



THE SAXON NEWS

# Volksblatt

Celebrating over 100 years of Saxon Fraternalism

Published by  
The Alliance  
of Transylvanian Saxons  
Home Office: 5393 Pearl Road  
Cleveland, Ohio 44129-1597  
Tel: (440) 842-8442

ATS Founded in 1902

Friday, April 15, 2011

Issue 8

The Saxon Club will be serving the Sunday Pork Dinner on May 22, 2011 in the Ballroom. Serving from 11:30 AM until 2:30 PM. Take outs are available. Dinner is only \$ 8.50 for Adults and \$ 5.00 for Children under 12. Open to the public and friends are welcome. Fish Fry specials are available on Wednesday April 13th and April 20th. Our Dining Room is open from 4:30 to 9:00 PM. Restaurant is open to the public for dinners on Wednesdays; bring your friends.

The Saxon Golf League will have practice rounds on Tuesday, April 19th and 26th, at the Mahoning Country Club. If you haven't signed up, come out and see Joe Kubik, Jr., Treasurer, Rich Spencer, Secretary or Jerry Kovachs, President. If you know someone interested, bring them with you.

The Concordia Chorus Youngstown Annual Spring Concert "Night in Vienna" is on Saturday April 16, 2011, in the Ballroom at the Saxon Club. You can make reservations with Marie Bokesch, 792-4821 or Claudia Bair, 799-9228, or any singer from the Chorus.

The May Fest will be held in the Ballroom on Saturday May 7th. Doors open at 5:30. Dinner will be a German Buffet served at 6:00 PM. Adults \$15.00, Children under 12, \$6.00. Reservations must be in by May 3<sup>rd</sup>. Tickets are available from Eva Karsti, 330-792-2231, Marie Bachinger, 330-792-4405, or Sara Deutschlander, 330-792-2634. Branch 30 of the Saxon Club will honor all new 40, and 50 Year Members. Entertainment will be dance groups, vocal groups and our own Brass Band and Dance Group and the Concordia Chorus. Pete Karsti's Eintracht Band will provide music for dancing.

AUGUST 28, 2011, a special fund raiser to benefit the Saxon Club, Restoration Committee projects, will be held at the Mahoning Country Club. Watch this

## BRANCH 30, YOUNGSTOWN

By Tom Fizet

column and the *Volksblatt* for further information.

Don't forget the work partys on Saturdays at 9 AM. Clean up a little, maybe repair something.

Get well soon to Jim Allison, take care of your sore arm, Jim. Get well soon so Carole won't have to do all the driving and work.

The Goulash Dinner is always a fun night and very rewarding for the Man and Woman of the year. This year the Honoree for Branch 30 was John Bachinger. John and his family helped form the Saxon Club Brass Band and Culture Group. He still plays Sax and Trumpet. He and his wife Maria served as Dance instructors for many years. They are members of Bethel Lutheran Church where they volunteer. Eva Karsti was honored by Branch 22. Eva is also a founding member of the Culture Group and is active in the Saxon Club and was a dance instructor with the group for seven years. She plays on the Ladies Summer Bocce League. Eva and Pete (Pete Karsti Band) are members of Bethel Lutheran Church. In 2004 Eva was named Mother of the year for Br. 22.

So goes the News.

## BRANCH 4, CLEVELAND

By Joan Miller-Malue

If you missed the Eintracht-Saxonia Sachsenchor's Goulash Dinner, you missed a delicious meal. They had a great turnout. The Krapfen was excellent and I understand they shipped dozens to California, Florida and other areas of the country. Now the Sachsenchor is inviting you to attend their Spring Concert that will be held on Saturday, April 30th. This time they will serve a roast chicken dinner (yum). To make reservations please call Maria Fischer at (216) 741-1398 by April 26th.

Our next monthly meeting will be held on Monday, April 18th at 7:00 pm. That evening the trustees and the auditing committee will audit books starting 6:00 pm. After our meeting we hold a "Spring Fling." Hope to see you there.

The Cleveland Saxon Dance Group will host their Annual Trachtenball on Saturday, May 7th starting with a Schnitzel dinner at 6:30 pm. The program will follow with dancing to the music of "Grenzenlos." They are asking everyone to wear their Trachts and join in the Aufmarsch. The reservation form is printed in the *Volksblatt* and if you have any further questions please call Stephanie Miller at (440) 356-5582.

Saxon Summer Camp has a new campsite this year. The camp will be held at Camp Frederick, which is located in Rogers, Ohio (southeast of Youngstown). The camp will be held earlier this year, the week of June 26th. Our junior members ages 8-12 will receive direct mail concerning the details. Parents and grandparents keep it in mind!

A reminder to our members that Cleveland-East Branch 34 will be celebrating their 100th Anniversary on Saturday, May 14, 2011 at the Croatian Lodge in Eastlake, Ohio. Price is \$35, which includes meal and drinks and program. We encourage our members to attend this special celebration.

## PRESIDENT'S MESSAGE

By Thomas J. Manning  
ATS Nat'l President



The ATS Board of Directors held our first meeting for 2011 on Saturday, March 26th at the Home Office. As usual, many committee reports were given and issues were discussed. The ATS interest rate was one topic of discussion. Even though the economy seems to be on the rise, our Financial Consultant advised that we maintain our interest rate at the current level until the economy becomes stronger. As we all know, the ATS pays a great rate of interest on our Annuities and also offers great rates on our Insurance Certificates. Please help your Deputy in acquiring new members by giving him or her leads as to prospective buyers. New members will help in increasing your Branch membership.

On Friday, April 1st, I had the pleasure of visiting Branch 25 in New Castle, PA. It is always a rewarding experience when I am able to meet with the local Branch members in their own city. Our good friend, Joe Kraus, is having some health problems, but he assures me that he is on the mend. I guess these golden years are a bit tarnished for many of our members. Of course, before I left the Eintracht Club, Joe and fellow members and I had to sing, "Ein Prosit". It was a nice way to spend a Friday night.

You might enjoy this item. A woman has twins and gives them up for adoption. One of them goes to a family in Egypt and is named "Amal". The other goes to Spain and is called "Juan". Years later, Juan sends a picture of himself to his Mom. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Amal. Her husband responds, "But they are twins--if you've seen Juan, you've seen Amal."

Quote of the Day: "First keep the peace within yourself, then you can also bring peace to others."

We tell our friends to calm down, stop worrying, remember that life is good. But the admonitions don't mean much unless we can follow them ourselves. Finding a way to be peaceful, to accept our worries and our problems without fretting, is a constant challenge for all of us. Peacefulness is contagious, though. Once we find it, it has a way of spreading on its own to others.

Take care until next time and may God bless the members of the ATS.

## Plan Ahead



New Campgrounds

Camp Frederick Rogers, Ohio

Week of June 26

Ages 8 - 12

Detailed Information will be mailed directly to ATS junior members.

TIMELY - DO NOT DELAY  
MAILED WEDNESDAY, APRIL 13, 2011

Attention Postmaster: Send all Changes of Address to:  
The Alliance of Transylvanian Saxons  
5393 Pearl Road Cleveland, OH 44129-1597

The Board of Directors and the Home Office Staff of the Alliance of Transylvanian Saxons extend wishes for a blessed Easter to all of its members and friends worldwide.

Thomas J. Manning,  
National President



## IS GROSSPOLD YOUR HOMETOWN?

Dr. Ulrich A. Wien from Germany and Martin Botesch from Hermanstadt are writing on book on Großpold and would like to obtain information from those that immigrated to North America. They would like to know where they are lived or are living, their professions, and information on their children and grandchildren.

Please send this information to the ATS Home Office, or email the Home Office at [office@atsaxons.com](mailto:office@atsaxons.com) by April 25, 2011. We will forward this information to Dr. Wien. They will be releasing their book sometime this summer.

## Weight Watchers allows zero points for fruits, vegetables

The company, which since 1997 has helped millions of dieters lose weight through its point system has changed its values. Previously, dieters could eat whatever they wanted, as long as they kept portions under control.

Now, company president David Kirchoff concludes, on Weight Watchers website, that calorie counting has become unhelpful. Quoted in Time, he says, "When we have a 100-calorie apple in one hand and a 100-calorie pack of cookies in the other, and we view them as being the same because the calories are the same, it says everything that needs to be said about the limitations of just using calories in guiding food choices."

The new point system favors food that is high in protein or fiber (0 points for fruit and vegetables except starchy ones like potatoes) and higher points for foods loaded with carbohydrates, which are easily absorbed and turned into fat.

## BRANCH 1, CLEVELAND By Robert Cunningham

On April 1, 2011 the dinner and final drawing for the 2010-2011 year was held at the Westside Sachsenheim. We congratulate the final 12 winners for this year: 1st Prize, Carole Scott; 2nd Prize, Donald S. Weber; 3rd Prize, Mary Ann Guip; 4th Prize, Marilyn Lanz; 5th Prize, Heidi Wolff; 6th Prize, Walter Schuller; 7th Prize, Mildred Teutschlander; 8th Prize, Sofia B. Froom; 9th Prize, Robert Hanek; 10th Prize, Kathy A. Albert; 11th Prize, Daniel Dzurick; 12th Prize, Theresia Handel. We congratulate each of our winners and wish them much success in our future drawings. We have some openings left in the new 250 Club that is currently forming for the 2011-2012 session. If anyone is interested in joining our 250 Club, your total cost will be \$50.00 for the year (\$1.00 per week). Dinner and entertainment, at the final drawing next year, is also included in the price of your membership. Membership into our 250 Club is open to anyone interested in supporting this fund-raiser for our Sachsenheim. This is an annual fund-raiser for Branch 1 and the profits from this event aid the support in upkeep of our Sachsenheim. The 250 Club is open to anyone wishing to join. For more information about joining, please contact Rob Cunningham, phone 216-398-7520 or email [rbcunningham@roadrunner.com](mailto:rbcunningham@roadrunner.com). You can mail your payment to Robert Cunningham at 9005 Memphis Villas Blvd., Brooklyn OH 44144-2426. A number (001-250) would be assigned to you and your paid receipt will be mailed back to you with your assigned number. Our first drawing for the new session will be held at the Branch 1 and 4 monthly meeting on May 16th. Why not join today; you may be our next winner.

I would like to give a special thanks to our Club Manager, Scott "Grumpy" Lindell for preparing a delicious meal for our 250 Club Dinner guests and to our entertainer, Bob Durante with his comedy - magic show.

On April 30th the members of the Eintracht-Saxonia Sachsenchor will be holding their Spring

Concert at the Sachsenheim. They will be serving a roast chicken dinner for \$18.00. Dinner will begin at 5:30 P.M. The program will begin at 7:30 P.M. Following the program Hans Schobel and the "Bergvagabunden" will provide the music entertainment for the balance of the evening. Reservations are being accepted by Maria Fischer. Please call Maria at 216-147-1398 to place your reservations. Deadline is April 26th. Please call today to make your reservation.

