President’s Message

Dear Family & Members of CCU Life,

The CCU Home Office is beginning to go back to some form of norm since the COVID-19 stay home order has been lifted. Even when the Governor mandated you stay at home, CCU was still able to be there for their membership and any other issues that arose. Thank you to my Home Office staff and officer. They were great through this difficult time.

Unfortunately, this year’s Annual Meeting had to be cancelled due to Coronavirus, but we are trying to think of our members that usually attend and doing what is in the best interest of them and their health. We are anticipating holding the Annual Meeting next year. This is traditionally held in April and we welcome all our members to join us at that time.

Check out our radio advertisement on the ‘The New Czech Voice of Cleveland’, which airs every Sunday from 3:00 – 4:00 PM on AM 1220. You may be pleasantly surprised to what our ad has to say!

Have a safe & healthy Summer!

Fraternally,
Theresa Aveni
President
Project Food Pantry (PFP)

Our Food Pantry continues in Ohio and has expanded to other states. Food items may be dropped off at the locations listed. Please do not drop off any expired items. All monetary donations are to be sent to the Home Office, 5349 Dolloff Road, Cleveland, Ohio 44127. Please state which location your donation is to be sent to.

ILLINOIS: St. Raphael Catholic Church 1215 Modaff Road, Naperville, Illinois 60540
IOWA: St. Wenceslaus Catholic Church 1224 Fifth Street SE, Cedar Rapids, Iowa 52401
MICHIGAN: Home Office
MISSOURI: St. Louis City Inn 4223 South Compton, St. Louis Missouri 63111
OHIO: Home Office (Our Lady of Lourdes)

PENNSYLVANIA: St. Sebastian Church Site 311 Siebart Road, Pittsburgh, Pennsylvania 15237

If you have any questions, please call the Home Office at 216-341-0444.

At time of printing, the church we chose in New York is closed due to COVID-19.

OUR APOLOGY

Due to the current situations amongst our nation, we apologize for the tardiness of the Posel.

We are trying to get the Posel to the printer and mailer, but circumstances beyond our control are making it very difficult. Thank you for your patience and understanding.
WHAT YOU NEED TO KNOW ABOUT LIVING WILLS AND DO NOT RESUSCITATE ORDERS

What would happen if you weren’t able to make your own medical decisions due to a bad accident or other health incident that maybe left you unconscious? The two documents you’ll need to focus on to establish how you’ll want or not want care are your living will and a do not resuscitate (DNR) order.

Living wills
Anyone at least 18 years old and of “sound mind” (ability to understand what the living will is, what it contains, and what it does) can create a living will. When establishing your living will, it’s important to consider various care options. Do you want care to extend your life no matter what or only in certain circumstances? If you become terminally ill or permanently unconscious and are concerned about prolonged suffering and maintaining life through artificial means like breathing and feeding tubes and dialysis, you can include instructions for when to cease treatment in your living will.

Your living will becomes effective when you cannot physically communicate your wishes due to terminal illness or permanent unconsciousness. In these circumstances, usually two doctors will examine you and agree that you have a terminal condition or illness that is irreversible and will result in death regardless of treatment. Likewise, a permanently unconscious state would be determined if you were permanently unaware of yourself and your surroundings. Your doctor will certify in writing that these conditions are met and your living will shall take effect.

It’s important to note that a living will only affects care that artificially or technologically postpones death, not care that eases pain. Your doctor is required to provide comfort care through oxygen, pain medication, spoon-feeding and other means until your passing.

Do not resuscitate (DNR)
While a living will will only go into effect if you can’t communicate your wishes for treatment, a DNR is different. If your heart or breathing stops, a DNR states that medical professionals should not attempt to revive you.

Ohio offers two types of DNR orders: DNR Comfort Care and DNR Comfort Care - Arrest. The difference has to do with when the order goes into effect. As soon as a DNR Comfort Care order is signed, you will not receive any of the treatments listed in the DNR protocol as ‘Will Not,’ including resuscitative medications, CPR, ventilator care, continuous cardiac monitoring or defibrillation. For DNR Comfort Care - Arrest, you will receive all medical care necessary to treat any illness or injury, including intubation, up until the time you experience a cardiac or respiratory arrest. DNRs are most common in very elderly or frail patients for which resuscitation wouldn’t make sense.

