

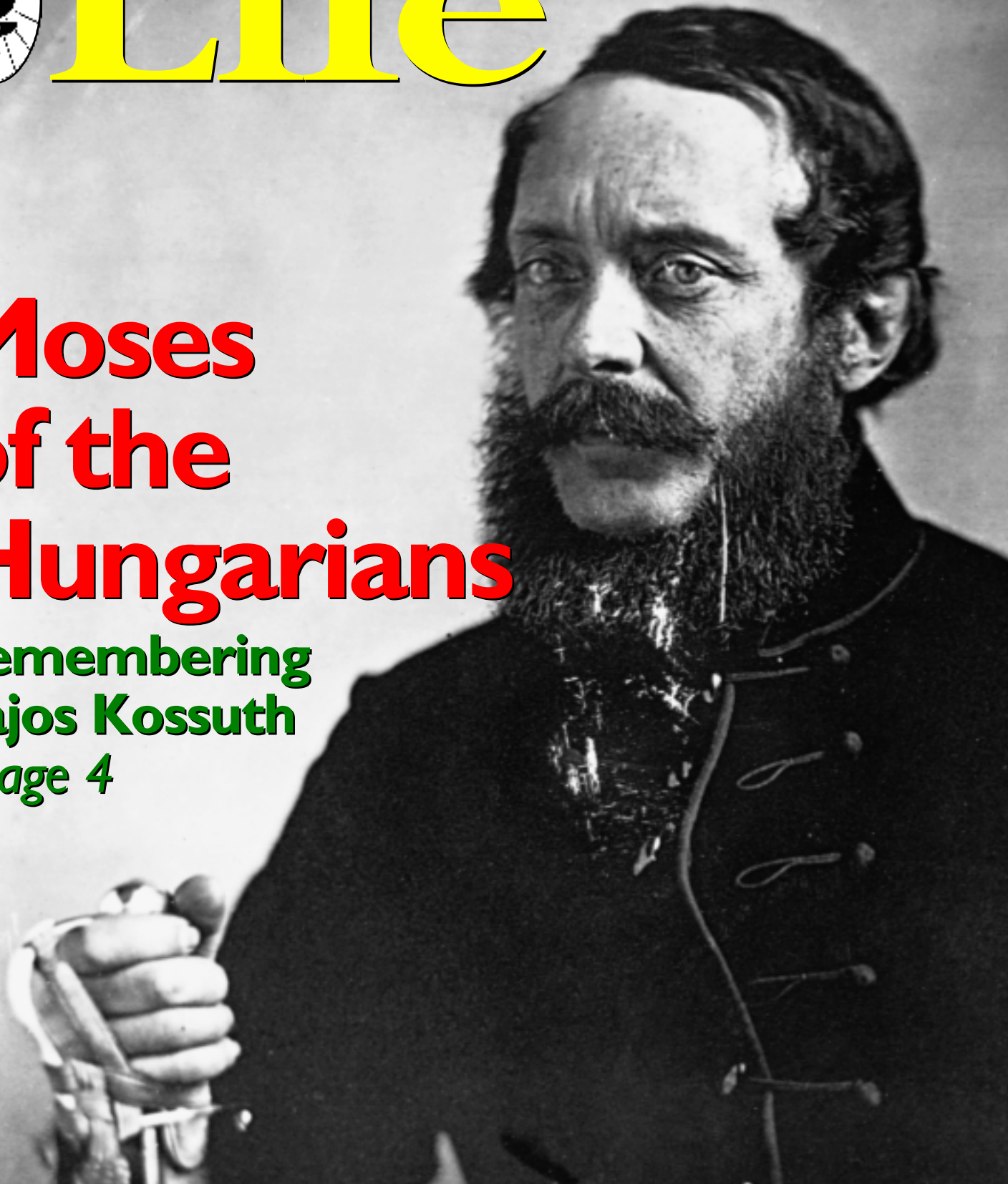
MARCH 2007

William Penn Life



Moses of the Hungarians

Remembering
Lajos Kossuth
- Page 4



**7th Annual
William Penn Association**

Picnic
A Great Fraternal-Fest

Saturday, Sept. 15 • Noon-6:00 pm
Penn Scenic View • Rockwood, PA

All-You-Can-Eat

**Cabbage and Noodles - Paprikas Potatoes - Székely Cabbage - Lecsos Rice
Kolbász - Hot Dogs - Gulyás - Bacon Fry - Coffee - Soda - And More**

For Sale

Palacsinta - Pastries - Lángos - Pogácsa

Live Hungarian Music & Dancing
Chinese Auction & Children's Games

Admission

Adults = \$10 (For Groups of 12 or More - \$8 per adult)
Students = \$4 • Kids Under 10 - Free
(Sorry, No Pets Allowed)

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

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William Penn Life



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March cover photo (c) Corbis

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Letters

WPA chips in to support troop morale in Iraq

Hello Members of the WPA,

My name is Byron Bero. I am a member of Branch I located in Bridgeport, Conn. I am also a member of the U.S. Army and currently deployed in Iraq in support of Operation Iraqi Freedom.

I am writing this letter to thank Branch I and the William Penn Association for their support of my unit's morale, welfare and recreation activities.

We recently put together a poker tournament, but, due to mission requirements, it was postponed three times and was scheduled to take place on Feb. 17.

I had mentioned that we were having this tournament to my father, [National Director] William Bero. A few days later, I received a care package in the mail from him. The package included WPA poker chips which will be given to each participant in the tournament (during the tournament, they will be the \$1,000 chips) as well as phone cards donated by the Association, which will be given to all soldiers who play.

My dad also included three copies of the William Penn Life, which were read by a few soldiers who have come through my office. Each one of them mentioned another town located near their hometown, bringing back memories of home.

I want to thank you on behalf of all soldiers in the 82nd Airborne Division.

**Sgt. Byron Bero
Branch I Bridgeport, CT**

We need your help to make our Chinese auctions successful

The WPA will hold Chinese auctions again this year at its 64th Annual Bowling Tournament and Scholarship Days, 24th Annual Golf Tournament and 7th Annual Picnic-A Great Fraternal-Fest.

As you know, past Chinese auctions have proven to be extremely successful fund-raising events with all 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 contact one of the following

people and let them know what you intend to donate as a prize and at which event you want it auctioned.

- National Director Barbara A.

House at (734) 782-4667;

- Lisa Toth at (412) 461-5812; or

- Ronda Grotefend at the Home Office at 1-800-848-7366, ext. 112. Or, you can email your information to rgrotefend@williampennassociation.org.

Please let us 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.

Scholarship Foundation invites members to annual meeting

PITTSBURGH -- The William Penn Fraternal Association Scholarship Foundation extends a cordial invitation to all members of the WPA to take an active role in the operations of the Foundation by attending its annual meeting, to be held Friday, May 4, at 6:00 p.m. at the Radisson Hotel Pittsburgh Greentree.

No donation is necessary to gain admittance to the meeting. While such a donation would be most welcome, your participation in the meeting

would be just as welcome.

As you know, the Foundation supports the efforts of our young members to attain a higher education by offering qualified students monetary grants.

In addition to your continued financial support, the Foundation is seeking new ideas on how to raise more funds to continue its important work.

So, please, join us May 4 and share your ideas with us.

Convention Update

The General Convention--the WPA's governing body--will convene Sept. 3-5, 2007, in Pittsburgh. In preparation for this important event, the WPA recently announced the establishment of the Convention's Delegate Districts. It is from these Delegate Districts that the Convention's elected delegates will be chosen. These elected delegates are charged with the duty of representing the members in their district, ensuring those members' voices are heard as the Association makes decisions which will affect its activities over the next four years. Which Delegate District has your branch been assigned to? Find out by turning to Pages 14 and 15 of this issue. To learn how Delegate Districts are created, see Page 13. And, be sure to check the April issue of the *William Penn Life* to learn when and where your Delegate District elections will be held.

For Starters

'Experience' offers a true taste of Hungary

PITTSBURGH -- If you have always wanted to learn Hungarian, or if you wish to brush up on your Hungarian grammar, then you should attend the Hungarian Heritage Experience at Penn Scenic View, Rockwood, Pa., Aug. 5 to 11.

Participants will receive a total of 25 hours (or more) of instruction from experienced teachers. The Experience will also take you on a fascinating journey with classmates who have the same desire to explore and share memories and experiences of our common Hungarian heritage.

The program will include Hungarian history, geography, cooking, embroidery, music, dancing, sightseeing and more.

The number of participants will be limited to 25 students. Any adult life-benefit member of the WPA age 16 or older is eligible to attend.

The fee for the week is \$275 per person and includes instruction, lodging, food and instructional texts.

For more information, call Fraternal Director Endre Csoman at 1-800-848-7366, ext. 136.

Hungarian Heritage Experience Reservation Form

August 5-11, 2007 • 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

Spotlight

Rev. Imre A. Bertalan

Br. 8 Johnstown, PA

CONGRATULATIONS to the Rev. Imre A. Bertalan, a member of Branch 8 Johnstown, Pa., who was selected by the National Fraternal Congress of America as a Fraternal MVP (Most Valuable Participant) for the week of Jan. 29, 2007. 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.

Rev. Bertalan grew up in the Hungarian American neighborhoods of Passaic and New Brunswick, N.J. In both of these communities, the William Penn Association (WPA) and the Hungarian Reformed Federation of America (HRFA) have active branches, and Rev. Bertalan, from the time he was in grade school, helped with church clean-up projects, attended picnics and took part in annual observances of important Hungarian and American events, all



of which took place through the involvement of these two fraternal organizations.

