

# Posel

*česká katolická jednota*

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# POSEL

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“May we think of freedom,  
not as the right to  
do as we please,  
but as the opportunity  
to do what is right.”  
*Peter Marshall,*  
*Presbyterian Minister*



## CLEVELAND, OHIO



St. Joseph Society #156 held their Annual Communion Brunch at the Home Office following Mass at Our Lady of Lourdes Church on March 20, 2022. 50 year members were honored. Gerald Cech and Joseph Meyer both of Society \$156, recieved their pins at the Brunch.



### 50 Year Members – 2022

3	James Hrody
7	Cheryl Wrinkle
10	James Baxter
10	Susan Kessler
16	Mark Hefren
16	Scott Hefren
18	Julie Rosenquist
18	Mary Beth Rosenquist
18	Robert Rosenquist
101	Catherine Gudaitis
101	Dawn Zelenskaskas
117	Kevin Carpenter
117	Kenneth Slater
119	Jason Oujiri
143	Jennifer O'Sullivan
156	Gerald Cech
156	Jean Cermak-Whitlock
156	Claire Hunek
156	Joseph Meyer
156	Allen Perk
156	Patricia Rodak

**We do not want to lose contact with our members. If you move, please let us know!**

Name \_\_\_\_\_ Soc. No. \_\_\_\_\_

Old Address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

New Address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Mail to Czech Catholic Union/CCU Life**  
**5349 Dolloff Road, Cleveland, Ohio 44127**  
**or email at [insurance@czechccu.org](mailto:insurance@czechccu.org)**

## CLEVELAND, OHIO



Frederick D. Malec of Maple Heights. Born June 21, 1926 and passed away on April 19, 2022, 2 months shy of his 96th Birthday. Longtime member and trustee of the Czech Catholic Union, St. Joseph Society #156.

Treasured husband for 67 years of the late Elsie T. (Zimmerman) Malec, past President of the Czech Catholic Union.

Loving Father of Audrey Schmidt (William), Daniel (Valerie), Diane Burk (Frank) and Julia Zevchek (Leonard). Devoted Grandfather of 9, Proud Great-Grandfather of 12 and Great-Great-Grandfather of 5.

Fred was a distinguished U.S. Navy WWII Veteran. After wartime he was proud to serve in the Navy reserves for 20 years. Fred was involved in the following organizations: Past Commander of VFW Post 2079, Quartermaster and Adjutant, Past President of Prazky Pepiku Club, Past President of the Military Order of Cooties Unit 19, Past Treasurer of Happy Chums Outing Club, the American Legion Post 309, Polish Legion of American Veterans (PLAV), the Maple Heights Catholic Club, the Bicycle Club, Cleveland Polka Association and lifetime member and past director of Ceska Sin Karlin Club.

Fred loved life and lived his 95 years to the fullest as an accomplished musician sharing his love of Czech music with others by playing the drums and also playing trombone while marching in Memorial Day parades. Fred proudly served as The Grand Marshall in 2019.

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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.

## ST. JOACHIM & ST. ANNE

St. Joachim and St. Anne  
are considered the patron saints  
of grandparents.  
Their feast day is July 26







ALASKA QUANTUM OF THE SEAS

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**Prices are per person including taxes and port fees.**

Set sail aboard the Quantum of the Seas for 7 nights to Alaska!  
Call today, limited space available! 440-223-6711

Editor's Note: Jackie is a lifelong member of St. Joseph Society #156.

## NOTICE TO MEMBERS

Please contact the Home Office if you are interested in running for a position on the Executive Committee of the Czech Catholic Union/CCU Life.

- ◆ Vice President
- ◆ Secretary
- ◆ Director



## EASY BAKED ALASKA

- 1 box Betty Crocker fudge brownie mix
- 6 c. (1.5 qts.) strawberry ice cream, softened
- 6 egg whites
- 3/4 c. sugar
- 1/2 t. cream of tartar
- 1 t. vanilla

Heat oven to 350 degrees. Grease bottom of 13x9 pan with shortening or cooking spray. Make brownie batter as directed on box for cakelike brownies. Spread in pan. Bake 22 — 25 minutes (till toothpick comes out clean). Cool 1 hour.

Evenly spread softened ice cream on top of cooled brownie. Place in freezer while making meringue.

