



# UOL BULLETIN

UKRAINIAN ORTHODOX LEAGUE OF THE UNITED STATES OF AMERICA

*Dedicated to our Church -- Devoted to its Youth*

VOL. 56 NO. 2

OCTOBER, 2009



## JR UOL CONVENTION 2009

Submitted by Junior UOL President Taylor Gladys

On July 22, 2009, people from all over the country began to arrive in Youngstown, Ohio for the 62<sup>nd</sup> Annual Senior UOL and 48<sup>th</sup> Annual Junior UOL Convention. After everyone settled into the hotel and attended Great Vespers, business sessions commenced at 6:00. Later that night, we joined our friends from Sts. Peter and Paul's Parish in Youngstown for Hospitality Night - filled with food, fun, and friends. Everyone seemed to have a good time as we enjoyed a little relaxation after an evening of work.



The next morning, Thursday, July 23, 2009, we gathered together again to celebrate Divine Liturgy before starting our activities for the day. Following breakfast, the Juniors and Seniors parted ways to continue with their individual sessions. During the business sessions, the Juniors worked in their committee groups to review last year's report and discuss this year's issues. Later in the day, Chapter Challenge Teams were formed and the competition began. The evening event of the day was the Aloha Hawaiian Luau, held in the Grand Pavilion at the hotel. Everyone wore their tropical attire and danced to music played by a live band from the Bahamas. Members of Sts. Peter and Paul parish waited patiently at the door to properly welcome the members with leis. It was truly a fantastic event and everyone really enjoyed

themselves. We found it difficult to leave when the night was over.



Friday morning commenced with an Akathist in the Chapel Room, and then the Juniors and Seniors were back at work again. Committees finished up their reports for the year and elections were held. The convention body also

had the pleasure of listening to keynote speaker, Dr. Gayle Woloschak, who educated everyone about the history of the Ukrainian Orthodox League. Her presentation was extremely informative and helped the Convention body to appreciate the organization we have today. As sessions for the 48<sup>th</sup> Annual Junior UOL Convention closed, the Junior members seemed to be eager to get to the Ukrainian themed evening (complete with dancing from the Kyiv Dance Ensemble in Carnegie, PA). The Hospitality Event of the evening, hosted by the Junior and Senior Chapters of Maplewood, New Jersey, helped to excite the members about Holy Ascension's Convention in Maplewood next year.



On Saturday, July 25, we arose again for an Akathist in the morning. Throughout the day, a variety of stimulating workshops were held for the members to attend, including a presentation on the "Journey to the Priesthood,"

(continued on page 2)

### 63rd Annual Ukrainian Orthodox League Convention

hosted by the Sr. and Jr. UOL Chapters of the  
Ukrainian Orthodox Church of Holy Ascension  
Maplewood, New Jersey  
July 28 - August 1, 2010



*"Train up a child in the way he should go:  
and when he is old, he will not depart from it."*

*Proverbs 22:6*

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<i>Oleh Bilynsky</i> UOL President 703 Pine Ridge Rd Wallingford, PA 19086	<i>Taylor Gladys</i> Jr. UOL President 14 McKelvey Ave. Pittsburgh, PA 15218	<i>Natalie Bilynsky</i> UOL Bulletin Editor 703 Pine Ridge Road Wallingford, PA 19086 nsufler@aol.com	<i>Father John Harvey</i> UOL Bulletin Spiritual Advisor
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Sr. Staff Writer- Elizabeth Mitchell 46 Lexington Court, Carnegie, PA 15106

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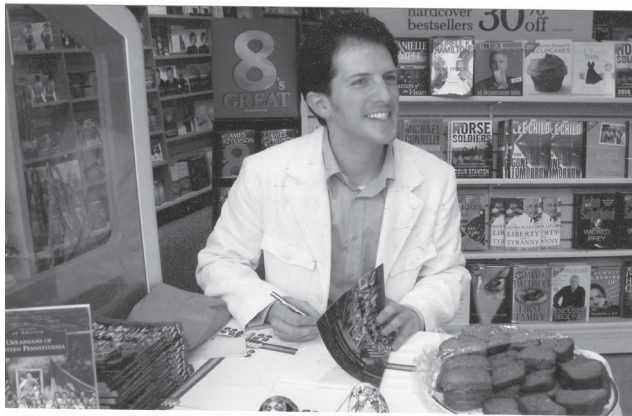
**Note to Contributors:** All articles submitted to the UOL Bulletin must be in 12 point Times New Roman (font), or typed and double spaced in 12 point type. Articles may be submitted via e-mail attachments. (Submit to: nsufler@aol.com)

The editor reserves the right to condense any material submitted. Material cannot be returned.

## UOL Member Stephen Haluszczak Publishes Book

Submitted by Dr. Stephen Sivulich

UOL member Stephen Haluszczak recently published the book, *Ukrainians of Western Pennsylvania — Images of America*. Stephen is well known for his work in the Ukrainian community of Western Pennsylvania which includes the Ukrainian Self Reliance of Western Pennsylvania Federal Credit Union, The Ukrainian Cultural and Humanitarian Institute, his church, Sts. Peter and St. Paul Ukrainian Orthodox Church (Carnegie, PA), and other community organizations. He has been a member of the Ukrainian Orthodox League of the USA since he was a teenager. Born in Carnegie, both his paternal and maternal grandparents immigrated to the United States from Ukraine before World War I.



Stephen considers the research and preparation of this book to be a "labor of love." Given the task before him, it surely involved much labor and love for his Ukrainian heritage on his part, in conducting extensive research and acquiring many pictures.

The book brings to life the evolution of immigrants from Ukraine to Western Pennsylvania. Most Ukrainian immigrants to Western Pennsylvania arrived before World War I and worked in coal mines and steel mills. This immigration movement occurred in four waves: 1878 to 1914; the 1920's; 1948 through 1950's; and 1992 to the present. Today an estimated 100,000 residents of Western Pennsylvania trace their heritage to Ukraine.