A DNR may be completed by a physician, advanced practice registered nurse or a physician assistant with your consent. Individuals with DNR orders can display it with the DNR order form as well as a necklace, bracelet, wallet card or a hospital-type bracelet. All of these items must contain the DNR Comfort Care logo and the patient’s name. A living will may contain an individual’s DNR choices, but will not be in effect until the living will becomes operative.

The best way to ensure your living will and DNR choices are honored is to inform everyone involved with your care of your preferences. This includes your power of attorney for health care, family members, physicians and any other caregivers. You should have living will and DNR forms/identification up-to-date and available in your house where they can be accessed by others. For other questions about living will and DNRs or to ensure your medical preferences are clearly noted in your legal documents, contact Hronek Law today.

Please be advised that Christina M. Hronek is licensed in practice in the State of Ohio only and the information provided in this article is based upon Ohio law. This article is for informational purposes only and does not constitute legal advice.

Christina M. Hronek
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(Next to Ohio Cat)
Broadview Heights OH 44147
(440) 546-5290
christina@hronek-law.com
hronek-law.com

Note: Christina is the legal counsel for the Czech Catholic Union and has graciously offered to extend a 10% discount to any of our members who mention this article.

Prayer to keep you & your family safe

Heavenly Father, watch us as we come and go. Remember us of the beauty of Your Creation. The grass that grows and the roots that divide the ground. The good things that come from earth and water and sunlight. Protect us now from temptation, from greed and from anger. And let us flourish in Your divine peace forever. Amen.
CLEVELAND, OHIO

It has been decided to cancel the St. Wenceslaus Day Celebration this year. Due to the strict regulations concerning COVID-19 and gatherings, we cannot accommodate the loyal supporters of this Czech tradition.

We ask for your prayers that everyone will stay healthy and safe and can be together next year.

Sincerely, The St. Wenceslaus Day Committee

Congratulations to Cameron Koch, a member of St. Joseph Society #156, for attaining membership in the National Junior Honor Society at Highland Middle School in Medina, Ohio. Cameron is the son of Molly and Kurt Koch and the grandson of Audrey and Bill Schmidt. Cameron will be an 8th grader in the Fall.

Birthday Wishes for Frank Filous

Belated birthday wishes are sent out to St. Joseph Society #156 member, Frank Filous, who turned 99 on May 8th. Frank, a World War II veteran, was driven to the American Legion Post in Parma, Ohio and was surprised to find more than a hundred friends and family in the parking lot wishing him a happy birthday.

Frank has been a member of the Czech Catholic Union for 46 years.
The earliest fireworks came from China during the Song dynasty (960-1279). Fireworks were used to accompany many festivities. Chinese people originally believed that the fireworks could expel evil spirits and bring about luck and happiness. The world needed more fireworks, especially now that there was going to be a shortage of beautiful, useless things.

Scott Westerfeld, American writer of young adult fiction

True independence and freedom can only exist in doing what’s right.
Brigham Young, American religious leader, politician and settler

IF YOU FIND MISTAKES IN THIS PUBLICATION, PLEASE CONSIDER THAT THEY ARE THERE FOR A PURPOSE. WE PUBLISH SOMETHING FOR EVERYONE, AND SOME PEOPLE ARE ALWAYS LOOKING FOR MISTAKES!!!

In Appreciation . . .