In medium bowl, stir rest of ingredients with whisk until blended. Set over pan of simmering water, stirring occasionally with a whisk, 16 -20 minutes, or until sugar has dissolved and egg mixture reaches 160 degrees F. Pour into large bowl; beat with electric mixer on high speed 8 — 10 minutes or until stiff glossy peaks form. Use small icing spatula to swirl meringue over top of ice cream layer. Freeze at least 3 hours or overnight.

Heat oven to 500 degrees. Bake 3 — 5 minutes or until meringue peaks start to turn golden brown. Cut and serve. Store covered in freezer.



## NATIONAL CHOCOLATE DAY

This holiday happens three times annually: July 7, October 28 and December 28. Chocolate is kind of a fruit. The cocoa powder that goes into chocolate bars comes from the “beans” or fruit from the Cacao tree.

## CZECH CHOCOLATE CAKE

Preheat oven 350 -- grease and flour two 9 inch pans or one 9x13 pan.

In large bowl:

- 1 3/4 c. flour
- 2 c. sugar (can use 1 cup white sugar and 1 cup brown sugar)
- 3/4 to 1 c. black cocoa powder
- 2 t. baking soda
- 1 t. baking powder
- 1 t. salt
- 1 t. cinnamon (if you like)

Combine - make a well in the center and add:

- 2 eggs
- 1 c. very strong coffee
- 1 c. buttermilk (can add 1 t. vinegar to 1 cup milk)
- 1 stick butter -- soft
- 1 t. vanilla

Beat 2 minutes -- will be thin, pour into choice of pans

Bake 30 --- 40 minutes or until toothpick is clean.

Cool cake.

### FROSTING

- 6 T. butter
  - 6 T. milk
  - 1 1/2 c. regular sugar
- Bring all to a boil -- 90 seconds
- Add 1/2 to 1 cup of chocolate bits

Frost cake immediately. Makes a fudge like frosting.

Note: Can add fruit to top of the cake.







**Saint Andrew Svorad Abbey, Cleveland, Ohio** - "On behalf of the monks of St. Andrew Abbey, thank you for your generous contribution. Your donation allows us to continue to live by and preserve our defining characteristics of "Ora et Labora" and community. This past year, we have encountered many challenges, but still live in our faith and not fear. We thank you again for your commitment to St. Andrew Abbey. As St. Benedict says in his Holy Rule, be sure that in "all things God may be glorified." God Bless you all."

*Peace, Rt. Rev. Gary A. Hoover, OSB, Abbot*

**St. Monica, Garfield Heights, Ohio** - "We wish to take this opportunity to extend a sincere "Thank you" for your generous donation and willingness to be a Series Sponsor for our 2022 Party at the Pavilion in June and July, and at our Parish Picnic in August. We appreciate your desire to help us keep our communities vibrant by sponsoring these events which enables everyone to enjoy live entertainment, free of charge!"

*Sincerely, Fr. Thomas A. Haren, Pastor*

**Ukrainian Catholic Eparchy of St. Josaphat in Parma, Parma, Ohio** - "Thank you for your recent gift to the Ukrainian Catholic Eparchy of St. Josaphat in Parma to assist our brothers and sisters in Ukraine. Your gift will be used to help the poor, the suffering and orphans in Ukraine and those that have fled in recent days to neighboring countries as refugees of war. The tragic events in Ukraine have shaken us to the core. Yet again, our peace-loving ancestral homeland has been forced to defend herself against violence and oppression. It is heartbreaking to see our friends, family, brothers and sisters in Ukraine suffering bloodshed, hiding in subway stations and fleeing their homes. Thank you again for your help! May God bless you for your support."

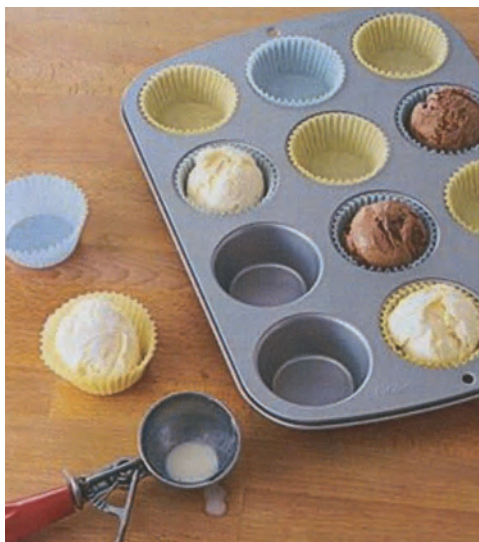
*With prayerful best wishes, I remain gratefully yours in Christ, Most Reverend Bohdan J. Danylo*

## JULY IS NATIONAL ICE CREAM MONTH

Scoop ice cream into lined cupcake/muffin pan.

