CATHOLOGIE INSURANCE MAGAZINE Summer 2019

POSTER CONTEST WINNERS • ALL AMERICAN SCHOLARS ANNOUNCED JOIN HANDS DAY • FAITH IN ACTION



MESSAGE FROM THE PRESIDENT



President/CEO – J. Michael Belz

Dear Member:

The summer issue of our magazine is always my favorite. Why might you ask? Because it's full of young people doing incredible things.

Working Together

Our cover celebrates our Join Hands Day projects where young people and adults get to work together to make their community better. These projects break down the chasm that often exists between the generations. Every year cemeteries are cleaned, food is collected, flowers are distributed, and many more projects take place that benefits parishes and communities. And nowhere in these photos do you find someone staring at their phone. Instead, everyone is engaged, determined, and successful. Please see pages 14–19 for more photos.

Dreaming Big

On pages 7–8, our Poster Contest winners offer a glimpse of what kids today want to be when they grow up. Not only are they artistically talented, but they are not afraid to dream big. Our winners want to be veterinarians, architects, firefighters, police officers, and teachers. They truly demonstrate that the best may be yet to come.

Future Leaders

Grades played an important role in why judges selected our 2019 All American Scholars. However, it was their volunteer and community service that truly set them apart. These 35 graduating high school seniors were chosen to receive a \$1,000 award to help them pay for their first year of college. We are proud of these young men and women and are glad to take part in the educational journey.

In closing, we thank you for allowing us to serve you and your family. We hope that you will continue to rely on the products and services that we offer to help you protect your family and to meet your financial goals.

Sincerely,

J. Michael Belz President/CEO

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SUMMER 2019

CATHOLICTIFEMAGAZINE



FEATURES

FLAG DAY 2019 Catholic Life once again honored our nation's flag with a flag raising ceremony, and a poster contest.	6
THE FUTURE OF CATHOLIC LIFE Thirty-five bright young faces received the All American Scholar Award. Join us as we salute these scholars.	12
SERVICE TO OTHERS Nearly 700 youth and adults rolled up their sleeves and worked to improve their parish and community on Join Hands Day, a special day of service sponsored by Catholic Life. We invite you to review some of the projects that took place.	14
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ON THE COVER

Clockwise from upper left:

• Under the supervision of Fr. Wayne Flagg, St. Michael's Catholic School students and Weimar Branch members weed and mulch the flower beds surrounding the school and church. • St. Mary's Youth joined with the Taylor Branch to distribute carnations following the Mother's Day Mass. • The Bay Area Branch and Special Friends Group assemble hygiene kits for the Battered Women of Galveston County Center. • Retired priests Fathers Lambert Bily, Emil Wesselsky, Albert Hubertus and Jim Conway and staff members Tara Castro and Jeannine Engberg assist with the cleanup.

Corporate Headquarters: 1635 N.E. Loop 410, San Antonio, Texas 78209 • Mailing Address: P.O. Box 659527, San Antonio, Texas 78265-9527 Phone: (210) 828-9921 • Fax: (210) 828-4629 • Toll Free Number: 1-800-262-CLIU The *Catholic Life Magazine* (USPS 094-120) is published quarterly by Catholic Life Insurance, P.O. Box 659527, San Antonio, Texas 78265-9527. Periodical Postage Paid at San Antonio, Texas and additional mailing offices. POSTMASTER: Send all address changes to Catholic Life magazine, P.O. Box 659527, San Antonio, Texas 78265-9527. Editor: Barbara A. Cheaney • Staff Assistants: Page Funk, Danna Morgan • Designed and Produced by: Lynn Design



UPDATE YOUR INFORMATION

If you've attended your Branch meeting this year, you may have been asked to complete a "Help Us Update Our Records" card. This is part of a two-year initiative to gather updated contact information from members.

We thank all the members who have completed these cards at their annual Branch meeting. We've been busy updating our records. However, not all members can attend their annual meeting. Also, some meetings haven't occurred yet.

Like a lot of people, our members have dropped their home landlines in favor of their cell phones. In many instances, however, they have forgotten to share their cell number with us.

We decided to take action after repeated unsuccessful attempts by Home Office staff to reach members about critical information regarding their certificate.

Why Do We Need Your Information?

From time to time, our Home Office staff needs to reach you. Often, we need immediate action, and mailing a letter takes too long. Your payment may have gone astray, and your coverage is in jeopardy of lapsing, or we need to get in touch with a beneficiary regarding a death claim.

What Information Do We Need?

