

JULY 2006

# William Penn Life

## Bush in Budapest

**President's visit raises  
old and new concerns  
among Hungarians**

-- Page 6

**Excerpts from  
the President's  
June 22 speech**

-- Page 7



Live  
Hungarian  
Music &  
Dancing

*A Fun-Filled  
Day for  
Adults & Kids*

Chinese  
Auction &  
Children's  
Games

6<sup>th</sup> Annual  
William Penn Association

**Picnic**

*A Great Fraternal-Fest*

Saturday, Sept. 16 • Noon-6:00 pm  
Penn Scenic View • Rockwood, PA

*All-You-Can-Eat*

Chicken Paprikás - Mushroom Paprikás  
Dumplings - Kolbász - Gulyás  
Bacon Fry - Hot Dogs - Beverages

*For Sale*

Palacsinta - Pastries - Langos

*Admission*

Adults - \$10.<sup>00</sup>

(For Groups of 12 or More -  
\$8.<sup>00</sup> per adult)

Students - \$4.<sup>00</sup>

Kids Under 10 - Free  
(Sorry, No Pets Allowed)

For more information, call 1-800-848-7366, ext.136

George S. Charles, Jr.  
*Editor-in-Chief*

Richard W. Toth  
Diane M. Torma  
*Associate Editors*

John E. Lovasz  
*Managing Editor*

**NATIONAL OFFICERS**

George S. Charles, Jr.  
*National President*

Richard W. Toth  
*National V.P.-Secretary*

Diane M. Torma  
*National V.P.-Treasurer*

**BOARD OF DIRECTORS**

Stephen J. Varga  
*Chairman*

E. E. (Al) Vargo  
*Vice Chairman*

Elmer W. Toth  
*Vice Chairman*

Ronald S. Balla  
Anthony C. Beke

William J. Bero  
Barbara A. House

Charles S. Johns  
Nickolas M. Kotik

Andrew W. McNelis

Frank J. Radvany  
Michael F. Tomcsak

**AUDITING COMMITTEE**

Robert A. Ivancso  
*Chairman*

Dennis A. Chobody  
*Vice Chairman*

Margaret H. Boso  
*Secretary*

Joseph Hamari  
Anne Marie Schmidt  
William S. Vasvary

*Your comments are always  
welcome. Contact us at:*  
William Penn Life

William Penn Association  
709 Brighton Road  
Pittsburgh, PA 15233

Phone: 1-800-848-7366

E-mail: [jlvasz](mailto:jlvasz@williampennassociation.org)

[@williampennassociation.org](mailto:jlvasz@williampennassociation.org)

# William Penn Life



Volume 41, Number 7

JULY 2006

## INSIDE



'56

### 3 An Open Invitation

*WPA to celebrate 50th anniversary of Hungarian Revolution.*

### 6 Bush in Budapest

*President's visit raises old and new concerns among Hungarians.*

### 7 'Liberty...cannot be denied'

*Excerpts from President Bush's speech June 22 in Budapest.*

## DEPARTMENTS

### 2 For Starters

*Pittsburgh's fraternalist of the year;  
Sites named for 2007 tournaments.*

### 2 Spotlight

*NFCA recognizes member Thomas  
House with weekly award.*

### 3 Branching Out

*Chinese auction prizes needed; space  
still available for Heritage Experience.*

### 4 Moneywi\$e

*Why do so many adults wait so long  
to buy life insurance?*

### 8 Welcome To Our Fraternal Family

*Photos of our newest members.*

### 10 HealthPage

*5 steps to improving your personal  
environmental health.*

### 12 The Hungarian Kitchen

*Chef Béla wants us to live and eat  
like healthy Hungarians.*

### 15 Branch News

*The latest news and notes from our  
branches.*

Official publication of the William Penn Association. Published monthly.

Office of publication: 709 Brighton Road, Pittsburgh, PA 15233 Phone: (412) 231-2979.

Third Class U.S. Postage Paid. Indiana, PA Permit No. 12

Unsolicited articles, letters, pictures and other material submitted to the William Penn Life are forwarded at the owner's risk, and the William Penn Life expressly denies any responsibility for their safekeeping or return. The William Penn Life reserves the right to edit, revise or reject any article submitted for publication.

POSTMASTER: If undelivered, please send form 3579 to: William Penn Association, 709 Brighton Road, Pittsburgh, PA 15233

## For Starters

### Sites selected for 2007 bowling and golf tournaments

PITTSBURGH -- The WPA Board of Directors has approved the sites for next year's bowling and golf tournaments.

The 64th Annual Bowling Tournament will be held May 4 to 6, 2007, in Pittsburgh. Bowling events will be conducted at Princess Lanes in Whitehall, Pa. Hotel accommodations for bowlers and guests will be at the Radisson Hotel Pittsburgh Green Tree.

Meanwhile, the 24th Annual Golf Tournament will be held July 20, 2007, at the Quicksilver Golf Club in Midway, Pa., located 20 minutes from downtown Pittsburgh. Hotel accommodations for golfers and guests will be at the Pittsburgh Airport Marriott in nearby Coraopolis, Pa.

Please see future issues of this publication for more details on our tournaments as they are finalized.

## Pittsburgh area fraternalists gather to honor Valerie DePersis

PITTSBURGH - The members of the Fraternal Societies of Greater Pittsburgh (FSGP) gathered April 1 to salute Valerie DePersis as the 2006 Fraternalist of the Year during a banquet at the Marriott City Center in Pittsburgh.

Mrs. DePersis served the Polish Falcons as first vice president from 1992 to 1996. She also served the FSGP as its past president and as the organization's secretary for 10 years from 1996 to 2005.

Among those honoring Mrs. DePersis that evening were Pennsylvania Gov. Ed Rendell; Fred Grubbe, president of the National Fraternal Congress of America; Edmund Kotula, president of the Pennsylvania Fraternal Congress; and Richard W.



Among those honoring Valerie DePersis (center) were Fred Grubbe, president of the National Fraternal Congress of America (left), and WPA National Vice President-Secretary Richard W. Toth.

Toth, WPA national vice president-secretary and president of the FSGP. Also in attendance were a number of past presidents of the FSGP and former FSGP fraternalist of the year honorees.

The WPA congratulates Mrs. DePersis on receiving this well-deserved honor.

## Spotlight

### Thomas F. House

Br. 18 Lincoln Park, MI

CONGRATULATIONS to Thomas F. House who was named as a Fraternal MVP (Most Valuable Participant) for the week of June 12, 2006, by the National Fraternal Congress of America. Fraternal MVPs are "Fraternalists-in-Action" who volunteer their time and energy to strengthen their communities through participation in local lodge activities and other charitable endeavors.

"The NFCA wishes to salute those individuals as true fraternalists," said NFCA Chair of the Board Michael J. Wade. "As a Fraternal MVP, Thomas House embodies the heart of fraternalism through his hard work, dedication and generosity."



Tom is always eager and ready to help the less fortunate and improve his community. As an officer of Branch 18, he helps coordinate all the fraternal activities of the branch,

select which causes the branch will support, and assists in planning events to aid those selected causes.

A member and usher at St. Francis Xavier Catholic Church, Tom volunteers his time and service to Christ Net, which houses the homeless in the area. He is a 40-year member of his local Moose lodge and a 25-year member of the Knights of Columbus Council #3078, taking an active role

in many areas of the council's activities.

Tom retired as executive sales director for Tuttle Janitorial Supply Company after 40 years of service. He is married to another lifelong fraternalist, Barbara House, a member of the WPA Board of Directors. The couple has one daughter and two grandsons.

Fraternal MVPs are part of the NFCA's Fraternalists-in-Action program, which recognizes individuals whose unique stories best represent 21st Century fraternalism. These fraternalists demonstrate exceptional compassion and vision through their volunteer activities.

The WPA joins the NFCA in saluting Tom House and thanks him for his loyalty and dedication to our Association and his community.

*An Open Invitation*

Celebrating the 50th Anniversary  
of Hungary's Fight for Freedom

Dear Friends and Fellow Hungarians:

This year, 2006, represents an important anniversary for us. Fifty years ago, on October 23, 1956, a yearning for freedom flared in the hearts of the Hungarians--a yearning stronger than their fear of tyranny. For many of us, the heroic days and crushing bloodbath that followed are only history, and the memory of those glorious and tragic days obliges us to action today. After 50 years, every freedom-loving Hungarian should lift up high our national colors and make it known worldwide that the spirit of freedom manifested so clearly in 1956 still lives and will flourish in the future as long as the desire to be free exists in people's hearts and minds.

We ask our fellow Hungarians, members of our churches and organizations, businesses, and all those who treasure the legacy of the 1956 uprising to please accept our invitation to a **GRAND CELEBRATION** commemorating the heroes and events of Hungary's fight for freedom. The celebration will be held on **Saturday, October 21, 2006, at Penn Scenic View in Rockwood, Pennsylvania, beginning at 4:00 p.m.**

The celebration will include an open bar, dinner, live music, dancing and special presentations. The menu will include chicken paprikas, dumplings, stuffed cabbage, breaded pork chops, beef pörkölt, potatoes, cucumber salad, pastries, pogacsa, coffee and tea. Cost is \$40 per person. **For reservations, please call Endre Csoman at 1-800-848-7366, Ext. 136.**

*Endre Csoman*

# Help!

We need your help  
to make our Chinese  
auctions successful

THE WPA WILL HOLD Chinese auctions again this year at its 23rd Annual Golf Tournament and 6th Annual Picnic-A Great Fraternal Fest.

