting my Journal article as newly elected Lodge Scribe, so here goes!

Lodge Prokop Velky’s potluck and meeting was held on November 6. After great food and fellowship, it was time for business. First on the agenda was choosing the menu for our annual Christmas Party on Friday, December 13. The menu was decided on and it was definitely yummy. All were looking forward to having cocktails and dinner. After dinner, we honored our 50 and 75-year members. We all had a great time!

The election of officers was held for 2020. Congratulations to all of our officers!

Thank you to our members who participated in the Especially for You Race Against Breast Cancer 5k on October 6. We walked for a great cause.

For the month of October, the drawing for the attendance award went to Rai Ann Stratton, who donated the winnings to the Czech National Cemetery and Sokol Gymnastics. Thank you for the donations.

We would like to wish everyone a prosperous New Year!

Fraternally,
Rai Ann Stratton

Lodge Cleveland Chapter No. 219, Cleveland, Ohio – We had 11 members at our November meeting. It had been delayed one week due to inclement weather. Our officers were elected and they are as follows: President Tony Genco, Vice President Kathy Gawrilow, Treasurer June Karecki, Secretaries Jan Russell and Carol Cirillo (Jan is in sunny Florida for a few months now – lucky girl), Guide Elmer Soos, and Scribe Judy Genco.

We were pleased to have Diane DiBianca, our District Council Director, attend our meeting. She brought our tickets for the Pin Party which was held on December 8.

A delicious lunch of lasagna (made by Karen Buzek), salad, bread, and desserts were provided by Tony and Judy Genco. Thank you, all! It was yummy! Our 50/50 raffle was won by Freddie Shima and Karen.

Our December meeting was held at the Longhorn Restaurant to celebrate the holidays. Ten members were able to attend. Our newest attending member, Marsha Gorman, was there and handed out beautiful ornaments to everyone. Freddie Shima also handed out beautifully hand-painted red cardinal ornaments to everyone. Thank you so much, ladies. It was decided at this meeting that from now on everyone should bring their own bagged lunch to meetings. Each member will sign up to bring a dessert for their chosen month. It was also decided to donate a monetary gift to CSA’s Scholarship Fund in memory of all our lodge’s deceased members.

On December 5, some of our members attended the District Council Christmas Party at the Clubhouse Restaurant. The food and camaraderie was wonderful.

On December 8, we attended our annual “Pin Party” that was held at St. Michael Woodside’s Party Center. CSA’s President John Kielczewski was able to attend! Thanks for coming, John! We only had one honoree, Marsha Gorman, who was able to come and get her 50-year pin. We had a wonderful polka band, wonderful food, side boards and wonderful people there. All the other pins will be mailed out to the other honorees. We hope more of you can attend next year. It is a very fun time.

We hope you all had a very Merry and Blessed Christmas and a Happy New Year. We hope the New Year brings only good things and good health to everyone.

Fraternally yours,
Judy (Sevcik) Genco
Lodge Happenings

Make a Resolution to Join Us This Year

Lodge Benjamin Franklin No. 02, Seven Hills, Ohio – A sure way to forget about one’s cares and worries is by spending a Sunday afternoon at the annual District Council No. 10 Christmas and Pin Party, which was held at the Woodside Event Center on December 8. The venue is familiar, comfortable, and always decked out to inspire the holiday spirit. A top shelf menu and open bar are a given!

Returning by popular demand was the Frank Moravcik Band featuring Ron Burdzinski on drums and vocals; he is the brother of our own Ken Burdzinski. Special guest, National President John Kielczewski, mixes and mingles as if he were a lifelong Clevelander. Sideboards of $2 and $1 are a yearly crowd pleaser with long ticket lines the norm.

Each lodge is asked to donate ten $5 door prizes. Years ago, it was a five spot in a Christmas card. However, each year the prizes get more elaborate and festive featuring the cash, accompanied by some quaint reusable holiday item, candy, or chocolates. All the better for the winners!