If you've had a change in your address, telephone number or email in the last few years, please complete the attached card and drop it in the mail. You can also email the information to mscenter@cliu.com or call the Membership Service Center at 1-800-262-2548 during regular business hours. Be sure to include your name and the certificate number, if you know it.

Our goal is to provide the best customer service possible, and our hands are tied without your updated information.



HONORING 50 YEARS OF SERVICE

President Belz, retired Corporate Secretary Kathy May, District IV Director Mike Stolowski, and Branch President Tom Stuebben present a plaque to Monroe Frerich in appreciation for his 50 years of service to Catholic Life.

"We have been blessed to have people like Monroe and Pauline as part of our organization," said President J. Michael Belz. "They have helped Catholic Life grow. We can't say 'thank you' enough."



CONTACT US

	info@cliu.com 8 a.m.–5 p.m. Monday–Thursday; 8 a.m.–3 p.m. Friday
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the the news catholic life



HONORING A LOYAL MEMBER

Nada Branch Officers Fae Popp and Chris Merta present the Golden Certificate Award to Esther Popp. Mrs. Popp of the Nada Branch became a Catholic Life member 76 years ago. Thank you Mrs. Popp for your loyalty!

TIRRES TO LEAD NAFIC

General Agent Jimmy Tirres, who leads the San Antonio General Agency, has been elected President of the National Association of Fraternal Insurance Counselors (NAFIC). President J. Michael Belz installed Tirres at the organization's national convention held May 1-3, 2019 in Cape Coral, Florida. The theme of the three-day meeting was "Charting Your Course for Success."

NAFIC is comprised of 3,500 Agents throughout the United States and Canada. The purpose of the organization is to "serve and promote the fraternal insurance agent through a foundation of education and benevolence."





For the 27th consecutive year, Catholic Life Insurance hosted its annual old fashioned flag raising ceremony to celebrate Flag Day. The event took place on Thursday, June 13th in honor of the 242nd anniversary of the American Flag. Approximately 150 people gathered to observe the Flag Raising and enjoy refreshments.

This year's event began in the evening with a Mass, officiated by Rev. Larry Christian, followed by the flag raising ceremony and a

God Bless America!

picnic social. There was a brass band playing patriotic music, free commemorative t-shirts for the attendees, a balloon artist clown, and face painters. As well, our Flag Day Poster Contest winners were given special recognition during the ceremony.

This year, we invited children in grades Kindergarten through 5th Grade to participate in our annual Children's Flag Day Poster Contest—and we received nearly 700 entries! This year's theme was **"What do you want to be when you grow up?"** and the participants let us know in their posters about who they want to be. We selected a total of 21 entries to receive cash prizes.

Catholic Life would like to thank all of those who entered the contest, and we encourage all those who will be eligible next year to participate again.

DIVISION A: KINDERGARTEN-1ST GRADE



1ST PLACE Macie Burke, 1st Grade Kenner, Louisiana



4TH PLACE Careigh Barker, 1st Grade Lytle, Texas



Honorable Mention Avery Lewis, 1st Grade Sheridan, Texas



2ND PLACE Iyron Cheramie, 1st Grade Galliano, Louisiana

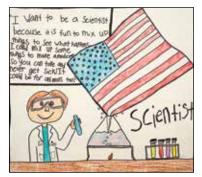


5TH PLACE Annabelle Schaff, 1st Grade River Ridge, Louisiana

DIVISION B: 2ND-3RD GRADE



3RD PLACE Cash Cox, 1st Grade Fredericksburg, Texas



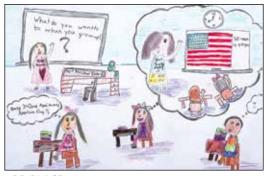
6TH PLACE Holden Locklin, 1st Grade Temple, Texas



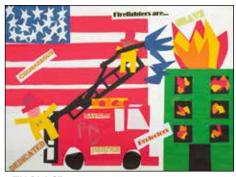
1ST PLACE Carleigh Barker, 3rd Grade Lytle, Texas