As you know, past Chinese auctions have proven to be extremely successful fund-raising events with all the proceeds going directly to the William Penn Fraternal Association Scholarship Foundation.

We are asking all of our members, friends, officers, directors, advisers and branches to help us make this year's auctions successful by donating prize baskets.

Please call Ronda Grotefend at the Home Office at 1-800-848-7366, ext. 112, and let her know what you intend to donate as a prize and at which event you want it auctioned. Also, please let Ronda know if you will bring the prize the day of the auction, or if you wish to send it to the Home Office in advance.

We thank you for your kind donation and continued support of our Chinese auctions and of our Scholarship Foundation.

**Experience a true  
taste of Hungary.**

- Learn the Hungarian language.
- Enjoy homemade Hungarian food.
- Practice Hungarian traditions.

**Sign up today!**

## Hungarian Heritage Experience Reservation Form

August 6-12, 2006 • Penn Scenic View, Rockwood, PA

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

WPA Certificate Number: \_\_\_\_\_

Fee = \$275 per person (includes lodging, meals and instructional materials)

Make check payable to "William Penn Association"

Mail this form and check to:

Hungarian Heritage Experience, William Penn Association  
709 Brighton Road, Pittsburgh, PA 15233



## Moneywi\$e

with Mark Lantz

# Why do so many adults wait so long to purchase permanent life insurance?

Providing enough life insurance can be achieved through a combination of permanent and term planning.

### Who will provide your family the money they will need?

#### **PAY THE MORTGAGE?**

How much is your mortgage? \$500 per month? \$1,000 + per month?

***Who will write the checks?***

#### **PAY MONTHLY BILLS?**

How much are your monthly bills? Have you added them up recently?

***Who will write the checks?***

#### **PAY FOR THE CHILDREN'S EDUCATION?**

Where will they attend school? How much will tuition be when they will go?

***Who will write the checks?***

#### **PAY FOR FINAL EXPENSES AND UNPAID MEDICAL BILLS?**

Funeral expenses? Medical bills not covered by insurance? Legal fees?

***Who will write the checks?***

#### **PAY THE LOANS?**

Auto? Education loans? Home Equity loans?

***Who will write the checks?***

#### **PAY FOR RETIREMENT BENEFITS NECESSARY TO LIVE COMFORTABLY THROUGH THE GOLDEN YEARS?**

Can you afford to retire early?

Do you have options to retire when you would like or no longer able to work?

***Who will write the checks?***

### **WHO WILL PROVIDE THE MONEY WHEN NEEDED THE MOST?**

**Call William Penn Association for your life insurance planning today.**

The time to buy life insurance is today.

**With so many options to choose from, why would anyone wait?**

Call your agent today or the Home Office at 1-800-848-7366 to help you and your family update your life insurance planning.

We look forward to helping you. Thank you.

# Moneywi\$e

with Mark Lantz



## And the winners are...

We drew the winners of our Puzzle Contest #10 at the Home Office June 6. Thanks to Home Office employees John Lovasz (left, publications editor) and John Toth (mail, supply and fraternal logistics) for their help. Congratulations to:

- Anna E. Horoschak, Br. 1 Bridgeport, CT**
  - Anna T. Chorba, Br. 13 Trenton, NJ**
  - Frances E. Pickett, Br. 14 Cleveland, OH**
  - Darlene M. Garrison, Br. 336 Harrisburg, PA**
- Each won \$50 for their correct entry. WAY TO GO!!

## Hungarians in sports

Find the famous Hungarian sports figures hidden below and you could win \$50 in our **Puzzle Contest #13**.

### RULES

1. ALL WPA Life Benefit Members are eligible to enter.
2. Complete the word search puzzle correctly.
3. Mail your completed puzzle, along with your name, address, phone number and WPA Certificate Number, to: **WPA PUZZLE #13**, 709 Brighton Road, Pittsburgh, PA 15233.
4. Entries must be received at the Home Office by **August 28, 2006**.
5. Four (4) winners will be drawn from all correct entries at noon on September 1, 2006, at the Home Office.
6. GOOD LUCK!!!

## Famous Hungarians In Sports

- |                    |              |
|--------------------|--------------|
| Al Hrabosky        | Kiraly       |
| Barna              | Larry Csonka |
| Boros              | Lou Thesz    |
| Don Shula          | Mark Spitz   |
| George Halas       | Pal Benko    |
| Hingis             | Papp         |
| Joe Bugner         | Rakoczy      |
| Joe Namath         | Theismann    |
| Johnny Weissmuller |              |

```

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

```

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ WPA Life Certificate Number: \_\_\_\_\_

# Bush in Budapest

*President's visit raises old & new concerns among Hungarians*

by Duncan Welch, *The Budapest Sun*

HUNGARIAN Prime Minister Ferenc Gyurcsány kept the day's meetings friendly and diplomatic during U.S. President George W. Bush's visit to Hungary June 22. He did not push issues that many Hungarians see as key to the continued good relations between the two countries, or pursue the question of alleged human rights abuses in relation to Guantánamo Bay.

On the issues of visa requirements for Hungarians wishing to travel to the U.S., and on the lack of U.S. support during the 1956 revolution, Gyurcsány left the hard talking to Hungarian President László Sólyom.

Gyurcsány said that no progress was expected in the lifting of visa requirements, as such a decision was not up to Bush, but was rather a matter that would be decided by the U.S. Congress.

During Bush's trip to Vienna for the U.S.-E.U. summit a day before the state visit to Budapest, the question of human rights had been raised, but Gyurcsány said, "We have to do away with the false interpretation that Europe represents morality and the U.S. efficiency and force." Force and morality, he said, should go together.

Sólyom, however, a lawyer by training and former president of the Constitutional Court, took a firmer stance when meeting Bush in the Sándor Palace.

"The war on terror can be successful only if human rights are respected," he said during the meeting. He also welcomed an agreement signed by the U.S. and the E.U. stipulating that the war on terrorism will take note of human rights and be consistent with international law.

President Sólyom also said that Hungary wanted the U.S. to cancel its visa requirement for Hungarians. During his visit, Bush addressed the issue, saying "I understand this is a



*President Bush meets with Hungarian Prime Minister Ferenc Gyurcsány at the Hungarian Parliament building in Budapest June 22. White House photo by Eric Draper.*

difficult issue. We have developed a roadmap to work through this," though he gave no indication of when a visa waiver may be implemented.

This issue was also taken up by Foreign Minister Kinga Göncz, who told the press the day before Bush's visit that it was important for visa relations between the U.S. and E.U. countries to advance.

"Hungary has ground to cover in this process as well," Göncz said, referring to the high rate of rejected visa applications and overstays, which the U.S. says must be lowered before it grants any waiver.

Göncz also reiterated that Hungary had no involvement in CIA prisoner transport operations, despite claims made last week by Amnesty International which said it had evidence that Hungary had violated as many as eight laws by allowing CIA planes across its airspace and to land in the country.

Toward the end of Bush's visit, he gave an address on Gellért Hill

(*excerpts on next page*), and said Hungary was a role model for Iraq, that it represented a triumph of liberty over tyranny and that he was proud to have met, that day, three Hungarians who had fought against the Soviets. That uprising was crushed, he told the 300 gathered guests and journalists, but the Hungarian people's thirst for freedom was not.

"The lesson of the Hungarian experience is clear: Liberty can be delayed but it cannot be denied." The President said free nations have an obligation to help others to that same freedom. Lauding Hungary for its efforts in peacekeeping in Kosovo and sending troops to Iraq and Afghanistan, he thanked Hungary for its efforts in helping the U.S. and its coalition partners.

Hungarian-born American political scientist Charles Gati, in an article in *The Washington Post* June 22, however, wrote that Bush should speak honestly about America's role during the 1956 Hungarian uprising,

and admit that the U.S. abandoned Hungarians in 1956.

Washington gave Hungarians the impression that help was at hand. But, in fact, the United States was all along unprepared to help, he wrote.

"The Hungarians need to hear what happened 50 years ago--and Americans need to hear that, in the future, we will not say we seek clearly unattainable goals abroad for political ends at home."

The argument that U.S. action would have triggered a military confrontation with Moscow missed the point, Gati said. It could have taken the issue to the United Nations before, and not after, the Soviet crackdown, he added.

This view was rejected by Foreign Minister Göncz during a late night television program June 23. The minister said that Bush's visit sent positive signals about the U.S. perception of Hungary, the 1956 freedom fight and democracy.

The question of whether the U.S. should apologize for not aiding Hungary in 1956 was, she said, very complex. "The fall of the revolution was a real Hungarian tragedy," she said. "As for America's stance, one could think, from the distance of 50 years, that, of course, they could have decided to act differently in that situation. But to say that they should apologize is a different matter," Göncz added.

State news agency MTI reported that "many Hungarian '56-ers continue to feel betrayed by the U.S. and claim the Eisenhower administration could have done far more to help Hungary's revolutionaries."