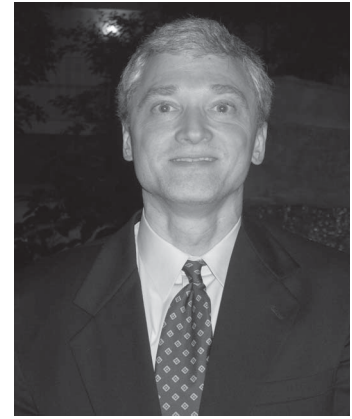
The author presents an outstanding pictorial review of the life of Ukrainians in Western Pennsylvania. His pictures emphasize the special significance that religion played in the life of these immigrants, both Ukrainian Orthodox and Ukrainian Catholic, with the inclusion of three current church hierarchs born and raised in Western Pennsylvania: Metropolitan Constantine and Archbishop Antony of the Ukrainian Orthodox Church of the USA, born, respectively in Pittsburgh and Sharon, PA; and Archbishop Robert Moskal of the Ukrainian Catholic Church of the USA, born in Carnegie, PA. Equally important, the book, while an historical documentation of Ukrainian life, provides an enjoyable read for the relatives of original Ukrainian immigrants, and for those whose roots are solely in America and who are proud of their Ukrainian heritage. The elaborate display of more than 230 photos in this 127 page book also highlights Ukrainian culture, Ukrainian organizations, and the involvement of Ukrainians in the community.

Stephen's dedication of this book to his parents, Paul Haluszczak and Marlene Kapeluck Haluszczak, for giving him the "gift of identity and the love of heritage," is followed with a wealth of knowledge and photographs about the immigration from Ukraine, and the valuable contributions of the Ukrainian immigrants to American society in Western Pennsylvania. The four chapters of the book provide a photo survey about the major periods of immigration, the important role of the church in the lives of immigrants, the immigrants' determination to preserve the Ukrainian culture, and the immigrants' contribution to the American melting pot in their Western Pennsylvania communities.

Stephen Haluszczak is to be highly commended for accepting the gargantuan task of preparing this book. It will surely serve as a valuable historical and cultural resource for years to come, especially in making our Ukrainian youth aware of our cultural heritage. It is a must read for all Ukrainians and other ethnic groups, and not only for those in Pennsylvania.

## MESSAGE FROM THE SENIOR UOL PRESIDENT

*Oleh Bilynsky*



By the time you read this the Sr. Executive Board will have held its first meeting, and all of its members will have outlined their plans and goals for the upcoming year. As I have done the last two years, I would like to make an increase in membership, in both the number of active UOL chapters and the total number of UOL members, one of my goals for the upcoming year. Last year we managed to increase our total membership, just barely, but not the number of active UOL chapters (the only added chapter was the newly rejuvenated chapter in Pittsburgh). This year we are off to a flying start, with the newly rejuvenated chapters in Woonsocket and South Bound Brook, and I would like to see that momentum continue and carry us forward throughout the upcoming year.

I intend to work closely with all of our Board members, especially our Chapter Development Chairperson, Emil Skocypec, and Natalie Bilynsky (Membership Chairperson), who will focus on our members at large, to increase the total number of both U.O.L. chapters and U.O.L. members. We can't do it alone, however, so I ask all of you to help in this effort.

As was requested last year, please take time to reach out not only to past members who are no longer active but also to those parishioners who have never been members of the UOL, and invite them to join (or rejoin) the UOL. Our Chapter Development and Membership Chairpersons will, among other things, be sending out letters to potential new members, but a personal invitation is always preferable. A personal invitation not only gives you the opportunity to extol the virtues of the UOL, but also gives you the chance to answer any questions the "invitees" may have.

As I have often said, in my humble opinion the strongest parishes of our Church are those that have the largest and strongest UOL chapters, and thus by increasing our own membership we are also helping to make our Church both strong and vital. If every parish in our Church had not only a UOL chapter, but a strong and active UOL chapter, there is no doubt in my mind that our Church would not only be stronger, but would have a bright and unlimited future.

Yours in Christ,  
Oleh V. Bilynsky

(Convention - continued from page 1)

where many of our own parish priests spoke about how they came to their callings. After the workshops concluded, everyone enjoyed a little free time at the hotel. Many Juniors went swimming and began to get ready for the Banquet and Ball, to be held after Great Vespers that evening. The Banquet and Ball was exceptional this year. After the speakers were



finished and the awards had all been distributed, the UOL members enjoyed yet another talented, live band. The evening was a great success and everyone was disheartened thinking of their departure the next morning.

As all good things must come to an end, the 62<sup>nd</sup> Annual UOL Convention concluded on July 26, 2009 with a Hierarchical Divine Liturgy at Sts. Peter and Paul Church in Youngstown. The new National Executive Boards took the oath of office immediately following liturgy, and everyone proceeded to the Church hall



for their farewell brunch, until next year. On behalf of the Junior Ukrainian Orthodox League, I'd like to thank the Hierarchs, Fr. John Harvey, the Convention Chairpersons, and the UOL Chapters of Sts. Peter and Paul (along with their entire parish) for the hard work they put into the Annual Convention this year. It was truly sensational and a huge success!

## 2009 LSSK Scholarships - Submitted by Daria Pishko Komichak

At the 62nd Annual Ukrainian Orthodox League Convention hosted by Sts. Peter and Paul Junior and Senior UOL Chapters of Youngstown, Ohio, the UOL awarded scholarships totaling \$5,100 to three Junior UOL members whose dedication to their Church and her League have distinguished them from their peers. Since the LSSK Scholarship Fund was established in 1975 in memory of Lynn Sawchuk and Sharon Kuzbyt, the UOL has awarded 130 scholarships totaling over \$146,450.

Criteria considered by the Scholarship Committee include: being a current or past member of the Junior UOL; enrolled in or about to enroll in a program of advanced education; a record of outstanding performance in service to the Holy Ukrainian Orthodox Church and the Ukrainian Orthodox League; academic achievement in high school; involvement in extracurricular activities; and be of high ethical and moral character. The 2009 LSSK Scholarship recipients are Zachary Kapeluck, Arianna Rock and Michael Nemeth.