2ND PLACE Tylan Rogers Jr., 2nd Grade La Place, Louisiana



3RD PLACE Jurnee Moore, 2nd Grade La Place, Louisiana



4TH PLACE Jarret Kelley, 2nd Grade Arlington, Texas

DIVISION B: 2ND-3RD GRADE



5TH PLACE Genevie Silva, 2nd Grade San Antonio, Texas



6TH PLACE Colin Lyons, 3rd Grade Fredericksburg, Texas



Honorable Mention Hudson Hillje, 3rd Grade Weimar, Texas

DIVISION C: 4TH-5TH GRADE



1ST PLACE Chase Chukwuocha, 5th Grade Richardson, Texas



2ND PLACE Ella Walker, 5th Grade Harvey, Louisiana



3RD PLACE Quimoar Orea, 5th Grade Dallas, Texas



4TH PLACE Haylee Vacek, 4th Grade Schulenburg, Texas



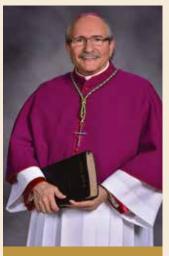
6TH PLACE Mariana Falla, 5th Grade Fredericksburg, Texas



5TH PLACE Ty Lewis, 5th Grade Sheridan, Texas



Honorable Mention Alejandro Madrigal, 5th Grade Laredo, Texas



Most Reverend Mike Boulette Catholic Life Insurance Spiritual Advisor

Faith in Action

Our Easter season has resounded with joy at our Savior's resurrection and return to His Father. Lenten fasting once again transforms into Resurrection feasting! Alleluia!

Today we reflect on the Father to Whom Jesus ascended. The Apostles Creed, guide for our faith, begins thus: "I believe in God, the Father Almighty, Creator of heaven and earth." The Creed, written from its post-Resurrection perspective, calls God "Father" as the first Person of the Holy Trinity. In the Old Testament, understanding God as Triune was not much evident except through "hints." But the expanding revelation of the "One God in Three Persons" would emerge with greater clarity following Jesus' Incarnation and the Spirit's coming at Pentecost. Thus the Creed begins by declaring faith in "God the Father Almighty."

What is revealed here, besides God's divine Fatherhood, is God's absolute might (or omnipotence). No being or power exceeds – or even approaches – the unimaginable might of God. It appears first in Genesis 1 with His creation "of heaven and earth." Out of nothing He made all that exists, visible and invisible. Nothing exists that God has not made, and nothing continues in existence that He does not sustain.

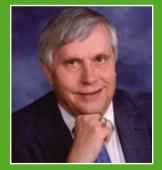
The implications of God's omnipotence are myriad, but consider just two. First, though God's glory shines forth in countless ways in the created world – from the amazing complexity of the atom to the incalculable expanse of space – we must not suppose that Nature is God. No natural phenomenon deserves our worship, no matter how awe-inspiring. Nature did not make itself, nor does any aspect of it supersede God's glory as its Source.

Second, if God created everything (including mankind in His image), then we are not God either. Occupied with our work, relationships, and future, we might imagine life is all about us and through us, forgetting our utter dependence on God. He, however, will abide no false idol, least of all our attempt to be our own gods.

Amazingly, the "Father Almighty, Creator of heaven and earth" desires to be in close relationship with His created image-bearers, and this we will explore next time. Meanwhile, I pray that you rest in the paternal care of our Father-God!

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1. Rosendo "Ray" Perez, LUTCF Corpus Christi, Texas



6. Charley Matherne, Jr., FSS, LUTCF DeQuincy, Louisiana



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John Luksa, CFS Senior Vice President/ Director of Sales

Have you ever considered owning your insurance instead of renting it?

Many of our members purchased term life insurance for the following reasons:

- > Fits into their budget (Most inexpensive insurance)
- > Took care of their immediate family needs if they were to pass away
- > Have protection for a fixed period of time (10, 20 or 30 years)
- ➤ Can be renewed
- > Can be converted to a permanent policy with no insurability

If you purchased term insurance years ago, many factors in your life may have changed since then and may warrant a meeting with your agent.

Consider the following questions and examples.

Is my household earning more income?

If you are earning more income than before, you may consider increasing your insurance amount to adequately protect your family.

Do you have a smaller or a larger home mortgage?

If your mortgage is smaller, you may be overinsured and should consider converting a portion of your term life policy to a permanent life policy and dropping off some of your remaining term (with the guidance of your agent). If your mortgage has increased, you may consider looking at increasing your term coverage or reviewing permanent insurance options for your family.

What happens to your term insurance when the term period is reached (10, 20 or 30 year term periods)?

If you reach your term period and continue to pay your premiums, it will automatically renew at a higher premium amount each year. Many of our members may find in the later years it can be very expensive to maintain their policy, making the least expensive option become the most expensive option.

What options do you have before to your term period ends?