In his Gellért Hill address, President Bush spoke of his recent meeting with Iraqi Prime Minister Nuri al-Maliki in Baghdad: "Hungarians will recognize his spirit. Prime Minister Maliki is committed to the democratic ideals that also inspired Hungarian patriots in 1956 and 1989. He has a sound plan to improve security, to unify his people and deliver a better life for the citizens of Iraq," Bush said, adding the Iraqi people's continued patience was "the kind of patience the good people of Hungary displayed after 1956." WPL

## 'Liberty can be delayed, but it cannot be denied'

Excerpts from President Bush's June 22 speech in Budapest:

"Hungary represents the triumph of liberty over tyranny, and America is proud to call Hungary a friend."

"Twelve days after the Hungarian people stood up for their liberty, the communists in Moscow responded with great brutality. Soon the streets of Budapest were filled with Soviet tanks. The Red Army killed many who resisted, including women and children. The Soviets threw many more into prison. They crushed the Hungarian uprising, but not the Hungarian people's thirst for freedom.

"Some 200,000 Hungarians fled into exile in search of liberty. Many found refuge in the United States. These immigrants have contributed to my country in countless ways, and America will always be glad that we opened our doors to Hungarians that were seeking freedom. Fifty years later, the sacrifice of the Hungarian people inspires all who love liberty."

"Hungary has continued to move forward. You regained your independence, held free elections, and established a free economy. Hungary is now a valued member of NATO and the European Union. You know that the democratic journey is not easy, but you continue to make the tough decisions that are necessary to succeed."

"Hungarian troops are also defending freedom's cause in the war on terror. In Afghanistan, your soldiers have rebuilt schools and a medical center. They've helped train Afghan police to enforce the rule of law, and to protect the Afghan people. In Iraq, Hungarian troops played a vital role in Operation Iraqi Freedom by providing security and delivering food and medical supplies to coalition forces. Today, Hungarian soldiers are helping to train Iraqi security forces. This is important work. By supporting these two young democracies, you are strengthening two new allies in the war on terror, and you're bringing hope to millions of people in a vital region of the world."

"The Hungarian people know well the promise of freedom. Many of you lived through the nightmare of Fascism, or Communism, or both. Yet you never lost hope. You kept faith in freedom. And 50 years after you watched Soviet tanks invade your beloved city, you now watch your grandchildren play in the streets of a free Hungary.

"The lesson of the Hungarian experience is clear: Liberty can be delayed, but it cannot be denied....And as people across the world step forward to claim their own freedom, they will take inspiration from your example, and draw hope from your success."

"Your great poet Petôfi said this: *'Here is the time, now or never!/Shall we be slaves or free?/This is the question, answer!/By the God of the Hungarians we swear, We swear to be slaves no more!'* These words were addressed to the Hungarian people, yet they speak to all people, in all times. This is the spirit that we honor today. I appreciate the opportunity to come to this great country and to celebrate the Hungarian example--the courage, the sacrifice, the perseverance that has led to this democracy. On behalf of all Americans: Köszönöm. May God bless you all."

# *Welcome* to our Fraternal Family

We happily present more of our newest members. If you have a child or grandchild who recently joined the WPA, then send us his or her photograph. We will publish it in an upcoming issue so that all our members can welcome your child into our WPA Fraternal Family. All photos will be published as soon as possible.



GARRETT I. BAUMGARTNER  
Branch 800 Altoona, PA



XOE BLY  
Branch 14 Cleveland, OH



MYLES A. CALLIHAN  
Branch 8114 Clarion, PA



ISABELLE FRANCIS  
Branch 44 Akron, OH



SOPHIA FRANCIS  
Branch 44 Akron, OH



DEAN GRAFIOUS  
Branch 14 Cleveland, OH



NICHOLAS F. GROSS  
Branch 18 Lincoln Park, MI



(Back l-r) NICHOLAS & JACOB HABRLE, (Front l-r) NATHAN, DENNIS, ANDREW & JARROD HABRLE  
Branch 352 Coraopolis, PA



DAVID HOFFMASTER, JR.  
Branch 723 Worcester, MA



JACOB A. LAYTON  
Branch 296 Springdale, PA

---

# *Welcome* to our Fraternal Family



MADELIANE McCRONE  
Branch 14 Cleveland, OH



BENJAMIN MOORE  
Branch 44 Akron, OH



SHANE MOORE  
Branch 44 Akron, OH



KAREN A. NEMETH  
Branch 14 Cleveland, OH



SYDNEY M. NOVOTNY  
Branch 226 McKessport, PA



ALEC & OLIVIA PARISE  
Branch 28 Youngstown, OH



LUCI K. A. RHODE  
Branch 89 Homestead, PA



KATELYN & NOLAN SPRAY  
Branch 18 Lincoln Park, MI



AARON STUBBS  
Branch 18 Lincoln Park, MI



RYAN STUBBS  
Branch 18 Lincoln Park, MI



DYLAN WACHS  
Branch 296 Springdale, PA



TYLER WACHS  
Branch 296 Springdale, PA

# Environmentally friendly

## 5 steps to improving your personal environmental health

**I**t's not too much of an exaggeration to say, your environment is your health. So to improve your health, see that your family's environment is a healthy one.

For an example of how society has improved health by environmental action, you have to look no further than our protected reservoirs and water disinfection plants. The purification of city water supplies has been the most significant reason that the average life span has very nearly doubled over the past century or so. Millions and millions of us live longer and better because of clean water and because our country and industries have reduced our exposures to lead and other substances.

In addition to the environments we share, each of us has his or her own personal environment. Our personal environments can greatly influence our lifespans and how healthy we feel and are. Here are a few simple but important steps that you and your family can take-health-wise-about your environment.

### Read the label on house and garden chemicals

Before you point that spray can, get your spectacles out and see if the directions or warnings have changed. They do, frequently. In fact, before you even buy a household or garden chemical, you can compare labels to be sure you're buying the safest product for your intended use. (You also may decide a bug-less, weed-less lawn isn't all that important.) Note whether a product is for inside or outside use, and what protections-rubber gloves, respirators and such-are needed. What does the product do to birds, dogs and barefoot children?

Read the labels for dry-cleaning

solutions and other household chemicals, too. If a label says, "Open windows and ventilate," there's a reason. Likewise, read drug labels for warnings, and food labels for ingredients that don't agree with you, as well as to avoid excess calories and fat. In a rhyming folder for teens, we say, "Read the label, Mabel.")

Labels have recently been added to some arts and craft supplies regarding ingredients posing a cancer risk. Charcoal has a new warning label.

Prescription and non-prescription drugs often get new warning labels when a new risk shows up.

### Turn down the \*!@# volume

While occasional loud noises may just reduce your hearing temporarily, continuous exposures or very loud noises can cause permanent damage. Musicians know about efficient ear plugs that extend the life of their ears and perhaps their professional lives as well. You can buy them for your teens and for yourself. (You never know when your church is going to decide to do a production of "Jesus Christ, Superstar.")

Firecrackers and small arms fire, if close enough, can damage hearing, immediately or over time. That is, hearing may decline and/or there may be ringing, buzzing or roaring in the ears or head. Additional information is available at the National

Institute on Deafness and Other Communication Disorders Clearinghouse, 1-800-241-1044.

### Put a carbon monoxide alarm in your home

Carbon monoxide from cars in garages, space heaters and other home heating sources can be deadly. You need one or more smoke alarms, frequently checked of course, but they won't alert you to CO. For that, you need at least one carbon monoxide alarm. A few dollars, a trip to the hardware store and a few minutes' installation are all you need to forestall a possible tragedy.

### Grow plants

Plants, including house plants, are not only nice to look at, there's evidence they clean pollutants from the air.

### Put drugs, drain openers, and vitamins out of kids' reach

The iron-containing vitamins that many women take, as well as prescription and nonprescription drugs like aspirin or other pain relievers can kill kids who think they're candy. Lock them up (we don't mean the kids) or put them out of reach. Same with paint thinners, detergents, drain openers and other yard and home chemicals.

Look in your telephone book for your local Poison Control Center and ask for information and for "Mr. Yuk" telephone number stickers to place on your telephone for use in a poisoning emergency. Or you can get the location of your nearest center at [http://www.poison.org/find\\_your\\_local\\_poison\\_center.htm](http://www.poison.org/find_your_local_poison_center.htm).

Getting this information now, before an emergency happens, can be a good family lesson in prevention by planning ahead. **WPL**

## Health Links

For more easy steps on improving your personal environmental health, log onto the web site of the National Institute of Environmental Health Sciences at:

➔ [www.niehs.nih.gov](http://www.niehs.nih.gov)

# We Guarantee You'll Like This Special Plan

They say that life does not come with any guarantees. With the William Penn Association's 120th Anniversary Year Special, life benefit members of the WPA--as well as non-member U.S. citizens--are guaranteed at least one thing: if eligible, you can purchase additional life insurance from us without evidence of insurability. **No health questions asked.**

The WPA Board of Directors has approved this new **GUARANTEED ISSUE PROGRAM** as a way of celebrating the Association's 120th Anniversary in 2006.

Starting November 1, 2005, and for a limited time, you may be able to purchase new life insurance without evidence of insurability. You can choose from any permanent life or Single Premium Whole Life plan currently offered by the WPA. Please note that there is a limit of one new insurance policy per person under this special plan.

For this special promotion, the following maximum face amounts of insurance will apply:

Age	Maximum Face Amount
0-55	\$5,000.00
56-65	\$3,000.00
66-75	\$2,000.00
76-80*	\$2,000.00

\*Members ages 76 to 80 may apply for Single Premium Whole Life Insurance only.