Cover and freeze overnight.

When ready to serve, just pull out the pan.



## USELESS CONVERSATION STARTERS FOR CCU MEMBERS' HOMETOWN STATES

**ILLINOIS** - The town of Morton is the “Pumpkin Capital of the World.” It’s mainly due to the presence of the Libby’s canning plant that cans more than 82% of canned pumpkin in the world.

**IOWA** - This state might be known for corn as far as the eye can see, but it’s also a place where you can find your center. Fairfield, Iowa is considered the capital of Transcendental Meditation. The town is home to Maharishi University, founded in 1974, by Maharishi Mahesh Yogi, who is famously the former spiritual advisor to the Beatles.

**MARYLAND** - The first Ouija board was invented in Baltimore by Elijah Bond, who proudly selected its design for his tombstone. Apparently, when Bond asked the board what it wanted to be called, it spelled out “O-U-I-J-A.”

**MICHIGAN** - “Superman” ice cream is the unofficial ice cream flavor of Michigan. If you haven’t tried it, it’s an insanely-colorful treat with red, blue and yellow swirls and can differ in taste from ice cream shop to ice cream shop.

**MINNESOTA** - Don’t let the fact that it’s in the Midwest fool you. The Land of 10,000 Lakes actually has more shoreline (90,000 miles total) than California, Florida and Hawaii combined.

**MISSOURI** - St. Louis hosted the 1904 Olympics, which was widely considered to be one of the weirdest ones ever held. Only 12 countries attended and the games lasted over five months. The oddest event was the marathon. One runner was chased out of the marathon by a pack of dogs, while the “winner” hitched a ride on a car for most of the race. Then there was competitor Felix Carvajal de Soto, who actually stopped during the marathon to take a nap-and still managed to come in fourth.

**NEBRASKA** - Football is a big deal in the Cornhusker State. Memorial Stadium at the University of Nebraska becomes the state’s third largest city during football games (it has a sell-out capacity of nearly 92,000).

**NEW YORK** - The Empire State Building is a familiar sight (even if only seen in photos or on screens), but the landmark building actually has its own zip code (10118).

**OHIO** - Technically, Ohio wasn’t officially granted statehood until 1953, when Dwight D. Eisenhower back-dated Ohio’s entrance to the union (Ohio became a state on March 1, 1803, although no formal declaration was made). The lesson? Always remember to keep up with your own paperwork.

**PENNSYLVANIA** - The state dog is the Great Dane, in honor of state founder William Penn’s cherished pet. The story is when this choice for state dog went up for a vote in 1965, legislators literally barked and growled to voice their approval (yes, really).

**WISCONSIN** - Bratwurst is taken very seriously in this state. The “World’s Largest Brat Fest” takes place in Madison every Memorial Day weekend and Sheboygan has the honor of being the “Bratwurst Capitol of the World.”

### CCU LIFE - ANNUITY/IRA

Annuity Rates are set at 3% for members and 1.5% for non-members on new business with a guarantee of 1%, 2 year contract. Interest rates are reviewed quarterly and subject to change. Contact the Home Office for additional information on our Annuity and IRA products available.

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!!!



## PRAYER FOR OUR INDEPENDENCE

Father, all-powerful, with you there is no beginning and no end, for you are the origin, cause and goal of all creation.

We thank you on this anniversary of our national independence for all your gifts to our country. We are grateful for the sacrifices of all who labored, suffered, or died, that our land might remain free. We appreciate the bountiful gifts with which you have blessed us, the dangers from which you preserved us, the immigrants you directed to our shores to enrich our heritage.



We acknowledge our gratitude for the fertility of our fields, the productivity of our factories, the diligence of our scholars, the valiant feats of our saints, sailors, soldiers and explorers on land and sea and for the fruitful labor and generous impulses of all our people.

In your generous kindness we beg you to obtain for us a more perfect union, domestic tranquility, justice for all our citizens and the blessings of peace and prosperity for ourselves and for our descendants. By your powerful assistance, defend our country against all its enemies and assist us in promoting the general welfare of all our people and the aliens in our midst. In the name of Jesus Christ, your Son, we ask your aid. Amen.