On Saturday, May 7th, 2011 the Cleveland Saxon Dance Group will be hosting the Annual Trachtenball. Doors will open at 6:00 p.m. At 6:30 p.m., the group will serve a Schnitzel Dinner. The program will begin at 8:00 p.m. with performances by the dancers. Following the program, you can dance to the music of "Grenzenlos." Stephanie Miller will be taking your prepaid reservations. Admission for adults will be \$18.00 per person and for children, ages 4-10; the admission price is \$9.00. Your check for reservations should be made payable to the Cleveland Saxon Dance Group and should be mailed to Stephanie Miller, 22677 Peachtree Lane, Rocky River OH 44116. There will be assigned seating for the event. Please indicate if you would like to sit with specific individuals. If you would like any additional information for this event, please call Stephanie Miller at 440-356-5582.

Branch 1 and 4 members please take note, on Monday, May 16, 2011 starting at 7:00 p.m., Branches 1 and 4 we will be holding the regular monthly meeting for the membership. For those who need to make ATS premium payments or local dues payments, we will start collection at 6:30 p.m. If you are unable to attend this meeting to make local dues payments, please mail your payment to Robert Cunningham, 9005 Memphis Villas Blvd., Brooklyn OH 44144-2426.

On May 15th, we will be holding a general Clean-up Day at the Sachsenheim. All able bodies from all the groups of the house are welcome to come and help out. If you are willing to help out for a few hours, please give a call so that we can schedule various projects that can be accomplished. Please give Adolf Fischer a call at 216-741-1398 or Robert Cunningham at 216-398-7520.



"You couldn't follow the Yellow Brick Road! 'Noooo, I have GPS!'"

Alliance of Transylvanian Saxons  
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## SECRETARIES TAKE NOTICE:

THE DEADLINE DATE FOR ARTICLES  
IS FRIDAY - 12 NOON.

You may either

MAIL: PO BOX 45198,  
Westlake, OH 44145,

FAX: (440) 399-9339

E-MAIL: [saxonvolksblatt@aol.com](mailto:saxonvolksblatt@aol.com)

Articles e-mailed will receive an e-mailed confirmation by Noon Saturday. If you did not receive confirmation, please give us a call.

### Deadline Dates for articles:

DEADLINE	ISSUE
FRIDAY, APRIL 22, 2011	FRIDAY, APRIL 29, 2011
FRIDAY, MAY 6, 2011	FRIDAY, MAY 13, 2011
FRIDAY, MAY 20, 2011	FRIDAY, MAY 27, 2011

Please have your articles in by 12 Noon.

Did you miss the deadline?

Have you emailed your article past 12 noon?  
Please call Hanz or Barb Hermann at (440) 892-0436.

## PORK-KRAUT DINNER

SUNDAY, MAY 22ND  
YOUNGSTOWN SAXON CLUB

11:30 - 2:30 p.m.

\$8.50 includes coffee,  
pop and dessert

OPEN TO THE PUBLIC

TAKE OUTS AVAILABLE!

**BRANCH 11, LORAIN**  
By Monica Gilles

The April meeting was held on April 2nd, with the trustees serving a meal before business was discussed.

Our President Jeanne Petty received information about the Branch Presidents' meeting and Branch 34's 100th Anniversary dinner. She will be attending both events. I would encourage another else that is interested in attending the celebration for Branch 34 to send in your reservation. There is more information about the dinner/dance in the *Volksblatt*.

Between meetings, we had our annual audit at the home of Ginger Romes. Our audit committee was Elaine and Juliana Johnson. They found that everything was accounted for and the books were in balance. Thank you, Elaine and Juliana, for donating your time.

Since many of our members have previous obligations, our May meeting and dinner at the Eastern Buffet will be cancelled. We will be going to dinner at Eastern Buffet on Oberlin Avenue before the June meeting. We will meet there at 6PM with the meeting following at the usual time and place. The lodge will be paying for any member who is in good standing.

Now that your evening is free for May 7, plan to attend the Cleveland Saxon Dance Group's Annual Trachtenball. I encourage everyone to make reservations to the dinner and support the group. Lorain's own, Mike, Robin, and Juliana Johnson will be making their dance debut with the group. They have been practicing very hard and the evening will be an enjoyable one. The reservation form is in the *Volksblatt*. For more informa-

tion, please contact Stephanie Miller at 440-356-5582.

On April 1st, a group of us attended the 250-club drawing/dinner at the Cleveland Sachsenheim. The evening consisted of dinner, a magician/comedian, and a chance to win up to \$1,000. Although a couple of us won during the weekly drawing, we all came up losers at the dinner. If you are interested in joining the 250 Club for next season, please contact Robert Cunningham at 216-398-7520 for more information.

If you have not paid your local dues yet, please get your check in the mail today. Please mail your check to Sharron Powell, 2308 Mark Drive, Lorain, OH 44052. You can make your checks payable to Saxon Ladies Lodge Branch 11.

At the conclusion of the April meeting, we held our Easter/Spring themed gift exchange. Each gift received a number with corresponding numbers hidden inside plastic Easter eggs. Each member grabbed an egg and matched it with their gift.

We sang Happy Birthday to Ginger Romes and Barbara Wood, who are partying this month and were at the meeting. Happy Birthday greetings also go out to Dorothy Lachman, Joyce Ralph, and Debbie Tomusko.

Barbara Wood won the door prize. Robin Johnson, who was present at the meeting, won the attendance prize.

Our next meeting will be held on June 4th at 8PM at Slovak Home with dinner before at the Eastern Buffet at 6PM. Don't forget to make your reservations to the Trachtenball on May 7.

**CLEVELAND SAXON SENIORS**  
By Helen Korsgaard

Our Saxon sausage potluck luncheon was very, very good, and thanks for cooking the sausage, Hans. That was a delicious carrot salad, Joan--don't forget to send me the recipe.

Our good friend and long-time member, Betty Dettman, died in late March. She was always a lot of fun, and we will miss her. Our sympathy goes out to her family.

Gretchen Binder has decided to move to Oregon to live with her daughter's family. Another loss. She is always so cheerful and fun to be with, and she she always made the best corn meal & cheese casserole. I can't think of the Saxon name of it right now--yes I can--Kase Palukes, not spelled right, but you know what I mean. We will miss you, Gretchen.

Our next meeting will be on Thursday, April 28, 11:45 am. Bring your own lunch - dessert and drinks will be provided.

Thursday, May 26 is our Spring Luncheon at Pipers Three on Broadview Road. Your selection for the lunch will be breaded Scrod or Stuffed Pork Chops, at a cost of \$16.50 per person. Send your check to Lou Parge by May 12, or give it to her at the April meeting.

Does it sound like we are always eating? Well, we are!

**The journey is the reward**

Sometimes it feels like we can hardly wait until our lives change so we can at last be happy.

We tell ourselves it will happen when our kids get older, when we get a better job, a nicer car or a bigger house. Or it will surely happen when we are able to go on nice vacations or retire.

The truth is there's no better time to be happy than right now. If not now, when? Your life will always have its challenges and goals to be met. It's best to admit this to yourself and decide to be happy anyway.

Philosopher Alfred D. Souza said, "For a long time it seemed to me that life was about to begin, real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

There is no "way to happiness." Happiness is in the journey and the way.

So treasure every moment that you have. And treasure it more if you can share it with a family or with someone special, someone special enough to spend time with you.



**EASTER TRIVIA**

In 19th century Europe, bitter dark chocolate was used to make small egg shapes. These chocolate eggs were traditionally exchanged as Easter gifts, especially in countries like France and Germany.

*Ninety million chocolate Easter bunnies and 16 billion jelly beans are produced each year before the commencement of the Easter festivities. As a holiday, Easter comes only second to Halloween in terms of the annual sale confectionary items.*

76 percent of people eat the ears on chocolate bunnies first.

*According to the Guinness Book of World Records the largest Easter egg ever made was just over 25 feet high and weighed 8,968 lbs.*

*In countries like Hungary and Transylvania, the day after Easter is called "Locsolo Hetfo" meaning "Watering Monday". This is because water, perfume or perfumed water is often sprinkled in exchange for an Easter egg on this day.*

*(YES - this is the "Bespritzten custom practiced by us Saxons - HH)*

According to widespread belief, Easter owes its name to "Eastre", the Anglo-Saxon goddess symbolizing hare and egg. Another theory suggests that it comes from the early German word "eostarun", meaning dawn and white.

*Easter always falls between March 22 and April 25.*

Easter is a "moveable feast" as it does not fall on a fixed date in the Gregorian or Julian calendars. The full moon determines the date of Easter.

*"Pysanka" is a name given to the tradition of Easter egg painting.*

The color used in painting the eggs differ in different nations. Orthodox Grecians paint their eggs red to symbolize the blood of Christ. Some Germans and Austrians paint their eggs green and use them on Holy Thursday. Slavic peoples decorate their eggs in gold and silver patterns.

*Chocolate eggs were traditionally given as gifts in Europe.*

**INVITE** your relatives and friends to join the crowd at ATS.  
Tell them about our fraternal society!



*As Saxons we are often loath to ask for donations for our organizations, but we live in a very realistic world. And so we do indeed ask...and guess what? Our members do respond. Again we ask for your kind donations, hoping to continue with our renovations as funds will allow. ...*

*As always, the committee thanks you.*

**Youngstown Saxon Club**  
710 S. Meridian Rd. • Youngstown, OH 44509

Donation to: Memorial & Celebration Committee  
**Ballroom & Lounge Fund**

Donor(s) Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
In Memory of \_\_\_\_\_  
In Honor of \_\_\_\_\_  
Designated for \_\_\_\_\_



**THE CLEVELAND SAXON DANCE GROUP'S ANNUAL TRACHTENBALL**  
Saturday, May 7, 2011  
Westside Sachsenheim  
7001 Denison Avenue  
Cleveland, Ohio



Doors Open at 6:00 pm  
Dinner Served at 6:30 pm  
Prepaid Reservations Requested!!