Any individual who applied for life insurance and has been declined or refused a table rating by the WPA since January 1, 2004, is not eligible for this Guaranteed Issue Program.

To apply for this Guaranteed Issue 120th Anniversary Year Special, please complete the form below and return it to the National President at the Home Office. Or, if you have any questions, please call the office of the National President at 1-800-848-7366, Ext. 121.

## GUARANTEED ISSUE 120<sup>TH</sup> ANNIVERSARY YEAR SPECIAL

YES, I am interested in applying for this special insurance program

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Social Security Number: \_\_\_\_\_

Plan of Insurance: \_\_\_\_\_ Smoker / Non-smoker (Circle One)

Are you an existing member of the WPA? YES NO (Circle One)

Return to:

Office of the National President, William Penn Association, 709 Brighton Road, Pittsburgh, PA 15233



# Healthy Hungarians

## FÁRAD JON BE A MAGYAR KONYHÁBA.

Here we are in the month of July enjoying fine weather and the great outdoors.

The Hungarian Festival in New Brunswick was, once again, rained on but a good time was still had by all who attended. It's not too often you can go to a street fair and have all kinds of delicious Hungarian food to choose from. I always have gulyás from the Magyar Reformed Church, stuffed cabbage at the Hungarian Boy Scouts on Plum Street, and a kolbász sandwich from the Bayard Street Presbyterian Church booth. If it sounds like I had a lot to eat well, I did.

While I do make a lot of Hungarian food for myself and the students whenever I can, it always tastes better when you're in the old neighborhood. I met some folks that had moved away from New Brunswick, but they still manage to come back and enjoy the Festival. We chatted over a bowl of gulyás and reminisced about how much the city has changed. One thing that hasn't changed is the great Hungarian food, and I hope it stays that way.

I myself like to eat lighter and better in the warmer months of the year. I also tend to lose a few pounds in the summer. Keeping that in mind, I thought this month we would look at those things we can do to make us a healthy bunch of Magyars. Remember: healthy people are happy people and nothing is better than Hungarians having the time of their life!

When we talk about healthy eating, we need to look at some background information. The main food groups are not Sugar, Fat, Salt and Alcohol, but it's these four items that cause a lot of unhealthiness to our bodies.



Anything in moderation is fine, but when we start to overdo certain things we aren't doing ourselves any justice. Too much sugar can cause diabetes and heart problems. Salt gives us high blood pressure and other coronary woes. Alcohol in excess causes severe renal and circulatory problems. Fat can do all of the above because it comes in many forms.

Let's look at some fats in our daily diets.

**POLYUNSATURATED** fats are liquid at room temperature and are considered the healthiest of the fat family. Yes, some fats are healthy for your body and they appear in our diets as sunflower oil, soybean oil, corn oil and sesame oil. Any of these oils we can cook with or drizzle over a salad.

**MONOUNSATURATED** fats are liquid at room temperature but

thicken when refrigerated. They may tend to lower cholesterol. They are found in avocados, olive oil, canola oil and peanut oil.

**SATURATED** fats are solid or semi-solid at room temperature and come in the forms of margarine, butter, lard, shortening. Butter is the only true fat we eat on a daily basis. Coconut and palm oils are also high in saturated fats but stay liquid at room temperature.

Not all fats are bad for us and there are some healthy fat options we can enjoy in our daily eating but more about that later in the column.

If all we had to worry about was naturally occurring fats, we would have no problem. My grandparents worked on a farm, drank fresh milk high in fat, ate pork cooked in lard and both lived well into their 80's. They worked hard and kept their bodies in very good shape.

Part of being a healthy person also has to do with your lifestyle. My grandparents were always on the go and they got plenty of **EXERCISE**. Running a farm keeps you on the go all the time. Walking whenever you can helps keep your body toned and working properly. I am on my feet at work burning calories and constantly on the move. My job doesn't keep me confined in one space. Any outdoor activity--from a sport like golf where you walk 18 holes to pushing a lawnmower this time of the year--keeps your body going strong. If you're in the position where the only exercise you can get is at the gym, make the time to do so. Exercise should be part of our daily routine.

So, now we all know that what we eat and exercising are part of a healthy lifestyle. Notice I didn't say stop eating the kolbász and put down that palacsinta with the pot cheese

# The Hungarian Kitchen

filling because anything in moderation is fine. As long as you watch what you eat and how much you eat you will be fine.

Think about the eating habits of a child. A child only eats when he is hungry and only enough to sustain him till he is hungry again. As the child grows he is taught to have three meals a day because that is what everyone does. What if we all ate like a child does? We would only consume enough food to sustain us during our waking hours and we would not gain any weight.

Some doctors believe this is the way to go and stress that you should control the portion size of what you eat. A baked potato should be no bigger than the size of your fist. A piece of chicken breast should be about the size of a deck of playing cards. One thing you can eat in great abundance is fresh vegetables, especially the green leafy ones. Most green leafy vegetables contain antioxidants which fight cancer and keep you healthy.

When you eat extra food your body does not need, it is stored by the body as fat and thus you start gaining weight. If you exercised you would lose fat and gain muscle and then the weight gain would be healthier

because muscle tissue is healthier than fat mass on your body.

Being a healthy person also includes ridding your lifestyle of stress. Stress can do you in just like bad eating habits and in many cases do just as much harm. Good eating habits, exercise, stress-free living will all contribute to a healthier lifestyle.

Another tip I can give you about what you eat concerns labels on food products. If you start reading the labels, you can see how much salt or sugar or fat is in the food you eat. The best thing to do is eat less fat, less sugar and less salt. I read labels all the time and buy those products that are healthier to eat. Where we used to count calories for a healthier lifestyle, we now should be looking at the makeup of what we eat.

Finally, two more fats and what they do to our body. Hydrogenated oils are chemically transformed from their normal liquid state at room temperature into solids. During the hydrogenation process extra hydrogen atoms are pumped into the unsaturated fat. This process creates TRANS FATTY ACIDS which converts the mixture into a saturated fat obliterating any benefits it had as a polyunsaturated. These are the worst kind of fats to eat. Buy food products

that have a label reading NO TRANS FATS or ZERO TRANS FATS.

OMEGA-3 oils are fatty acids found in some plants like flaxseed and in the tissues of sea creatures. These polyunsaturated oils have been found to be beneficial to coronary health and in lowering LDL cholesterol. Some of the fish that contain the oils are sardines, salmon, mackerel, tuna, herring and bluefish. Canned tuna is a good source of Omega-3 oils but use very little mayonnaise when making your tuna salad otherwise there is no positive gain.

Congratulations on learning more about how we can eat healthier and feel better doing it. Your body will thank you for it. Have a great month trying all the recipes and staying active as well. See you at the golf tournament!

*Jó étvágyat  
Főszakács Béla*

## Hungarian Lecso

- 2 green peppers
- 2 red peppers
- 2 yellow peppers
- 1 large onion, thinly sliced
- 3 cloves garlic, minced
- 3 tablespoons olive oil
- Kosher salt and pepper to taste
- 2 tablespoons Hungarian paprika
- 4 tomatoes, skinned & quartered.

Wash all the vegetables and pat dry with paper towels. To prepare tomatoes cut out the core and drop them in boiling water for a minute. Remove from water and let cool. Skin should easily peel away when scraped with a paring knife. Cut peppers into strips and onion into fine slices. In a skillet heat the olive oil and sweat the garlic and onions. Add paprika and stir well. Add the

## RECIPES

peppers and cook until they are limp. Add tomatoes and cook until they become soft. Adjust seasoning and serve hot.

## Hungarian Miracle Soup

*This is a great tasting soup you can enjoy anytime to feel healthy and lose a few pounds. The original recipe was developed at the Lahey Clinic for its patients. This soup burns more calories than it puts into your body. Soup can be refrigerated for a week.*

- 2 bags instant onion soup
- 6 large onions, sliced thin

- 2 red peppers, diced small
- 2 cans whole, peeled tomatoes
- 1 large head of cabbage cored & sliced
- 2 stalks of celery, diced small
- 1-pound bag of baby carrots
- 1 small bag of white boiling onions.

In a soup pot, combine the instant onion soup mix and the amount of water called for on the package. Add the remaining ingredients and slowly simmer until the vegetables are cooked. Season to taste with salt, pepper and granulated garlic. For a stronger flavor cut back on the water in onion soup mix and replace with Sacramento Tomato Juice.

**For more great recipes from Chef Béla, turn to Page 14.**

## RECIPES

### Hungarian Salmon Patties

16-ounce can of Atlantic salmon  
 ¼ cup uncooked oatmeal  
 ½ cup crushed cornflakes  
 2 tablespoons reduced fat mayonnaise  
 1/3 cup chopped red onion  
 2 tablespoons fresh lemon juice  
 2 teaspoons bottled horseradish  
 1 tablespoon Hungarian Paprika  
 1 tablespoon fresh parsley  
 2 tablespoons "I Can't Believe It's Not Butter"

Mix all ingredients except the last item on the above list. The mixture should be blended well enough to make patties. If the mixture is too crumbly add a little more of the low fat mayonnaise. Coat the bottom of a skillet with the "I Can't Believe It's Not Butter" then heat to medium high heat. Add the patties to the skillet and cook for about 7 minutes then turn over and cook the other side. Reduce the heat and cook for another 7 minutes. The patty should look like a hash patty with a brown crust on each side. Serve on a whole wheat bun with lettuce and tomato slice and a side of cole slaw.