## CHARLES CARROLL OF CARROLLTON



Historians have recorded that Charles Carroll of Carrollton was the richest man, the first man and the only Catholic who signed the Declaration of Independence. Born on September 19, 1737 in Annapolis, Maryland, Charles Carroll was an Irish-American politician, planter and slaveholder. He served as the first U.S. Senator for Maryland.



To appreciate what a daring deed it was to place his signature on the Declaration of Independence, it must be remembered that to do so was to incur the wrath of the loyalists, to betray the English Crown and to commit an act of treason against the colonial government. Many believed that those who signed the document “devoted themselves and their families to the furies.” But Charles Carroll believed strongly enough in the cause of American independence that he did not hesitate to sign it. Charles Carroll of Carrollton died on November 14, 1832 in Baltimore, Maryland.

## FEAST OF THE ASSUMPTION

AUGUST 15

### Prayer for the Assumption of Mary



Father in heaven, all creation rightly gives you praise, for all life and all holiness come from you. In the plan of your wisdom, she who bore the Christ in her womb, was raised body and soul in glory to be with him in heaven. May we follow her example in reflecting your holiness and join in her hymn of endless love and praise. We ask this through Christ our Lord. Amen.

## PICKLES

Czechs like pickles. The most popular preserved vegetables are gherkins, kysele okurky, literally sour cucumbers, traditionally produced in South Moravia. They are sometimes called nakladane okurky, pickled cucumbers, or simply nakladacky.

Those come in a jar, but at the start of the preserving season, you can buy gherkins at open-air markets, straight from the barrel.



## These Articles of Incorporation

OF

The *Česka Římská Katolická Učitední Jednota žen ve Spojených Státech amerických*  
 Witnesseth, That we, the undersigned,\* *all* of whom are citizens of the State of Ohio,

desiring to form a corporation, not for profit, under the general corporation laws of said State, do hereby certify:

FIRST. The name of said corporation shall be *Česka Římská Katolická Učitední Jednota žen ve Spojených Státech amerických* (translated means *Woman Bohemian Roman Catholic Central Union of the United States of America*).

SECOND. Said corporation shall be located, and its principal business transacted at *Cleveland*

in *Cuyahoga* County, Ohio.

THIRD. The purpose for which said corporation is formed is (a) To foster and encourage the practice of religious duties and promote Catholic interests as the principal or ruling organization over subordinate organizations. (b) To unite Bohemian Roman Catholic societies in works of Charity and benevolence, to contribute to the spiritual and corporeal welfare of its members and to foster and perfect the nation's progress. (c) To provide a system for institution, organization, reception, initiation and recommendation of members and societies, fixing the amount of benefit and the manner of <sup>assessing and</sup> contributing the same. (d) To adopt a constitution, make laws, rules and regulations for subordinate societies, exercise control and jurisdiction over the same and to do any and all things necessary to accomplish the end for which said Corporation is formed.

## Officers

The Officers of the Corporation shall be 1<sup>st</sup> a President 2<sup>d</sup> a Vice President 3<sup>d</sup> a financial Secretary 4<sup>th</sup> a corresponding & recording Secretary. 5<sup>th</sup> a Treasurer 6<sup>th</sup> a board of two Directors. 7<sup>th</sup> a Chaplain Who shall be elected, hold their term of office and whose duties shall be, as provided for in the Constitution and by-laws of said Corporation.

The present Officers, elected July 29<sup>th</sup> 1899 by Representatives of affiliated societies in Convention assembled at Detroit Michigan are as follows: President Antonie Borsick of Allegheny Pa Vice President Eleonora Becka of Cleveland Ohio Financial Secretary Rozalie Medrod of Chicago Ill Corresponding & Recording Secretary Marie Vinta of Cleveland Ohio Treasurer Veronika Husly of Chicago Ill Director Anna Hrad of Cleveland Ohio Director Alžběta Jerich of St Louis Mo. Chaplain Rev Joseph Jancick of Detroit Mich.

In witness whereof, We have hereunto set our hands, this *22<sup>nd</sup>* day of

*October*, A. D. 1899

*Antonie Borsick*  
*Eleonora Becka*  
*Rozalie Medrod*  
*Marie Vinta*  
*Veronika Husly*  
*Anna Hrad*  
*Alžběta Jerich*

*Franka Hoziska*  
*Anna Hrad*  
*Anna Husly*  
*Eleonora Becka*

\* "all" or "a majority."