Mary Scribner of Shaker Heights, Ohio, has been a 75-year member of Lodge Franklin and eligible for her presentation this year. Unfortunately, she was unable to join us. Congratulations on this milestone, Mary, you missed a good time!

A picture is worth a thousand words they say, so no more rambling on. Here is this year’s collage of photos courtesy of our lodge’s many photographers.

Prior to putting 2019 in the books, the membership voted to donate to the Parma Heights Food Pantry, Ronald McDonald House of Cleveland, and the CSA Scholarship Fund in memory of deceased members. The 2020 meetings for the first three months include January 20, February 17, and March 23. Make a resolution to join us this year!

A happy, healthy, and prosperous New Year is extended to all members and friends!

Fraternal regards, Jeff Zidlicky
LodgeFranklinScribe@gmail.com

Read the Journal online at: www.csalife.org
Lodge Svetlo No. 277, Caldwell, Texas

- Members of Lodge No. 277 had a busy start to the Christmas season. We met on Tuesday, December 3, 2019 for our final meeting of the decade. We enjoyed a meal before our meeting. Everyone brought a dish and it was all delicious. After the meal, we had our regular business meeting. We discussed our charity for the month, which was donating non-perishable food items to the Brazos Valley Food Bank.

We all met the next day at St. Mary’s Catholic Church and helped with the sorting and boxing of all the donations. We live in such a generous community. Our small county (Burleson County, Texas) has a total population of less than 20,000 residents and our county collected 14,158 pounds of goods and had cash donations of $30,000. Food and funds collected will be divided among three food ministries in our county.

Susan reported that she will be doing a presentation to the Caldwell Girl Scouts on Czech Christmas Traditions and shared the information with our members.

We had an installation of our new officers and after our meeting, each member made a hand-crafted Christmas card that we will be mailing to some of our members wishing them a Merry Christmas. We then loaded up the canned goods into the back of Betty’s vehicle for delivery the next day. Our CSA/SPJST combined lodge total was 403 pounds of canned goods. Some of us, along with the SPJST youth, were featured on the local news with our generous donation.

_Fraternally submitted,
Susan Skrabanek_
Lodge Happenings

Plans for 2020 Announced

Lodge Mile-Hi Czechs No. 432, Lakewood, Colorado – Our Annual Christmas Potluck was held at the lovely home of Maryellen and George Vialpando. There were 15 of us present, and most wore holiday attire. No, we didn’t sing any carols, but we sure did eat!

Irma Farrell made over 50 of her famous koláčky, which we all enjoyed. The poppy seed ones were from a Slovakian recipe, a gift from some years ago from one of Anne’s many relatives at the time.

Irma announced our plans for 2020, as well as our annual meeting at the Golden Europe Restaurant, which we always look forward to.

Happy New Year to all, good health, and reasonable happiness.

Fraternally,
Pat Kenning

Celebrating the Season

Lodge Missouri No. 1, St. Louis, Missouri – Members enjoyed a busy holiday season celebrating at their December meeting which included some fun holiday games. Lodge members were also invited and attended the party hosted by Lodge Washington No. 30 members and enjoyed camaraderie and holiday spirit with Lodge Washington and Lodge Spirit of St. Louis members.

District Council delegates also enjoyed a holiday dinner at O’Charley’s to celebrate the season. It was good to have long-time District Council members, Frank and Nancy Rericha along with their daughter, Tina, join us for the evening.

Our members next supported the American-Czech Educational Center’s Great St. Louis Czech Beer Festival with many of our members working the event and also enjoying all the beverage tastings. Plans are underway for our Annual Installation of Officers with the other lodges in the District on February 7.

Happy New Year!

Marla Breidenbach

Read the Journal online at: www.csalife.org
Lodge Pingree No. 366, Dearborn Heights, Michigan – Happy New Year from the members of Lodge Pingree No. 366! Hope everyone had a fantastic holiday season. Our lodge had a wonderful and productive 2019.