Enjoy a DELICIOUS Schnitzel Dinner with all the trimmings

Program at 8:00 pm

The Cleveland Saxon Dance Group  
And  
Dance to the wonderful music of Grenzenlos

*Wear your Tracht and join us for our Traditional Aufmarsch*

**PREPAID RESERVATION FORM**  
TRACHTENBALL - MAY 7, 2011

\_\_\_\_ Adult Dinners @ \$18.....\$ \_\_\_\_\_  
\_\_\_\_ Children's Dinners @ \$9 (Ages 4 - 10).....\$ \_\_\_\_\_  
Total Enclosed.....\$ \_\_\_\_\_

Make Check or Money Order payable to: Cleveland Saxon Dance Group  
Mail Check and Reservation Form to: Stephanie Miller  
22677 Peachtree Lane  
Rocky River, OH 44116

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

Meal Tickets will be held at the Door  
We will have assigned seating. Please indicate if you have a seating preference  
FOR MORE INFORMATION CALL - Stephanie Miller at (440)356-5582

# FRATERNAL CALENDAR

## EINTRACHT SAXONIA SACHSENCHOR

By George Schneider

### NATIONAL EVENTS

#### 2011

- May 14, 2011  
Branch Presidents' Meeting  
Host Cleveland East Br. 34 celebrating 100th Anniversary
- June 11, 2011  
TSBA Bowlers' Convention  
Host Cleveland West at Sachsenheim
- July 15 - 17, 2011  
Saxon Heimattag  
Saxonia Club, Aylmer Ontario Canada
- July 30, 2011  
ATS Golf Outing  
Salem, OH hosted by Salem Branch 19
- August 6, 2011  
ATS Family at Waldameer Park
- September 9 - 11, 2011  
Teen Weekend Salem, Ohio
- September - October  
Bowl Where You Are Tournament, ages 6 - 17
- October 22 - 23, 2011  
ATS Open Bowling Tournament  
Host Cleveland West

#### 2012

- June 22-24, 2012  
Saxon Heimattag  
Salem, Ohio Hosted by Branches 18 and 19

### LOCAL EVENTS

- April 15, 2011  
New Castle Easter Ham Raffle  
Salem Fish Fry 5:00 - 7:15 p.m.
- April 16, 2011  
Salem Spring Clean-up (CC) 9:00 a.m. - 4:00 p.m.  
Cleveland Children's Easter Party  
Youngstown Concordia Chorus Night in Vienna  
Youngstown Beer and Wine tasting party
- April 20, 2011  
Youngstown Fish Dinner - Restaurant and Lounge
- April 21, 2011  
New Castle - No Thursday Night Dinner due to Easter
- April 23, 2011  
Salem Easter Egg Hunt 1:00 p.m.
- April 28, 2011  
Salem Br. 19 Officers Mtg 7:30 p.m.
- April 30, 2011  
Salem Peanut Night 8:00 p.m. - ?  
Cleveland E. S. Sachsenchor Spring Concert  
New Castle First Clean up Day at the Grounds
- May 1, 2011  
Merrillville Br. 26 Meeting  
Youngstown Br. 22 and 30 meet 2:30 p.m.
- May 2, 2011  
Salem Br. 19 Trustees Audit 6:30 p.m.  
Salem Br. 19 Meeting 7:30 p.m.
- May 4, 2011  
Salem Saxon Retirees 11:30 a.m.
- May 5, 2011  
New Castle Last Thursday Night Dinner for the Summer
- May 7, 2011  
New Castle Singers' Spring Concert 8 pm  
Cleveland Saxon Dance Group Trachtenball  
Youngstown May Dance - Ballroom
- May 8, 2011  
Youngstown Mothers' Day Open - by Reservation only in the Lounge
- May 9, 2011  
Salem Br. 18 Meeting 7:30 p.m.
- May 11, 2011  
New Castle 66 Card Tournament
- May 12, 2011  
Youngstown Retirees meet
- May 13, 2011  
Salem Joint Social Dinner 6:30 p.m.
- May 14, 2011  
Salem 30 Week Drawing 4:00 p.m.
- May 21, 2011  
Salem Breakfast 7:00 - 10:00 a.m.
- May 22, 2011  
Youngstown Br. 30 Pork Dinner
- May 28, 2011  
Salem Peanut Night 8:00 p.m. - ?
- May 30, 2011  
Youngstown Saxon Club closed

Well, we have finally gotten some nice weather, but it seems like it always rains when we get some warm weather. I am in no hurry for spring to come.

Happy birthday greetings go out to our favorite bass singer Dieter Herbert. Christa made some delicious pastry in honor of Dieter's birthday to share with the choir.

We are busy preparing for our Spring Concert to be held on April 30, 2011 beginning at 5:30 p.m. Hans Schobel and his "Bergvagabunden" will be playing for our dancing pleasure afterwards.

I heard the DMV's Annual Jaegerfest was a huge success and was held at the DGACC this year to accommodate the large crowd of over 500 people. I know Fred Ziwich and his ISM did a wonderful job with the music for the evening as well as the Deutscher Musik Verein. The DMV is organizing a fundraiser for our club with further details in my next article.

If you would like to join our choir, please call Adolf or Maria Fischer at 216-741-1398 and they will be glad to give you further details.

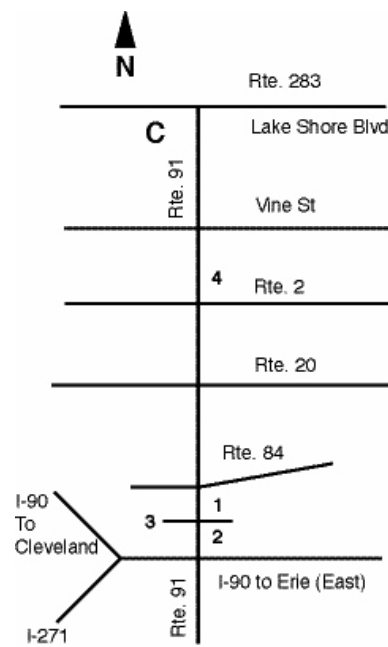
I thank everyone for their continued support of my *Volksblatt* articles and the WDLW 1380 radio program. I wish everyone good health and all of God's blessing for the future. Lebe wohl!

### Planning for Your Summer Road Trip

While it may seem early, now is a great time to start planning for a summer road trip. Here are some things you can do now to make things smoother on the road and at your destination:

- Do any needed car repairs now. This way you will know that your vehicle is ready for the long haul.
- Research hotels and attractions along the way. Many offer discounts for advance reservations or purchase of tickets.
- Look for deals on your summer gear. Stores are beginning to put out summer merchandise. Watch for sales in the next couple of months to get the best prices on things you will need.
- Line up travel partners. Now is the time to invite people you want to include in your adventure.
- Pick your tunes. Begin loading up your music player with road trip music. You may also want to get a car charger.

### BRANCH 34 100th ANNIVERSARY and PRESIDENTS' MEETING



Both Branch 34 Anniversary Banquet AND President's Meeting will be held at the Croatian Party Center

1. Courtyard Inn
  2. Motel 6
  3. Travelodge
  4. Radisson Inn
- C Croatian Lodge Party Center

C. Croatian Party Center  
34900 Lakeshore Blvd.  
Eastlake, OH 44095  
440-946-3366  
(5 miles north of I-90 Exit

**1. Courtyard Inn**  
35103 Maplegrove Rd.  
Willoughby, OH  
440-530-1100  
\$109-\$119

**2. Motel 6**  
35110 Maplegrove Rd.  
Willoughby, OH  
440-975-9922  
\$50

**3. Travelodge**  
34600 Maplegrove Rd.  
Willoughby, OH  
440-585-1900  
\$60

**4. Radisson Hotel**  
35000 Curtis Blvd.  
Eastlake, OH  
440-953-8000  
\$136-\$141

*The Sisters of ATS Branch 34*  
Cordially invite you to celebrate the  
**100<sup>th</sup> Anniversary of ATS Branch 34**  
Saturday, May 14, 2011  
At the Croatian Lodge Party Center  
34900 Lakeshore Blvd., Eastlake, OH



- 5:00 p.m. Open Bar  
5:30 p.m. Dinner  
6:30 p.m. Program & Drawing  
followed by Dancing  
Music provided by Eric Noltkamper



Dinner is complimentary for Branch 34 Members  
And \$35 for each guest

Kindly RSVP by April 30, 2011  
Cancellations are due by May 8, 2011  
By calling 440-639-1775 or 440-943-4543

\_\_\_ Total number planning to attend the 100<sup>th</sup> anniversary of ATS Branch 34

Member Name \_\_\_\_\_

Branch No./Title \_\_\_\_\_ \$0.00

Address \_\_\_\_\_

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

Guest Name \_\_\_\_\_

Branch No./Title \_\_\_\_\_ \$35.00

Guest Name \_\_\_\_\_

Branch No./Title \_\_\_\_\_ \$35.00

Guest Name \_\_\_\_\_

Branch No./Title \_\_\_\_\_ \$35.00

Guest Name \_\_\_\_\_

Branch No./Title \_\_\_\_\_ \$35.00

Amount enclosed \$ \_\_\_\_\_

Please make your checks payable to ATS Branch 34  
Send your check and reservation to:  
Ingeborg Krestel at 11655 Colburn Rd., Chardon, OH 44024

## CHURCHES



### St. Peter's German and Saxon Lutheran Church

11423 Chicago Rd.  
Warren, Michigan 48093  
(586) 979-3850  
stpeters\_church@sbcglobal.net  
www.stpeterswarren.or

10:00 Bilingual Service

Nursery School  
Coffee following service.  
Bible Study, Senior Circle,  
Sunday School, Church  
Choir, Bell Choir

### St. Thomas Evangelical Lutheran Church

9509 Lake Avenue  
Cleveland, OH  
(216) 961-4870

Rev. Dick Williams  
Pastor  
Cell (330) 524-1718

9:00 a.m. German Service  
2nd Sunday of the month  
Pastor Susanne Carter

10:00 a.m. Coffee Hour  
Adult Bible Study

11:00 a.m. English Worship

Daily Devotion:  
www.EarlyWord.org

### St. John's Lutheran Church

1000 Ford Road  
Highland Hts., Ohio  
(440) 449-1334

Rev. Karen Ullestad  
Pastor

9:00 Worship Service

## BRANCH 5, LORAIN

By Elmer Schneider

Dinner before the meeting was held at the Chris Restaurant on Saturday, April 2nd. Our attendance was below what we have been getting. We then went to the American Slovak Club for our general meeting.

Brother Jerome Powell suffered a broken toe on the same one he had broken before and as a result had to have part of the toe amputated. Brother Powell is back on the sick list and we wish him the very best in his recovery.

We had one member present at the meeting celebrating a birthday and that was Brother Ned Jones. Members sang happy birthday greetings to him. Others celebrating birthdays in April are juvenile members Marissa Goss, Aidan Brown and Mackenzie Smith; we wish these members a very happy birthday and hope they will have many more happy, healthy ones to come.

Our attendance winner was Brother Jerome Powell. Don't forget that you could be the lucky winner if you are present and signed up. Next regular meeting will be on Saturday, May 7th with dinner before at the Chris Restaurant.

Branch 5 officers and members wish each and everyone a very happy Easter!

LAW OFFICES OF  
BANDER+BRANDEL



CONNY  
FRANKS

## The worst excuse:

### No time to take care of yourself

People have lots of excuses for not thinking about health and getting in shape. Lack of time is the most common excuse, says best-selling author Bob Greene in his book *The Life You Want: Get Motivated, Lose Weight and Be Happy*.