The State of Ohio, County of Cuyahoga, ss.

who each severally acknowledged the signing of the foregoing articles of incorporation to be his free act and deed, for the uses and purposes therein mentioned.

Jos. J. Blake  
Notary Public

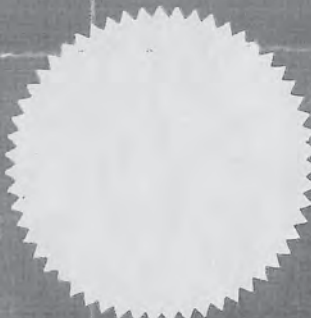
Notary Public

*Clerk of the Court of Common Pleas, within*

Harry L. Vail

Clark  
L. Thomas  
Deputy Clerk

16 Clerks are required to use this Certificate and not attach their own.



11499

Kibum H.

## Articles of Incorporation

The Česká Růžka Katedrála

Ustredni Jednota Znan. 68

Spjenszki Stach. Americkych

10 October, A.D. 1899,

and recorded in Volume 76, page 148

*Charles F. Turner*  
Secretary of State.

Secretary of State

DIETARY AID

[illegible]



## FOUR OF THE MOST VISITED DESTINATIONS IN THE CZECH REPUBLIC

### PRAGUE CASTLE

Prague Castle is a castle complex in Prague, Czech Republic, built in the 9th century. It is the official office of the President of the Czech Republic. The castle was a seat of power for kings of Bohemia, Holy Roman emperors and presidents of Czechoslovakia. The Bohemian Crown Jewels are kept within a hidden room inside. The walls of the Prague Castle encompass an area of 750,000 square feet.



Estate room inside Prague Castle



Prague Castle picture gallery

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## PETRIN FUNICULAR IN PRAGUE (LANOVA DRAHA NA PETRIN)

The Petrin Funicular is a railway that links the Mala Strana district with the top of the Petrin hill. The railway has three stops: Ujezd, at the bottom of the hill, Nebozizek, the middle station, and Petrin, at the top of the hill.

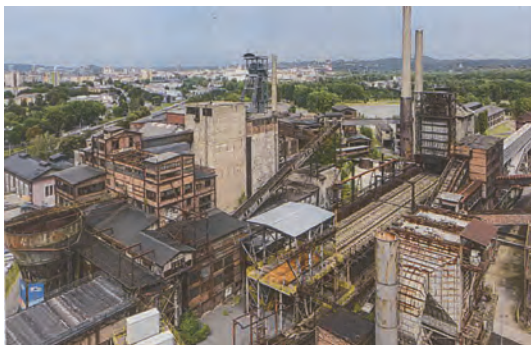


The line originally opened in 1891 with length of 1,257 feet and water balanced propulsion. This line closed with the start of World War I in 1914. The current longer line opened in 1932 with different track and new equipment. A landslide in 1965 caused the railway service to be suspended. The funicular resumed service in 1985 with new cars and reconstructed track, but the original machinery is still being used.



## LOWER VITKOVICE DOLNI OBLAST VITKOVICE

Once one of the largest coal and iron production sites in Europe, Dolni oblast Vitkovice, is a national site of industrial heritage located in the Vitkovice district of Ostrava in the Czech Republic.



The site closed in 1998 and decisions had to be made what to do with the site. Demolishing the industrial complex would have meant disposing of massive amounts of non-degradable materials, but on top of the potential threat to the environment, the destruction would have caused the disappearance of a site that has left a mark on the history of Central Europe. The decision was made to preserve this site and keep it alive as a cultural icon of this corner of Europe. The Czech Republic's "Iron Heart" has become a National Monument with furnaces, coke ovens and brick buildings converted into museums, cafes and art workshops.



## PRAGUE ZOO

Located in the beautiful, rugged terrain of the Troja Basin in the Czech Republic, this zoo is one of the most popular visitor attractions in the Czech Republic. It is also ranked as one of the best zoos in the world. Opening in 1931 with 200 animals, currently the zoo has 670 species and almost 5,000 individuals.



Prague Zoo is famous for its successful breeding of Preval'ski's horses. This horse, also called the takhi, Mongolian wild horse or Dzungarian horse, is the only remaining wild horse species left in existence.