After graduating from Princeton Theological Seminary, Rev. Bertalan

pastored Hungarian Reformed congregations in Toledo, Ohio, and Allen Park, Mich., where he worked to increase membership and involvement in both fraternal organizations. In Toledo, Rev. Bertalan co-chaired for many years the Birmingham Ethnic Festival, which brought thousands of visitors to the old Hungarian neighborhood each year, and which also raised thousands of dollars for neighborhood improvements. Rev. Bertalan also encouraged both the WPA and the HRFA to become major sponsors of the Annual Festival.

Since moving to Ligonier, Pa., in 2000, Rev. Bertalan has established the Bethlen Cultural Center under the auspices of Bethlen Communities, a

faith-based retirement community and conference center, of which Rev. Bertalan is executive director. The Cultural Center seeks to promote and share the Hungarian cultural identity. The Cultural Center is supported by both the WPA and the HRFA.

Rev. Bertalan is currently co-chairing an effort to commemorate the 100th anniversary of the Darr Mine disaster, in which many miners of Hungarian descent were killed. The commemoration will take place in October of this year and will honor the sacrifice of early Hungarian immigrants and miners of other nationalities, and will pay tribute to the fraternalists, the William Penn Association and the Hungarian Reformed Federation of America, for the strong support they gave the families of the miners killed and injured on that tragic day.

Rev. Bertalan is married to Magdalene J. Ujvagi, and together, they have five children. The entire Bertalan-Ujvagi family is active in fraternal affairs.

Branching Out

with Endre Csoman

Experience Profiles



CHARLOTTE SIPOS is the daughter of the late Arthur and Ida Sipos of Homer City, Pa., where she still resides with her

sister, Carol, and two cats, Tori and Misty. She retired from the Indiana (Pa.) Hospital after 30 years and is presently working as a real estate agent in Indiana, Pa. Both her paternal and maternal grandparents immigrated to the U.S. from Hungary.

Charlotte promised her parents she would learn Hungarian. She is grateful to the WPA for providing the opportunity to spend a week not only learning Hungarian but also experiencing Hungarian culture.

If you want to have fun learning Hungarian with a great group of people--no matter what your age--Charlotte recommends you join her at this year's Hungarian Heritage Experience at Penn Scenic View.

Hazelwood club to host dinner-dance

PITTSBURGH -- The American Hungarian Social Association will host its annual Venison Dinner-Dance on Saturday, April 21, at 6:00 p.m. at the club, 120 Flowers Ave., Pittsburgh (Hazelwood). The menu will include venison, fried chicken and much more. Music for your listening and dancing pleasure will be provided by Dorothy & Company. Tickets for the dinner are \$20 per person. For reservations and information, please call Geza at (412) 896-6105.

Kossuth Lajos imája a kápolnai csata után február 27 én!

FELSÉGES ÚR! Árpád fiáinak Istene!

Tekincs reánk csillagokkal övedzett trónusodról és hallgasd meg könyörgő szolgálodat, kinek ajkáról milliók imája száll eged tündöklő kárpitja felé, hogy áldja és magasztalja a Te mindenhatóságod erejét!

Istenem! Felettem éltető napod ég, s térdeim alatt a szabadság csatájában elhullott vitéz honfiainknak csontjai nyugszanak, fejem fölött kéken mosolyog az ég, lábaim alatt gyászossá vált a föld, ösapáink unokáinak kiömlött véréből. Óh, csak had szálljon alá napodnak teremtő sugára, hogy virág fakadjon a véráztatott hantokon, mert e porlandó tetemek koszorú nélkül nem hamvadhatnak.

Isten! Ösapáinknak, s népeknek Istene! Hallgasd meg ágyúink bömbö-

lő szavát, melyben vitéz népednek lelke menydörög, hogy széjjelzuzza az önkény bilincsetosztó vaskarjait.

Mint szabad hazának szabad fia terdek ez újabb temetőn, honfiain, testvéreim roncsolt tetemein. Ilyen áldozatok árán szentté válik e hazának földje, ha bűnös volt it, oh Istenem, mert vérral megszentelt földön rabnépek élni nem szabad!

Atyám Ösatyáinknak védelmező Istene, milliók felett hatalmas Úr, ég, föld s tengereknek mindenható Istene! Dicsőség nő e porlandó csontokból és nemzetem homlokán fog ragyogni.

Szenteld meg e porokat kegyelmeddel, hogy a szent ügyért elhullott bajnokok áldással nyugodjanak, szentelt hamvaikban.

Ámen.

Remembering Lajos Kossuth

LAJOS KOSSUTH (1802-1894) was born Sept. 19, 1802. A legendary figure of Hungarian history, he embarked on his political career in what is known as the Reform Era, the period before the 1848-49 revolution and war of independence. His extremely effective newspaper articles earned him nationwide recognition and trust. He was imprisoned by the Habsburg government, which only increased his popularity.

In 1848, Kossuth became a member of the first responsible Hungarian government. He aroused tremendous enthusiasm with his speeches at the Diet. At the time of the dethronement of the Habsburg dynasty on April 14, 1849, Kossuth was elected governor of Hungary.

After the defeat of the war of

independence, he was forced into exile. In 1850-51, he sailed to England and America where, with the speeches he delivered in English, he won a great number of sympathizers for the cause of Hungarian independence.

Finally, he settled down in Turin, Italy, where he carried on political activities until his death.

In the history of Hungary, the person who has been loved by the people the most is possibly Lajos Kossuth. Statues of Kossuth have been erected in the centers of many Hungarian settlements. Main streets and squares have been named after the great patriot.

His fellow Hungarians often call him "Kossuth Apánk" --Moses of the Hungarians.

McKeesport to host March 15 commemoration

Members and friends of the WPA are invited to attend a special program commemorating Hungarian Independence Day (March 15) to be held at the McKeesport Hungarian Social Club, 3004 Walnut St., McKeesport, on Sunday, March 18, at 3:00 p.m. A social hour will follow.

Moneywi\$e

with Mark Lantz



Cash needed for estate planning

*Who will provide me with the cash
to pay the bills now?*

BEING AN EXECUTOR or Executrix is very stressful when there is no cash available. The monthly bills need to be paid: gas, electric, water, telephone, insurance, real estate taxes, etc. Who will provide the cash?

The executor may not have the extra cash from their personal accounts. The house must be sold to provide cash, but you need thousands of dollars to put it on the market to get a fair price. Who will provide the cash for the repairs and necessary improvements?

The heirs all have their hands out, and they want their share of the cash, now!

Settling an estate is a complicated matter, and the executor must pay all the bills and settle the proceeds properly, otherwise, they may be held personally liable. Professionals can help you through this stressful process. Contact your WPA life

insurance agent to file the death claim.

Do you need a tax advisor and attorney? If you try to settle the estate yourself to save a little money, it may cost you more in the long run.

William Penn Association's life insurance plans may help. Life insurance proceeds provide cash fast. The money is paid to the beneficiaries and bypasses probate. This cash will take some of the stress off the executor or executrix.

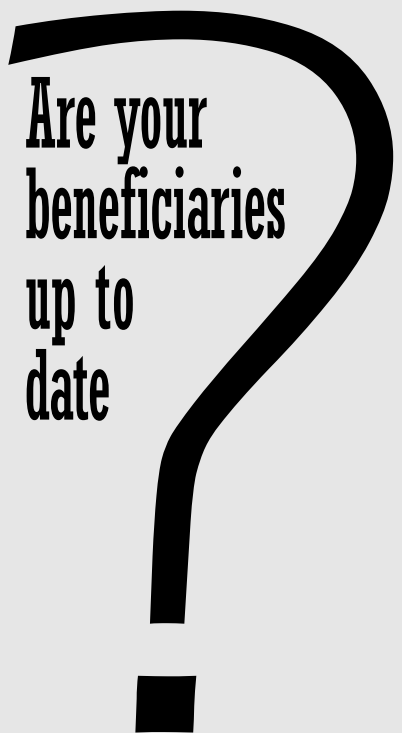
You owe it to yourself and your heirs to review your loved ones' estate plans prior to their death. Keep a list of all the assets in several locations along with your will and other legal documents.

Call your WPA agent for assistance in providing for your own life insurance planning. Your loved ones will appreciate your planning.

We offer many affordable plans for people of all ages, from 0 to 85.
We enjoy serving our members and their family and friends.

***DON'T FORGET--The WPA is currently paying 5.25% on
our 9-Year Surrender Charge Annuities...a great way to cover
your own future. Call for details.***

Mark Lantz, Sales Director, 1-800-848-7366, Ext. 134.



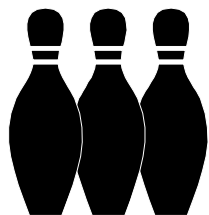
**Are your
beneficiaries
up to
date**

THAT'S A QUESTION YOU MAY not have asked yourself very often, if ever. But, it's one you should ask yourself at least once a year.

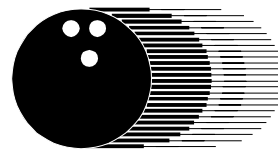
We can't stress enough the importance of regularly checking the beneficiaries listed on your life insurance policies. It is the only way to ensure that the people you want to receive the benefits of your life insurance are the ones who will receive it.

Think about the changes that have occurred in your life since you purchased your life insurance. Getting married, having children, losing a loved one, getting divorced, getting remarried--all these life changes affect your responsibilities. Do the beneficiaries currently listed on your life insurance policies reflect such changes?

If you think you need to update the beneficiaries listed on your policies--either primary or secondary beneficiaries--contact your WPA representative. Or, call our Home Office toll-free at **1-800-848-7366.**



64th Annual William Penn Association Bowling Tournament & Scholarship Days



Pittsburgh ready to welcome WPA bowlers for another fun, fraternal weekend

PITTSBURGH -- The WPA will kick off another season of fun, fraternal activities with the 64th Annual Bowling Tournament and Scholarship Days, May 4 to 6, in Pittsburgh.