You will be eligible to convert your term policy to most of our permanent policies if you are under the age of 70 and if your current term policy is in-force (all premium payments have been received at Catholic Life Insurance). The benefits of permanent life insurance are similar to the benefits of purchasing a home. With permanent policies, you can build cash value (similar to equity in a home) and can have access to these cash values by taking loans or partial withdrawals from your policy. Also, permanent policies give the member the option of lifetime protection instead of temporary protection.

Most importantly if your health has changed, you could either be uninsurable or highly rated. Converting could be a more affordable option than waiting for your term to renew. If you were to convert your term policy to a permanent policy, you do not need to medically retest for the new policy.

When was the last time you had a meeting with your agent to review your current insurance needs?

While there are many advantages to using both term and permanent insurance coverages, it is important to review with your agent any changes in your life that could affect your current or future insurance needs.

As always, we appreciate the enormous trust and responsibility that you have given us to protect your families and their way of life.

Congratulations to our 2019 All American Scholars

Each year, Catholic Life Insurance awards 35 scholarships worth \$1,000 each to graduating high school seniors who have gone above and beyond in their civic duties and made a difference in their communities.

The All American Scholar Award was designed to offset tuition costs for young Catholic Life members attending an accredited college or university in the fall semester immediately following their senior year of high school. This award recognizes those special individuals who have dedicated their valuable time and efforts to helping others while remaining devoted to their academic studies, and Catholic Life Insurance strives to reward this high degree of selfless commitment.

In 2019, the following students received an All American Scholar Award:



BLAKE BERCKENHOFF MOULTON, TX



KELLI CUNNINGHAM WHITESBORO, TX



DEVIN DE LA FUENTE CASTROVILLE, TX



HUNTER DWORACZYK NEEDVILLE, TX



DELANEY ETZLER HALLETTSVILLE, TX



MORGYN GRANVILLE FREDERICKSBURG, TX



BRIANNA GUERIN PEARLAND, TX



HANNAH GULLY EOLA, TX



ALLISON HALFMANN GARDEN CITY, TX



CLAIRE HEMMI SCOTLAND, TX



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MARISSA LANGE HONDO, TX



SIDNEY MATHEWS KATY, TX



CARRIE MEDRANO ROWENA, TX



RYDER MERTA EL CAMPO, TX



JOSHUA MOORE HARPER, TX



ROBIN MORRIS SAN ANGELO, TX



MASON MURAS LA GRANGE, TX



MACIE NEU LINDSAY, TX



ALYSSA OTTO SCHULENBURG, TX



CAROLINE SABLATURA BRAZORIA, TX



BLAIRE SCHREIBER WINDTHORST, TX



GRACE STANDIFORD LAGO VISTA, TX



KELSEY THOMAS ELECTRA, TX



ELENA WALCH FREDERICKSBURG, TX



BRITTNEY YARBRO LUMBERTON, TX



COLE ZENTNER ROWENA, TX



DANIELLE ZINSMEYER HONDO, TX

We would like to thank all of the students who applied this year, and commend all of the scholarship winners on their outstanding personal achievements! For more information on our scholarship programs, please visit our website at **www.cliu.com** or contact the Communications Department at (800) 262-2548 or branch@cliu.com.



This year, our Branches hosted food drives and nursing home bingo parties, gave flowers in appreciation to mothers and placed flags on graves, cut blankets, assembled hygiene kits, and cleaned up local cemeteries.

In San Antonio, volunteers from the Home Office and local Branches came together on Saturday, March 30th for the 12th annual "Clean-Up Day at Casa de Padres" Retirement Center for Priests.

These are just a few of the projects that Catholic Life Branches sponsored in celebration of JOIN HANDS DAY, a national day of service designed to bring youth and adults together working on projects that benefit the community. Nearly 700 volunteers of all ages came together on these ventures to improve their local communities and help those in need.

Clean-Up Day at Casa de Padres Retirement Center for Priests



Northeast San Antonio Branch

members join Catholic Life Home Office Staff and other local branches to rake leaves, wash windows, and trim hedges at Casa de Padres Priest Retirement Center.

Retired priests Fathers Lambert Bily, Emil Wesselsky, Albert Hubertus and Jim Conway and staff members Tara Castro and Jeannine Engberg assist with the cleanup.





Volunteers celebrate together when the clean up is completed.



ЦЦ



Hygiene Kits for the Needy – The **Bay Area Branch** and Special Friends Group assemble hygiene kits for the Battered Women of Galveston County Center.