**Little Sisters of the Poor, Palatine, IL** - “We are working side by side with our dedicated staff and inviting them to pray with us for Divine Protection for all of our families, including yours, and for the whole world. As difficult as these days are, we all feel a certain solidarity and prayerful unity that in normal times is often not fully appreciated. Thank you for manifesting your solidarity with us through your generous monetary gift. Now more than ever your prayers and financial support are our lifeline.”
Sincerely, Sister Amy Marie, Isp

**Malachi House, Cleveland, OH** - “Please accept our deepest appreciation for your very generous monetary donation. We are grateful that you chose Malachi House to receive this gift.”
Sincerely, Judy Ghazoul Hilow, Executive Director
The Internet has completely changed the way our society conducts business and communicates with each other. Most of us are amazed at the technology that enables us to do so much. However, did you know that the Internet was conceived in the late 1960's and even more astounding, it was developed to be completely open! No security at all! No locks, no passwords, and no privacy! So, we as a society took this “open and unsecure network” and we have tried to clamp down as much security as possible by using locks, passwords and high-tech firewalls!

One major component of the Internet is Email. It allows business to correspond with each other and it allows your children to send pictures of the grandchildren doing all the things that you wouldn’t have allowed! But with the good, comes the bad. Email also allows “hackers” to enter your “email world” and possibly perform something malicious and mischievous. This is called Phishing or Email Phishing.

A Phishing Email ‘appears’ to come from a legitimate source, like someone you know in your family or even your bank, but it really comes from a hacker and they want your personal information or financial account numbers. These people send out millions of these phishing emails every day, and it costs them nothing. A clue that this is a Phishing Email is the “hurry up and respond now” aspect, such as an urgent alert of possible fraud on your bank account or credit card. This is designed to confuse you and make you doubt your own common-sense mechanisms. Many phishing emails will contain misspelled words, poor or terrible grammar, or even mismatched company names and logos.

What should you do if you receive an email you suspect of being a phishing email? NOTHING… at least right away.

So, how can I tell if an email is legitimate or a Phishing email?

1. Pay close attention to to the email address of the FROM person. Does it appear to be coming from a legitimate source.
2. How is the English grammar in the email? If the grammar is bad, chances are it came from a foreign country and poorly translated.
3. Urgency. If the email wants you to “act now” or “don’t wait” or “this must be done by midnight, then chances are the email is a scam.
4. Use the “Mouse Over” method. This is explained on our web site at https://www.XLNsystems.com/MouseOver

MOST IMPORTANTLY: the IRS, local Sherriff, a bank or credit card company will NOT ask you to do something urgently via an email, nor will they call you on the phone. NEVER. Particularly if they want you to send cash to an address other than the official address of the institution. Along with that; no government agency, bank, or credit card company will EVER ask you to pay an outstanding balance or debt with gift cards or pre-paid cards you can get at the store. This is an extremely common scam, and cannot be traced back to the scammer.

Allen Perk, a lifelong member of the Czech Catholic Union, Society #156, is the CEO of XLN Systems (a cyber security company)

The First “American” Word

In a letter he sent home in 1608, British explorer John Smith described a critter he called a rahaugcum. There was no English word for the North American animal, so Smith borrowed the sounds used by the Algonquian.

Over the years, the name was simplified to raccoon, which is now considered one of the first English words coined in America.

ROSEMARIE OSTLER, IN SPLENDIFEROUS SPEECH: HOW EARLY AMERICANS PIONEERED THEIR OWN BRAND OF ENGLISH
St. Corona

St. Corona witnessed the martyrdom of St. Victor, a soldier executed for his faith. While Victor was being tortured and disfigured, the brave 16 year old Corona cried out comforting words and encouragement. Victor’s persecutors then turned on Corona and executed her by tying her to drawn palm trees, which ripped her in half when snapped upright. Yet Corona never gave up her faith.

St. Corona provided a model for clinging to Christ even when all seems lost. St. Corona gives us an opportunity to remember our faith and cling to hope, no matter the costs. At this time, she can help us to shoulder burdens and provide relief when we need it most.

St. Corona’s feast day is May 14th.

Prayer to St. Corona in a Time of Epidemic

Lord Jesus Christ, You came into this world for our salvation. Look kindly on us now, we pray, that we, and all those who serve You, might be kept safe from this epidemic.

Heal those who are sick, comfort the suffering, bring back those who have gone astray, and above all, increase our faith, O Lord.

Give us the grace to follow You and, like the martyr St. Corona, who gave her life for love of You, to take up our crosses daily without fear or hesitation.