The tournament weekend will begin Friday, May 4, with the annual meeting of the William Penn Fraternal Association Scholarship Foundation, Inc. The meeting will take place at the Radisson Hotel Pittsburgh Greentree. All members are invited and encouraged to attend this important meeting and to share their ideas on how the Foundation can continue its important work in helping our young members achieve a higher education.

After the meeting, all bowlers and guests are welcome to a reception in the hotel, featuring food, refreshments and good old-fashioned fraternal fellowship.

The adult bowling tournament will begin Saturday, May 5, with the team event and continues on Sunday, May 6, with the doubles and singles events. All bowling events will take place at Princess Lanes, a top-flight bowling facility which has hosted numerous WPA tournaments.

Also on Saturday, the WPA will host its 11th Annual Juvenile Fun Event, a bowling event designed specifically for the enjoyment of children ages 15 and under. The emphasis will be on fun, and everyone will leave a winner.

Once again, the WPA is adding to the excitement of the adult tournament by offering a special

\$10,000 prize to the first eligible member who bowls a perfect 300 game during Saturday's team event. To be eligible for this prize, a bowler must (1) be an adult life-benefit member of the William Penn Association as of April 1, 2007, with at least one year's premium paid; and (2) be age 18 or older. Also, a \$5,000 prize will be awarded to the first non-member amateur bowler age 18 or older who bowls a perfect 300 game during Saturday's team event.

After Saturday's team event and Juvenile Fun Event, bowlers and guests will gather in casual attire for the Barbeque Blowout at the Radisson Hotel. The afternoon will feature a pre-barbeque cash bar at 1:00 p.m., followed by a delicious barbeque dinner at 2:00

p.m.

Fliers containing information, entry forms, Barbeque Blowout reservation forms and hotel reservation information have been mailed to all 2006 team captains. Entry forms for the adult tournament and Juvenile Fun Event, as well as the Barbeque Blowout reservation form, can also be found on the next several pages of this issue of the *William Penn Life*. Please remember: admission for Saturday's Barbeque Blowout is included in the Team Event bowling entry fee. All other guests attending the Barbeque Blowout must pay an admission fee.

All entries for the adult tournament and Juvenile Fun Event, as well as Barbeque Blowout reservations, must be sent to the Home Office by April 11, 2007.

All hotel reservations must be made directly with the Radisson Hotel Pittsburgh Greentree. (*Rooms subject to availability.*)

Rules and regulations governing the adult bowling events can be found on Page 9. Anyone interested in acquiring a copy of the rules and regulations governing the Juvenile Fun Event, or who would like hotel reservation forms, should contact the Home Office as soon as possible at 1-800-848-7366, Ext. 128.

The Home Office, bowling committee and members of branches in the greater Pittsburgh area are all working hard to make this an especially memorable weekend.

We'll see you in Pittsburgh!

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- **Awards Dinner Reservation Form**
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- **Juvenile Fun Event Entry Form**
Page 8
- **Bowling Tournament Rules & Regulations**
Page 9

WILLIAM PENN ASSOCIATION

Juvenile Fun Event

In Conjunction With
The 64th Annual
Bowling Tournament
and Scholarship Days



Saturday, May 5, 2007
Princess Lanes

540 Weyman Road, Pittsburgh, PA

\$6 per child

Child's Name	WPA Member?
Name:	YES NO
Address:	
Phone:	Age:
Name:	YES NO
Address:	
Phone:	Age:
Name:	YES NO
Address:	
Phone:	Age:
Name:	YES NO
Address:	
Phone:	Age:

Entry Deadline: April 11, 2007

Make check payable to "William Penn Association"
Mail completed form and check to:

William Penn Association
Attn: Bowling Committee
709 Brighton Road
Pittsburgh, PA 15233-1821

NOTE: No child age 5 or under will be permitted to bowl without a parent or guardian with them at all times.

**Barbeque Blowout
Reservation Form
(For Those NOT Bowling
In the Team Event)**

Saturday, May 5, 2007

Cash Bar 1:00 p.m. / Barbeque 2:00 p.m.
Radisson Hotel Pittsburgh Greentree

PLEASE NOTE: Admission FOR TEAM EVENT BOWLERS to the Barbeque Blowout is included in their Team Event Entry Fee.

CONTACT PERSON: _____

Address: _____

City/State/Zip: _____

Phone: _____

Names of Guests	Age	WPA Member?
1.		YES NO
2.		YES NO
3.		YES NO
4.		YES NO
5.		YES NO
6.		YES NO
7.		YES NO
8.		YES NO
9.		YES NO
10.		YES NO

No. of Adults Age 13 & Up _____ x \$15.00 = _____

No. of Children Age 4-12 _____ x \$ 5.00 = _____

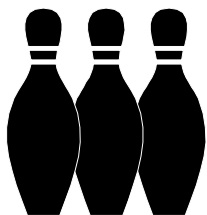
No. of Children Age 0-3 _____ FREE OF CHARGE

TOTAL DUE = _____

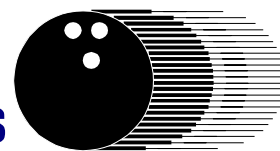
Deadline for reservations: April 11, 2007

Make check payable to "William Penn Association"
Mail completed form and check to:

William Penn Association
Attn: Bowling Committee
709 Brighton Road
Pittsburgh, PA 15233-1821



64th Annual William Penn Association Bowling Tournament & Scholarship Days



RULES AND REGULATIONS FOR ADULT EVENTS

1. ELIGIBILITY: Any William Penn Association Adult Life Benefit Member, or adult guest sponsored by an Adult Life Benefit Member, is eligible to participate in this tournament.
2. No bowler may enter or participate more than once in the team, doubles or singles events.
3. Scratch for the events--both men's and women's--will be the following: Team - 1100; Doubles - 440; Singles - 220.
4. Handicaps will be calculated on a 90% basis.
5. ENTERING AVERAGE RULE: Entrants will use their highest USBC sanctioned average of at least 21 games from the 2005-2006 season. Those without a 2005-2006 average will use highest USBC sanctioned average of at least 21 games as of time of bowling. If the entrant does not have a 2005-2006 average and no 2006-2007 average, the entrant may present his or her highest sanctioned 2004-2005 average for our committee's consideration. If a participating bowler does not have an established average for the past two bowling seasons, male bowlers must assume an average of 175 and female bowlers must assume an average of 140. Entrants using a Sport League average are required to adjust their average in accordance with the USBC Playing Rules on page 66 of the Playing Rules for 2006-2007. *Rule 319b applies. Tournament management has the authority to assign an average higher than the minimum average prior to participation.*

It shall be each bowler's responsibility to verify the accuracy of his or her average, whether originally submitted by the bowler, his or her team captain, or others. Failure to use the proper average or make a correction may disqualify score if submitted average is lower than actual average. We base prize winnings on submitted average if it is higher.
6. If, as of time of bowling, entrant has a current average for 21 or more games which is 10 or more pins above the previous season's average, bowler's current average must be used. **Rule 319 a-2 applies. Current yearbook will apply.**
7. TARDY PLAYERS: Tardy players will start in frames being bowled with zero being taken for each frame missed. Late bowlers will not be allowed to practice.

DOUBLES ONLY: Partner of tardy bowler will bowl.
SINGLES ONLY: The above tardy rule will apply.
8. SCHEDULE OF LANES: All bowling lanes will be assigned by the committee in charge. The Team event will be bowled on one pair of lanes. Double and Singles **will not be bowled on the same pair of lanes.**
9. IN THE TEAM EVENT ONLY, if wanting to bowl with another team, please make note on the entry form. **Each team must include at least one adult life-benefit member.**
10. Entry forms must be made under the name of the William Penn Association Branches. Membership will be verified by the National Vice President-Secretary.
11. Withdrawal after the closing date or non-appearance of the teams at the tournament shall constitute forfeiture of entry fees.
12. Bowlers are encouraged, but not required, to wear a team uniform. Clothing or items bearing offensive language, pictures or illustrations will not be permitted.
13. All USBC rules shall apply.
14. Recognized as William Penn Bowling Champions will be the winners in the five-man, five-woman, two-man, two woman, one-man, one-woman and all events **determined on the basis of actual score plus handicap.**
15. Open to current season USBC members. Eligible participants who are not USBC members can qualify, prior to participation, in one of two ways: 1) by paying the appropriate associate membership dues, or 2) by paying a participation fee (Rule 300c). When local and state dues are not known, adult associate dues will be \$19.
16. The Tournament Administrator will rule on all matters not covered by these Rules and Regulations, and his decision will be final, unless appeal is made in accordance with USBC Rule 329.
17. Average adjustment requirements as outlined in USBC Rule 319e shall apply to all entrants and they are advised to become familiar with this rule.
18. In the event of a tie for position standings, cash prizes will be divided among winners.
19. Team captains and substitutes are requested to report to the tournament office one-half (½) hour in advance of squad time. The team captain is required to bring with him or her the USBC cards of each team member. If a team member does not have a USBC card, the team captain shall bring along the appropriate fee for the individual bowler outlined in Rule 15.
20. All prize payments shall be distributed in accordance with USBC Rule 308.
21. Bowlers do not have to file a report on 2006-2007 prize winnings in this tournament.
22. If breakdown of pin spotters occurs for ten (10) minutes, we reserve the right to move bowlers to another pair of lanes, if available.
23. If, for whatever reason, a team is assigned to bowl alone on a pair of lanes, such team must complete a team frame on one lane before starting to bowl succeeding frame on the other lane. USBC Rule 325 applies.
24. ENTRIES: All entries must be postmarked no later than **April 11, 2007**. Additional entries for any event submitted after April 11, 2007, will be considered by Tournament Management.
25. ELIGIBILITY FOR 300-GAME PRIZE: A \$10,000.00 prize will be awarded to the **first** eligible adult (amateur) **life benefit member** who bowls a 300 game during **team event play**. To be eligible for this prize, the bowler must: (1) be a life benefit member of the William Penn Association by April 1, 2007, with at least one year's premium paid; and (2) be age 18 or older. Not more than one \$10,000.00 prize will be awarded. A \$5,000 prize will be awarded to the **first non-member** (amateur) age 18 or older who bowls a 300 game during **team event play**. Not more than one \$5,000 prize will be awarded.