He studied peoples' schedules and found they all had time every day that would be better spent being physically active. He asks, "Who doesn't have 30, 40 or 60 minutes a day to exercise and take care of themselves?"

Green says exercise aversion is another cause. Even his most famous client, Oprah Winfrey, didn't like to exercise.

People avoid it because they don't want to experience the discomfort of working at it. But discomfort means you are exerting yourself enough to burn calories and improve your health. Some people exercise while watching TV or walking with a friend.

Once a week, it's important to make a healthy week's menu instead of just eating whatever is in the fridge.

Buy fresh fruit, vegetables, fish, whole grain bread and

crackers, plus meat, but not too much. Skip the processed foods and fatty snacks.

The good news is that successful dieters take a break on one or two days of the week. Within reason, they eat whatever they want, such as a few slices of pizza but not the whole pie.

Put health on your time-management plan. When you are stronger and healthier, you'll do everything better.

## BRANCH 10, COLUMBUS

By Hilda Kautz

Hibernation must come to an end. Let's celebrate by having a good attendance at our next meeting on Monday, April 18, at 1:00 p.m. at the MCL Cafeteria.

A few of our members were fortunate enough to escape some of the nasty winter weather we had in the wonderful World of Ohio. Susie Mueller visited the sunny south with stops in Florida and Mississippi. Regina Kellner enjoyed a Florida stay and Mary and Mike Lassel returned recently after several months at their condo in Florida. We are glad you are all back

in the Columbus area again. Planning a trip to Germany this summer are Susie and John Karst. Have a great time.

Happy Birthday wishes this month to Maria Allert (15), and Dorothea Hesch (22). All good things in the year ahead for both of you.

Remember that the smallest deed accomplished with love, the tiniest talent used for good, the most minute gesture carried out with kindness are very important acts that make our world a little better place. A blessed Easter to all.



We remember our Sisters and Brothers who have departed this life in recent days. Our sincere sympathy is extended to the members of the bereaved families.

Patricia A Pruzin

Age 61

Died: March 11, 2011  
Branch 40, Merrillville IN

## ATS offers your insurance, fraternal benefits, and fellowship Invite your relatives and friends to join us!

Call your local Deputy for full information on all our fraternal plans.

**Br. 1 Cleveland**  
Robert Cunningham III  
(216) 398-7520

**Br. 2 Erie**  
Tom Manning  
(814) 864-6072

**Br. 3 Alliance**  
Denise Aeling Crawford  
(330) 821-5125  
dcrawfordcpa@yahoo.com  
Helen Aeling  
(330) 862-2563  
HHA658@aol.com

**Br. 4 Cleveland**  
Joan Miller-Malue  
(216) 251-6036  
Monica Weber  
(440) 356-5936

**Br. 5 Lorain**  
Monica Gilles  
440-309-7894  
gillemo76@hotmail.com

**Br. 7 Farrell**  
Henry Holmes  
(724) 981-7130  
Bertha Chec  
(724) 342-3139  
Betty Jane Krafft  
(724) 347-7935

**Br. 8 Alliance**  
Denise Aeling Crawford  
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dcrawfordcpa@yahoo.com  
Helen Aeling  
(330) 862-2563

**Br. 9 Chicago**  
-----

**Br. 10 Columbus**  
Hilda Kautz  
(614) 235-7661  
rkautz@wideopenwest.com

**Br. 11 Lorain**  
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gillemo76@hotmail.com

**Br. 14 & 17 Canton**  
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**Br. 18 Salem**  
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HHA658@aol.com  
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babrayn@sbcglobal.net

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HHA658@aol.com  
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babrayn@sbcglobal.net

**Br. 22 Youngstown**  
Sofia B. Froom  
(330) 652-9269

**Br. 25 New Castle**  
Paul Hartfelder  
(724) 652-5106  
Ronald L. Benedict  
(724) 667-7395

**Br. 26 Merrillville**  
Randall Floyd  
(219) 942-3494

**Br. 27 New Castle**  
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bckskinbnnny@verizon.net  
Edith Hartfelder  
(724) 652-5106  
gach@access995.com

**Br. 29 Monaca**  
Terri Munroe  
(724) 774-7094

**Br. 30 Youngstown**  
Roger Fotiuk  
(330) 792-0034  
James Mauch  
(330) 792-8484

**Br. 32 & 45 Ellwood City**  
Sara Mullin  
(724) 758-4764

**Br. 33 Cleveland**  
Dolf Litschel  
(440) 358-1184

**Br. 34 Cleveland**  
Ema Litschel  
(440) 358-1184

**Br. 37 Detroit**  
Karin Weihs (517) 426-1059  
or (623) 933-3550 AZ  
Sam Klein, Jr.  
(586) 677-6664  
George Schemmel, Sr.  
(586) 791-8135

**Br. 40 Merrillville**  
Randall Floyd  
(219) 942-3494

## The Passover Seder -- for Christians

As spring nears, the stores start to fill up with colorful baskets, candy and other trappings of the holiday we call Easter.

Christians often look to create or recover traditions that specifically celebrate the resurrection of Christ, the savior.

One such increasingly popular tradition is borrowed from the Jews: The Passover Seder.

The traditional Jewish Seder is a ritual feast that marks the beginning of the Jewish holiday of Passover, the liberation of the Israelites from slavery in Egypt.

In a traditional Seder, special food is set out in the family's finest table settings, each step and every word of the ritual dinner dictated by the scriptural commandment



to each Jew to "tell your son" about the liberation.

Christians increasingly incorporate a version of the Seder into their Easter week traditions, sometimes holding it on the Thursday before Easter, the day reserved to celebrate Jesus' last supper with his disciples. Jesus' last supper is traditionally held to be a Seder, although some scholars disagree.

While many styles of the Christian Seder exist, Christian Seders can follow the Jewish order of service exactly or with some changes. The Seder meal requires four cups of wine each with a message: I will bring out; I will deliver; I will redeem; and I will take. Christian Seders sometimes quote Christ at the last supper for one or all of the cups: Take, eat: This is my body. Or "This is my blood."

The theme of liberation that the Seder represents has also been borrowed from time to time for other purposes. During the 1960s civil rights movement, Seders were often held as an interfaith service, uniting civil rights workers.

## The Traditions of Easter

As with almost all "Christian" holidays, Easter has a secular side as well. The dichotomous nature of Easter and its symbols, however, is not necessarily a modern fabrication.

Easter has always had its non-religious side. In fact, Easter was originally a pagan festival. It was co-opted by Christian missionaries starting in the second century CE.



The ancient Saxons celebrated the return of spring with an uproarious festival commemorating their goddess of offspring and of springtime, Eastre. When the second-century Christian missionaries encountered the tribes of the north with their pagan celebrations, they do what Christian missionaries have always done; they attempted to convert them to Christianity. They did so, however, in a clandestine manner.

It would have been dangerous for the very early Christian converts to celebrate their holy days with observances that did not coincide with celebrations that already existed. To save lives, the missionaries decided to spread their dogma slowly throughout the populations by allowing them to continue to celebrate pagan feasts, but to do so in a Christian manner.

As it happened, the pagan festival of Eastre occurred at the same time of year as the Christian observance of the Resurrection of Christ. It made sense, therefore, to alter the festival itself, to make it a Christian observance as pagans were slowly indoctrinated. The early name, Eastre, was eventually changed to its modern spelling, Easter.

### The Date of Easter

Prior to A.D. 325, Easter was variously celebrated on different days of the week, including Friday, Saturday, and Sunday. In that year, the Council of Nicaea was convened by emperor Constantine. It issued the Easter Rule which states that Easter shall be celebrated on the first Sunday that occurs after the first full moon on or after the vernal equinox. The "full moon" in the rule is the ecclesiastical full moon, which is defined as the fourteenth day of a tabular lunation, where day 1 corresponds to the ecclesiastical New Moon. It does not always occur on the same date as the astronomical full moon. The ecclesiastical "vernal equinox" is always on March 21. Therefore, Easter must be celebrated on a Sunday between the dates of March 22 and April 25.

### The Lenten Season

Lent is the forty-six day period just prior to Easter Sunday. It begins on Ash Wednesday. Mardi Gras (French for "Fat Tuesday") is a celebration, sometimes called "Carnival," practiced around the world, on the Tuesday prior to Ash Wednesday. It was designed as a way to "get it all out" before the sacrifices of Lent began. New Orleans is the focal point of Mardi Gras celebrations in the U.S. Read about the religious meanings of the Lenten Season.



The Easter Bunny

The Easter Bunny is not a modern invention. The symbol originated with the pagan festival of Eastre. The goddess, Eastre, was worshipped by the Anglo-Saxons through her earthly symbol, the rabbit.

The Germans brought the symbol of the Easter rabbit to America. It was widely ignored by other Christians until shortly after the Civil War. In fact, Easter itself was not widely celebrated in America until after that time.



The Easter Egg

As with the Easter Bunny and the holiday itself, the Easter Egg predates the Christian holiday of Easter. The exchange of eggs in the springtime is a custom that was centuries old when Easter was first celebrated by Christians.

From the earliest times, the egg was a symbol of birth in most cultures. Eggs were often wrapped in gold leaf or, if you were a peasant, colored brightly by boiling them with the leaves or petals of certain flowers.

Today, children hunt colored eggs and place them in Easter baskets along with the modern version of real Easter eggs -- those made of plastic or chocolate candy.

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### Vom Siebenbürger Sachsen Sängerbund

Für die kommenden Feiertage wünsche Ich Allen Sängern und Sängern sowie Ihre angehörigen ein Frohes und Gesegnetes Osterfest.

Von Johann Paal, Sängerbund Präsident



From the Siebenbuenger Sachsen Saengerbund.

For the coming Holiday I wish all Singers and their Families a Blessed Easter.

From Johann Paal, Saengerbund President



Doors open 5:30 p.m.

Enjoy a German buffet dinner at 6:00 p.m.

Adult dinner \$15

Children under 12 years \$6

Please make your reservations early  
Deadline is May 3, 2011

You may call the following and if no answer leave your reservation on the answering machine

Eva Karsti  
330-792-2281

Maria Bachinger  
330-792-4005

Sara Deutschlander  
330-792-2634

### \*\* ENTERTAINMENT \*\*

*Folk Dance Group from Akron*

*German Family Society Tanzgruppe*

*Apollo Maennerchor from Sharon, PA*

*Youngstown Saxon Dance Group and Brass Band*

*Our own Concordia Chorus*

Dance and Listen to Peter Karsti's Eintracht Band



See the land, her Easter keeping,  
Rises as her Maker rose.  
Seeds, so long in darkness sleeping,  
Burst at last from winter snows.  
Earth with heaven above rejoices...