Lord Jesus Christ, Son of the living God, have mercy on us and on the whole world.

St. Corona, patroness of epidemic victims, pray for us.

ANOTHER SAINT ASSOCIATED WITH PLAGUES — ST. SEBASTIAN

He converted to Christianity after seeing the bravery of Christian martyrs and eventually compelled close companions to convert, including a Roman prefect who was cured of a plague when he renounced his pagan idols. Because his intercession to God contributed to the cure of the Roman prefect, Sebastian became widely associated with the cure of plagues, especially in cities throughout the Italian Peninsula. In addition to a patron saint, cities and villages often adopted a “plague saint” to protect them from pestilence. Florence, the birthplace of the Renaissance and cultural hub of Europe, relied on St. Sebastian’s intercession after the city’s bishop constructed an altar in Sebastian’s honor as a last resort to stopping the Black Death. Shortly thereafter, the plague ceased and the bishop built a church dedicated to St. Sebastian in thanksgiving for his intercession.
MAKARONOVOY (MACARONI SALAD)

¾ cup salad dressing
3 cups cooked macaroni
2 cups grated onions
2 tsp. salt
¼ tsp. pepper
2 hard boiled eggs, chopped
½ cup cooked baby lima beans
½ cup cooked peas
¼ cup pimentos
¼ cup green peppers, chopped
¼ cup celery, chopped
Mix all ingredients well.

JEZKY (HAZELNUT MERINGUES)

2-½ cups ground hazelnuts
2 egg whites
1 cup sugar
¼ tsp. cream of tartar
Beat egg whites, until stiff. Slowly add sugar. Continue beating until very stiff, folding in hazelnuts slowly. Bake at 300 degrees for 15 minutes.

PICNIC LOAF

½ lb. ground pork
1 lb. ground veal
1 egg
½ cup cracker crumbs
salt & pepper to taste
Preheat oven to 350 degrees. Mix all and spread on waxed paper so it’s very thin.
Saute onion in butter. Add eggs and chives, stirring to scramble eggs. Spread cooked eggs over meat mixture. Place ham over eggs. Roll up in jelly roll fashion. Place on greased pan. Bake one hour.
May be served hot or cold.

ADD THESE FOODS TO YOUR DIET AND SKIP THE DRUGSTORE

Vitamin A . . . . . . carrots, watermelon
Vitamin Bl . . . . . . ham, peas, pork chops
Vitamin B2 . . . . . . cheese, tofu, yogurt
Vitamin B3 . . . . . . fish, mushrooms
Vitamin B5 . . . . . . avocado, broccoli
Vitamin B6 . . . . . . bananas, beans, beef
Vitamin B7 . . . . . . eggs, fish, nut, seeds
Vitamin B9 . . . . . broccoli, spinach
Vitamin B12 . . . . . cheese, milk
Vitamin C . . . . . . lemons, limes, oranges
Vitamin D . . . . . . milk, salmon, tuna
Vitamin E . . . . . . nuts, seeds, spinach
Vitamin K . . . . . . cabbage, kale
Calcium . . . . . . cheese, yogurt
Chloride . . . . . . salt
Copper . . . . . . cocoa, prunes, shellfish
Fluoride . . . . . . fish, tea
Iodine . . . . . . . iodized salt, seafood
Iron . . . . . . . . eggs, red meat, tofu
Magnesium . . . . . whole wheat bread
Manganese . . . . . nuts, sweet potatoes
Sodium . . . . . . . salt, soy sauce
Zinc . . . . . . . . . shellfish, whole grains

Don’t Worry . . . Be Happy

It’s a simple philosophy, but one that can have vast repercussions. Research shows that most illnesses, including headaches, backaches, heart disease, and digestive ailments, can be caused or influenced by our feelings. A positive attitude will help you work better, too. Optimism gives you energy and enthusiasm.