The Hungarian Kitchen™

with Főszakács Béla

Low-fat, low-salt food



FÁRAD JON BE A MAGYAR KONYHÁBA.

Greetings from New Hampshire, and yes, we did finally get snow. Now, I hope it melts in a hurry so we can start playing golf. Remember the groundhog didn't see his shadow which means we'll have an early spring.

At the writing of this column, I still have some cookbooks left to sell. The address, once again, is: William Vasvary, 190 Fern Ave., Rye, NH 03870. The cost is \$20, which includes shipping and handling, with the bulk of the money going to the scholarship fund. To those of you who bought a new WPA cookbook, thank you very much.

Okay that is all the housekeeping I have for this month, so let's get into the kitchen. But, first, here is the trivia question of the month: *What percentage*

of salt in the United States is actually used in food? The answer waits at the end.

The topic this month is low fat, low salt food. It was requested by Diane Markowitz, a reader of the HK, who asked if I would provide some recipes that were low fat, low salt and give some alternatives to healthy substitutes as well. This column is the first of two parts about low fat, low salt foods. Next month we will learn more ways we can make substitutions in kitchen recipes.

The best way to explore this topic is to start by listing some foods we should avoid that are high in fats and salt. By watching what we eat, we can help prevent high blood pressure, coronary disease, diabetes and high levels of cholesterol.

HIGH FAT DAIRY FOODS include such items as whole milk, cheese, ice cream, heavy cream products, 2% milk and sour cream. We should also avoid **HIGH FAT MEAT**, such as ground beef, any deli cuts that have been processed, hot dogs, sausage, bacon and spare ribs. Some other items that make the high fat list are lard, butter, cream soups and sauces, gravies made with meat drippings, chocolate, and palm and coconut oils. Last, but not least, is poultry, such as chicken and turkey with the skin on.

There is another group of fats we should avoid called **TRANS FAT**. They can be found in products like snack crackers and chips and in baked goods, such as cookies and cakes, in the form of hydrogenated oil. Trans fat is also found in stick margarines, shortening and some fast

food items like French fries and onion rings.

If you want to keep your **CHOLESTEROL** low, you should eat less than 200 milligrams per day. Foods high in cholesterol, once again, are **HIGH FAT** dairy, egg yolks, liver and other organ meats and any poultry with the skin on.

Now that you know what to avoid, you can make substitutions for healthier options.

SODIUM is a mineral that our body needs for survival and is mainly found as a component of salt. Sodium is important because it regulates the balance of fluids in the body. By controlling sodium, we can control high blood pressure and help our body stay healthy.

Sodium is also a **PRESERVATIVE** that keeps foods in a dormant state until we further cook them. By creating an environment that is hostile for microorganisms, sodium

Culinary Corner

After making a homemade soup or stew, refrigerate the product overnight before you serve it. All the fat will rise to the top and solidify, making it easier to skim it off before you reheat. It's also another way of making your entrée a bit healthier by removing all the excess fat.

CHEF'S TIP #27

By breaking eggs into a bowl or cup before adding them to any recipe, you can catch any broken pieces and remove them. There is nothing worse than eating a piece of chocolate cake and crunching down on a piece of eggshell. It's also easier to remove eggshells from hard boiled eggs by peeling them under running water or under water in a deep bowl. Start by tapping the large end of the egg on the counter, then peel under the water, giving you a clean, shell-free egg.

keeps foods from spoiling. Most meat that is commercially prepared is high in sodium.

Foods high in sodium include pepperoni, chipped beef, beef jerky, most luncheon deli meats, hot dogs, canned meat products, sardines, most canned fish, anchovies, smoked salmon, caviar, regular peanut butter and most processed T.V. dinners.

Vegetables high in sodium are sauerkraut or those that are prepared in brine, such as olives, pickles, relishes, most commercial sauces, tomato juice, vegetable juices, frozen peas and lima beans. You should also avoid corn chips, potato chips, vegetable chips, salted pretzels, salted popcorn and other salted snack foods like nuts. Watch your intake of canned broth soups, commercially prepared stews, bouillon cubes or concentrates and instant or dried forms of soup. Last, but not least, avoid those products that have high concentrations of MSG (monosodium glutamate) which can be found mostly in Chinese food.

Now that we know what foods to avoid, here are some tips that can help you control salt and fat in your diet.

- **READ LABELS** when you shop so you know how much salt and fat is in the product you're buying. Sometimes the **FAT** content is **LOW** but the **SODIUM** content is **HIGH**. Most of the frozen diet dinners fall into this category as they claim to be fat free (which they are), **BUT** they hit you with more salt than your body needs.

- **ASK YOUR DOCTOR** if you can enjoy some high fat and high salt foods once in a while. The worst he will say is **NO**. In most cases, he

Savory Spotlight

CARROTS—with their long, slender, edible, orange roots and lacy green tops—are part of the parsley family. They have been renowned for their health-giving properties for more than 5,000 years. They were first discovered around middle Asia near Afghanistan. The first carrots were white, purple, red, yellow, green and black... but not orange. Orange carrots came from Holland in the 16th century. This root vegetable is available all year long and, when buying, should have smooth skins, good orange color and be well shaped. Carrot greens are very high in vitamins K and C and have a fat content of less than one gram. They contain phosphorus, iron, calcium and magnesium. Carrots are very high in beta carotene which is a phyto nutrient that helps fight cancer-causing cells in the body. They can be consumed either cooked or raw, and are one of the healthiest vegetables you can enjoy.

might recommend you indulge in a small way once in a great while. It never hurts to ask the expert, your doctor.

- Start using **PORTION CONTROL** which will help you regulate the intake of fat and salt. A friend of mine drank four cans of soda a day and developed high sugar levels. He controlled what he drank to one can a day and his levels went back to normal.

- If you are using fat in your coffee, like Half & Half or Cream, try using skim milk instead. Instead of sugar try using a sugar substitute in your coffee or start drinking decaffeinated flavored herbal teas which have great flavor.

Fat and salt add flavor to the foods we eat so the key is to find those flavor substitutes that are healthier and do a body good. I myself practice what I preach by using a sugar substitute in my coffee every morning. Try different **SPICES** instead of reaching for the salt shaker. Granulated garlic tastes great on vegetables, plain pasta and a piece of fresh fish. If you can't **GET FRESH** then **GET FROZEN** because the amount of sodium in some frozen foods is way less than you will find in most canned goods. Being aware of what you're buying and eating is a great start to controlling salt and fat in your diet.

Next month, we will have more kitchen tips for low salt and low fat recipes.

TRIVIA ANSWER: 6% of the salt in this country is used with food while 17% is used to de-ice streets and highways. The other 77% is used in agriculture, water conditioning and chemicals.

Enjoy the recipes on the next page. See you next month.

*Jó étvágyat
Főszakács Béla*

*"The Hungarian Kitchen"
is a trademark of William S. Vasvary.*

If there's a topic you would like to see covered in *The Hungarian Kitchen*, or if you have any comments, questions or other suggestions for Chef Béla, then please write to the chef at:

William Vasvary, 190 Fern Ave., Rye, NH 03870

Or, you can write to:

The Hungarian Kitchen, c/o William Penn Association, 709 Brighton Road, Pittsburgh, PA 15233

RECIPES

Low-Fat Beef Stew

- 1 pound top round steak trimmed and cut into 2-inch cubes
- 1 tablespoon canola oil
- 1 small onion, thinly sliced
- 1 garlic clove, minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon marjoram
- ¼ teaspoon thyme
- ½ cup dry red wine
- ½ cup low sodium V8 juice

Heat the oil in a heavy skillet then brown the beef cubes. Remove them and set aside. Sauté the onion until soft then add the garlic and seasonings. Stir for a minute then put back in the beef cubes. Add the wine and V8 juice and bring to a boil. Lower to a simmer then cover and cook for about one hour or until the meat is tender. Serve with a crispy rye bread.

Low-Fat Lasagna

- 1 pound ground turkey
- 1 pound ground turkey sausage
- 1 pound lasagna noodles
- 1 pound non-fat cottage cheese
- 1 pound low-fat mozzarella cheese, shredded
- ½ cup grated parmesan cheese
- 2 whole eggs
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon parsley
- 2 quarts low-fat spaghetti sauce

Brown the meat in a skillet then drain off the excess fat. In a casserole dish, pour in one jar of spaghetti sauce and spread over the bottom. Place half of the lasagna noodles on the sauce overlapping the noodles, then layer the meat on top of the noodles. In a small bowl combine the cottage cheese, mozzarella, parmesan, eggs and all the spices. Mix well and spread over the meat. Place the other half of the lasagna noodles over the cheese mixture, once again overlapping the edges. Pour the other jar of sauce on top and sprinkle with any remaining cheese. Bake covered in a pre-heated 350 degree oven for 45

minutes. Uncover and let rest for 15 minutes, then slice and serve.