### Baked Mustard Chicken

4 chicken breast halves (boneless)  
 ¼ cup spicy brown mustard  
 ½ cup flavored bread crumbs  
 ¼ cup butter or margarine (melted)  
 2 tablespoons lemon juice  
 2 tablespoons water  
 Paprika

Preheat oven to 350 degrees. Brush chicken with mustard and dredge in bread crumbs. Place in 9 x 13 inch baking dish breast side up. Combine butter, lemon juice and water and drizzle one tablespoon over each piece of chicken and pour remainder in baking dish. Cover and bake for 30 minutes. Remove cover and sprinkle with paprika and bake an additional 15 to 20 minutes.

### Cold Green Bean Salad

1 pound fresh green beans  
 Salad or vegetable oil  
 Cider vinegar

Freshly chopped mint leaves  
 Kosher salt and pepper to taste

Cook the green beans in salted water and drain. Sprinkle with the oil and vinegar to your taste then season with the salt and pepper. Add the mint leaves and chill for 30 minutes. Stir well and serve.

### Garlic Chive Pesto

2 cups fresh garlic chives greens washed and patted dry  
 ½ cup olive oil (more or less as desired)  
 Salt and fresh ground black pepper to taste  
 A few drops of Tabasco sauce  
 ½ to 1 cup of fresh grated parmesan cheese  
 ½ cup pine nuts or walnuts or pistachios (toast for added flavor)

In the food processor chop the garlic chives (add fresh parsley to stretch the chives) then add remaining ingredients and process until it is the texture you wish. Toss in the nuts last for extra crunchy flavor.

### Whipped Tuna Salad

1 small onion, rough chopped  
 3 stalks of celery (inside stalks), rough chopped  
 20 ounces of water-packed tuna, drained  
 3 tablespoons sweet pickle relish  
 1/3 cup low-fat mayonnaise  
 3 tablespoons cider vinegar  
 ¼ teaspoon Hungarian paprika  
 ¼ teaspoon salt

In a food processor blend the onion and celery until they are medium fine. Add all the other ingredients and process for about 2 minutes until you have a very smooth whipped product. Add a little more low-fat mayonnaise to get a smoother texture if needed. Serve with your favorite bread. You may also hollow out cherry tomatoes,

stuff with the tuna and serve as an appetizer.

### Garden Vegetable Soup

1 medium diced onion  
 1 tablespoon minced garlic  
 1 cup diced carrots  
 1 cup diced celery  
 ½ cup summer squash  
 ½ cup zucchini  
 ½ cup sliced mushrooms  
 ½ cup corn  
 ½ cup green beans  
 ½ cup red peppers  
 ½ cup yellow peppers  
 ½ cup broccoli florets  
 ½ cup cauliflower florets  
 1 cup cabbage  
 1 cup diced tomato

Lightly sauté all the veggies in light oil until they are just about tender. Start with the veggies that take the longest to cook and keep adding until you finish with the softest. You may add any vegetables you want from your garden but remember to add the longest to cook first. Add a little water or stock to prevent burning. When vegetables are cooked, add enough veggie stock to equal 3 quarts. You may also add leafy vegetables like spinach or kale towards the end of cooking time for eye appeal. Season your soup with salt, white pepper and fresh herbs from your garden.

### Herb Citrus Marinade

4 tablespoons extra virgin olive oil  
 4 tablespoons fresh parsley, chopped fine  
 4 tablespoons fresh coriander, chopped fine  
 5 tablespoons fresh lemon juice  
 Fresh juice from one lime  
 3 garlic cloves, crushed  
 1½ tablespoons Hungarian paprika  
 1 teaspoon cumin  
 1 teaspoon black pepper

Combine all the ingredients in glass bowl, then add fish or chicken to marinate. Refrigerate for at least one hour, turning product one time. You can also use this marinade to baste chicken on the grill.

# Branch News

## Branch 1 Bridgeport, CT

by William J. Bero

The officers and members of Branch 1 salute our fellow member, U.S. Army Sgt. Chad Friedman, who recently graduated with Distinguished Honors from the Warrior Leaders Course.

Sgt. Friedman entered the army as an infantryman in July 2002. He



attended One Station Unit Training at Fort Benning, Georgia. He is currently assigned as team leader at 1st Ranger Battalion, 75th Ranger Regiment, at

Hunter Army Airfield, Georgia. His previous deployments include Operation Iraqi Freedom I, II, III, IV and V.

Among the many awards Sgt. Friedman has received are the Army Commendation Medal (1 OLC), Army Good Conduct Medal, National Defense Medal, Armed Forces Medal, Afghanistan Campaign Medal, Iraqi Campaign Medal, Global War On Terror Service Medal, Army Service Ribbon, Over Seas Service Ribbon, Combat Infantryman Badge, Airborne Badge, Australian Airborne Badge, Ranger Tab and Expert Rifleman Badge.

We are proud of Sgt. Friedman and thank him--and all those men and women serving in our armed forces--for the sacrifices they make to preserve our freedom.

## Branch 14 Cleveland, OH

by Dawn D. Ward

During the summer recess of Branch 14 meetings, preparations are being made for future activities. Violet Sarosi is coordinating a bus trip to the sixth annual WPA Picnic-A Great

Fraternal Fest, which will be held Saturday, Sept. 16, at Penn Scenic View in Rockwood, Pa. Mrs. Sarosi reported that reservations are already coming in and, she encourages those interested to call her as soon as possible at (440) 248-9012.

Branch 14 members who have belonged to the branch more than 50 years will be honored at the branch meeting Sept. 6. They will receive personal invitations.

The annual Branch 14 Christmas party will be held Saturday, Dec. 9.

Branch 14 welcomes the following new members: Su Nguyen, Steven Newbould, Cheryl Lynch, David Growley, Madeliane McCrone, Mary McCrone, Margaret Konrad, Karen Nemeth, Barbara Gowan, Dean Grafious, Bill Mooney, Thomas Novak, Brock Boomsma, Rebecca Newbould, Jordan Nguyen, Lan Nguyen, George Palladino and Lucy Palladino.

Branch 14 WPA Scholarship recipient Kristin Dreifke graduated from Bowling Green State University with a bachelor's degree in nursing. Miss Dreifke will work in the cardiac care unit of the Cleveland Clinic which has been rated the #1 heart center in the nation for the past 11 years. Kristin is the daughter of WPA members Mark and Anita Dreifke of North Royalton, Ohio. Please call the Ward Agency at (440) 838-1200 with information regarding achievements of Branch 14 scholarship recipients.

The next Branch 14 meeting will be held Wednesday, Sept. 6, at 7:30 p.m. at the First Hungarian Reformed Church, 14530 Alexander Road, Walton Hills. All Branch 14 members are welcome and encouraged to attend.

## Branch 18 Lincoln Park, MI

by Barbara A. House

Happy Independence Day. Be sure to thank a veteran for securing all our rights and independence. Have a happy, healthy and safe holiday.

Welcome new members Bruce Bouford and Ryan and Aaron Stubbs (thanks Shirley). Thank you for choosing the WPA and me for your insurance needs.

Thank you, Ronda Grotefend, Lisa Toth and Marge Boso for helping to make the bowling tournament Chinese auction another success. We raised \$2,004 for the Scholarship Foundation. We thank everyone who donated a prize. They were all super. I hope you are planning to donate more for the golf tournament and WPA Picnic auctions. Not sure what kind of prize to donate? Just remember the ones that seem to make the most money are prizes which include school items, children's items, Christmas items, liquor or lottery tickets. If you need help with your basket, you can call me anytime. Or, you can call Lisa Toth in Pittsburgh at (412) 566-5992. Remember, 100 percent of all proceeds from the auction goes to the Scholarship Foundation.

Get well prayers to Elsie Kantor, Ann Nagy, Arlene Csoman, Donna Griffin, Bob Kapinus and Glenn Davenport. Hope you are all better soon.

I need to brag about the bowling tournament just one more time. The Five Friends ladies team again came in first. They are Olivia Soter, Betsy Griffith, Virginia Volter, Jackie Strom and Marcey Strom. The men's Five Friends team came in third. They are Doug Truesdell, Mike Oberg, Mike Soter, Joe Volter and Jeff Holmes. Kay Momtsios won \$100. Helen Molnar won \$200. Eileen Gonzales won a \$2,000 life insurance certificate AND the coveted X-Box. So, I think it was a really super weekend for Branch 18. The best part was seeing all of you. Hope to see you at the golf tournament.

We worked very hard on May 13 during our Join Hands Day project at the Hungarian Reformed Church. We decided to work side by side with the members of the Hungarian Reformed Federation of America to decorate the

## Branch News



Members of Branch 18 and the Hungarian Reformed Federation of America helped spruce up their local Hungarian Reformed Church May 3 as part of Join Hands Day.

church. It turned out beautifully. We were even given a lovely lunch. Thank you very much to Reverend and Kaitlin Varga for coordinating and making us feel so welcome. Maybe next year?

Remember the SARA project. We will take donations anytime. Anything you feel would be useful at an orphanage in Hungary. You can bring donations to our next branch meeting, to be held Wednesday, Sept. 13, at 7:00 p.m. at the Hungarian Reformed Church.

Please remember our deceased members for May: Helen Rogers, Arlene Dobozy, Gizella Ressler, Elizabeth Barzyk, George Nyari, Helen Beke, Toth Mihaj and Frank Csirke. May they rest in peace.