Cutting for Charity – **Dallas Branch** Officers David Walker and Mike Williams and Mary Immaculate School students pose after cutting and sewing blankets for the Ronald McDonald House.

Helping Furry Friends – The Burlington-Cameron Branch and the St. Joseph CYO Cyclones enjoy a hamburger lunch after helping the community to get their pets vaccinated.





Donation for ACTS – Holy Trinity Catholic Church Teen ACTS Retreat members and the **Falls City Branch** give their time to organize and clean Holy Trinity Catholic Church.







Cemetery Clean Up Day – The Hereford Branch, St. Anthony Church Parishioners, Young Life, and other volunteers clean the Rest Lawn Cemetery.



Flowers for Mothers – Pep Branch members and the youth of St. Philip Neri Catholic Church pass out flowers to the mothers attending Mass on Mother's Day.



Bingo and Burgers – The residents of the SPJST Retirement Home enjoy an afternoon filled with bingo and a hamburger lunch thanks to the **Richmond Rosenberg Branch**.



Collecting Canned Goods – Members of the **Rockne-String Prairie Branch** sponsor a bingo party with the help of the Sacred Heart CCE Youth and Youth Leaders. Bingo players brought a canned good as their entry to the event.



Helping Our Veterans – The **Southeast Houston Branch** and St. Pius V Confirmation Students pose with items collected for Camp Hope, a facility for veterans suffering from PTSD.





Respecting Those Who Have Gone Before Us – St. Benedict Branch members work to clean up St. Jerome's Cemetery.

5K Rosary Walk – The **Stonewall Branch** and St. Francis Xavier Parish CCD Youth check participants in and pass out water and snacks for the 5K Rosary Walk.

Assisting the Food Bank – The Victoria Branch joins with local Girl Scouts to bag beans, rice, and sort donated food items at the Food Bank of the Golden Crescent.







Beautifying the Church – Under the supervision of Fr. Wayne Flagg, St. Michael's Catholic School students and **Weimar Branch** members weed and mulch the flower beds surrounding the school and church.



Presents for Children – Wall Branch members and St. Ambrose CCD Students stuff goody bags filled with pencils, markers, notepads, and stickers for children in the Pediatric Ward at Shannon Hospital in San Angelo.

On the Hunt – Parishioners from St. Thomas Aquinas have fun during an Easter Egg Hunt co-sponsored by the **Pilot Point Branch** and the Knights of Columbus.





Cemetery Spruce Up – **George West Branch** members rest after giving the St. George Cemetery a spring sprucing. They discarded old flowers and placed new ones on the unattended graves.



Ready, Set, Go – **Freisburg** CCE students wait at the front of Sts. Peter & Paul Church to give out flowers following Mass. The **Branch** and the students make sure that all mothers are recognized on Mother's Day.



Celebrating Mothers – **High Hill Branch** Officers teamed with the St. Rose & St. Mary's altar servers and CCD students to hand out carnations at the Mother's Day Masses.



Flower Power – St. Mary's Youth joined with the Taylor Branch to distribute carnations following the Mother's Day Mass.



Let's Party – The Our Lady of Grace parish hall was full of happy people thanks to the La Coste-Devine Branch. Branch members cooked and served a meal for the families of the confirmation students.



Three Cheers for the Red, White & Blue – Students from Sacred Heart in Crosby display the American Flag given to them by the **Baytown Branch**. Baytown Secretary-Treasurer Felix Skarpa and Vice President Shirley Rucka pose with the students.



Hip, Hip, Hooray! – Graduating Seniors Danielle Zinsmeyer and Jared Trevino display their Outstanding CCD Student Awards awarded them by the Hondo Branch.



Helping Seniors Stay Cool – The Brazosport Branch Officers know that the Gulf Coast summers can get pretty darn hot. To help cool things off, they gave box fans to Brazoria County for needy seniors.

Branches in ACTION



Respecting Old Glory – St. Philip Neri Church in Pep has a new U.S. flag in their parish hall thanks to the **Pep Branch**. The old flag was worn and needed to be replaced.





The Easter Bunny Visits – Things were hopping at the Easter Egg Hunt sponsored by the Rockne String Prairie Branch earlier this year.

Whatsoever You Do – Pecan Valley Branch Officers Sam Kolodziej, Robert Neugebauer & Dennis Niemeier present a check to Richard Rios for the Home Name Food Pantry. The pantry serves church members and families from the surrounding neighborhood.

> Money for Spiritual Education – St. Lawrence Branch Officers Karla Hoelscher and Debbie Schraeder present checks to two of the seven parishioners attending the Teen ACTS retreat this summer. The money will be used to help defray the cost of those attending the retreat.