1. Don’t take everything so seriously.
2. Try to see the positive aspects of problems.
4. Use positive people as role models.
5. Learn to accept situations over which you have no control.
6. Be satisfied with results once you’ve done your best.
7. Be part of the solution.
8. Take time to reward yourself.
9. Expect the best, not the worst, both of people and situations.
10. Appreciate the good things that happen.

It’s not always easy to maintain a positive attitude. Like most things, it requires work. But the results are worth it!
JOSEF DOBROVSKY

Josef Dobrovsky was born on August 17, 1753 in Gyarmat, Hungary, when his father was a soldier there. His mother was from Bohemia. He studied the Czech language from a young age and became a scholar of the Czech language. One of his most important works was “Geschichte der bohmischen Sprache und Literatur”, 1792 (“History of the Bohemian Language and Literature”). His grammar of Czech, “Lehrgebäude der bohmischen Sprache”, 1809 (“Learning System of the Bohemian Language”), codified the language and brought order to the usage of the literary language.

Josef Dobrovsky died on January 6, 1829 in Brno, Moravia, Austrian Empire (now in the Czech Republic).

CZECH REPUBLIC DOG

Bolt, a German Shepherd born on January 20, 2019 in the Czech Republic, is now a K-9 officer with the Richmond Heights Police Department. Richmond Heights is a suburb east of Cleveland. As of the last week of April, Bolt and his handler, a six year officer, have been patrolling the streets of Richmond Heights. The dog is trained in narcotics detention, tracing, article search and apprehension. Police dogs are effective in calming unruly suspects, who often give themselves up upon seeing a dog ready to take action.

LITTLE BOAT

On the bank stands a little boat, Come, my doll, we'll take a seat. We'll float further and further, To the green grove. We'll float on to the green grove. We'll float together to the green forests, Where the nightingale sings its joys. We'll float on and on, To the green grove, Float on to the green grove.

LODICKA MALA


Czech Proverb

Vino a deti mluvi pravdu.
Wine and children speak the truth.

CZECH TO ENGLISH

Vas pas, prosim . . . . . . . . . . . . . . . . . . . Your passport, please.
Mate neko k procleni? . . . . . . . . . . . . . . . . . . Do you have anything to declare?
Kam cestujete? . . . . . . . . . . . . . . . . . . . Where are you traveling?
Kde je nejblizsi benezinova pumpa? . . . Where is the nearest gas Station?
Vase jizdenky, prosim . . . . . . . . . . . . . . . Your ticket, please
Jak dlouho pojedeme do? . . . . . . . . . . . . How long will it take to get to?
Kolik to bude stat? . . . . . . . . . . . . . . . . . . How much does the trip cost?
Kde mohu parkovat? . . . . . . . . . . . . . . . . . . Where can I park?
Mohu parkovat pred hotelem? . . . . . . . . . . . Could I park in front of the hotel?
Mate jednoluzkovy pokoj? . . . . . . . . . . . . . Do you have a single room?
Mate dvouluzkovy pokoj? . . . . . . . . . . . . . . . . . . Do you have a double room?
Mohu platit kreditni kartou? . . . . . . . . . . . Could I pay by credit card?
Stastnou cestu! . . . . . . . . . . . . . . . . . . . . Bon voyage!
Svestkove Knedliky
Plum Dumplings

August is plum dumpling time. The dumplings are a traditional Czech treat. Plum trees grow abundantly in the Czech Republic. This dish may be considered a meal or a dessert. The toppings may be varied, depending on what you have in your cupboard. Some like poppyseed with melted butter, some prefer buttered bread crumbs, buttered nuts, cinnamon or powdered sugar.

Svestkove Knedliky

4 medium potatoes
2 tbsp. melted butter boiled, mashed
1/4 tsp. salt
2 1/2 cups flour
2 egg yolks, well beaten
30 Italian plums, pitted


Church of Our Lady Queen of Peace
(Prague)
Located in Eastern Moravia in the Czech Republic, The Morava is a river that originates near the border between the Czech Republic and Poland. The lower part of the river's course forms the border between the Czech Republic and Slovakia and then between Austria and Slovakia.