Happy July birthday to Joe Baksa, Jim Katona, Sherwin Vine, George Bolash, George Ladanyi, Ethel Farkas, Samantha Jackson, Jolan Ladanyi, Irene Kar, Mark Molnar, Zachary Polakowski, Robert Bubenko, Deborah Wolfe, Mary Duzy, Paul Petiot, Stacy Schepens, Jason Nagy, Frank Baksa, Emily Mach, David Wolfe, Emma Borsa, Anna Sabo, Julia Nagy, Glenn Wolfe, Rose Marie Bartha, Richard Hollis, Lou Vidra, Charisse Bufford, Liz Piwowski and me. Hope we all have many more.

Remember to reserve the weekend of Sept. 15 and 16 to attend the WPA Picnic-A Great Fraternal Fest. You can reserve your space on our bus by

calling me. The price of \$75 per person includes bus transportation, hotel, breakfast and admission to the picnic. We have room for only 40 people, so call me soon.

I am always available for you. Call me anytime at (734) 782-4667 (home) or (313) 418-5572 (cell). Or, fax me at (734) 782-5257.

### Branch 28 Youngstown, OH

by Kathy Novak

Happy birthday, America! And on that note, best wishes to all those celebrating their birthday this month, especially John Kaluczky who turns a very youthful 90. While we're celebrating, we wish a very happy 50th wedding anniversary to John and Margie Kramer and to all those other happy couples celebrating their special day.

Congratulations to one of our scholarship recipients, David Burnett Jr. who recently graduated from college and obtained a great job in Irving, Texas. In addition, David will be getting married in August. Best of luck!

Anthony Valley recently received his Eagle Scout award. For his project, he landscaped the property around Mt. Alvary Friary. What a wonderful achievement for him and his family.

Did you reserve your space on our branch's bus trip to the WPA Picnic at

Penn Scenic View Sept. 16? If not, then please call Steve Novak at (330) 746-7704.

We're also planning a bus trip to Penn Scenic View to attend the celebration commemorating the 50th Anniversary of the 1956 Hungarian Revolution on Oct. 21. For this trip, call Frank Schauer at (330) 549-2935.

Remember to mark your calendars for these local events:

- Sunday, Aug. 13, Hungarian Day, sponsored by the Youngstown American Hungarian Federation, 2219 Donald Ave.. There will be plenty of food, pastries and music.

- Sunday, Sept. 10, Heritage Day, hosted by the Youngstown Hungarian Club, 2219 Donald Ave.

We're looking forward to seeing everyone at the golf tournament.

Get well wishes to all those not feeling their best.

We extend our sincere condolences to all those who recently lost a loved one.

For your life insurance needs, please call either Alan Szabo at (330) 482-9994 or me at (330) 746-7704.

### Branch 76 Philadelphia, PA

by Jack Tokar

The WPA hosted a very informative sales meeting in Pittsburgh in May. It was a pleasure meeting some new people, including Sales Director Mark Lantz and sales representatives Andrew Girard and Alan Szabo. It was also great to see familiar faces, particularly Anthony and Marguerite Beke, Al and Betty Vargo and Barbara House. At the meeting, I mentioned that we are flooded with advertisements for insurance via the mail or internet. However, close examination reveals that the WPA offers both better and less expensive products.

The 6th Annual WPA Picnic will be held Saturday, Sept. 16, from noon to 6:00 p.m. at Penn Scenic View in Rockwood, Pa. The picnic includes all-you-can-eat delicious Hungarian specialties. Admission is \$10 for adults and \$4 for students. Children ages 10 and under are free.

If there is sufficient interest, Branch

## Branch News



As part of their Memorial Day program, members of Branch 76 placed a wreath at the Hero Monument in front of the Philadelphia Hungarian Club

76 will rent a bus to take us to the picnic and back. If you are interested, please call Jack Tokar at (215) 357-4516 as soon as possible. You do NOT need to be a member to attend. For more information about the picnic, call the Home Office at 1-800-848-7366, ext. 136. It will be a good time.

The Philadelphia Hungarian Club had an unusually large turnout for its Memorial Day celebration. The program was directed by Tibor Pavlanski from the Hero Monument in front of the club. The monument honors heroes from America's wars, from the Revolution to the present day. Our thanks to all the ladies who baked their popular *retes* and *sutemeny*.

The Club has been sold, but there are plans to continue our activities in another location after the transfer of ownership. We hope that all those who enjoy Hungarian food, music and culture will continue to support the Club's activities.

We want to welcome back Gyongyi Harta and Aranka Mezei from their trips to Hungary. We also want to wish a happy birthday to Kalman Fogarasi, to Gyongyi Harta's father, and to all those who are celebrating birthdays this month.

Congratulations to all those successful students, especially those who are graduating.

A special "hello" goes out to Kady

and Shirley DeMaria. We want to welcome Armand and Laura DeVoe back from their winter in Florida. We hope you will have an enjoyable summer at the New Jersey shore.

Remember to contact Jack Tokar at (215) 357-4516 for your life insurance and annuity needs.

### Branch 800 Altoona, PA

by Vincent Frank

Congratulations to Luke Edward Kantoski, this year's recipient of Branch 800's annual monetary award. This award is given to the graduating male senior student who earns the highest grades in religion class at Bishop Guilfoyle High School in Altoona. Luke is the son of James and Kathryn Kantoski of Altoona.



Along with our branch award, Luke also received the Lucy Zangrilli Burns Memorial Award and the Nocti Governor Certificate.

Bishop Guilfoyle High School forwarded Luke's name to our branch secretary in a letter announcing the selection of the winner. The school is very appreciative of our branch's sponsorship of this annual award.

Luke is a member of the Cathedral of the Blessed Sacrament in Altoona where he was an altar server and member of the choir and scouts. He completed his elementary education at the Cathedral and St. Mary's.

Graduation ceremonies were held May 23 at the Cathedral, with the Most Rev. Joseph V. Adamec, bishop of the Altoona/Johnstown Diocese, as celebrant.

Outside of school, Luke enjoys weightlifting, camping, fishing, volleyball, watching Altoona Curve baseball games, delivering the *Altoona Mirror*, working with computers and repairing electronic problems.

Luke will begin classes this fall at Penn State University/Altoona, where he will major in electrical engineering.

Best of luck to all graduating seniors.

In other news, our branch's summer picnic will be held on Wednesday, Aug. 2, at 6:00 p.m. at Highland Park in Altoona, rain or shine. Call me at (814) 695-0213 to make your reservations. Deadline for reservations is July 26.

For your life insurance and annuity needs, please call Bob Jones at (814) 942-2661.

### Branch 8114 Clarion, PA

by Noreen Fritz

In celebration of the home of the brave and for peace and freedom, Happy 4th of July!

Branch members with July birthdays are Ashley Aaron, Keyne Rice, Chris Niederriter, Diana Reinsel, Roger Steiner, Donald Zacherl, Anthony Bagileo, Robert Leonard, James Collett, Margaret Rice, Justin Black, Joseph Fescenmyer, Dana Ochs, Robert Schwabenbauer, Gerald Gatesman, Edward Osterried, Tanner Steiner, James Amato and Margaret Gatesman. Sending a little magic your way so that all your birthday wishes are sure to come true. Leave no wish, un-wished. Happy Birthday!

If you have news to share or need insurance, annuity or retirement assistance you may call me any time

## Branch News

at my direct business line (412) 821-1837 or 1-800-848-7366. My mailing address is P.O. Box 15060, Pittsburgh, PA 15237. You can also email me at [noreenbunny.fritz@verizon.net](mailto:noreenbunny.fritz@verizon.net). Looking forward to hearing from you.

### Branch 8121 St. Marys, PA

by Margaret Marconi

Our branch held a regular business meeting June 8 at St. Marys Church annex building.

Congratulations to fellow members Marinus Bobenrieth. The local newspaper, *The Daily Press*, recently published a picture of Marinus, the 90-year-old patriarch of five generations of his family. Marinus has been a member of Branch 8121 for many, many years.

We were saddened to hear of the death of Joseph J. Miller. He was well-known by many of our branch members. May he rest in peace. We extend our sympathy to Leona and her family.

**NEXT DEADLINE**  
All articles  
and photographs  
for the August issue  
of the  
**William Penn Life**  
are due in our office  
by July 10, 2006.

**Hello Massachusetts,  
Connecticut & New York**  
Sales Representative **Andy Girard**,  
**FIC** is ready to help you, your family  
& friends with high-quality Life  
Insurance plans and Annuities  
offering great interest rates. Call Andy  
toll-free at 1-866-366-0048.

# Branch Happenings

Our monthly listing of Branch activities and events

**Branch 14  
Cleveland, OH** Bus trip to the WPA Picnic-A Great Fraternal Fest, Saturday, Sept. 16. For more information and reservations call Violet Sarosi at 440-248-9012.

**Branch 18  
Lincoln Park, MI** Bus trip to the WPA Picnic-A Great Fraternal Fest, Friday-Saturday, Sept. 15-16. Cost is \$75 per person and includes bus transportation, hotel, breakfast and admission to picnic. For more information and reservations, call 734-782-4667.

**Branch 28  
Youngstown, OH** Hungarian Day, Sunday, Aug. 13, sponsored by the Youngstown American Hungarian Federation, 2219 Donald Ave., Youngstown.