~Charles Kingsley

**Ostern ist das Fest des Lebens**

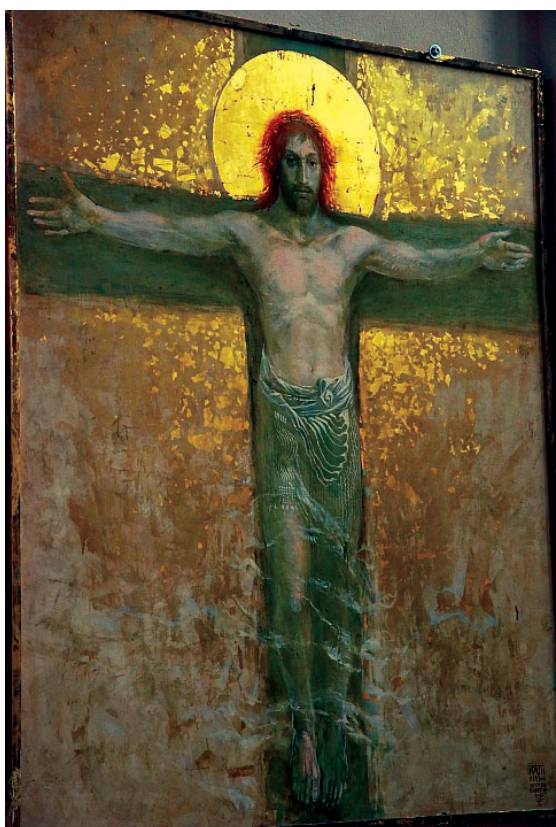
*Ob diese Aussage nicht übertrieben erscheint? Gibt es doch im Leben jedes Menschen, aber auch im gesellschaftlichen Bereich ganz wichtige Feste, von denen zuweilen gesagt werden kann, es war das Fest meines Lebens. Die erlebte Freude überstrahlt dann die Tage, doch irgendwann verblasst das Ereignis, rückt in weite Ferne, bis es schließlich zur Vergangenheit gehört.*

Und Ostern? Ist das nicht Vergangenheit? Erinnerung an die Kreuzigung des Jesus von Nazareth auf dem Berg Golgatha und an einen Bericht über ein nicht zu begreifendes Wundergeschehen, dort, weit weg, in einem Garten in Jerusalem? Der am Kreuz Gestorbene und in einem Gartengrab eines Mannes Josef von Arimathäa Beigesetzte ist auferstanden. Er ist wahrhaftig auferstanden, bezeugen seine Jünger.

Von da an begann die Geschichte der Christenheit. Ostern ist seither nicht nur das älteste, sondern auch das höchste Fest der Christenheit, es ist das Fest des Lebens. Die Oster-

gottes- betrachter. Das Leid und der unermessliche Schmerz sind überwunden. Der streng lineare Körper ist unversehrt und scheint zu schweben, im Begriff vom Kreuz herabzusteigen. Die Arme sind ausgebreitet, nicht mehr festgenagelt, bereit zur Umarmung, wie ein guter Freund, ein Tröster, und man meint schon im Voraus hören zu können: „Kommet her zu mir, alle, die ihr mühselig und beladen seid; ich will euch erquicken.“ (Matthäus 11, 28) Der irdenfarbene Hintergrund bringt die Realitätsbezogenheit des Geschehens zum Ausdruck.

Der Anblick dieses Gemäldes tut dem Betrachter einfach gut,



**Katharina Zipser: „Herabsteigender Christus“ (1987/2003), Eitempera und Gold auf Holz. Das Gemälde, eine Schenkung der Künstlerin an die evangelische Kirchengemeinde ihrer Heimatstadt, befindet sich seit 2008 in der Johanniskirche in Hermannstadt. Foto: Konrad Klein**

dienste sind das Herzstück des Kirchenjahres und alle Symbole und künstlerischen Darstellungen bezeugen weltweit die Mitte des christlichen Glaubens: die Auferstehung Jesu Christi von den Toten nach seinem Leiden und Sterben am Kreuz. Der Sieg des Lebens über den Tod wird Gegenwart.

Auf dem oben stehenden Gemälde der siebenbürgischen Künstlerin Katharina Zipser, ist die Botschaft vom Sieg des Lebens über den Tod schon vom Kreuzesgeschehen her dargestellt. Auf den ersten Blick ist es der Glorienschein, der die Gedanken in Richtung Ikonenmalerei lenkt. Doch beim näheren Hinschauen sprechen einen die konkreten Gesichtszüge an. Sie strahlen Offenheit, Staunen und Güte aus, so als meinten sie den gegenwärtigen

es fesselt den Blick und lädt ein zum Innehalten. Die Betriebsamkeit des Alltages mit allem Hässlichen, das täglich in den Medien mit großer Intensität verbalisiert und auch bildlich übertragen wird, setzt aus und es öffnet sich ein Raum, in dem der Glaube erfahrbar wird, dass nicht das Böse, nicht der Tod das letzte Wort haben, sondern die Botschaft des Ostermorgens: Christus ist auferstanden. Er ist wahrhaftig auferstanden.

Ich wünsche Ihnen, liebe Landsleute, ein gesegnetes Osterfest. Möge der Osterglaube unsere Gemeinschaft tragen und immer neu festigen.

*Hermann Schuller, Dekan i.R. Vorsitzender des Hilfskomitees*

SBZ Online  
4. April 2010

Am ersten Tag der Woche kommt Maria von Magdala früh, als es noch finster war, zum Grab Jesu und sieht, daß der Stein vom Grab weg war. Da läuft sie und kommt zu Simon Petrus und zu dem andern Jünger, den Jesus liebhatte, und spricht zu ihnen: Sie haben den Herrn weggenommen aus dem Grab, und wir wissen nicht, wo sie ihn hingelegt haben. Da ging Petrus und der andere Jünger hinaus, und sie kamen zum Grab. Es liefen aber die zwei miteinander, und der andere Jünger lief voraus, schneller als Petrus, und kam zuerst zum Grab, schaut hinein und sieht die Leinentücher liegen; er ging aber nicht hinein. Da kam Simon Petrus ihm nach und ging in das Grab hinein und sieht die Leinentücher liegen, aber das Schweiß Tuch, das Jesus um das Haupt gebunden war, nicht bei den Leinentüchern liegen, sondern daneben, zusammengewickelt an einem besonderen Ort. Da ging auch der andere Jünger hinein, der zuerst zum Grab gekommen war, und sah und glaubte. Denn sie verstanden die Schrift noch nicht, daß er von den Toten auferstehen müßte. Da gingen die Jünger wieder heim.

Maria aber stand draußen vor dem Grab und weinte. Als sie nun weinte, schaute sie in das Grab und sieht zwei Engel in weißen Gewändern sitzen, einen zu Häupten und den andern zu den Füßen, wo sie den Leichnam Jesu hingelegt hatten. Und die sprachen zu ihr: Frau, was weinst du? Sie spricht zu ihnen: Sie haben meinen Herrn weggenommen, und ich weiß nicht, wo sie ihn hingelegt haben. Und als sie das sagte, wandte sie sich um und sieht Jesus stehen und weiß nicht, daß es Jesus ist. Spricht Jesus zu ihr: Frau, was weinst du? Wen suchst du? Sie meint, es sei der Gärtner, und spricht zu ihm: Herr, hast du ihn weggetragen, so sage mir, wo du ihn hingelegt hast; dann will ich ihn holen. Spricht Jesus zu ihr: Maria! Da wandte sie sich um und spricht zu ihm auf hebräisch: Rabbuni!, das heißt: Meister! Spricht Jesus zu ihr: Rühre mich nicht an! Denn ich bin noch nicht aufgeföhren zum Vater. Geh aber hin zu meinen Brüdern und sage ihnen: Ich fahre auf zu meinem Vater und zu eurem Vater, zu meinem Gott und zu eurem Gott. Maria von Magdala geht und verkündigt den Jüngern: Ich habe den Herrn gesehen, und das hat er zu mir gesagt.

Am Abend aber dieses ersten Tages der Woche, als die Jünger versammelt und die Türen verschlossen waren aus Furcht vor den Juden, kam Jesus und trat

mitten unter sie und spricht zu ihnen: Friede sei mit euch! Und als er das gesagt hatte, zeigte er ihnen die Hände und seine Seite. Da wurden die Jünger froh, daß sie den Herrn sahen. Da sprach Jesus abermals zu ihnen: Friede sei mit euch! Wie mich der Vater gesandt hat, so sende ich euch. Und als er das gesagt hatte, blies er sie an und spricht zu ihnen: Nehmt hin den heiligen Geist! Welchen ihr die Sünden erlaßt, denen sind sie erlassen; und welchen ihr sie behaltet, denen sind sie behalten.

Thomas aber, der Zwilling genannt wird, einer der Zwölf, war nicht bei ihnen, als Jesus kam. Da sagten die andern Jünger zu ihm: Wir haben den Herrn gesehen. Er aber sprach zu ihnen: Wenn ich nicht in seinen Händen die Nägelmale sehe und meinen Finger in die Nägelmale lege und meine Hand in seine Seite lege, kann ich's nicht glauben. Und nach acht Tagen waren seine Jünger abermals drinnen versammelt, und Thomas war bei ihnen. Kommt Jesus, als die Türen verschlossen waren, und tritt mitten unter sie und spricht: Friede sei mit euch! Danach spricht er zu Thomas: Reiche deinen Finger her und sieh meine Hände, und reiche deine Hand her und lege sie in meine Seite, und sei nicht ungläubig, sondern gläubig! Thomas antwortete und sprach zu ihm: Mein Herr und mein Gott! Spricht Jesus zu ihm: Weil du mich gesehen hast, Thomas, darum glaubst du. Selig sind, die nicht sehen und doch glauben! Noch viele andere Zeichen tat Jesus vor seinen Jüngern, die nicht geschrieben sind in

diesem Buch. Diese aber sind geschrieben, damit ihr glaubt, daß Jesus der Christus ist, der Sohn Gottes, und damit ihr durch den Glauben das Leben habt in seinem Namen.