Low-Fat Mac & Cheese

- 12 ounces uncooked elbow macaroni
- 2½ tablespoons all-purpose flour
- 2 cups non-fat milk
- 1¼ cups reduced-fat sharp cheddar cheese, grated
- 1 teaspoon Dijon mustard
- Freshly ground black pepper

Cook pasta and set aside. Place flour in a medium saucepan and gradually whisk in the milk. Heat the milk and flour on medium heat and bring to a boil. Keep stirring to avoid any lumps. Reduce the heat to simmer and keep stirring until the milk thickens. Stir in the grated cheese and mustard and mix until the cheese melts. Toss in the cooked pasta and turn off the heat. Stir until all the pasta is coated with the sauce then add the fresh black pepper. Serve hot to your guests.

Low-Fat Lemon Pound Cake

- 2¼ cups all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 cup "I Can't Believe It's Not Butter"
- ¾ cup granulated sugar
- 3 whole eggs
- 1 cup Light & Lively non-fat lemon yogurt
- 2 teaspoons grated lemon peel
- OR
- 1 teaspoon lemon extract

In a bowl combine the flour, salt and baking soda then set aside. In a mixing bowl at medium speed, cream the butter and the sugar until fluffy. Add the eggs, yogurt, peel (or extract) and beat another two minutes until smooth. Stir this into the dry mixture and combine thoroughly. Grease and flour a bundt pan while preheating your

oven to 325 degrees. Bake the cake for 45 to 60 minutes until a toothpick tests clean. Let cool for 15 minutes then loosen and flip over onto a rack to cool. Add a little powdered sugar or slice plain and serve your guests.

Low-Fat Chicken & Vegetable Soup

- 1 whole chicken skinned, cleaned and cut up
- 1 large onion, chopped
- 3 garlic cloves, smashed
- 2 quarts spring water
- 1 stalk celery
- 1 medium turnip peeled and cut into ½-inch cubes
- 2 medium carrots, sliced
- 2 medium zucchini, sliced
- ½ pound cooked kidney beans
- 1 small head of green cabbage, chopped
- 2 teaspoons salt
- ¼ teaspoon black pepper

Place the chicken, onion and garlic in a large saucepan. Cover with water and bring to a boil. Reduce the heat and simmer for 50 minutes or until the chicken is tender. Remove the chicken from the broth and skim away any fat from the broth. Return the meat to the broth along with all other remaining ingredients. Simmer for another 20 minutes or until the veggies are tender. Serve hot to your guests

Practical Pointer

Cutting vegetables for soups and stews is easier if you let them warm up a bit. By placing them on the counter for 15 minutes they become easier to cut, peel or pare into any shape you want. This works best for carrots, potatoes, onions, turnips, parsnips and other root vegetables. Don't forget to save all the peels and use them when making any stocks or soup base.

36th General Convention

Notice of Establishment of Delegate Districts, Number of Delegates and Procedure

THE BOARD OF DIRECTORS has established the Delegate Districts for the 36th General Convention and the names of the District Chairmen. These can be found on pages 14 and 15 of this issue. In accordance with the By-Laws of the Association, Article II, the election of Delegates shall proceed as follows:

Section 205.3 - Delegate Districts

Based upon the membership of the Association, as of December 31 of the year prior to the General Convention, the Board shall establish the number of Delegates to be certified in order to comply with the statutory provisions relating to the minimum number of elected and ex-officio Delegates required to comprise a General Convention and establish Delegate Districts, considering the number of Adult Life Benefit Members and any other factors that the Board may consider material.

Section 205.4 - Method of Creating Delegate Districts

In order to give representation to as many Adult Life Benefit Members as possible, Branches that do not have a sufficient number of members to elect a Delegate shall be joined with one another, or joined with Branches that have a sufficient number of Members to elect one or more Delegates, but still have Members whose number is insufficient to elect an additional Delegate, to comprise one Delegate District. In this way, there will be a sufficient number of Members to elect additional Delegates. The Board, in its sole discretion, shall determine which Branches shall be joined together to form a Delegate District. In making such determination, the Board shall give consideration to maximizing the number of Delegates that can be elected by Adult Life Benefit Members so as to increase representation and to any other factors that the Board deems relevant.

Section 205.5 - Delegates/Alternate Delegates

a. Each duly established Delegate District shall be entitled to elect one or more Delegates for a four (4) year term or until their successors are elected and certified by the National Vice President-Secretary.

b. In addition to the elected Delegates, each Delegate District, on a separate ballot, shall elect up to an equal number of alternate Delegates who shall be certified as such by the National Vice President-Secretary.

Section 205.6 - Notice of Elections

a. Election of General Convention Delegates shall be held between May 1 and May 15. Notice of the date, time and place of the meeting shall be given to the National Vice President-Secretary by Certified Mail, Return Receipt requested, or overnight courier with evidence of receipt, on or before March 15 and to the Branch Members in accordance with the provisions of Article XIV of these By-Laws.

b. If the appointed District Chairman cannot perform the duties on the designated date, time and place, the National Vice President-Secretary or, in his or her absence, the National President shall appoint another District Chairman.

Section 205.7 - Delegate District Elections

Delegate District elections shall be conducted according to the following rules and procedures:

a. With respect to each Delegate District, the Board shall appoint a District Chairman.

b. The District Chairman of each Delegate District will establish the date, time and place for that Delegate District's election, as provided in the By-Laws.

c. The District Chairman shall conduct the Delegate District Meeting, and shall appoint a recording secretary to record the minutes of the Meeting.

d. Nominations for Delegates or Alternate Delegates may be made from a nominating committee appointed by the Delegate District Chairman. Such nominations may also be made from the floor of the Delegate District Meeting by those members in attendance.

e. The attendance of a nominee at the Delegate District Meeting is not mandatory.

f. A register shall be maintained at the Delegate District Meeting and signed by all Adult Life Benefit Members voting at such meeting.

g. The vote of each Delegate District member who is an Adult Life Benefit Member and has attained at least age 16 must be cast in person at the Delegate District Meeting for the Delegate District to which the member is assigned. Proxy voting shall not be permitted for any purpose.

h. The candidates in each Delegate District who receive the highest number of votes shall be the duly elected Delegates to the General Convention for each of the respective Delegate Districts and the candidates for Alternate Delegate receiving the highest number of votes shall be the alternates to the General Convention for each of the respective Delegate Districts. Such Alternate Delegates shall be ranked by the number of votes received. A candidate for Delegate who is not elected shall be ineligible to run as an Alternate Delegate for the same General Convention. In the event of any or all tie votes, whether unanimous or otherwise, for Delegate(s) or Alternate Delegate(s), the election shall be decided by lot drawn by the candidates involved, in the presence of the District Chairman.

i. Each District Chairman shall, by Certified Mail, Return Receipt requested, or overnight courier with evidence of receipt, submit the election results, listing all candidates with the number of votes cast, order of election of Delegates and Alternate Delegates, minutes of the Meeting and registration list to the National Vice President-Secretary within ten (10) days after said election. Failure to make complete and timely submission shall result in disqualification of the subject Delegation unless the failure to comply is excused by the Board for good cause, at the next regular meeting or special meeting of the Board. The decision of the Board shall be final.

By order of the Board of Directors,
Stephen J. Varga, *Chairman of the Board*
George S. Charles, Jr., *National President*
Richard W. Toth, *National Vice President-Secretary*
Diane M. Torma, *National Vice President-Treasurer*

36th General Convention

DELEGATE DISTRICTS

District #	Branch #	Branch Location	# Delegates	District Chairman
1	0525 0005	Los Angeles, CA Phoenix, AZ	1	Schorlis J. Gotz
2	0001	Bridgeport, CT	4	William J. Bero
3	0590	Cape Coral, FL	2	Michael F. Tomcsak
4	0015 0024	Chicago, IL Chicago, IL	2	Laslo Corba
5	0705	Mayville, WI	1	Timothy Lippert
6	0132 0127 0209 0278	South Bend, IN Joliet, IL St. Louis, MO Omaha, NE	4	Frank J. Wukovits, Jr.
7	0720 0723 0725	Dedham, MA Worcester, MA Springfield, MA	4	William S. Vasvary
8	0018	Lincoln Park, MI	5	Barbara A. House
9	0019	New Brunswick, NJ	2	Evelyn B. Bodnar
10	8286 8340 0023	Philadelphia, PA Baltimore, MD Pocahontas, VA	1	E. E. Vargo
11	0013	Trenton, NJ	1	Anthony C. Beke
12	0016	Perth Amboy, NJ	1	Frank Hrabar
13	0051	Passaic, NJ	1	Ernest J. Mozer, Jr.
14	0026 8114	Sharon, PA Clarion, PA	1	Geraldine B. Davenport
15	0048 0383	New York, NY Buffalo, NY	2	Stephen J. Varga
16	0014	Cleveland, OH	6	Caroline H. Lanzara
17	0129 0010	Columbus, OH Barton, OH	1	Margaret H. Boso
18	0249 0025	Dayton, OH Beckley, WV	1	Anne Marie Schmidt
19	0027 0044 0189	Toledo, OH Akron, OH Alliance, OH	3	Robert A. Ivancso

36th General Convention

DELEGATE DISTRICTS

District #	Branch #	Branch Location	# Delegates	District Chairman
20	0028	Youngstown, OH	2	Katherine E. Novak
21	0800	Altoona, PA	1	Robert M. Jones, Jr.
22	0352	Coraopolis, PA	2	George S. Charles, Jr.
23	0071	Duquesne, PA	1	Gail E. Nagy
24	0336 8075 0009 0174	Harrisburg, PA Wilkes Barre, PA Hazleton, PA Scranton, PA	2	Charles S. Johns
25	0089	Homestead, PA	3	Elmer W. Toth
26	0008 0059	Johnstown, PA Windber, PA	2	Sandor J. Yuhas
27	0226	McKeesport, PA	2	Malvene C. Heyz
28	0076	Philadelphia, PA	1	J. John Tokar
29	0159	Phoenixville, PA	1	Caroline B. Varner
30	0034	Pittsburgh, PA	2	Andrew W. McNelis
31	0296	Springdale, PA	2	Ronald S. Balla
32	8014 8019 8020	Pittsburgh, PA Pittsburgh, PA McKees Rocks, PA	1	Nickolas M. Kotik
33	0088 0248 8121	Rural Valley, PA Monaville, WV St. Marys, PA	1	Dennis A. Chobody
34	0349 0040 0310 8036 8164	Weirton, WV Martins Ferry, OH Lynch, KY Scottdale, PA Steubenville, OH	2	Charlene F. Kinder
35	0216 0090 0098	Northampton, PA Allentown, PA Bethlehem, PA	2	Robert Kovach

TOTAL DELEGATES TO BE ELECTED =70

Puzzle Contest

Number 21



And the winners are...