Heritage Day, Sunday, Sept. 10, hosted by the Youngstown Hungarian Club, 2219 Donald Ave.

Bus trip to the WPA Picnic-A Great Fraternal Fest, Saturday, Sept. 16. For more information and reservations call Steve Novak at 330-746-7704.

Bus trip to Commemoration of the 50th Anniversary of the 1956 Hungarian Revolution, Penn Scenic View, Saturday, Oct. 21. For more information and reservations, call Frank Schauer at 330-549-2935.

**Branch 800  
Altoona, PA** Annual Branch Summer Picnic, Wednesday, Aug. 2, 6:00 p.m. (rain or shine), Highland Park, Altoona. For information and reservations, call Vincent Frank at 814-695-0213.

To have your branch's activities and events listed here, please send your information to: Branch Happenings, c/o William Penn Association, 709 Brighton Road, Pittsburgh, PA 15233.

## In Memoriam

*We ask our fellow members to pray for the eternal rest of all recently departed members listed below:*

### MAY 2006

0001 BRIDGEPORT, CT  
Robert J. Mackno  
Michael P. Ortello

0008 JOHNSTOWN, PA  
Edward I. Baldwin  
Doris A. O'Connor

0010 BARTON, OH  
Andrew Hornyak  
Rose Petho

0013 TRENTON, NJ  
Andrew J. Samu  
Margaret Yuhasz

0014 CLEVELAND, OH  
Martin J. Chonko  
Rose Dibella  
Theodore J. Edelhauser  
Frank P. Fulajtar  
Helen Krevinko

0018 LINCOLN PARK, MI  
John P. Palko  
Elizabeth Barzyk  
Frank Csirke, Jr.  
Arleen Debozy  
Mary Mazeika  
George Nyari, Jr.  
Gizella Ressler  
Helen Rogers

0019 NEW BRUNSWICK, NJ  
Ernest Arvai  
Edward H. Fleck  
Joseph Gurinko

0024 CHICAGO, IL  
Margaret Viszneki  
Sylvester Weissensel

0027 TOLEDO, OH  
Irene Patyi

0034 PITTSBURGH, PA  
Magdoline Erlwein  
Delores J. Harris  
Oscar Miller

0044 AKRON, OH  
Charlotte Yurcick

0048 NEW YORK, NY  
Emilio Allocco

0076 PHILADELPHIA, PA  
Charles Grehm  
Catherine J. Pearce

0088 RURAL VALLEY, PA  
John Hovan, Jr.

0089 HOMESTEAD, PA  
Albert F. Grom

0129 COLUMBUS, OH  
George Dudas, Jr.

0132 SOUTH BEND, IN  
Raymond J. Bobin  
Mary R. Chamberlain  
Mary M. Juhasz  
Frank Kuzmich  
Mary C. Wiergacz

0226 McKEESPORT, PA  
Andrew A. Tomko  
Margaret Wikert

0278 OMAHA, NE  
Joseph Bauernhuber

0352 CORAOPOLIS, PA  
Grace D. Balzer

0525 LOS ANGELES, CA  
Helen Chrin

0590 CAPE CORAL, FL  
Ethel Brown

Theresa Mary Hudock  
James M. Jordan  
Evelyn Pittenger  
Doris J. Wallace

0705 MAYVILLE, WI  
Isabelle M. Matyas  
Dolores M. Modra

0720 DEDHAM, MA  
Rose G. Barbour  
Exilda M. Cobuzzi

0723 WORCESTER, MA  
Arthur L. Sharos  
Gladys M. Sturtevant

8020 McKEES ROCKS, PA  
Mary Fedorowich

8036 SCOTTDALE, PA  
Peter Giovanelli

8114 CLARION, PA  
Henry J. Murphy

8164 STEUBENVILLE, OH  
Hazel Viola

8286 PHILADELPHIA, PA  
Lawrence A. Trombetta

8340 DUNDALK, MD  
Raymond Naylor

## New Jersey Senior Citizens - Third Party Notice

A third party may be designated to receive a copy of any cancellation, non renewal or conditional renewal and lapse notice from the William Penn Association by a person who:

- is located in or is a resident of the State of New Jersey;
- is insured by a Life, Annuity or health insurance certificate, contract or policy that the William Penn Association has issued; and
- is age 62 or older.

A third party may be designated by: completion of the information requested in the Third Party Designation below; and, return of the Third Party Designation Form to the William Penn Association **by certified mail, return receipt requested**. The designation will be effective upon our receipt of the information.

Designation of a third party does not constitute the acceptance of any liability for the services provided to the person by the third party or by the William Penn Association.

The third party designation may be terminated by: the third party by written notice to both the person and to the William Penn Association; or, the person by written notice to the William Penn Association.

### Third Party Designation

Certificate/Contract/Policy Number: \_\_\_\_\_ Date: \_\_\_\_\_

Third Party Notice, Designee: \_\_\_\_\_  
(Print Name)

Address: \_\_\_\_\_

I accept designation as a third party.

Signature: \_\_\_\_\_

Signature, Insured/Owner: \_\_\_\_\_

## Recent Donations

### WPFA Scholarship Foundation

MAY 2006

**Branch - Donor - Amount**

- 1 - Kathleen M. Kelly - \$2.08
- 8 - Clarence H. Showalter - \$5.00
- 8 - Doris R. Behory - \$5.00
- 14 - Betty F. Fortner - \$2.00
- 14 - Margaret D'Angelo - \$2.35
- 15 - Anna M. Borosky - \$5.00
- 18 - Rosemary Mroozian - \$5.00
- 18 - Elizabeth Varga - \$25.00
- 18 - Raymond J. Ostrosky - \$2.56
- 19 - Michael J. Nagy - \$5.00
- 27 - Joan G. Zsigrai - \$1.00
- 28 - Sandor Tollas Jr. - \$4.63
- 28 - Sheri L. Cox-Kovacs - \$5.00
- 28 - Mary Vargo - \$10.00
- 28 - John S. Pitlik - \$5.00
- 34 - Margaret A. Bugielski - \$5.00
- 44 - Valeria Thrasher - \$20.00
- 44 - Laura A. Francis - \$2.00
- 76 - Kathryn V. Gruber - \$10.00
- 89 - Mary Debreczeni - \$4.76
- 89 - Edith M. Horvath - \$4.10
- 89 - Carol A. Petrosky - \$7.80
- 89 - Charles F. Petrosky - \$6.60
- 89 - Irene Simon - \$10.00
- 89 - Tracy B. Findlay - \$3.06
- 129 - Christopher M. Deri - \$10.00
- 159 - Suzanne C. Kenyon - \$35.50
- 174 - Colleen M. Phillips - \$5.00
- 174 - Lori A. Phillips - \$5.00
- 216 - Rita A. Fodor - \$2.02
- 226 - Carol S. Burlikowski - \$5.00
- 226 - Dennis S. Burlikowski - \$5.00
- 226 - Robert W. Serena - \$5.00
- 226 - Sandra J. Zsemko - \$50.00
- 249 - Margaret R. Kochmar - \$1.00
- 296 - Stella J. Premick - \$2.00
- 296 - Mary Ellen Ecker - \$2.00
- 336 - Ernest B. Molnar - \$2.00
- 352 - Gabriel S. Tokos - \$1.00
- 352 - Diane M. Knapp - \$5.00
- 352 - Louis Habrle - \$7.76
- 352 - Lauren A. Healy - \$10.00
- 352 - Jeffrey W. Holmes - \$2.81
- 590 - August J. Licari - \$10.00
- 705 - Harriet L. Kolbe - \$1.00
- 705 - John W. Williams - \$8.00
- 705 - Sylvia I. Nezda - \$2.00
- 720 - Charles J. Furedy - \$10.00
- 720 - Anthony G. Stevenson - \$2.00
- 723 - Alan J. Theriault - \$1.00
- 800 - Victor E. Ballash - \$10.00
- 8020 - Caroline R. Trgovac - \$35.00
- 8114 - Melvin J. Stark - \$10.00

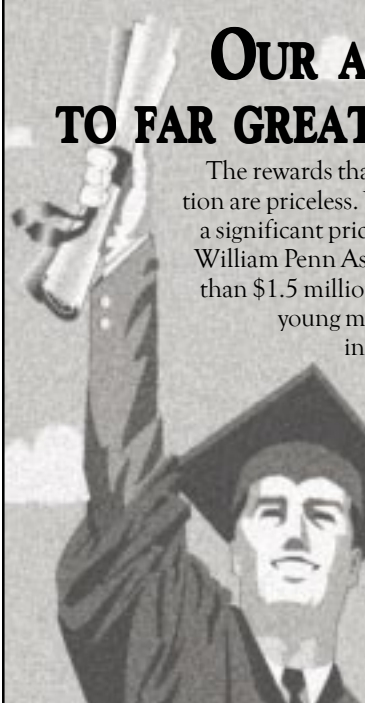
**TOTAL for Month = \$371.03**

MAY 2006

**Donor - Amount**

- William J. Bero - \$25.56
- Donald Healy - \$5.00
- Steven R. Rakoczy - \$10.00
- Caroline B. Varner - \$100.00
- Cookbook Sales - \$1,840.00

**TOTAL for Month = \$1,980.56**



## OUR AWARDS LEAD TO FAR GREATER REWARDS

The rewards that come with a higher education are priceless. Yet, that education comes at a significant price. That's why since 1972 the William Penn Association has awarded more than \$1.5 million in scholarship grants to its young members attending accredited institutions of higher learning.