Dust

I can’t tell you how many countless hours that I have spent CLEANING! I used to spend at least 8-12 hours EVERY weekend making sure things were just perfect - “in case someone came over”. Then I realized one day that no one came over - they were all out living life - having fun!

Now, when people visit - I find no need to explain the “condition” of my home - they are more interested in hearing about the things I’ve been doing - while I was away living life and having fun!

If you haven’t figured this out yet - please heed this advice. Life is short - enjoy it!

Dust if you must but wouldn’t it be better to paint a picture or write a letter, bake a cake or plant a seed. Ponder the difference between want and need? Dust if you must but there’s not much time, with rivers to swim and mountains to climb, music to hear and books to read, friends to cherish and life to lead.

Dust if you must but the world’s out there with the sun in your eyes, the wind in your hair, a flutter of snow, a shower of rain. This day will not come around again.

Dust if you must but bear in mind, old age will come and it’s not kind. And when you go and go you must, you, yourself, will make more dust. Remember, a house becomes a home when you can write “I love you” on the furniture.

- Catholic Family Fraternal Journal
ST. PROCOPIUS

Born in Bohemia in 930, St. Procopius was the first saint of Czech nationality. The name, “Procop”, is of Greek origin and means “One who makes progress in work.” He is the Patron Saint of Artisans, Craftsmen and Tillers of the soil. St. Procopius died in 1053.

Feastday is July 4

Our choice of July Fourth as our day of national celebration is itself significant. It memorializes not a great military victory but an essay explaining why our country exists — the Declaration of Independence.

Old Glory

Since the first Stars and Stripes was made in 1777, stars have been added as new states entered the Union until the last two representing Alaska and Hawaii were added - thus totalling fifty stars.

The number of stripes has been reduced to the original thirteen - seven red and six white.

The glory, beauty and simplicity of our flag stir us through sheer force of design. The flag symbolizes our aspirations and achievements as Americans - our struggles and sacrifices - our devotion to the ideals express in the Declaration of Independence.

The thirteen red and white stripes recall to us the history of that long, bitter eight year struggle in which the colonies stood side by side and fought for freedom exemplifying the principle, “In Union there is strength.”

Each star in the flag is an emblem that records a great event in the history of the country. Each tell the history of a great sovereign state which has entered the Union. The first thirteen represent the original thirteen states. The other stars stand for the work of those who have followed in their footsteps.

The red stripes proclaim courage - the white stripes liberty - and the field of blue stands for loyalty. Old Glory is truly our symbol of liberty.
ST. CYRIL & ST. METHODIUS

Feastday is July 5

National Ice Cream Day
July 15

ICE CREAM DESSERT

50 ritz crackers, crushed
1 stick melted oleo
2 pkgs. instant pudding, any flavor
1 ½ c. milk
½ gallon ice cream, room temperature

Mix cracker crumbs and oleo.
Mix milk and pudding.
Add ice cream.
Pour in crust and refrigerate.
Top with cool whip.
Can add nuts.

ST. ANNE

Feastday is July 26

ASSUMPTION OF MARY

Feast of the Assumption
is August 15
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ADD $25.00 POLICY FEE

2017 CSO - Effective 1-1-2020
**PAYMENTS OF MORTUARY DEATH CLAIMS**

The Czech Catholic Union extends its sincerest sympathies to the bereaved families of the following deceased members:

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<tr>
<th>Name</th>
<th>Location</th>
<th>Soc. Name</th>
<th>No.</th>
<th>Date of Issue</th>
<th>Date of Death</th>
<th>Age</th>
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<td>Betty Sklencar</td>
<td>Cudahy, WI</td>
<td>St. Ann</td>
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<td>Our Lady of the Mount</td>
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<td>12-01-1953</td>
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**Notice To Members**
A Mass for Deceased members of the Czech Catholic Union is offered periodically at Our Lady of Lourdes Church in Cleveland, Ohio.

**The Officers & Directors of the Czech Catholic Union/CCU Life**

Wish All of Our Members a Great Summer!!!

Have Fun and of course, BE SAFE!!!

TOTAL DEATH CLAIMS PAID 2020 $49,436.00