We drew the winners of our Puzzle Contest #18 at the Home Office Feb. 1. Thanks to Ronda Grotefend, secretary to the National Vice President-Treasurer, and David Chakey, president of Computer Specialties Corp., for their help. Congratulations to:

- Connie Benes, Br. 26 Sharon, PA**
- Betty R. Galgany, Br. 14 Cleveland, OH**
- Joan Lantz, Br. 352 Coraopolis, PA**
- Mary Ann Snyder, Br. 44 Akron, OH**

Each won \$50 for their correct entry. WAY TO GO!!

Luck o' the Irish

*Find the words commonly associated with St. Patrick's Day hidden below and you could win \$50 in our **Puzzle Contest #21.***

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 #21, 709 Brighton Road, Pittsburgh, PA 15233.**
4. Entries must be received at the Home Office by **April 24, 2007.**
5. Four (4) winners will be drawn from all correct entries at noon on April 27, 2007, at the Home Office.
6. **GOOD LUCK!!!**

Luck o' the Irish

- | | |
|---------------|---------------------|
| Blarney Stone | Jig |
| Cabbage | Leprechaun |
| Celtic | Lucky |
| Corn Beef | Parade |
| Gold | Potato |
| Good Luck | Rainbow |
| Ireland | Saint Patrick's Day |
| Irish Setter | Shamrock |

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

Address: _____

Phone: _____ Email Address: _____

WPA Life Certificate Number: _____

Branch News

Branch 14 Cleveland, OH

by Dawn D. Ward

As this issue goes to press, northern Ohio sits under a thick blanket of snow, and we haven't had temperatures above freezing for over a month. We're all looking to spring and the first Branch 14 meeting of 2007 which will be held Wednesday, March 7.

We were all saddened by the sudden death of Branch 14 auditor Louis Horvath. Lou and his wife Carol were in Hawaii in January when he tragically passed away. He was a delegate to the WPA's 35th General Convention in 2003, and he and his large extended family were regular participants in the WPA golf tournament. Lou will be remembered as a soft-spoken gentleman with a kind, generous spirit. He is survived by his wife, Carol; sons David, Thomas and James; and four grandchildren.

Branch 14 welcomes the following new members: Bryton Carruthers, Haydin Puskar, Seth Salisbury, Jennifer Furst, Stephanie Furst, Sally Veneri, Nicholas Kurtz, Robert Kurtz, Stephanie Kurtz, Jonathan Demetzky, Candice Kish, Emily Feldner, Abigail Feldner, Frances Hassel, John Mogyordy, Madeline Mogyordy, and Olivia Mogyordy. Please contact the Ward Agency at (440) 838-1200 with any prospective new members and earn Recommender Bucks!

The WPA's Scholarship Foundation eligibility rules are in the "Penn Life" for prospective recipients and students wishing to receive renewals. Please refer to the rules to make your applications timely and complete.

Any Branch 14 member interested in participating in the WPA's annual bowling tournament May 4 to 6 should contact Branch President Caroline Lanzara at (216) 581-8979.

All Branch 14 members are wel-

**NEXT DEADLINE
MARCH 10, 2007**

come to attend the next meeting Wednesday, March 7, at 7:30 p.m. at the First Hungarian Reformed Church, 14530 Alexander Road, Walton Hills. The social agenda for 2007 will be discussed, and we appreciate your input.

Think Spring!

Branch 18 Lincoln Park, MI

by Barbara A. House

I finally made it down to Florida...just in time for the tornadoes. Thank God we are safe. I send my prayers to those who endured losses of any kind. They were really treacherous storms. Hope you are all back to normal--or as normal as you can get--as soon as possible.

Thank you to all who contacted my mom and me by telephone or cards during her recent surgery. We are convinced all the love you showed made her better much sooner than we expected. She came to stay with me for a while after being discharged. We had a great time, ate what and when we wanted, and watched chick flicks at all hours of the night. Thank you again for all your thoughts and prayers.

Get well also to Richard Miastkowski and Al and Olga Wansa. Hope you're all better soon.

Please remember in your prayers all our deceased members and their families, especially Alice Segedy and Joseph A. Laszlo Jr. May they rest in peace.

Branch 18 also lost a very special and active member, Emilia Toth Blair. A group of us went and performed a service at the funeral home. She will be missed by many of us.

Welcome new members Joseph F. Gall, Dianna Minard, Amanda Minard, William L. Raymond, William L. Raymond Jr., April Raymond, and Kory L. Hegeman. Many thanks to Judy and Keith Warmanen for bringing six new members to Branch 18.

Happy birthday to all our March members, especially my super husband and Gabby's dad, Tom House. We love you a lot. Best wishes also to Janet Totsky, Lou Almassy, Marco Marchelletta, Jennifer Szatmari, Marie Boroznaki, Todd George, my super vice president Helen Molnar, Anne Putz, Helen Papp, Jacob Atnip, John Whalen, Ashley Falwell, super friend Julius Deac Sabo, Tucker Freeman, Al Wansa, Mike Adorjan, Vince Sears, Kyle George, Robert Sabo, Julia Yurko and Ursula Markovits. Ursula worked very hard to make our October celebration a beautiful success. We love you a lot. May you all have many more great years.

Thank you Wally Burinda for the confidence you have shown in WPA and me. Hope to hear from you soon.

Please mark your calendars for these upcoming events:

- Holy Cross Church Card Party, March 25, and

- Holy Cross Church Kalacs Sale, March 31 and April 1.

Please call the church for more information.

We will resume branch meetings in April. Kay Momtsios will remind you of the date. We are tentatively scheduled for April 4 at 7:00 p.m. at the American Hungarian Reformed Church in Allen Park.

Remember the bowling tournament will be held the first weekend in May. Don't forget your donations for the Chinese auction. All proceeds from the auction support our Scholarship Foundation.

Speaking of scholarships, all of you who benefited from WPA scholarships in the past should remember to give back so others may also benefit. Remember the Foundation in your will. Or, instead of sending flowers when someone passes away, you can make a donation to the Scholarship Foundation in their honor. The Home Office sends a lovely notice to the family when a donation has been made in a loved one's name. You can also honor someone on their birthday or anniversary. Please, help the

Branch News

Scholarship Foundation so that it will go on for many generations to come.

And remember, I am always available for you. Call me at (734) 782-4667 or (734) 782-5257.

Think Spring!

Branch 28 Youngstown, OH

by Kathy Novak

The Youngstown American Hungarian Federation will host its annual program commemorating the 1848 Hungarian War of Independence on Sunday, March 18. The event will be held at the Youngstown American Hungarian Club House, 2219 Donald Ave., beginning at 2:30 p.m. The program will include traditional poems, dances and songs.

Branch 28 will be organizing a bus trip to the WPA Picnic-A Great Fraternal Fest on Saturday, Sept. 15. If you are interested in joining us for this wonderful, fun-filled day, call Steve Novak at (330) 746-7704. More details on this trip will appear soon.

How nice it was to see yet another WPA member be honored by the National Fraternal Congress of America as a Fraternal MVP. Our congratulations to the Rev. Imre A. Bertalan. You are so well-deserving of this honor.

If you enjoy Hungarian music, then tune into WKTL-FM every Saturday from noon to 1:30 p.m. for The Sovereigns of Hungary Show. The host, hostesses and volunteers for this program are all WPA members.

Many happy returns to those celebrating birthdays and anniversaries this month, especially Mr. and Mrs. Leslie Polgar Sr. who mark 50 years of wedded bliss.

We also congratulate the WPA for 121 years of continued dedication to the Hungarian culture, for providing great insurance benefits and for promoting true fraternalism.

Our deepest sympathy to the families of our recently departed members.

For your life insurance and annuity needs, please call Kathy Novak at (330) 746-7704 or Alan Szabo at (330) 482-9994.

We are looking forward to attending the upcoming bowling and golf weekends. Maybe the luck o' the Irish will extend over to those participating at these events and help them go home winners.

Branch 76 Philadelphia, PA

by Bette Lewis Tokar

We hope that you are all recovering from any winter flu or other illness and are looking forward to the coming of spring. In Philadelphia this year we were enjoying unusually warm weather until around Christmas. Then the cold roared in and reminded us that winter can be very severe. We have not had significant snow, but who knows what it will be like next week.

The Philadelphia Hungarian Club had its annual elections in January; Kalman Fogarsi, the incumbent president, was reelected. The other incumbents were also reelected. In March, the Magyar Otthon is planning a celebration of the 1848 revolution. At this time the date has not been decided. Also in March, there will be an international service for all the nations captured under Communist rule at the cathedral of St. Peter and Paul. The Cardinal will be the celebrant. Please call Anne Dobo (215) 322-9773 for further information or to make reservations.