Prague Zoo also has Indian Gavials, a fish eating crocodile, which is one of the rarest animals on the planet.



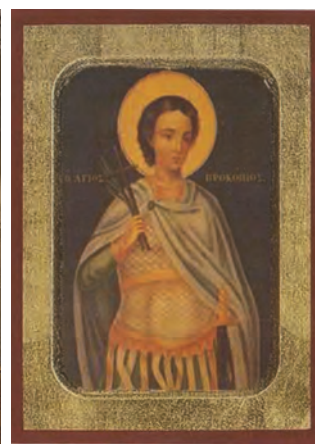
## ST. PROCOPIUS BASILICA

This is a Romanesque Gothic Christian Church in Trebic, Czech Republic which was built on the site of the original Virgin Mary's Chapel of the Benedictine monastery in 1240-1280. It became a national cultural monument in 2002 as a part of the monastery with St. Procopius Church in Trebic Castle.

As of 2013, the renovated Trebic castle is a museum adjacent to the Basilica.



Trebic Castle



St. Procopius Feast Day is July 4

## FYI

We are still running our "Tell a Family Member, Tell a Friend ..." promo. Any member who recommends an individual to CCU and the individual purchases a life insurance certificate, the member will receive \$25.00. For additional information, please contact the Home Office at 216-341-0444 or email [insurance@czechccu.org](mailto:insurance@czechccu.org). All you need to do is complete the form below.

### Insurance Recommender Form

*Current Member Info:*

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

Contact Phone Number: \_\_\_\_\_

Contact Email: \_\_\_\_\_

*Prospective New Member:*

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

Parent if under 18: \_\_\_\_\_

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

City, State, Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_

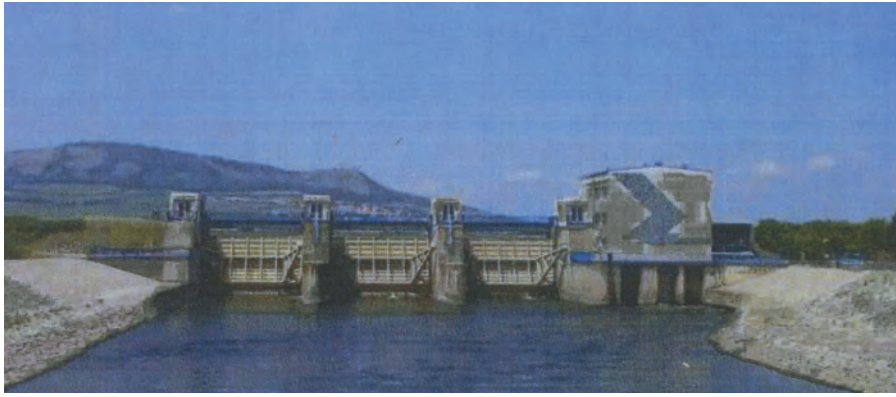


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**OR Email to:** [insurance@czechccu.org](mailto:insurance@czechccu.org)



## NOVE MLYNY RESERVOIR

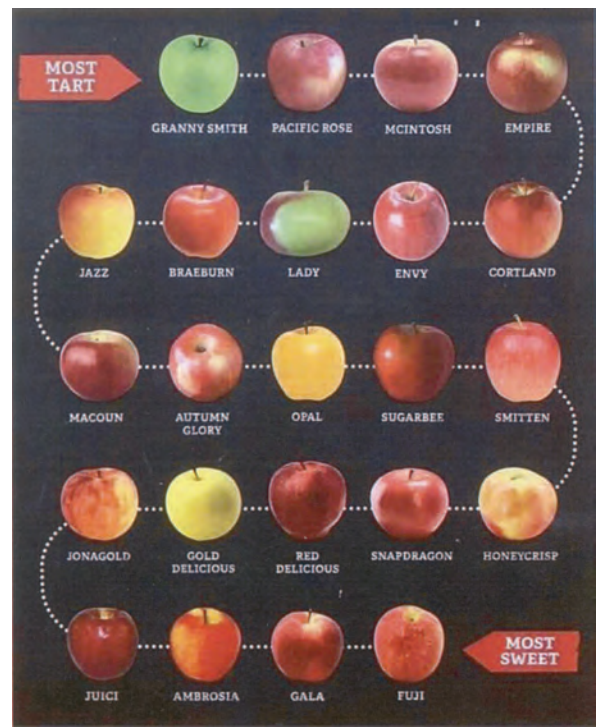


Located in the Palava Hills region of South Moravia in the Czech Republic, this reservoir is a waterworks with three dams. The three reservoirs are: Musov (the upper one), Vestonice (the middle one), and Nove Mlýny (the lower one). The upper reservoir serves as a recreation center. The middle reservoir serves the purpose of a Nature Reserve. The lower reservoir is for power generation as well as fishing and recreation.