**Zachary Kapeluck** of Sts. Peter and Paul Junior UOL Chapter of Carnegie,

Pennsylvania. Zachary has served as President and Treasurer of his local Junior UOL Chapter. He is an altar server, member and assistant instructor of his local Ukrainian dance group, the Kyiv Dance Ensemble, and a pysanka writer. He has attended Teenage

Conference, UOL Lenten Retreats, and UOL Conventions. He is an active volunteer in all of his parish's activities. He has also participated in the American Cancer Society's "Relay for Life" for the past four years. His Chapter Advisor writes, "Zachary's passion and dedication to our Church is amazing. . . his leadership skills have been a plus in guiding our younger members. It has been a pleasure serving with Zachary." His Spiritual Advisor writes, "Zachary is a young man full of potential, academically, culturally, and as a member of our Church family. He is a participant and volunteer out of personal interest and satisfaction in all manner of activities—school, parish, and his community. We can see him go far as he blossoms into adulthood."

Zachary is also actively involved in his school and community. He is a member of the National Honor Society, his high school chorus, the select Guys Ensemble and a lead performer in his high school's musicals. He is an apprentice for the Southwest Ballet Company and a performer with the Pittsburgh Ballet Theater School. His scholastic advisor writes, "Zachary has always displayed articulate social skills, intelligence, creativity, assertiveness and maturity. He is innovative and continues to make a significant impact in school as well as his community. Zach's spirit and personality are always willing to go above and beyond the call of duty." Zachary will attend Point Park University in the Fall.

**Arianna Rock** is a Junior UOL member-at-large and a member of Holy Trinity Ukrainian Orthodox Church in New Castle, Pennsylvania. Arianna served as National Corresponding Secretary of the Junior Ukrainian Orthodox League. As a member-at-large, her activities with other youth in our Church has been limited to her active participation in our Church encampments, both Diocesan Church School Camp and Teenage Conference, and attendance at the National UOL Conventions. Her Senior Advisor writes, "As a camper, Arianna has served as a true role model for both young and old. She keeps a positive attitude, making her a joy to be around. . . . During the past year, she has been a model board member. She has made the Junior Ukrainian Orthodox League a top priority in her life. . . . She truly embodies the purpose of the award and what Lynn and Sharon strived for." Her Spiritual Advisor writes, "In a time when the values the Ukrainian Orthodox Church and the Ukrainian Orthodox League hold so dear are disregarded by so many youth, it is heartening to see a young woman with so much talent devote herself to these values and institutions such as our UOC and UOL. . ."

Arianna is also actively involved in her school and community. In addition to her involvement in her parish and the League, she is a member of the National Honor Society, Student Council, Spanish Club, Watch Club and the varsity golf, softball and fast-pitch baseball teams.

Arianna will attend Westminster College in the Fall.

(continued on page 6)



## NEWS FROM THE JUNIOR UOL PRESIDENT

Taylor Gladys

Glory to Jesus Christ!

I cannot believe that it is October already! The Junior Board members have been hard at work so far, and still remain enthusiastic about the coming year. At this point in time, I hope that all of the Junior chapters have had at least one meeting, and if you haven't, please do so soon! I highly suggest perusing the committee reports from Convention to help your chapter come up with new ideas for the year. This is a great way to set new goals for your group and it helps the entire league to move forward with accomplishments!

To keep the momentum going, I hope that all of the chapters/members have turned in their forms to the National Board. On September 30, the deadline for membership dues, chapter dues, and roster forms passed. If you still have any of these forms, please turn them in to Financial Secretary, Ethan Rock, **as soon as possible!** Election report forms are also due to Corresponding Secretary, Katie Zimmerman, if those haven't already been turned in at this time.

On September 12, 2009, the Junior National Executive Board held their first meeting in Woonsocket, Rhode Island. The meeting occurred in conjunction with the Senior Board, and we were extremely appreciative of the Chapters of St. Michael's Parish for all of the preparation and hard work. I am sure that every member, both Junior and Senior Board alike, had a fantastic time. Further information detailing this meeting can be found in the next UOL Bulletin.

I pray that all is going well within your chapters. Please feel free to contact me at anytime to update me on what you are doing! I am also here to answer any questions, comments, or concerns that you might have. Thank you!  
Yours In Christ,  
Taylor Gladys



### Very Rev. Bukata Memorial Award 2009 - Joshua Bourgerly

Joshua Bourgerly of St. Michael's Parish in Woonsocket, Rhode Island was selected as this year's recipient of The Very Reverend Volodymyr Bukata Memorial Award. At age 15, Joshua has already put an immense amount of effort into the Jr. UOL, and has shown a considerable level of commitment to the Church.



In his parish, Josh served at the altar and assisted with the decoration and maintenance of the Church on a regular basis. His involvement with Ukrainian Kitchen Work Sessions at his Church was greatly appreciated by his parish. Josh also remains extremely active within his Jr. UOL Chapter, of which he is currently the President. Under his leadership, the Jr. UOL chapter at Woonsocket recruited new members and achieved many accomplishments throughout the past year.

According to Josh's spiritual advisor, Father Anthony Perkins, "He works tirelessly and without need or expectation of praise or reward." The Junior UOL is grateful to have such a determined and dedicated member, one who we thought deserved the recognition of "Junior Orthodox of the Year." Congratulations Josh on this wonderful achievement!



### JUNIOR UOL T-shirts!

**This is the last chance to have your very own Jr. UOL T-shirt!**

**There are only 15 medium long sleeved shirts left. There are also 3 large short sleeve and 2 medium short sleeve shirts left.**

**Long sleeved shirts are \$17.00 and short sleeve shirts are \$12.00.**

**Don't be left out!**



To Order shirts, contact Ethan Rock by e-mail at: [ejrock7@aol.com](mailto:ejrock7@aol.com).