We hope that all those who are celebrating birthdays this month are enjoying good health and looking forward to another year. We wish you all the best.

We want to welcome new members, particularly Edith Nemeth. We are happy to have you join us. Tell your friends and relatives about the benefits of membership in the WPA: insurance, annuities and fraternalism.

We are interested in hearing from all Branch 76 members. Have you celebrated a significant event: major birthday, marriage or family addition? Let us know and we will publish your news so that we can all enjoy hearing about it. Address your news to Jack and Bette Tokar, 153

Pinehill Road, Feasterville, PA 19053-7809.

If there is any way that we can help you with life insurance or annuities, please give us a call at (215) 357-4516.

Branch 249 Dayton, OH

by Anne Marie Schmidt

Congratulations to the WPA for celebrating 121 years of fraternalism. We invite those in our area to become members of this wonderful organization by considering a life insurance policy or annuity for yourself or family member. The juvenile certificates are a great gift for your grandchildren at a great price.

Our branch offers opportunities for members to socialize through our bowling league, bowling tournament, golf tournament and Christmas party. Many of our members are also very active in other Hungarian activities in the community. For more information on how to join, please contact Branch Coordinator Michele LaFlame at (937) 278-5970.

The spring cabbage roll sale will be held on March 29 at St. Stephen's Church Hall. Cabbage rolls are \$1.50 each and can be ordered by calling Michele LaFlame at (937) 278-5970 or Branch President Anna Kertesz at (937) 275-6654.

The local Hungarian churches will be hosting their March 15 celebration dinners, and we invite you to attend. St. Stephen's Catholic Church will hold its dinner on March 11 at 1:00 p.m. Please call Joanne Clark at (937) 396-1175 for reservations.

The Old Troy Pike Community Church will hold its dinner in the church hall on March 18. For reservations call the Rev. Gabor Nitsch at (937) 233-5225.

The Magyar Club of Dayton will have its annual spring dance on April 28 from 5:00 p.m. to midnight at the Old Troy Pike Community Church hall, 4474 Old Troy Pike. Music will be provided by Kalman Hegedus from Cleveland. Home style Hungarian food will also be for sale. Contact Anne Marie Schmidt at (937) 667-1211 for tickets and more information.

Branch News

Branch 296 Springdale, PA

by Diane M. Torma

Branch President Ron Balla would like to report that he attended Branch 88 Rural Valley, Pa.'s annual membership drive on Feb. 11, and it was a success. Fraternal Director Endre Csoman prepared a delicious chicken paprikas and dumplings dinner. Congratulations to Dennis Chobody and Branch 88 on a job well done.

Our next monthly meeting is scheduled for March 15 at 7:30 p.m. at King's Family Restaurant in New Kensington, weather permitting. We encourage and welcome all branch members to attend as we plan our activities for the year.

Call Noreen Fritz at (412) 821-1837 for your life insurance and annuity needs. If you have branch news to share, call me at (724) 339-2445.

Branch 800 Altoona, PA

by Vincent Frank

We welcome the feast of St. Patrick on March 17. The shamrock surrounds the life of St. Patrick and teaches us the Trinity. By the 17th century, Irish Catholics wore shamrocks on their lapels when attending Mass on this feast day. It surprised me to learn that St. Patrick's Day is celebrated in Japan and Russia. So, enjoy the luck o' the Irish and celebrate the patron

saint of Ireland.

Branch 800 will again be making a \$500 donation to St. Dismas Parish, located on the grounds of the state prison in Huntingdon, Pa. The donation will be used to purchase items which will develop the spiritual life of the prisoners.

To all of our branch members living in other states, we wish to tell you that central Pennsylvania did not start experiencing winter weather until the middle of January. It's nice to know that spring is on the way and will arrive on March 21. Soon, and with great pleasure, we will be hearing the birds chirping and seeing flowers pushing out of the ground. Beautiful spring days are just ahead.

Pray for our men and women in the military. May they all soon be home with their families.

For your life insurance and annuity needs, please call Bob Jones at (814) 942-2661. Check out the WPA's annuity rates. These rates are available only to WPA life benefit members. Call Bob to learn more about the advantages of being a WPA life benefit member.

A blessed Easter to all.

Branch 8114 Clarion, PA

by Noreen Fritz

Finally, this month Spring begins along with daylight savings time.

Tax bracket too high? With tax day next month, a WPA tax-deferred

annuity may be the answer for you to have more control over your tax burden next year. Another important issue is life insurance. Many people have everything in their house insured properly except themselves and their family. If you have any questions about your life insurance coverage or annuities, IRA's or any pension plan, feel free to call me anytime. There is never a service charge.

Happy Birthday greetings to our Clarion branch members: Doris Cherico, Noni Huefner, Pete Chernicky, John Gatesman, John Judy, William Schmader, Nathan Beckwith, Kevin Rhoads, Lloyd Pontzer, Ed Groner, Christopher Paul, William Hamacher, Victor Cherico, Patrick Aaron, Mary Lou Delaney, Mary Ann Groner, Charles Gatesman, Marjorie Hargenrader, Maximilian Bagileo, Elizabeth Kindel, Bridget Bagileo, James Amato, Vance Slike and Amanda Beckwith.

Wishing you the gift of happiness and all the treasures money can't buy. Happy Birthday!

Welcome home, Bob and Joan Donahue, from their long overdue vacation. Hope you had a wonderful time.

If anyone has any branch news to share or needs my assistance, you may call me anytime at my direct business line (412) 821-1837 or write to me at P.O. Box 15060, Pittsburgh, PA 15237-0060. My e-mail address is noreenbunny.fritz@verizon.net.

In Memoriam

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

DECEMBER 2006

0001 BRIDGEPORT, CT
John Kovacs
Margaret F. Misencik
Alexander Nanai
Mary Swift
Martin J. Yost
0005 PHOENIX, AZ
Gideon Tukacs

0016 PERTH AMBOY, NJ
Marie D. Borkowski
John E. Rusbarsky
0018 LINCOLN PARK, MI
William J. Daley
Helen M. Toth
Elizabeth Williams
0024 CHICAGO, IL
Margaret Bell
0028 YOUNGSTOWN, OH
Frances L. Sakasits
0034 PITTSBURGH, PA
Norma R. Porter
Louis H. Wagner
0044 AKRON, OH
Mary Ann Rhodes

Rose M. Sabo
0048 NEW YORK, NY
Vince Henits
Rose Lovetro
Anna Varga
0089 HOMESTEAD, PA
Joseph Kolozi
Frank L. Sapienza
0090 ALLENTOWN, PA
Helen M. Ribbecky
0098 BETHLEHEM, PA
Charles F. Bauer
James Noe
0127 JOLIET, IL
Margaret Vitonovec

0129 COLUMBUS, OH
George Keseg
Tibor G. Rusznyak
0132 SOUTH BEND, IN
Agnes Farkas
Helen Rose Jozsa
Bobby C. White
0174 SCRANTON, PA
Ralph A. Steppe
0189 ALLIANCE, OH
George L. Nemeth
0226 MCKEESPORT, PA
John Sokol, Jr.
0336 HARRISBURG, PA
Lee C. Doyno