Danach offenbarte sich Jesus abermals den Jüngern am See Tiberias. Er offenbarte sich aber so: Es waren beieinander Simon Petrus und Thomas, der Zwilling genannt wird, und Nathanael aus Kana in Galiläa und die Söhne des Zebedäus und zwei andere seiner Jünger. Spricht Simon Petrus zu ihnen: Ich will fischen gehen. Sie sprechen zu ihm: So wollen wir mit dir gehen. Sie gingen hinaus und stiegen in das Boot, und in dieser Nacht fingen sie nichts. Als es aber schon Morgen war, stand Jesus am Ufer, aber die Jünger wußten nicht, daß es Jesus war. Spricht Jesus zu ihnen: Kinder, habt ihr nichts zu essen? Sie antworteten ihm: Nein. Er aber sprach zu ihnen: Werft das Netz aus zur Rechten des Bootes, so werdet ihr finden. Da warfen sie es aus und konnten's nicht mehr ziehen wegen der Menge der Fische. Da spricht der Jünger, den Jesus liebhatte, zu Petrus: Es ist der Herr! Als Simon Petrus hörte, daß es der Herr war, gürtete er sich das Obergewand um, denn er war nackt, und warf sich ins Wasser. Die andern Jünger aber kamen mit dem Boot, denn sie waren nicht fern vom Land, nur etwa zweihundert Ellen, und zogen das Netz mit den Fischen. Als sie nun ans Land stiegen, sahen sie ein Kohlenfeuer und Fische darauf und Brot. Spricht Jesus zu ihnen: Bringt von den Fischen, die ihr jetzt gefangen

**Fortsetzung auf Seite 8**



**EINTRACHT-SAXONIA  
SACHSENCHOR  
SPRING CONCERT  
April 30, 2011  
Westside Sachsenheim  
7001 Denison Ave**

**Roast Chicken Dinner    Cost \$18**

**Dinner    5:30 p.m.  
Program    7:30 p.m.**

**Music provided by Hans Schobel and  
the Bergvagabunden**

**Reservations please call:  
Maria Fischer  
(216)741-1398**

**Deadline for reservations April 26th**



### In memoriam

One Sunday, the pastor noticed little Alex staring up at the large plaque in the foyer of the church. The plaque was covered with names. The pastor walked up, stood beside the lad and quietly said, "Good morning, Alex."

"Good morning pastor," replied the little fellow. "What is this?"

"Well, son, it's a memorial to all the young men and women who died in the service."

Little Alex's voice was barely audible when he asked, "Which service . . . the 8:30 or the 10:45?"

### The Bum

A bum asks a well dressed gentleman on the street for two dollars. The gentleman asks, "Are you going to spend it on liquor or gambling?"

"No, sir. I don't drink or gamble."

"You wouldn't waste time and money at a golf course, would you?"

"Never," says the bum.

"Would you like to come home with me for a nice dinner?"

"But won't your wife be angry?"

"Probably, but I want her to see what happens to a guy who doesn't drink, gamble or play golf!"



## EARTH DAY APRIL 22<sup>ND</sup>

Earth Day, which was established in 1970 in the US, is celebrated on 22<sup>nd</sup> April each year. It is a day to think about our planet and what we can do to keep it special; to think about saving water and energy, reducing pollution, recycling, protecting our animals, trees and plants. In general it is reminding us how important our environment is and how important it is for us to work at protecting our planet.

The ATS Youth Activities Committee wants our junior members to do their part in helping the Earth to stay beautiful and healthy. What can you do to help?

1. Reduce, or cut back, on the stuff that you use or throw away.
2. Reuse items instead of putting them in the garbage.
3. Recycle everything you can – glass, paper, cans, cardboard and plastic.
4. Buy products in packaging that can be recycled.
5. Buy products made from recycled materials.
6. Write or draw on both sides of a piece of paper before recycling it.
7. Don't leave the water running while you brush your teeth.
8. Make sure faucets are turned off all the way so they don't drip.
9. Turn off the television and computer when they are not in use.
10. Turn out the lights when you leave a room.
11. Never litter! Animals might choke

12. Keep trees healthy. Don't peel off the bark or break any branches.
  13. Celebrate National Arbor Day on April 30 by planting a tree.
  14. Take part in a community Earth-care event, such as a clean-up day at the park.
  15. Discover more about nature. Visit your library, go on the internet and watch TV shows about the natural world.
- These are just some things you can do to help keep our Earth healthy.

Color the following picture and mail it to the ATS Home Office, 5393 Pearl Road, Cleveland, Ohio 44111 and receive an Earth Day gift. Please include your name, address, your Branch Number and Certificate Number.



### Am Ostermorgen

Am Ostermorgen schwang die Lerche  
sich auf aus irdischem Gebiet  
und, schwebend überm stillen Pferche  
der Hirten, sang sie dieses Lied:  
Erwacht! Die Nacht entflieht.  
Das Licht zerbricht  
die Macht der Nacht;  
erwacht ihr Lämmer all, erwacht,  
auf feuchtem Rasen kniet!

Es ward von einem Osterlamme  
getan für alle Welt genug,  
das blutend an dem Kreuzesstamme  
die Schuld der ganzen Herde trug.  
Des Sieges Stunde schlug!  
Das Grab, es gab  
den Raub vom Staub  
zurück; nun weidet grünes Laub,  
ihr Lämmer fromm und klug!

Der Baum des Lebens, fluchbeladen,  
stand abgestorben, dürr und tot.  
Des Lammes Blut ihn mußte baden;  
nun wird es blühend rosenrot.  
Gewendet ist die Not!  
O seht, her geht  
der Hirt, der wird  
die Herde weiden unverirrt  
im neuen Morgenrot

Friedrich Rückert (1788-1866)

### OSTERGESCHICHTE

#### Fortsetzung von Seite 7

habt! Simon Petrus stieg hinein und zog das Netz an Land, voll großer Fische, hundertdreißig. Und obwohl es so viele waren, zerriß doch das Netz nicht. Spricht Jesus zu ihnen: Kommt und haltet das Mahl! Niemand aber unter den Jüngern wagte, ihn zu fragen: Wer bist du? Denn sie wußten, daß es der Herr war. Da kommt Jesus und nimmt das Brot und gibt's ihnen, desgleichen auch die Fische. Das ist nun das dritte Mal, daß Jesus den Jüngern offenbart wurde, nachdem er von den Toten auferstanden war.

Als sie nun das Mahl gehalten hatten, spricht Jesus zu Simon Petrus: Simon, Sohn des Johannes, hast du mich lieber, als mich diese haben? Er spricht zu ihm: Ja, Herr, du weißt, daß ich dich liebe. Spricht Jesus zu ihm: Weide meine Lämmer! Spricht er zum zweiten Mal zu ihm: Simon, Sohn des Johannes, hast du mich lieb? Er spricht zu ihm: Ja, Herr, du weißt, daß ich dich liebe. Spricht Jesus zu ihm: Weide meine Schafe! Spricht er zum dritten Mal zu ihm: Simon, Sohn des Johannes, hast du mich lieb? Petrus wurde traurig, weil er zum dritten Mal zu ihm sagte: Hast du mich lieb?, und sprach zu ihm: Herr, du weißt alle Dinge, du weißt, daß ich dich liebe. Spricht Jesus zu

ihm: Weide meine Schafe! Wahrlich, wahrlich, ich sage dir: Als du jünger warst, gürtetest du dich selbst und gingst, wo du hin wolltest; wenn du aber alt wirst, wirst du deine Hände ausstrecken, und ein anderer wird dich gürteten und führen, wo du nicht hin willst. Das sagte er aber, um anzuzeigen, mit welchem Tod er Gott preisen würde. Und als er das gesagt hatte, spricht er zu ihm: Folge mir nach! Petrus aber wandte sich um und sah den Jünger folgen, den Jesus liebte, der auch beim Abendessen an seiner Brust gelegen und gesagt hatte: Herr, wer ist's, der dich verrät? Als Petrus diesen sah, spricht er zu Jesus: Herr, was wird aber mit diesem? Jesus spricht zu ihm: Wenn ich will, daß er bleibt, bis ich komme, was geht es dich an? Folge du mir nach! Da kam unter den Brüdern die Rede auf: Dieser Jünger stirbt nicht. Aber Jesus hatte nicht zu ihm gesagt: Er stirbt nicht, sondern: Wenn ich will, daß er bleibt, bis ich komme, was geht es dich an?

Die Ostergeschichte -  
Quelle: Johannes, Vers 20 und 21

Nach dem Evangelisten Johannes ( Johannes 20&21).



## BRANCH 25, NEW CASTLE CONSTITUTION CHANGES

### Article III, Section 3

#### Currently Reads:

Only active members are entitled to receive benefits, but all members have the right to join the Singing Section.

#### Changed to read:

Only active members are entitled to receive **sick and death** benefits, but all members have the right to join the Singing Section.

### Article V, Section 1

#### Currently Reads:

The Song Section is under the leadership of a Director who shall be a member or must become one, and is elected by the Singers for a term of one (1) year with the consent of the Society. The Society pays the Director and stipulates his salary.

#### Remove:

The society pays the director and stipulates his salary.

### By-Laws changes

#### Article 1, Section 7

##### Duties of the Trustees

#### Currently Reads:

The Board of Trustees shall see to it that Society money be deposited as ordered by the Society and that the properties be in good condition.

All repairs costing not over one hundred dollars (\$100.00) can be made by the Board of Trustees without reporting same to the Society in advance.

The Board shall assist the Financial Secretary in taking in the monthly dues. At the end of each quarter year and annually, they shall audit the books of the Financial Secretary and Treasurer and report their findings to the Society at the next monthly meeting.

#### Changed to read:

The Board of Trustees shall see to it that Society money be deposited as ordered by the Society, and that all properties be **maintained and kept in good condition.**

All repairs costing not over two hundred dollars (\$200.00) can be made by the Board of Trustees without reporting same to the Society in advance.

The Board shall assist the Financial Secretary in taking in the monthly dues. At the end of each quarter year and annually, they shall audit the books of the Financial Secretary and Treasurer and report their findings to the Society at the next monthly meeting.

### Article 1, Section 8

#### Duties of the Sergeant at Arms

#### Currently Reads:

The Sergeant-at-Arms shall before the opening of the meeting, make certain that only members in good standing are permitted to enter. During the meeting no will be admitted without the permission of the President.

#### Changed to read:

The Sergeant-at-Arms shall before the opening of the meeting, make certain that only members in good standing are permitted to enter. **Once the meeting has commenced, no one shall be admitted without the permission of the President.**

### Article 1, Section 8

#### Duties of the House Steward

#### Currently Reads:

The House Steward will be elected for one (1) year by current officers from the members' applications. Applications for House Steward shall be posted by the Recording and Corresponding Secretary two (2) months before the August meeting and shall be in his possession one (1) month before the August meeting, for the election of same.

The Society shall set his monthly salary. He must serve all members impartially, keep premises clean and comply with the resolutions of the Society and orders of the President.

He shall be cautious in permitting only members in good standing and their families or their real house guests to the bar room. Only members are permitted to buy alcoholic beverages. The Society reserves the right to dismiss the Steward for unfaithfulness or neglect of duty at once and he must vacate his place of abode on the premises of the Society within thirty (30) days. If the House Steward desires to quit his position, he must give to the Society one (1) month's notice. He must turn over all monies of the Society to the Financial Secretary at the monthly meeting and receive his receipt therefore. The Society shall bond him to the amount of five thousand dollars (\$5,000.00).