**2009 UOL ESSAY CONTEST WINNERS**  
**150 ENTRIES FROM 17 PARISHES**  
**12 FIRST PLACE AWARDS**  
**12 SECOND PLACE AWARDS**  
**32 HONORABLE MENTION AWARDS**

**St. Mary Cathedral, Allentown, PA**

Natalie Schrantz – Second place, 7<sup>th</sup> grade, age 12  
 Katie Zimmerman, Second place, 9<sup>th</sup> grade, age 15  
 Nikolai Fartuch, First place, adult

**St. Vladimir Parish, Ambridge, PA**

Catarina Nissel, Honorable mention, preschool, age 4  
 Cameron Cousins, Honorable mention, kindergarten, age 6  
 Anna Swindle, Honorable mention, 2<sup>nd</sup> grade, age 8  
 Victoria Swindle, Honorable mention, 4<sup>th</sup> grade, age 10  
 Danielle Pontus, First place, 8<sup>th</sup> grade, age 14  
 Michael Kochis, First place, 10<sup>th</sup> grade, age 16

**St. Sophia Parish, Bayonne, NJ**

Paul Schirta, Honorable mention, 1<sup>st</sup> grade, age 6  
 Jessica Tanuos, Second place, 1<sup>st</sup> grade, age 7  
 Joseph Gulick, Second place, 2<sup>nd</sup> grade, age 7  
 Maria Schirta, First place, 2<sup>nd</sup> grade, age 8  
 Robert Lee, First place, 3<sup>rd</sup> grade, age 9  
 Anastasia Lee, Honorable mention, 5<sup>th</sup> grade, age 11

**St. Andrew Parish, Boston, MA**

Alexander Banadyga, Honorable mention, 2<sup>nd</sup> grade, age 7  
 Stephen Little, Second place, 3<sup>rd</sup> grade, age 8  
 Anna Walling, Honorable mention award, 10<sup>th</sup> grade, age 16

**Sts. Peter & Paul Parish, Carnegie, PA**

Brandi Rohal, Second place, 8<sup>th</sup> grade, age 13

**St. Demetrius Cathedral, Carteret, NJ**

Melissa Obrizan, Honorable mention, 1<sup>st</sup> grade, age 6  
 Janeene Linck, Honorable mention, 8<sup>th</sup> grade, age 14

**St. John the Baptist Parish, Johnson City, NY**

Owen Hatala, Honorable mention, preschool, age 3  
 Stamatia Dimitriou, Honorable mention, 4<sup>th</sup> grade, age 10  
 Maria Zharsky, Second place, 5<sup>th</sup> grade, age 11

**St. Volodymyr Chapel, Kerhonkson, NY**

Victoria McMeekin, First place, 4<sup>th</sup> grade, age 9  
 Andrew McMeekin, First place, 6<sup>th</sup> grade, age 11

**Sts. Peter & Paul Parish, Lyndora, PA**

Eric Prokoschak – Honorable mention, 7<sup>th</sup> grade, age 13

**Sts. Peter & Paul Parish, Palos Park, IL**

Clare Rolando, Honorable mention, preschool, age 3  
 Kayla Drewno, Second place, kindergarten, age 6  
 Jorianne Zvonek, Honorable mention, kindergarten, age 5  
 Alexis Naumenko, First place, 1<sup>st</sup> grade, age 7  
 Dominic Saunders, Second place, 1<sup>st</sup> grade, age 7  
 Alex Masur, Honorable mention, 6<sup>th</sup> grade, age 12  
 Hannah Masur, Second place, 6<sup>th</sup> grade, age 12  
 Veronica Korando, Honorable mention, 7<sup>th</sup> grade, age 12  
 Markian Masur, First place, 9<sup>th</sup> grade, age 15  
 Dennis Korando, Second place, 10<sup>th</sup> grade, age 16

**St. Vladimir Cathedral, Parma, OH**

John Kominko, Honorable mention, 9<sup>th</sup> grade, age 15  
 Melanie Hlahol, Honorable mention, 9<sup>th</sup> grade, age 15

**St. Vladimir Cathedral, Philadelphia, PA**

Michael SanAntonio, Honorable mention, preschool, age 5  
 Larissa Sontigo, Honorable mention, preschool, age 5  
 Natalia Swan, Honorable mention, preschool, age 4  
 Mia Zetick, Honorable mention, preschool, age 2  
 Madeline Zetick, First place, kindergarten, age 6  
 Natalie SanAntonio, Honorable mention, 4<sup>th</sup> grade, age 9  
 Peter Konchak, Honorable mention, 8<sup>th</sup> grade, age 14

**St. Vladimir Parish, Pittsburgh, PA**

Cyril Sheptak, Honorable mention, 2<sup>nd</sup> grade, age 8

**St. Mary Protectress Cathedral, Southfield, MI**

Lesia Powers, Second place, 4<sup>th</sup> grade, age 9  
 Mikey Powers, First place, 5<sup>th</sup> grade, age 11  
 Andrew Powers, First place, 7<sup>th</sup> grade, age 13

**St. Michael Parish, Woonsocket, RI**

Nick Perkins, Honorable mention, 8<sup>th</sup> grade, age 13  
 Kurt Eichorn, Honorable mention, 9<sup>th</sup> grade, age 14

**Sts. Peter & Paul Parish, Youngstown, OH**

Thomas DeLuca, Honorable mention, 2<sup>nd</sup> grade, age 8  
 Delia Walkowicz, Honorable mention, 2<sup>nd</sup> grade, age 8  
 Jeffrey Senediak, Honorable mention, 4<sup>th</sup> grade, age 10  
 Ashley Mounce, Honorable mention, 8<sup>th</sup> grade, age 14

**Jr. UOL Achievement Award - Southfield, Michigan**

This year's Chapter Achievement Award was given to St. Mary's Junior UOL Chapter in Southfield, Michigan. Starting off as a new chapter in the league, Southfield's resume already holds numerous accomplishments.

They monetarily supported a multitude of projects, including the donation of money for Saint's Day ribbons and their purchase of corsages for the First Holy Communion children. Around Christmas, they donated candy for the children and distributed paper icons depicting the Nativity to their parishioners. Later in the year, at Pascha, the chapter organized Easter Baskets to give to the elderly of their Church. In addition, they contributed to local soup kitchens and participated in the Thanksgiving Tithing project. All together, the chapter has selflessly given over \$5,000.00 to charities over the course of this past year. They also hosted numerous coffee hours at their parish and made clothing donations to the orphanages in Ukraine.