Continued on next page

In Memoriam

0349 WEIRTON, WV
Elizabeth A. Selesztay

0352 CORAOPOLIS, PA
John Sakal

0383 BUFFALO, NY
Emerson H. Davis, Jr.
Gordon R. Hughes

0590 CAPE CORAL, FL
Edward P. Mulholland
Janice Scerenscko
William D. Scerenscko
Nicholas C. Sommer
Margaret Wood

0705 MAYVILLE, WI
Helmi I. Pieti
Margaret F. Stang

0720 DEDHAM, MA
Antoinette M. Derosa
Valerie C. Rakauskas
Ruth M. Zambis

0725 SPRINGFIELD, MA
Mary I. Gusan
Harselia A. Malloy

8014 PITTSBURGH, PA
Thomas J. Lewis

8114 CLARION, PA
Christine S. Wells

8164 STEUBENVILLE, OH
Joseph A. Foglietti
James G. Raha

JANUARY 2007

0001 BRIDGEPORT, CT
Elizabeth Delibro
William J. Halkovetz
Anna Kapi
Caroline M. Lavorgna
John Yuhas

0005 PHOENIX, AZ
Loretta Kanak

0008 JOHNSTOWN, PA
Helen Harker
Joseph Zambanini

0013 TRENTON, NJ
Stephen Ducsa
Helen Santak

0014 CLEVELAND, OH
Theodore Kolozsvary
Louis Palagyi
Tilda L. Paltza
Elizabeth Tancos

0015 CHICAGO, IL
Margaret Long

0016 PERTH AMBOY, NJ
Sophie Varga

0018 LINCOLN PARK, MI
Joseph A. Laszlo, Jr.
Alice Segedy

0028 YOUNGSTOWN, OH
Andrew Fedor

0034 PITTSBURGH, PA
Josephine G. Chatsko
Margaret Klein

0044 AKRON, OH
Louis Beresh
Barbara M. Ross

0088 RURAL VALLEY, PA
James G. Schmitt

0089 HOMESTEAD, PA
Alexander Konick
Heidi J. Moore
Harold Murock

0098 BETHLEHEM, PA
Anna Nemes

0132 SOUTH BEND, IN
Frank J. Kobli
Joseph E. Koszyk
Theresa C. McCubbins
Victor Sulok

0159 PHOENIXVILLE, PA
Mary J. Ferdik

0174 SCRANTON, PA
Henry R. Schild

0189 ALLIANCE, OH
Ida Paytas

0310 LYNCH, KY
Theresia Zsoldos

0525 LOS ANGELES, CA
Golden Burke Paltza

0590 CAPE CORAL, FL
Robert A. Menner

0705 MAYVILLE, WI
Hilda L. Jackson
John J. Lippert
Mildred I. Welke
Roger D. Yaeger

0720 DEDHAM, MA
Stephen A. Forcillo, Sr.

0723 WORCESTER, MA
Bronislaw Dybowski
Frances J. King

0725 SPRINGFIELD, MA
Doris P. Scrivens

8036 SCOTTDAL, PA
Bertha Maskara
Lillian McManus

Recent Donations

WPFA Scholarship Foundation

JANUARY 2007

Branch - Donor - Amount

1 - Oswald Walker - \$1.00

8 - Andy W. Tomko - \$3.00

8 - Doris R. Behory - \$5.00

13 - Margaret Brady - \$6.00

14 - Matthew M. Danish - \$5.00

14 - Jeffrey J. Klecan - \$1.00

14 - Mary Ann Dobransky - \$5.00

18 - William Imry - \$8.36

18 - Rose M. Adams - \$25.00

18 - Benjamin A. Dear - \$2.50

18 - Rebecca K. Dear - \$2.50

19 - Michael J. Bode - \$10.00

19 - Kyle A. Nagy - \$5.00

19 - Patricia L. Pongracz - \$10.00

28 - Thomas J. Pitlik - \$5.00

34 - Courtney N. Gesky - \$2.00

34 - Patricia A. Lenski - \$20.00

44 - Alexander J. Darago - \$11.62

44 - Bella D. Lehmer - \$10.00

59 - Stephen J. Gall Jr. - \$2.00

76 - Edward J. Ginley Jr. - \$13.90

88 - Joseph D. Chobody - \$25.00

89 - Carissa R. Debreczeni - \$5.00

89 - Mark S. Maskariniec - \$5.37

129 - Melissa S. Pache - \$1.00

132 - Irene Tubicsak - \$2.75

189 - Nancy L. Kelley - \$1.00

226 - Timothy R. Holtzman - \$1.40

226 - Carol S. Burlikowski - \$5.00

226 - Dennis S. Burlikowski - \$5.00

Today's young people are tomorrow's leaders. Please make a donation to the WPFA Scholarship Foundation, and help make the future brighter for all of us.

Send your tax-deductible donation to:
"William Penn Fraternal Association Scholarship Foundation, Inc."
709 Brighton Road, Pittsburgh, PA 15233

226 - Robert W. Serena - \$5.00

248 - Debbie L. Eldridge - \$5.00

249 - Zachary A. Vargo - \$6.60

296 - Richard Olex - \$2.00

336 - Robert W. Laman - \$5.00

336 - Naomi S. Livingston - \$5.10

336 - Richard E. Schneck - \$25.00

336 - Ernest B. Molnar - \$2.00

352 - Julie R. Smilak - \$10.00

383 - Elizabeth S. Nichols - \$5.00

800 - Joan B. Ballash - \$5.00

8114 - Loreno J. Pierucci - \$20.00

8340 - Edward M. Geary Sr. - \$10.00

TOTAL for Month = \$311.10

JANUARY 2007

Donor - Amount

James Fabian - \$20.00

Cecelia M. Knight - \$12.00

Br. 28 Youngstown, OH - \$75.00

WPA Cookbook Sales - \$120.00

TOTAL for Month = \$227.00

IN MEMORY OF JANUARY 2007

Donor - Amount
(In Memory of)

M/M Thomas F. House - \$25.00
(Edward John Gordon)

Irene Korpak - \$25.00
(Joseph F. Gall)

M/M Endre Csoman - \$50.00
(Anna Varga)

M/M Thomas F. House - \$25.00
(Emilia Blair)

Br. 18 Lincoln Park, MI - \$125.00
(Elizabeth Williams, William Daley,
Helen Toth)

In Memory of John "Jack" Lippert

Bill & Bonnie Amborse - \$20.00

James Becker - \$10.00

Trell Berry - \$100.00

Russ & Joan Brown - \$20.00

Susie & Dennis DelPonte - \$50.00

Bob & Karen Dobbert - \$20.00

Delbert & James Ehlers - \$20.00

Harriet Gehrke - \$15.00

Dick & Deanna Guenther - \$10.00

Lois & Rick Gundrum - \$10.00

Jim & Elaine Huribert - \$10.00

Tim, Rita, Ryan and Meg Jacobson - \$50.00

Tom Kempf - \$10.00

Emil Lazich - \$20.00

Tim & Sue Lippert - \$100.00

Mayville Gun Club - \$50.00

Margaret McCarthy - \$20.00

Bob & Tina McCoy - \$20.00

Dave & Jeanette Mesner - \$10.00

Delores Neumeyer - \$20.00

Rena Persha - \$10.00

King & Jackie Ramin - \$50.00

Leif & Malia Selsing - \$40.00

Diane Seymer - \$20.00

Bill & Stephanie Sick - \$200.00

Tony & Greg Smith - \$50.00

Art & Sharon Stafford - \$100.00

Isabelle Trejnowski - \$10.00

Dave & Patrice Vossekuil - \$25.00

Steve & Teri Wald - \$20.00

Br. 705 Mayville, WI - \$50.00

TOTAL for Month = \$1,410.00

Eligibility Rules for Year 2007 Scholarship Grants

The Board of Directors has established the following rules governing eligibility for scholarship recipients:

- a) The **student** applying for a scholarship grant must be an individual Life Benefit Member of the William Penn Association for four (4) years which became effective January 1, 2003. A Life Benefit Member is an individual who is insured for life or endowment benefits.
- b) On both renewal and new applications, **the applicant must be the child or grandchild of a life benefit member of the William Penn Association in good standing.** For the 2007 school year, the parent/grandparent must be a Life Benefit Member for at least four (4) years as of January 1, 2007.
- c) Scholarship grants are awarded to full-time undergraduate students only if they have been accepted by or are currently attending an accredited college, university or school of nursing.
- d) Grants are awarded for a two- or four-year period. The student must notify the President of the Scholarship Foundation, by letter, postmarked no later than May 31, 2007, that the student desires to receive a scholarship grant. It is recommended that the letter be sent via Certified Mail to ascertain proof of mailing date. **E-Mail notification will NOT be accepted as proof of notification.**
- e) **First-time applicants** must submit, along with their application, a **100-word essay entitled "What William Penn Association Means to Me," postmarked by May 31, 2007**, a transcript of their high school scholastic record, and furnish a copy of their latest SAT/ACT scores or waiver letter from the school in which enrolled. Proof of Enrollment for the coming school year must be submitted prior to the issue of the grant. Applications for scholarship grants must be made on forms furnished by the Scholarship Foundation. All necessary forms may be obtained by writing to:

President
William Penn Fraternal Association Scholarship Foundation, Inc.
709 Brighton Road, Pittsburgh, PA 15233

- f) **Renewal applicants** must submit, with their letter requesting renewal, a **100-word essay entitled "What William Penn Association Means to Me," postmarked by May 31, 2007**, Proof of Enrollment for the new term and a transcript of their scholastic record from the latest term. All renewal applicants must have maintained a minimum Grade Point Average of **2.50** on a **4.00** scale or equivalent. The letter requesting renewal must be postmarked no later than May 31, 2007, even if Proof of Enrollment and transcript are not available by that date. Such documents must be submitted by **September 30, 2007, and must include the name of the applicant.**
- g) All requests for an application and renewal letters must be submitted and signed by the student requesting the grant and mailed to the attention of the President. **Eligibility rules for renewal grants will be in accordance with the eligibility rules in effect for the initial grant. Letters submitted by anyone other than the student will not be considered. E-Mails will NOT be accepted.**
- h) Scholarship grants will be awarded by the Executive Committee of the William Penn Fraternal Association Scholarship Foundation, Inc., once each year. Grants will be paid directly to the applicant provided **the student** is a member in good standing on the date the check is issued and all of the eligibility requirements stated herein have been met.
- i) If for any reason the recipient does not attend college after receiving the grant, it must be returned to the William Penn Fraternal Association Scholarship Foundation, Inc.
- j) In compliance with current privacy laws, all information in regards to the scholarship status will be divulged only to the applicant/student.
- k) All applications and renewal letters must be postmarked no later than **May 31, 2007**. Any applications or renewal letters postmarked after that date will not be considered.

*If unsure of eligibility rules, please call **Gerry Davenport** at the Home Office at 1-800-848-7366 (Ext. 128).*

DEADLINE FOR APPLICATIONS IS MAY 31, 2007

Inside this issue:

Bowling tournament information and entry forms ...**PAGES 6-9.**

The Hungarian Kitchen...**PAGE 10.**

Listing of Delegate Districts for the General Convention...**PAGES 14-15.**

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Referral Fees

\$10 to \$12

William Penn Association Recommender Program

Adult members age 16 and older can earn cash rewards when they refer new members to the WPA. The WPA will pay adult members \$12.00 for each applicant they recommend who is issued a WPA **permanent** life insurance plan. The WPA will also pay adult members \$10.00 for each applicant they recommend who is issued a WPA **term** life insurance plan. To claim your reward, send us the names and addresses of everyone you know who would enjoy the many fraternal benefits that come with membership in the WPA.

PLEASE NOTE: Recommender awards do NOT apply to our Guaranteed Issue Plan.

**Family of sales agents living at the same address as the agent do not qualify for a Recommender Award.*

Please Print

WPA RECOMMENDER

Your Name: _____ Branch No.: _____

Address: _____

Phone: _____ WPA Representative/Agent: _____

Name of Prospective Applicant: _____

Address: _____

Phone: _____

Mail to: Recommender, William Penn Association, 709 Brighton Road, Pittsburgh, PA 15233