#### Changed to read:

The House Steward will be elected for one (1) year by current officers from the members' applications. Applications for House Steward shall be posted by the Recording and Corresponding Secretary two (2) months before the August meeting and shall be in his possession one (1) month before the August meeting, for the election of same.

The Society shall set his/her monthly salary.

He/She must serve all members impartially, keep premises clean and comply with the resolutions of the Society and orders of the President. **The Society reserves the right to dismiss the steward at once for unfaithfulness or neglect of duty.**

He/She shall be cautious in permitting only members in good standing and their families or their real house guests to the bar room. Only members are permitted to buy alcoholic beverages. The Society reserves the right to dismiss the Steward for unfaithfulness or neglect of duty at once. If the House Steward desires to quit his/her position, he/she must give to the Society one (1) month's notice. He/She must turn over all monies of the Society to the Financial Secretary at the monthly meeting and receive his/her receipt therefore. The Society shall bond him/her to the amount of five thousand dollars (\$5,000.00).

### Article V, Section 1

#### Currently Reads:

Everyone wishing to join the Society as an Active Member must have himself proposed by two (2) Active Members in good standing must fill out application printed by the Society for such purposes and present application and the amount of ten dollars (\$10.00) with the Society in advance of his initiation.

#### Changed to read:

Everyone wishing to join the Society as an Active Member **must fill out an application printed by the Society for such purposes and present such along with a valid driver's license or state ID and the amount appropriate initiation fee set by the Society in advance of his initiation,** and must have himself proposed by two (2) Active Members in good standing.

### Article V, Section 3 – Will be deleted

#### Currently Reads:

In case a member is in arrears with his dues, he may not receive any benefits. The initiation fee may at the discretion of the Society be raised or lowered for the good and welfare of the Society at a regular monthly meeting.

### Article V, Section 4 –

#### Renamed to Article V, Section 3

Should it be revealed that a member has made false statements in his application for membership to the Society, charges should be brought against him and if found guilty of same shall be dropped from the Society and loses all payments made into the Society.

### Article V, Section 5 –

#### Renamed to Article V, Section 4

If a member leaves the city and still wishes to remain a member, he must within fourteen (14) days report his exact address to the Financial Secretary and see to it that his dues are paid six (6) months in advance. Non-residential members must in case of sickness send in a doctor's certificate stating nature of sickness, when it started and ended. The Society may retain six (6) months' dues from any possible sick benefit monies.

### Article V, Section 6 –

#### Moved to Article V, Section 8

### Article V, Section 7 –

#### Renamed to Article V, Section 6

Members who are in arrears three (3) months with their dues are suspended from the Society, and if they wish to again become members they must again pay the initiation fee and make a new application for acceptance.

### Article V, Section 8

#### Currently Reads:

It is the duty of every member to be present at all meetings. Should a member discuss Society business or talk about the Society in a descending way with a non-member upon the first offense he may be punished and fined five (\$5.00) dollars if found guilty. In case of repetition he may be expelled from the Society.

#### Changed to read:

If a member leaves the city or United States and is at the time of leaving a member in good standing, he must continue paying dues in order to be entitled to sick and death benefits. If a member becomes three (3) months in arrears with his dues while out of the city or United States, he must again rejoin as a new member and meet the requirements as to age and health.

It is the duty of every member to be present at all meetings. Should a member discuss Society business or talk about the Society in a descending way with a non-member upon the first offense he may be punished and fined five (\$5.00) dollars if found guilty. In case of repetition he may be expelled from the Society.

### Article V, Section 9

#### Currently Reads:

Candidates for Passive membership must be proposed by two (2) Active members. The initiation fee and one (1) year's dues must accompany each application for memberships.

Passive members are not eligible for sick or death benefits.

#### Changed to read:

Candidates for Passive membership must be proposed by two (2) Active members. **To be considered, the Candidate must fill out an application form printed by the society and present it along with a valid driver's license or state ID and the initiation fee set by the Society** and one (1) year's dues.

Passive members are not eligible for sick or death benefits.

### Article VII, Section 1

#### Currently Reads:

The meetings may be conducted in German or English language and shall be held every first Saturday of the month in the Society meeting hall. Special meetings may be called at any time at the request of the President and Recording Secretary. Nine (9) members constitute a quorum; they can hold a regular meeting and can legally pass resolutions. If the officers consider it necessary they may postpone the regular monthly meeting to a suitable date.

#### Changed to read:

The meetings may be conducted in German or English language and shall be held every first Friday of the month in the Society meeting hall. Special meetings may be called at any time at the request of the President and Recording Secretary. Nine (9) members constitute a quorum; they can hold a regular meeting and can legally pass resolutions. If the officers consider it necessary they may postpone the regular monthly meeting to a suitable date.

### Article VII, Section 5

#### Currently Reads:

In case of a general disorder and offensive manner of speech whereby the regular continuance of transactions are disturbed the President shall adjourn the meeting remainder fifteen (15) minutes or, if he finds it necessary, for the remainder of the day.

#### Changed to read:

In case of a general disorder and offensive manner of speech whereby the regular continuance of transactions are disturbed the President shall adjourn the meeting for a **period of fifteen (15) minutes or, if he finds it necessary re-adjourn for another day.**

### Article VII, Section 6

#### Currently Reads:

A member who misconducts himself in the Society hall may be suspended and summoned before the officers, and found guilty shall pay a fine from five (\$5.00) dollars to twenty (\$20.00) dollars or be suspended for three (3) months or both depending upon opinion of the officers. Upon second such offense he may be permanently suspended from the Society and shall not be accepted any more as a member.

If the first offense is of a serious matter, the member could be suspended permanently; it should be presented to the body at the next meeting and the body should vote on the decision.

#### Changed to read:

A member who misconducts himself in the Society hall may be suspended and summoned before the officers, and if found guilty shall pay a fine **not less than five (\$5.00) dollars and not more than twenty (\$20.00) dollars** or be suspended for three (3) months or both depending upon opinion of the officers. Upon second such offense he may be permanently suspended from the **Society** and shall not be accepted any more as a member.

If the first offense is of a serious matter, the member could be suspended permanently; it should be presented to the body at the next meeting and the body should vote on the decision.

### Article VIII, Section 1

#### Currently Reads:

These statutes were accepted by resolution of the Society in the meeting held January 5th, 1985 and will go into effect as of this date.

All previous laws or motions, rules and regulations conflicting with this Constitution are null and void.

#### Changed to read:

These statutes were accepted by resolution of the Society in the meeting **held February 4th, 2011** and will go into effect as of this date.

All previous laws or motions, rules and regulations conflicting with this Constitution are null and void.

3/3

## Salem Saxon Club Branch 18 Presents



# “High Heels and Handbags”

**Mother Daughter Banquet  
Sunday May 1, 2011**

**1 pm doors open, Buffet served at  
1:30 pm.**

**Entertainment and Prizes**

**Adults \$10 Child 5-10 \$5 Under 5  
Free**

**Reservations must be**

**made by calling**

**Marilyn 330-337-8940**

**or Kate 330-360-4244**

**By April 28th.**

*(wear your favorite heels or bring  
your favorite handbag )*



April is Cancer Control Month

## Help cancer society save lives by reducing your own risk

The American Cancer Society is a nationwide, community-based health organization dedicated to eliminating cancer as a major health problem. They want to prevent cancer, save lives and diminish suffering from cancer.

Their goals, by 2015, are to reduce cancer mortality by 50 percent, to reduce the incidence of cancer by 25 percent, and to improve the quality of life for cancer patients. How can you help the organization reach its goals and save lives, including your own? Think about this:

- \* You could help reduce cases of skin cancer. It's not that difficult for you as an individual, but if many people stay out of the midday sun, cover exposed areas of the skin when outdoors and wear plenty of sunscreen, skin cancer can be avoided. Protecting children, who are outdoors more than adults, is especially important. Skin cancer is the most common type of cancer.

- \* Believe the facts about smoking and lung cancer. It's the leading cause of death from cancer in both men and women. In order to quit, you have to do more than read statistics. You need to make a personal commitment. Over-the-counter nicotine replacement products and prescription medications can help you start, but it takes great dedication to quit for a



lifetime. You can do it.

- \* Your anti-cancer lifestyle is much the same as that recommended for a healthy heart and avoidance of other diseases. You'll get a big bang for your buck if you decide to eat a healthy diet, avoid weight gain (or lose weight if you should) and get some exercise on most days of the week. Adopting a healthy lifestyle can't be done instantly, but if you steadily work toward it, you can save your own life. Think about it every day and make a plan.

- \* Take early detection seriously. Many cancers are curable if found early, including cancer of the colon, prostate, cervix and breast. Ask your doctor for a screening schedule.

- \* Get immunized. Immunizations are available for Hepatitis B, which can lead to liver cancer, and for human papillomavirus for people under age 26, which can lead to cervical cancer.

- \* Practice safe sex to avoid HIV or AIDS, which increases the risk of several types of cancer.

# PotPourri

## April Events Word Search

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

ALCOHOL  
 APPOMATTOX  
 ARBOR DAY  
 ARIES  
 ASPCA  
 AUTISM  
 CAROUSEL  
 COLUMBIA  
 DAISY  
 DIAMOND  
 EARTH DAY  
 EARTHQUAKE  
 EASTER  
 FROG

GARDEN  
 GUITAR  
 HUMOR  
 LIBRARY  
 LINCOLN  
 MARATHON  
 MATH  
 NORTH POLE  
 POETRY  
 TAURUS  
 TAXES  
 TITANIC  
 TWINKIE  
 VOLUNTEER

### Nintendo: A new era of 3-D entertainment

The new Nintendo 3DS was released March 27 in the United States. It costs \$250, the same price the Wii console cost when it went on sale in 2006.

The company says the 3DS creates a truly unique experience that doesn't exist anywhere else.

It has three cameras, one facing the user and two facing outward that let you take 3-D photos that are instantly dis-

played on the screen.

The accelerometer and gyroscope track players' movements and how they tilt the screen. Users can play games with motion-based capabilities or see the 3-D games at different angles.

The Mii creator uses photos you take of yourself to instantly create a cartoon avatar based on your image. Then you can adjust it as you like.

The 3DS has new social features, including Street Pass, which lets users exchange game information with other 3DS users nearby. A high game score, for example, can appear on a friend's 3DS if they choose to activate the feature.

It can play games from older DS systems, but they just won't be in 3-D.

Nintendo Co. says more than 30 games will be available for the 3DS by early June.

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

## Senior Scene

### Help for the 'doughnut hole'

Beginning in 2011, seniors stuck in the doughnut hole will see the cost of their brand-name drugs discounted by 50 percent at pharmacies.

Previously, after yearly drug costs exceeded \$2,800, they would have to pay the entire cost of prescription drugs out of their own pocket. As a result of the reform to health care, the doughnut hole will gradually get smaller until it's fully closed in 2020.