These are just a few of the many projects Southfield's chapter has completed this year, and we hope there are more of these awards in their future. Congratulations, Southfield! Keep up the good work!

**Great Lent Giveaway Hugely Successful!**

Submitted by Natalie Kapeluck Nixon

Each year, the youth of the Ukrainian Orthodox Church work together to help those in need through the Great Lent Giveaway, which is sponsored by the Consistory Office of Youth & Young Adult Ministry and the Jr. UOL. The 2009 recipient of the Great Lent Giveaway was the International Orthodox Christian Charities (IOCC) Emergency Kits Project. IOCC is an agency of the Standing Conference of Canonical Orthodox Bishops in America (SCOBA).

The Emergency Kits Project allows individuals and organizations to assemble one pound zip-lock baggie sized care packages of school supplies, baby items, children's items, clean-up buckets or health kits. The Great Lent Giveaway committed to assembling Health Care Kits. Ten Jr. UOL Chapters and Parish Youth Groups assembled over 700 Health Care Kits to benefit those who have experienced a natural disaster or are involved in an ongoing development



program. The project culminated at the UOL Convention where Juniors brought their completed packages ready to be distributed to those in need.

In the Love of our Lord, our youth banded together to provide 700 individuals a boost when they are down! In addition to assembling the kits, parishes were asked to utilize the IOCC Activities for Children and Teenagers to learn about IOCC, world poverty and the consequences of natural disaster. Your Jr. UOL Chapter or Youth Ministry Program may contribute on an ongoing basis to this worthy program or make use of their Youth Activities by utilizing their website at [www.iocc.org](http://www.iocc.org).

**Would You Like to be / have a Prayer Pal?**

At the U.O.L. Convention, one of the recommendations of the Youth Committee was to establish a cross-generational Prayer Pal Program. Once your name is submitted, it will be assigned to another participating individual, who will pray for you - for your health and wellbeing, your family and any special requests that you may have. In turn, you will be assigned a prayer pal for whom you will do likewise. You may, or may not, let the individual know that you have been selected to pray for them - that is your choice. If you are interested in having and becoming a prayer pal, please send your name, address and e-mail to Pani Matka Mary Anne Nakonachny, at: 3201 Marioncliff Drive, Parma, Ohio 44134 Phone: (440) 885-1509 Email: [nackos3201@aol.com](mailto:nackos3201@aol.com)

Young Adult Retreat Memorial Day Weekend  
Submitted by John Charest

Over the Memorial Day weekend, All Saints Camp was full of excitement for the Ukrainian Orthodox League's Annual Young Adult Retreat. The pool was open, the riverfront yearned for canoeing, the kitchen smelled delectable, and the new chapel beamed like a precious gem. All of these things, put together,



created an atmosphere of enthusiasm, but for some reason I was a little nervous to come out for this weekend at camp. Was I one of the three international campers whose home country wasn't celebrating Memorial Day? No. Was I the non-Orthodox guest of someone who tagged along for the weekend? Nope. So if I wasn't one of those four people, who may have actually had reason to be a bit apprehensive for the weekend, what made me uncomfortable? I had simply never been to our camp before. I was nervous that this young adults retreat would be a group of people that had known each other from "Mommy and Daddy and Me" camp through "TC" and wouldn't be so inclined to include a newcomer into their group. I couldn't have been more WRONG!

Even though I missed all the introductions and getting-to-know-you games on Friday night because of a late arrival, I fit into the group right upon awakening. As soon as my roommates lethargically got out of bed we made quick introductions as we stepped into the chapel in the Millennium building. Everyone read morning prayers as a group and was invited to the mess hall for breakfast. As we finished up breakfast we were told of some tasks that needed to be taken care of on the grounds. I thought that people would stick together in groups of their friends but instead went to where their talents suited the projects. We had people removing and disposing of old toilets, power-washing the cabins, cleaning out gutters, and painting. By the conclusion of the service projects I felt fully at



home and couldn't believe this was my first All Saints Camp experience; I fit right in.

Lunch, prepared by our chef Cindy Haluszczak, was as delicious as breakfast and even though we had all just finished manual labor on the camp grounds, there was no hesitation

in doing dishes and cleaning up. When everything was cleaned up the Very Reverend John Nakonachny spoke to the group about American Soldiers and the true meaning of Memorial Day. Concluding Fr. John's talk was an announcement that we would have free time until Vespers, which would be concluded with a Panachyda for all our fallen servicemen.

I used the free time with three others to go into town and purchase ingredients for Sunday night's cook-off. We returned to camp, participated in Vespers, served by Fr. Paisius McGrath with the choir under the direction of Fr. John, and then went down to the dining hall for dinner. By this meal I was sure that I misread the flyer for the weekend. I was being fed like royalty at every meal. There's no way I could have read \$35 as the cost of the weekend; I can't buy three days worth of food and drink for \$35. After dinner we were addressed by Fr. Paisius in the dining hall.



As the evening faded into twilight we gathered around a roaring campfire. We sang songs accompanied by Yuri Hladio and Marc Senedak on the guitar and made s'mores. While the fire faded out so did our group, each going off their separate way. Around midnight there were thoughts of going to bed but we recalled what His Beatitude Metropolitan Constantine said to us earlier about preparing for church, "It is not only the priest who must perform proskomedia, but each one of us as we get ready for Liturgy. Our proskomedia doesn't start when we make the sign of the cross as we enter the church on Sunday morning. Our proskomedia starts at home, saying our prayers before bed, adorning our best clothes on Sunday morning, and keeping the mindset that we are about to enter into God's house – before we get there." With these words fresh in our memories we began our proskomedia and said evening prayers before turning in.



Sunday morning turned out to be another beautiful day of sunshine and perfect temperatures. Divine Liturgy was celebrated by His Beatitude Metropolitan Constantine in the awe-inspiring, newly consecrated, St. Thomas Chapel. It was during the Divine Liturgy that I was asking myself why I had never come to this camp before. I couldn't believe that my latest excuse was that I thought I'd feel out of place. With the choir singing, I looked around at the magnificent beauty of the chapel and realized that I didn't want to be anywhere else and felt more than comfortable, I felt bliss.