Our Officers for 2020 are: Jeff Teichman, President and Treasurer; Marie Palmer, Vice-President and Secretary; Rose Burns, Guide; and Jerry Vimr, Sentry. We plan on making the lodge proud.

We will be hosting the Annual Bowling Social in March and are planning to attend a Detroit Tigers game this summer. Marie Palmer and I are going to the CSA Get-Together in August. We are open to suggestions for any other activity that you would like.

Please contact me of any news items you would like me to submit. My phone number is: 734-751-8013

Fraternally yours,
Jeff Teichman
# 2020 CSA Fraternal Calendar

<table>
<thead>
<tr>
<th>Month</th>
<th>Date(s)</th>
<th>Activity</th>
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<tbody>
<tr>
<td>January</td>
<td>1</td>
<td>Home Office closed for New Year’s Day</td>
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<tr>
<td></td>
<td>15</td>
<td>CSA Scholarship Application Available (website)</td>
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<td>31</td>
<td><strong>Deadline - 2019 Lodge Recognition Program submissions</strong></td>
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<td>February</td>
<td>1</td>
<td><strong>Deadline - 2019 President Report forms due in Home Office</strong></td>
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<td>17</td>
<td>Home Office closed for President’s Day</td>
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<tr>
<td>March</td>
<td>20</td>
<td><strong>Deadline - Bowl-o-Rama Entries</strong></td>
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<td>20</td>
<td><strong>Deadline - Photo Contest Entries</strong></td>
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<td>20</td>
<td><strong>Deadline - CSA Scholarship Applications and Transcripts</strong></td>
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<td>31</td>
<td><strong>Deadline - Lodge Financial &amp; Election forms due in Home Office</strong></td>
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<td>April</td>
<td>1-30</td>
<td>Jr. Bowl-o-Rama Month</td>
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<td>1</td>
<td>Miss CSA Application available (website)</td>
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<td></td>
<td>10</td>
<td>Home Office closed for Good Friday</td>
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<td>May</td>
<td>2</td>
<td>Join Hands Day</td>
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<td>25</td>
<td>Home Office closed for Memorial Day</td>
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<td>31</td>
<td><strong>Deadline - Bowl-o-Rama Scores</strong></td>
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<td>June</td>
<td>12</td>
<td><strong>Deadline - Miss CSA Application</strong></td>
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<td><strong>Deadline - Fraternalist of the Year Nomination Application</strong></td>
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<td>19</td>
<td><strong>Deadline - Miss CSA Photos for Application</strong></td>
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<td>July</td>
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<td><strong>Deadline - Kropik Scholarship Application</strong></td>
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<td>2</td>
<td><strong>Deadline - Recipient Information Form for CSA Scholarship</strong></td>
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<td>31</td>
<td>84th Annual Get-Together in Clearwater Beach, FL</td>
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<td>84th Annual Get-Together in Clearwater Beach, FL</td>
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<tr>
<td>September</td>
<td>7</td>
<td>Home Office closed for Labor Day</td>
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<td>12</td>
<td><strong>Deadline - Veterans Names/Articles for November Journal</strong></td>
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<td>November</td>
<td>26, 27</td>
<td>Home Office closed for Thanksgiving Holiday</td>
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<td>December</td>
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<td><strong>Deadline - CSA SERVES Matching Funds Requests</strong></td>
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<td>24, 25</td>
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<td>Home Office closed for New Year’s Day</td>
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<td><strong>Deadline - 2020 Lodge Recognition Program submissions</strong></td>
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<td>February 2021</td>
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<td><strong>Deadline - 2020 President Report forms due in Home Office</strong></td>
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***Deadline for Journal articles - 12th of every PRIOR month***

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

Mary Ann Duewell (nee Rak) of Lodge Missouri No. 1, passed away on November 21 at age 87. She was a lifelong member. Harry Duewell was her husband of 65 years. She was mother of Mike (Mary) Duewell, Linda (Brad) Joseph, Barb (Kevin) Schuman, Denise (Vince) Kleinigger, and Cheri (Ron) Wrinkle. Her grandchildren are: Marian, Jordan, Mathew (Lauren), Adam (Kayla), Kyle, Sam (Holly), Natalie, Nicole, Meghan, Kate and Jack. Her great-grandchildren are: Milo, Giulia, and Aubree.