Let's Play Ball – The Shafer Park Little League field in Weimar, Texas will start the season with new U.S. flag and Texas flags thanks to the **Weimar Branch**. The presentation took place during opening ceremonies of the Little League season.

Supporting Vocations – Westphalia Branch Officers David and Dorothy Frei and Doris Voltin present a check to Seth Lorenz who is studying for the priesthood. Lorenz will be ordained a Deacon in 2020 and a priest in 2021.



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Home Office: San Antonio, TX #ASU 4/19

Here's to Your Health

The USDA's Dietary Guidelines recommend adults eat anywhere from 5 to 13 servings of fruits and vegetables per day depending on age, gender, physical activity, and overall health.

With this in mind, we began looking through recipes that members had submitted over the years. While we don't think the USDA would approve of all of the sugar and butter contained in the ones we selected, we are sure that these recipes will delight your family.

Frozen Fruit Salad

1 (8 oz.) pkg. cream cheese, softened ¾ cup sugar

- 1 (10 oz.) pkg. frozen strawberries
- 1 large can drained crushed pineapple
- ¹/₂ cup chopped nuts

3 bananas, sliced thin

1 (8 oz.) container Cool Whip

Beat cream cheese and sugar. Mix with the remaining ingredients. Pour into a 9x13" pan; freeze. Take out 30 minutes before serving. This will keep 6 months in the freezer.

Note from the chef: This fruit salad is one of our family favorites. My son is 8 years old and he requests this to be made often, and whenever we need to take a dessert this is the one we pick.

Enjoy!

Tria Svatek El Campo, Texas

Fresh Peach Cobbler

¼ cups flour
 cup sugar
 cup light brown sugar
 tsp. salt
 tsp. cinnamon
 cup butter or margarine
 cups sliced fresh peaches
 tbsp. lemon juice
 tsp. lemon peel

Combine 1 cup flour, ½ cup sugar, salt and cinnamon. Knead butter with flour mixture until coarse (resembling corn meal). Combine peaches, lemon juice, lemon peel, ½ cup sugar and ¼ cup four. Spoon into a greased 9" square dish. Sprinkle flour mixture over the peaches. Bake covered for 15 minutes. Remove cover and bake 35–45 minutes longer.

Dennis and Kathy Kleiber Schulenburg, Texas

Frozen Cherry Salad

1 (16 oz.) can cherry pie filling 1 (14 oz.) can sweetened condensed milk

- 1 (14 oz.) can crushed pineapple
- 1 (13 oz.) carton whipped topping

Mix together and freeze. Serve with topping below: 1 cup whipped topping ¼ cup mayonnaise ¼ cup Tang powder

Adele Rosipal Taylor, Texas

Dewberry Pie

1 unbaked pie shell 2 cups berries 1 cup cream 1 ½ cups sugar 2 eggs, well-beaten ½ cup flour Pinch of salt

Streusel: 8 tbsp. sugar 8 tbsp. flour 4 or 5 tbsp. butter

Put berries in the pie shell. Mix eggs, cream, sugar, flour and salt well. Pour over berries. Mix streusel ingredients so it crumbles and put on top of the pie. Bake at 300 degrees for 1 hour or until brown.

Alvin J. Anders Schulenburg, Texas



WE WANT YOUR RECIPES! Submit your recipes to us today for a chance to appear as a featured chef in the next edition of our quarterly *Catholic Life Magazine*! If your recipe is chosen for publication, we will send you a check for \$15 and a Cooking With Catholic Life apron. Email your recipe to branch@cliu.com, fax to (210) 828-4629, or mail to: Catholic Life Insurance, Attn. Recipes, P.O. Box 659527, San Antonio, Texas 78265

We would like to thank all of those who share their favorite recipes with us, so that we may in turn, share them with the entire base of our members and their families, our agents, our branches, and our own families.

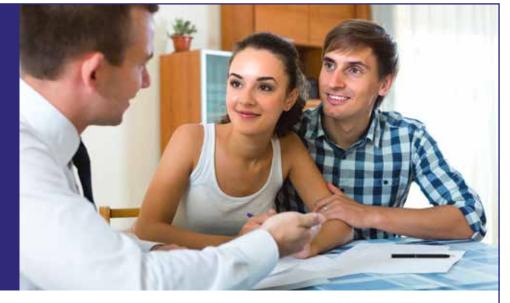
in the **KITCHEN**

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