Liturgy was followed by yet another feast of far too much great food and a discussion led by His Beatitude Metropolitan Constantine on Mariology and the Season of the Living Waters. With more great words of wisdom in our heads we were off on our own for more free time. I went, with a group of seven others, canoeing on the Allegheny River. Although tired from the sun and paddling upstream we came back and had an impromptu discussion with Fr. Deacon Dennis Lapushansky about non-Christian faiths vs. Orthodoxy and some of his seminary studies. Then it was time to begin preparing our meal for the great iron chef cook-off challenge.

We finished our meal just in time for dinner. All the foods were introduced along with the chefs. "Team Amazing" ended up taking the title of Iron Chef by a very close margin. Their entry included: taco dip, chicken, homemade stuffing and peach cobbler, which were all quite tasty. I must say that the peach cobbler was out of this world – especially with the special sauce. When dinner was over and pictures of the winners were captured we all proceeded outside

for a group shot. His Beatitude Metropolitan Constantine even agreed to sit on the lawn mower for the picture on the condition that we actually use the photo and not store it away somewhere. When our group photo was taken we moved onto the volleyball court



and Melanie Nakonachny moved into the driver's seat of the lawn mower. We had a competitive and fun game while Melanie mowed, taking breaks to admire her handiwork. Laryssa Tschakowsky took her turn at the wheel and, while learning why lawn mowers have headlights, mowed the rest of the field. When it was too dark to see the ball we moved into the Millennium building for a white elephant gift giving game. Newly installed camp manager, Duke Eric Senedak, came in with a wheel from the lawnmower's blade deck that Melanie had somehow knocked off and not noticed. He added the wheel to the pile of gifts and we proceeded to have a jubilant time exchanging gifts. When everyone had their gifts we cleaned up and went our separate ways, eventually ending up in bed for the night.

Monday morning came too fast. After morning prayers and yet another delectable breakfast we cleaned up our personal gear as well as the Millennium building, said our goodbyes, and hit the road. A few people stayed for the next weekend which would be a "work weekend." I hope they got to eat as well as I did.

So there you have it; a lengthy compilation of the events of a Memorial Day weekend at All Saints Camp. If you've been before, I'm sure this was all review for you. If you haven't been before, I want to know: WHAT'S YOUR EXCUSE? See you next year.

**Palos Park Church School Summer Camp 2009**  
Submitted by Fr. Taras Naumenko

Wow what a camp! Two full fun-filled days made everyone wanting more! The theme of this year's camp was "Seven Sacraments." During the lesson children actively participated in learning about the sacraments. All of



them were very knowledgeable and knew many answers. After the lesson the children worked on the care-giving project of making cards for the shut-ins of our parish. With the help of our teenagers the cards turned out great! Another fun project

was creating personalized beach balls, and every participant got to take their ball home signed by every individual. Even Mrs. Janet Milton and Pani Matka Laura were asked for their autographs! The second part of our first day we spent at Lake Katherine Nature Preserve. We attended the learning pavilion where the children were able to see and pet animals, we walked through the herb and butterfly gardens, we fed the fish and the geese, and hiked a mile long trail around the lake and waterfalls.

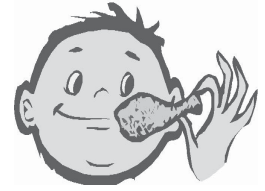
The second day of the camp we spent at the Lincoln Park Zoo in downtown Chicago. It was magnificent to see the world of wildlife in the shadow of skyscrapers. This zoo has been a natural, free oasis for generations of animal lovers who come to hear a lion's roar echo off nearby apartment buildings. We ended our camp with the ice-cream social and a traditional water balloon toss.



Our sincere thanks go out to Mrs. Janet Milton for organizing such a wonderful camp, and to our Jr. UOL members: Peter Jordanov, Markian, Alec and Hannah Masur for helping out with our younger participants, and to all parents and grandparents for your support in this ministry.

*Smachnoho! Ukrainian Cultural Corner*

Ukrainian traditions are closely tied to our Orthodox faith. In Ukraine many customs grew from patterns of observing religious feast days or religious fasts. One specific way that Holy Days and Fasts were commemorated was through food. To explore these traditions, in each issue of the UOL Bulletin a specific food item traditionally prepared for that time of the year will be described. A recipe for the food will also be included.



One of the great Feast Days in October is the Feast Day of Pokrova (Protection of the Veil of the Birthgiver of God). This feast day is celebrated on October 14. As many churches were named in honor of Pokrova the Feast Day is very popular with many churches celebrating their parish anniversary.

The Feast Day commemorates the Birthgiver of God protecting Constantinople. In the tenth century Constantinople was being attacked and the faithful prayed to the Holy Birthgiver of God to intercede, who appeared holding a veil over the Christians and protecting them. The Zaporizhyan Cossacks had Pokrova as their patron and the cathedral on the Sich was consecrated on the Feast Day of Pokrova. As this Feast Day is celebrated in the fall the menu is full of items from the recent harvest. Pumpkin and squash are commonly served.

To help you celebrate this feast day, here is a recipe for "Baba Harbuzova" – Pumpkin Pudding

Ingredients:  
1 cup rice  
2 lbs of pumpkin  
2-3 tablespoons of sugar  
2 cups of milk (enough to cook the pumpkin)  
cinnamon (optional)



Cook and drain the rice. Peel the pumpkin and cut into bite-size pieces and cook in boiling milk. Remove pumpkin from the milk when the pumpkin is tender and breaks when touched with a fork. Sprinkle the pumpkin with sugar. Mix the pumpkin and rice. Add additional sugar and cinnamon to taste.