Seniors don't have to do anything at all to receive the 50 percent discount after they arrive at the \$2,800 limit under Medicare Part D. Pharmacies should discount their prescriptions automatically, but it might be a good idea to remind them.

### Better reverse mortgages

A new type of reverse mortgage is attracting the attention of more affluent borrowers who are eager to extract cash from their homes. The mortgage can provide a lump sum or monthly payments to people age 62 and older.

The Federal Housing Administration (FHA) has introduced the "Saver," which reduces fees by about 40 percent. Lenders such as MetLife Bank, Bank of America and Wells Fargo, are marketing them.

The FHA reduced its typical 2 percent charge for the mortgage insurance premiums, to 0.01 percent of the property value for the Saver mortgage. Owners are limited to borrowing 80 percent to 90 percent of what they could get with a regular reverse mortgage.

Though expenses are reduced, taking a reverse mortgage for short-term needs will always be more expensive than other loans, such as a home equity line of credit.

### More older folks go online

Eldercare Locator, a service of the U.S. Administration on Aging, has released a guide to help seniors do things like go online to join social networks, hook up to Skype or explore Google.

The fastest-growing group of people using social networking today is adults ages 65 and older, followed by those in the 50 to 64 age group.

### How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

## Spring Day Sudoku

6	1			5				
	7			1		2		8
				3	4			
	8	6						9
2	3						4	7
9						6	8	
		7	1					
5		4		7				1
			3				2	4

### The ukulele is back ... big time

It's small, cheap and cheerful. You can get a good ukulele for about \$40. Its current explosion of popularity is not bad for the four-stringed, two octave bantamweight of the guitar family. In Hawaiian, the name means "jumping flea."

The instrument was brought to the islands by Portuguese immigrants in the 19th century. More recently, Hawaiian Jake Shimabukuro's rendition of the Beatles' *While My Guitar Gently Weeps* drew seven million viewers on YouTube. His new album, *Peace Love Ukulele*, debuted at No. 1 on *Billboard's* World Music Chart.

Hohner Inc., which manufactures the Lanikai brand of ukuleles, saw

sales shoot up 300 percent in 2010. They say the trend is growing everywhere, in small towns and large towns, urban and rural. It's across the board right now.

The uke's low price is one reason. According to Hohner's research, quoted in *Time*, showed yearly sales increases during the Great Depression: the harmonica and the ukulele. They're small and easy to learn.

One musician claims playing the ukulele is very calming, like holding a baby in your arms.

Shimabukuro says, "There's a friendliness to the ukulele that's very rare. If everyone played the ukulele, the world would be a better place."



### Stroke is no longer the third leading killer

Healthier lifestyles, better blood pressure control and cholesterol management by Americans are credited with moving stroke down a notch.

Instead of being the third leading killer, it has moved to number four behind heart disease, cancer, and chronic respiratory disease, according to the Centers for Disease Control and Prevention.

While improved treatments can take some of the credit for the improvement, better stroke prevention is having an even greater effect.

### Treating risk factors

The American Heart Association and the American Stroke Association report that metabolic syndrome is defined as having risk factors such as high blood pressure, high triglycerides, Low HDL cholesterol, a large waist circumference and elevated fasting glucose.

Screening just for metabolic syndrome may not be effective. Stroke specialists quoted in Duke Medicine say each component is a risk factor that should be treated individually.

### Fixing the carotids

When medication and lifestyle can't halt narrowing of the carotid arteries, the blood vessels on either side of the neck, options include implanting a stent or having surgery to remove the blockage. Carotids are the arteries that carry oxygenated blood to the brain.

Surgery isn't advised for those with general coronary artery disease.

### Stroke prevention advice

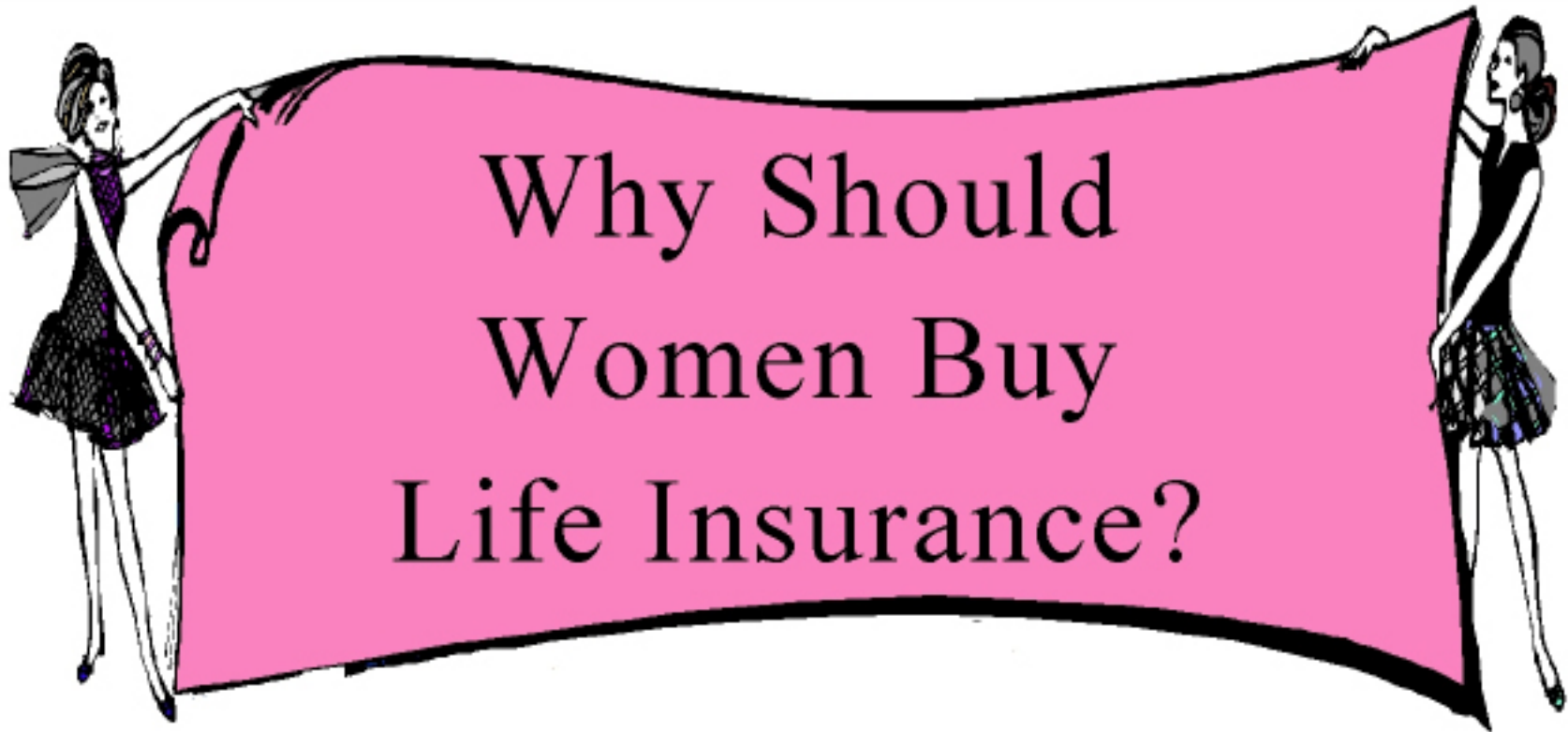
- Treat blood pressure to a goal of 140/90 mm Hg or less.
- Stop smoking.
- Eat more fruits and vegetables for weight control and potassium.
- Talk to your doctor about daily aspirin use.
- Limit alcohol consumption to two drinks per day for men, one for women.
- Treat sleep apnea.
- Exercise moderately for at least 150 minutes per week.
- Know your family history of stroke.
- Ask your doctor about statin therapy.

Do not try to be anything but what you are, and try to be that perfectly.

Francis de Sales, Christian saint

1	6	8	3	5	9	7	2	4
5	9	4	8	7	2	3	1	6
3	2	7	1	6	4	8	9	5
9	4	1	5	3	7	6	8	2
2	3	5	6	9	8	1	4	7
7	8	6	2	4	1	5	3	9
8	5	9	7	2	3	4	6	1
4	7	3	9	1	6	2	5	8
6	1	2	4	8	5	9	7	3





# Why Should Women Buy Life Insurance?

Life Insurance has always been one of the most cost effective ways for men and women to protect their loved ones in the event that anything should happen to them, as well as provide for their future. However, statistics show that less women than men have life insurance coverage and those that do, their death benefit coverage is half of men own. It is very important that women secure life insurance coverage to protect their loved ones, meet their objectives and fulfill their responsibilities to families. The ATS suggest that you review your coverage and needs:

**IF YOU'RE PART OF A TWO-INCOME FAMILY:** Today, 61 percent of married women bring home a paycheck. Husbands and wives are economic partners. Today's two-income families depend on both pay checks to make ends meet. If anything happened to you -- and the income you generate -- would your family be able to remain in their home? Would your children be able to achieve their education goals? Would your family suffer a severe financial loss?

**IF YOU'RE A SINGLE WOMAN HEADING A HOUSEHOLD:** Chances are that you have little if any life insurance, according to industry studies -- in spite of the fact that you have major financial responsibilities. Of all life insurance policies sold in the late 1990's, only 4 percent were purchased by divorced or widowed women. As a single parent, you may be the sole breadwinner, responsible for the support and care of your children. Your need for life insurance is even more crucial than in dual-parent households, which will have another source of income if one parent dies.

**IF YOU'RE A FULL-TIME HOME MAKER:** Far from a dying breed, nearly two out of every five married women are full-time mothers and home makers. This is just as much a partnership as the two-income family in that it takes the efforts of both to make the household function. The services you provide your family are worth tens of thousands of dollars a years. How would your husband and children manage without you?

**IF YOU'RE A SINGLE WOMAN:** Whether you're single-never-married or divorced-no-kids-at-home, your need for life insurance may be even greater than for a married women. That is because being single isn't always the same as being without responsibilities. You may have loans. Plus, should anything happen to you, there will be final expenses, which can run into the tens of thousands of dollars. These obligations, which could fall on parents and other loved ones, can be met with life insurance. Just as important, life insurance purchased today can protect your future insurability as you get older. If you eventually marry, your coverage will help protect your husband and, possibly, children. If you choose to remain single, your life insurance can accumulate cash value that can help provide a secure retirement for yourself.

*The decision to purchase life insurance reflects a loving commitment to family and a recognition of the need to meet other financial responsibilities. Adequate life insurance can replace your income, remove uncertainty and help guarantee yours and your family's financial security.*

**CONTACT YOUR ATS LOCAL DEPUTY OR THE ATS HOME OFFICE TODAY TO DISCUSS YOUR LIFE INSURANCE NEEDS.**