Mary Ann was a member of CSA Fraternal Life, Gymnastic Association Sokol, and the American-Czech Educational Center and served as Secretary for Lodge Missouri No. 1 for many years. She was a retired secretary and enjoyed her free time with her husband, children, grandchildren and great-grandchildren. Mary Ann was a happy, sweet friend to many always enjoyed a good laugh. Her smile was infectious and we will miss her.

Gregory Strnad, Lodge Missouri No. 1, passed away on November 14 at age 64. A lifelong member, Greg is survived by wife Carla Strnad (nee Skapik), children Lauren (Matt) Reynolds, Kara (Matty) Jung, and Jared Strnad, and grandchildren, Madison and Avery Reynolds. His parents are Marie Strnad and the late Jerry Strnad, his sister is Donna Strnad Courte'.

Greg was a member of CSA Fraternal Life, Gymnastic Association Sokol, and the American-Czech Educational Center, supporting and attending activities and throughout his lifetime. He loved his Czech heritage and shared that love through his involvement with these organizations. Greg was a St. Louis University graduate and was employed by Lapham Hickey Steel as a sales accountant for 39 years. Greg was a Shriner. Greg enjoyed his family, first and foremost, travelling, cooking, Cardinal baseball, and was always up for a new adventure. Greg had a luminous personality and shared his enthusiasm and positivity inspiring all who encountered him. We will miss him always.

Marla Breidenbach
Lodge Missouri No. 1

Lillian N. Marino, age 99, was a longtime member of Lodge Sokol Pilsen No. 434. She was a resident of Naperville, Illinois and passed away peacefully on December 17, 2019 at Brookdale of Lisle. She was born on December 5, 1920 in Chicago, Illinois. Her favorite pastime was walking her dog Inky.

Lillian is survived by her loving children, George (Linda) Marino and Penelope (the late Richard) Scurlock; her eight cherished grandchildren, Natalie (Tim) Schultz, Rich (Peggy) Scurlock, Heidi Hurst, Tim Scurlock, Michael (Carol) Marino, Matthew (Angela) Marino, David (Maiko) Marino and Daniel (Courtney) Marino; eighteen great-grandchildren and five great-great-grandchildren. She was preceded in death by her beloved husband, George J. Marino in 1959, and her parents, Joseph and Stella Nushardt.

Read the Journal online at: www.csalife.org
Find Five Differences
Let's Get Physical

AEROBICS  RUNNING
BASEBALL    SKIING
BASKETBALL  STRECHING
CYCLING     SWIMMING
FOOTBALL    TENNIS
HOCKEY      VOLLEYBALL
ICE SKATING  WALKING
JOGGING     WEIGHT LIFTING
PILATES     YOGA
ROLLER BLADING
ROLLER SKATING

Czech to English

leden............................................................January (le-den)
nový rok..........................................................new year (no-vý rok)
první měsíc..............................................first month (prv-ní mě-síc)
nízký dopad sportů..........................................low impact sports
(píz-ký do-pad sport-ů)
pokrok.....................................................progress (po-krok)
tvořivost............................................creativity (tvo-ři-vost)
upřednostňovat...............to prioritize (u-před-nost-ňo-vat)
jíst zdravě.................................to eat healthy (jíst z-dra-vě)
fyzická zdatnost..........physical fitness (fy-zic-ká zdat-nost)

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

Answer to Page 34

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Name: .................................................... Date: ......................
2020 Photo Contest

DEADLINE: MARCH 20, 2020

PHOTO SUBMISSION
CATEGORIES:
ANIMALS
NATURE
PEOPLE
PHOTOGRAPHER’S CHOICE
(objects or subjects of interest)

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 2019. No professional or studio photos will be considered, as this is an amateur contest.

NOTE: 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 photos.

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!