(Information and recipes compiled from *Traditional Ukrainian Cuisine* by Lidia Artiukh, 2006, Baltia Druk)

(LSSK- Continued from page 3)

**Michael Nemeth** of St. Vladimir's Senior UOL Chapter of Philadelphia, Pennsylvania has just completed his freshman year at Gettysburg College. As a Junior UOL member he served two years as National Treasurer of the Junior Ukrainian Orthodox League and two years as treasurer of his local chapter. He was an altar server and constant volunteer, whether needed in the church kitchen or tending the church grounds. His Spiritual Advisor writes, "From the most menial to the most strenuous tasks, Michael is always ready to help, and does. . . . He does not flee responsibility and, by his actions, honors his family, parish, Church and himself." His Chapter Advisor writes, "In addition to his abilities as a leader in our church, Michael is a thoughtful and conscientious young man. He is always polite and a wonderful role model for younger members in the UOL and our Church."

In high school, Michael was an exceptional sportsman in both baseball and soccer. His varsity soccer team ranked within the top 10 teams in the country. His scholastic advisor wrote, "Personable, hardworking and athletic are the first words that come to mind to describe Michael."

Michael will begin his sophomore year of Liberal Arts and Sciences study at Gettysburg College in September.

The LSSK Scholarship Committee congratulates this year's recipients on their accomplishments and thanks the UOL members, friends and chapters for their support of this worthwhile scholarship.

Please remember, donations to support the LSSK Scholarship are accepted at any time and may be forwarded to;

Daria Pishko Komichak  
64 Coleman Avenue  
Chatham, NJ 07928-2278  
(973) 635-8124  
dapia@aol.com

Scholarship applications for 2010 will be mailed to the Junior UOL Chapters in March 2010 or may be downloaded from the UOL page on the [www.uocofusa.org](http://www.uocofusa.org) website. Completed applications are due May 31, 2010. *All former Junior UOL members entering into or enrolled in continuing education within five years of high school graduation are encouraged to apply.*

**The 63rd Annual UOL Convention Committee of the  
Ukrainian Orthodox Church of Holy Ascension  
in Maplewood, New Jersey**

**Congratulates the 2009 Lynn Sawchuk-Sharon Kuzbyt  
Scholarship winners**

**Zachary Kapeluck**

son of 1981 LSSK Scholarship recipient Michael Kapeluck

**Arianna Rock**

niece of 1976 LSSK Scholarship recipient Debbie Diakiw Roach

**Michael Nemeth**

son of 1977 LSSK Scholarship recipient Dori Hryshchyshyn Nemeth

**Bring your entire family  
to the Convention  
next year!**



**July 28 - August 01, 2010**

*"Train up a child in the way he should go:  
and when he is old, he will not depart  
from it." Proverbs 22:6*

[www.uolnj.org](http://www.uolnj.org)

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My name is **Taylor Gladys** and I am truly grateful to have been re-elected as President of the Junior National Executive Board. I reside in Pittsburgh, Pennsylvania with my mom, dad, and (when she's home from college) my sister, Jordan. On Sundays, we attend St. Vladimir's Ukrainian Orthodox Church on the South Side. At Church, I sing in the

choir, attend Sunday school, and I currently serve as Secretary of South Side's chapter of the Jr. UOL. Church is really important to me, as it is a major part of my life.

This year, I am a junior at Woodland Hills High School. At Woodland Hills, I am a member of the basketball team, as well as the Chamber Choir and French Club. I am also involved in various science fairs and other academic activities. Sports and school are an integral part of my life right now.

When I'm not at church, at school, or at sports, I like to kick back and relax with friends. I love listening to music, watching movies, and seeing plays with my best friends. As much as I like to spend my free time at home, my favorite place to be is All Saints Camp. My mom and I were among the first campers at Mommy and Me/Daddy and Me, I participated in five years of Diocesan Church School Camp, and have attended four years at Teenage Conference. For the past three years, I have been a "Big Sister" at Mommy and Me/ Daddy and Me camp, as well. Camp has affected my life in several positive ways over the years. Not only do I learn and grow in faith while I'm there, but it's also the one place where I feel like I can truly be myself and have fun with other people who are just like me. I know I will never forget the important lessons I have learned at All Saints Camp.

I have a feeling that this will be a year full of accomplishments for the Junior UOL, and I hope that I am able to serve the league to the best of my abilities. Through the love and prayers of our Spiritual family, the Junior Board will work extremely hard this year to reach for our goals. Personally, I hope to excite the youth about the Junior Ukrainian Orthodox League, and strengthen our chapters. Seeing the induction of new chapters into the league would also be wonderful. I am sure that with the help of the Holy Spirit, we may be able to expand and spread the Good News of Christ to others and continue our service to our Church and to our Holy Orthodox Faith. I pray that the Lord will guide all members of the Ukrainian Orthodox League this year, that we may succeed in all of our endeavors.

Hello! My name is **Ethan Rock** and I am very excited to be re-elected to the Jr. UOL National Executive Board as your Financial Secretary for the 2009-2010 year. I attend the parish of Holy Trinity Ukrainian Orthodox Church in New Castle, Pennsylvania. I am an altar server for our church and for my grandfather Very Reverend Protobresbyter William Diakiw.



I am a junior at the Butler Senior High School in Butler, Pennsylvania. I am on the Butler Varsity baseball team. I have many other interests too. I love to archery hunt, fish, and play all sports. Most of all I like to spend time with my family and friends. Especially all of the great friends I have met through our church, the UOL, and friends I've met at our All Saints Camp.

I hope that this year 2009-2010 will be another exciting, goal accomplishing year for the Jr. Ukrainian Orthodox League. We as a new board will do our best to serve you, your chapters, and our Ukrainian Orthodox Church. I am very grateful to again be a part of such a great organization. If I can do anything for you please feel free to contact me.

## Meet the Junior Board 2009-2010

Greetings from Carnegie, Pennsylvania! My name is **Gregory Markiw** and I am the Vice-President of the 2009-2010 Junior National Executive Board. This is my first time on the National Board and I am very excited to be given the opportunity to serve the UOL alongside my fellow board members.



I attend Sts. Peter and St. Paul Ukrainian Orthodox Church in Carnegie, PA where our Spiritual Advisor is Fr. Steve Repa. I am treasurer for our local chapter, assist as an altar server and dance as a member of the Kyiv Dance Ensemble.