### FYI

Apple pie is not actually American at all. Neither apple pies nor apples originally came from America. Apples are in fact native to Asia and the first recorded recipe for apple pie was actually written in England.



## CZECH APPLE COMPOTE JABLECNY KOMPOT



5 apples  
5 cloves  
1/2 t. cinnamon ground  
1/3 c. granulated sugar  
2 slices lemon  
2 c. water

Peel the apples and halve them.

Cut out the cores and cut the apples into roughly equal-sized wedges.

Place the apples in a saucepan, cover with water.

Add the sugar, cloves, cinnamon, and lemon.

Bring to a boil, then turn the heat down to low.

Cover the pot with a lid and cook slowly until the apple slices are soft.


This takes about 15 minutes.

Serve the finished apple compote warm as a snack.

### Notes:

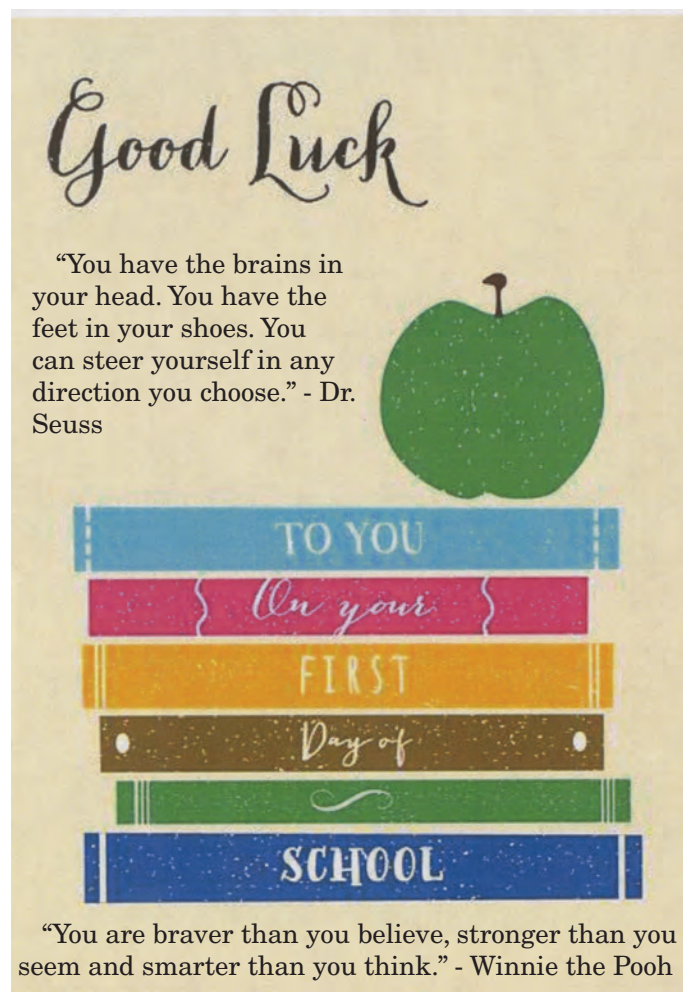
The apples do not need to float in the liquid while boiled. It is enough if they are about half to two-thirds submerged. This way, they will stew, not cook, and have a more intense flavor. For even more aroma and scent, add star anise to the compote. It is recommended to remove the cloves before serving. This spice smells lovely, but it would turn bitter on your tongue if you bite into it.





**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.



## PAYMENTS OF MORTUARY DEATH CLAIMS

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

Name	Location	Soc. Name	No.	Date of Issue	Date of Death	Age
Dragica Ruckgaber	Cleveland, OH	St. Ann	1	04-01-2014	03-18-2022	72
Fred Malec	Cleveland, OH	St. Joseph	156	06-01-1952	04-19-2022	95
Normal Bayse	Cleveland, OH	St. Joseph	156	07-01-2005	03-15-2022	80

TOTAL DEATH CLAIMS PAID 2022 \$69,021