Our scholarship program is just one of many benefits available to our members. To learn more on how membership in the WPA can benefit your family, call your local WPA representative or our Home Office, toll-free at 1-800-848-7366.

IN MEMORY OF  
MAY 2006

**Donor - Amount  
(In Memory of)**

- M/M Thomas F. House - \$25.00  
(Helen Beke)
- Br. 18 Lincoln Park, MI - \$125.00  
(Dorothy Mezo and Deceased Members of Branch 18)

**TOTAL for Month = \$150.00  
Donations Received from  
2006 WPFASF Meeting  
(Rec'd as of May 31, 2006)**

**Donor - Amount  
(In Memory of, if applicable)**

- Rose P. Antal - \$75.00  
(Family)
- M/M Ronald S. Balla - \$125.00  
(Chad Balla, beloved son)
- M/M Anthony C. Beke - \$100.00
- William J. Bero - \$100.00
- Margaret H. Boso - \$200.00  
(Brad Boso, Charles Boso, Margaret & David George)
- M/M George S. Charles - \$100.00  
(Parents)
- M/M George S. Charles Jr. - \$100.00  
(Mary & Will Jackson)
- Steven Charles - \$100.00  
(Mary E. Jackson)
- M/M Dennis A. Chobody - \$100.00  
(Alex Chobody)
- M/M Endre Csoman - \$100.00
- M/M Glenn W. Davenport - \$50.00  
(Dee Seelbaugh)
- Friend of WPA - \$500.00
- Eileen B. Gonzales - \$20.00  
(Ernie Molnar)

- Joseph Hamari - \$100.00
- Barbara A. House - \$200.00  
(Joseph Gall, father)
- Thomas F. House - \$100.00  
(Mary & Charles House, parents)
- Robert A. Ivancso - \$350.00  
(Frank & Irma Ivancso)
- Stephen J. Ivancso Jr. - \$100.00  
(Stephen J. & Mary Ivancso Sr.)
- M/M Robert F. Kantor - \$200.00  
(John Gyiraszin & Mary Gyiraszin Kolish)
- Anna Kertesz - \$100.00  
(Al Kertesz)
- M/M Nickolas M. Kotik - \$100.00  
(Michael Kotik)
- M/M Steven LaFlame - \$100.00
- Margaret M. Leonardo - \$50.00  
(Loved Ones)
- Rick & Debbie Lewis - \$100.00  
(Charlie & Bradley Boso, David & Margaret George, John Nadalin)
- Joan M. Mauerma - \$50.00  
(McCormick/Wilson Family)
- Helen Molnar - \$100.00  
(Ernie & Joey Molnar)
- Norma K. Momtsios - 25.00  
(Ernie Molnar)
- Ernest J. Mozer Jr. - \$100.00
- Maria Mozer - \$100.00  
(Ernest Mozer Sr.)
- Velma A. Nadalin - \$200.00  
(John Nadalin, David & Margaret George)
- M/M Roger G. Nagy - \$100.00  
(Gus G. Nagy)
- Katherine Novak - \$25.00  
(Deceased Family Members)

- Stephen A. Novak - \$25.00  
(Deceased Family Members)
  - Stephen A. Novak - \$100.00  
(Mrs. Katherine Novak)
  - Michael J. Oberg - \$25.00  
(Richard Miastkowski, grand-father)
  - Amelia K. Polakowski - \$25.00  
(Ernie Molnar)
  - M/M Frank J. Radvany - \$100.00  
(Our Parents)
  - M/M Donald Rectenwald - \$25.00
  - Arlene Ries - \$10.00
  - Catharine Ryan - \$100.00
  - M/M Frank Schauer - \$25.00  
(Irene Aczel)
  - M/M Mark Schmidt - \$200.00  
(Albert G. Kertesz Sr.)
  - Alexander Sera - \$25.00  
(Steven Sera)
  - Michael F. Tomcsak - \$100.00  
(The Tomcsak Family)
  - M/M John J. Torma Jr. - \$150.00
  - M/M Elmer W. Toth - \$100.00  
(M/M John Toth, parents, John S. Toth, brother)
  - M/M Richard W. Toth - \$150.00  
(John S. Toth Sr., father)
  - M/M Douglas Truesdell - \$100.00  
(Gaber Mehi, Rose & Frank Truesdell)
  - M/M Steven J. Varga - \$250.00  
(Tamas Family)
  - M/M E. E. Vargo - \$100.00  
(M/M Julius Hartman & M/M Louis Vargo, parents)
  - William S. Vasvary - \$500.00
  - Diane & Bobby Walker - \$100.00  
(Charles Boso, Bradley Boso, Margaret & David George)
  - Br. 1 Bridgeport, CT - \$100.00
  - Br. 13 Trenton, NJ - \$100.00  
(Deceased Branch Members)
  - Br. 14 Cleveland, OH - \$100.00  
(Deceased Branch Members)
  - Br. 18 Lincoln Park, MI - \$1,000.00  
(Deceased Branch Members)
  - Br. 27 Toledo, OH - \$100.00  
(Deceased Branch Members)
  - Br. 28 Youngstown, OH - \$75.00  
(Deceased Branch Members)
  - Br. 34 Pittsburgh, PA - \$100.00  
(Deceased Branch Members)
  - Br. 48 New York, NY - \$250.00  
(Joe Toma)
  - Br. 71 Duquesne, PA - \$100.00
  - Br. 88 Rural Valley, PA - \$500.00  
(Deceased Branch Members)
  - Br. 89 Homestead, PA - \$100.00  
(Deceased Branch Members)
  - Br. 129 Columbus, OH - \$100.00  
(Deceased Branch Members)
  - Br. 226 McKeesport, PA - \$100.00  
(Deceased Branch Members)
  - Br. 249 Dayton, OH - \$100.00  
(Deceased Branch Members)
  - Br. 296 Springdale, PA - \$100.00  
(Deceased Branch Members)
  - Br. 590 Cape Coral, FL - \$200.00  
(Deceased Branch Members)
- TOTAL for Month = \$9,205.00**

# Earn More Interest With Our 5 and 9 Year Annuity Plans

WPA members with a No Surrender Charge Annuity have choices. You can move long-term money into a 5 or 9 Year Surrender Charge Annuity Plan and earn more on your investment because of the higher interest rates available.\*


## Type of Annuity

## Interest Rate

No Surrender Charge.....**4.00%**

5 Year Surrender Charge...**4.75%**

9 Year Surrender Charge...**5.25%**



Call our Home Office TODAY  
toll-free at 1-800-848-7366, or your  
local WPA sales representative,  
to discuss the advantages  
of moving your money  
into a WPA 5 or 9 Year  
Surrender Charge  
Annuity Plan.

*\* Early surrender charges may apply to the 5 and 9 Year Surrender Charge Plans. Annuity rates may change without notice. All annuities may be subject to IRS penalties for early withdrawals. Early withdrawals of 10% of accumulated account values are not subject to early surrender charges. Surrender charges apply only to amounts withdrawn that exceed the 10% permitted. The 10% withdrawals are based on your most recent anniversary balance.*

### Inside this issue:

WPA to celebrate 50th anniversary of Hungarian Revolution...**PAGE 3.**

Bush visits Hungary...**PAGE 6.**

Chef Béla wants us to live and eat like healthy Hungarians...**PAGE 12.**

PRSR STD  
US POSTAGE  
PAID  
PERMIT #12  
INDIANA, PA

## PRIVACY - PERSONAL FINANCIAL AND MEDICAL INFORMATION

June 24, 2006

Dear Member:

Protecting the privacy of your personal, financial and medical information has always been and will continue to be a matter of top priority for us. When used in this notice, the following terms have the meaning shown.

\* **Public Information** means information that we believe is lawfully available to the general public from: Federal, State or local government records; widely distributed media; or, disclosures to the general public that are required to be made by Federal, State or local law.

\* **Non-Public Information** means personally identifiable financial and medical information. It also means any list, description or other grouping of individuals, and publicly available information pertaining to them, that is derived from any personally identifiable information that is not publicly available.

\* **Consumer Reporting Agency** means an entity which regularly provides reports (Consumer Reports) including information regarding an individual's: general reputation, character, personal characteristics or mode of living and financial status. The information may be obtained through interviews with the individual or third parties such as the individual's business associates, family members, friends, neighbors, acquaintances or financial sources.

We obtain information about you from the following sources:

- \* information that you provide to us in an application or other form;
- \* information about your transactions with us (such as premium payments, loans, claims, etc.) or others; and
- \* information that we may receive from a Consumer Reporting Agency.

We do not disclose any personal, Non-Public Information about you to anyone, except as permitted or required by law. We will not disclose personal medical information about you, except as permitted by law or as you may authorize.

We restrict access to your personal, insurance and medical information to those of our employees who need to know that information in order to provide insurance or service to you. We are, and will continue to be, vigilant in the safeguarding of your personal, financial and medical information. We maintain physical, electronic and procedural safeguards to comply with Federal and State regulations regarding the safeguarding of Non-Public Information.

It is our sincere desire to maintain complete, accurate and up-to-date records. You may contact us at the Home Office, to access, as provided by law, information included in your file. We will promptly correct any error in our information. To protect your privacy, you will need to identify yourself by providing us with your name, date of birth and social security number.