As a tenth grader at Chartiers Valley High School I play baritone in the Jazz Band, work as technical crew for school plays and musicals, and participate as a member of the school's mock trial program. I enjoy politics and the great outdoors, as well as spending time with my family and friends.

Our local chapter is very active and I have always enjoyed working as a UOL member during events like Carnegie Days, St. Matrona's Cookie Walk and the Annual Pysanky Sale. Carnegie Juniors also host coffee hour once a month as well as the Souper Bowl and various other fundraisers throughout the year. The UOL has provided me the opportunity to participate in the Diocesan Church School Camp, and Teenage Conference, as well as religious retreats at All Saints Camp and the Youngstown Lock-In. This summer I worked as a Big Brother at the Mommy and Me / Daddy and Me encampment. If you ever need to contact me I can be reached at [marq2036@verizon.net](mailto:marq2036@verizon.net).

Hi! My name is **Katie Zimmerman** and I am the Junior National Executive Board Corresponding Secretary. I am very excited to begin the New Year and to fulfill all the expectations of the office.



I attend St. Mary's parish in Allentown, Pennsylvania where Father Myron Oryhon is our priest. I am our junior chapter president and I love being active in the church.

I live in Coopersburg, Pennsylvania and attend Southern Lehigh High School. I will be a sophomore this school year. I was on the winter and spring track and field teams as a freshman and plan on being on them all throughout high school. I enjoy ceramics and take classes at Southern Lehigh. I also enjoy gymnastics. I have done it for about 7 years. Some other hobbies I enjoy are art, listening to music, fishing, and hanging out with my friends.

I have attended Diocesan Church School Camp, Teenage Conference, and recently attended Mommy & Me/ Daddy & Me as a counselor for my first year and had an amazing time. I love having the privilege to attend an amazing camp every summer and look forward to it every year. I encourage people to go because you have a great time and meet friends that last a lifetime.

I hope to meet each and every one of you in the near future. Feel free to contact me at [gymnastzimm94@gmail.com](mailto:gymnastzimm94@gmail.com).



My name is **Lesia Mahlay** and I am the newly elected Recording Secretary of the Junior National Executive Board. I am a parishioner at St. Vladimir's Cathedral in Parma, OH, where I serve as the President of the Junior UOL chapter. I attend Sunday School and help out at many church functions. I am a senior at Beaumont School, where I am involved in National Honors Society, Latin Club, and Pre-Med Club, to name a few. Outside of school, I am very active in the Ukrainian community of Cleveland. I am a member of Plast – Ukrainian Scouting Organization, Kashtan School of Dance, Hryhory Kytasty School of Bandura, and a graduate of twelve years of Ukrainian Studies.

A big part of my daily life is charity work and service to others. For the past two years, I have gone on the High School Mission Trips sponsored by our Ukrainian Orthodox Church. In the summer of 2008, I traveled to St. John the Compassionate Mission in Toronto, Canada and in 2009 I traveled to one of our own mission parishes, St. Anthony of the Desert, in Las Cruces, New Mexico. In my own community, I visit and donate to St. Herman's House of Hospitality in Cleveland. I also volunteer for *Zoe for Life!* and at the Zoe House located in Parma, for the *Fund to Aid Ukraine*, St. Andrew's Society, and the Orphanage Fund at my own church.

Throughout the year, I enjoy traveling and camping. I have traveled with my family all over the United States, camping at many National Parks. I have also traveled to Ukraine, where I was able to firsthand witness our beautiful culture. But my favorite place to camp and relax is All Saints Camp in Emlenton, Pennsylvania. I have attended Diocesan Church School Camp and Teenage Conference since I have been eight years old. Besides church camp, I go to All Saints Camp for Kobzarska Sich Bandura Camp in August and Family Fest in September.

I look forward to being on the board this year and being able to work with the other members. Along with holding the position of Recording Secretary, I am also the chair for the Christian Caregiving and Missions Committee. I hope to do all that I can for the Board and continue to serve our Ukrainian Orthodox Church.

Hi! My name is **Jessica Roach**. I am the new Junior Executive Board Treasurer. Let me tell you a little bit about myself. I live in Harrisonburg, Virginia with my mom, dad, sister- Rebekah, brother- Joshua, my three dogs, and my bunny. I am 16 years old and a junior at Turner Ashby High School. School work keeps me busy along with Varsity soccer and basketball. I belong to the FFA (Future Farmers of America). No, I am not going to be a farmer. I just love all the hands on activities we get to do with the environment. Last year, I took care of a calf. That was a lot of fun. His name was Wolfie! We also learned how to butcher pigs. We made "Southern Kovbasa."



Outside of school, I play travel soccer. When I have some free time, I love to spend it with my family and friends. I also love to read, go to movies, and just relax. The best part of the year is the summer. That's when I go to TC and see my friends and family. I love being there for those couple of weeks. I have made so many wonderful friendships and memories there! I can't wait to go back next year.

After hearing about the UOL, I knew I wanted to become a part of it. I know it will be a great experience. I am extremely excited about working on the board this year! I am also the liaison to the Johnson City, NY, Maplewood, NJ and Carteret, NJ chapters. Please write, call, or email me with any ideas or concerns. Thank you for this wonderful opportunity! Let's make 2009-2010 the best year ever!

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**Questions?**

**Michael Nakonachny, [mjnako@bryantstratton.edu](mailto:mjnako@bryantstratton.edu)**

**Melanie Nakonachny, [MelanieNak@aol.com](mailto:MelanieNak@aol.com)**

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**MARCH 20, 2010**

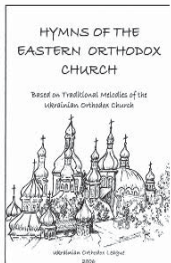
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**We will be celebrating the Golden Anniversary of the**  
**Junior UOL Convention at the UOL Convention in**  
**Philadelphia in 2011!**



To begin our preparations we are looking for the addresses of all Junior Executive Board Members and former Junior UOL Members.

Please e-mail addresses and phone numbers to [nsufler@aol.com](mailto:nsufler@aol.com) or send to Natalie Bilynsky, 703 Pine Ridge Road, Wallingford, PA 19086

Save the date July 27 to July 31, 2011

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