



CLC INDEX

How did New Year's resolutions start?

The first New Year's resolutions date back over 4,000 years ago to ancient Babylon. The Babylonians are said to have started the tradition during Akitu, a 12-day New Year celebration.

During the Akitu festival, the ancient Babylonians would plant crops, crown a new king (or pledge their loyalty to the reigning king), and make promises to the gods to pay their debts and return any borrowed items. They believed that if they kept their word, the gods would look favorably on them for the year ahead. If the Babylonians broke their promises, they would fall on the bad side of their gods.

The history of New Year's resolutions continued in ancient Rome. Emperor Julius Caesar introduced a new calendar in 46 B.C. which declared January 1st as the start of the new year. This new date honored Janus, a two-faced god who symbolically looked back into the previous year and forwards into the new year. The Romans would offer sacrifices to Janus and make promises of good behaviour for the year ahead.

New Year's resolutions were also made in the Middle Ages. Knights would renew their vow to chivalry by placing their hands on a live or roasted peacock. The annual "Peacock Vow" would take place at the end of the year, as a resolution to maintain their knighthood values.

Modern New Year's resolutions are a largely secular practice, with most people making resolutions to themselves rather than promising gods. The focus of the tradition is on self-improvement, with people taking time to reflect on their goals.

Today's resolutions are often health focused, driven by the indulgence of the Christmas period. The symbology of the New Year also makes it a great time to wipe the slate clean and start fresh after December 31st.

Despite having over 4,000 years of practice, experts say we're doomed to fail when making New Year's resolutions thanks to unrealistic expectations. We set lofty goals that quickly become overwhelming, and we fail to make a plan to achieve these goals. The key to completing your resolution is to break it down into small, tangible steps. Instead of saying, "I want to get fit", set a specific goal like going to a gym class every Monday and Wednesday and be realistic.



Alice Gabriel of Bucyrus passed away in early December. Alice was very active in the Catholic Ladies of Columbia, Holy Trinity Catholic Church, the Rosary Alter Society, and the Ohio Fraternal Alliance. She served CLC in many capacities which included Vice President and Marketing Director. Our thoughts and prayers go out to her family. Alice will be greatly missed by all who knew her and by her CLC family.

Report Your Volunteer Hours!

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- **Community Service Event** •
- (A community service event is any event to assist those individuals in need or the community at large.) •
- Number of events _____ •
- Volunteer Hours at Event _____ •
- Financial Contributions \$ _____ •
- •
- **Fraternal Event or Fellowship Activities** •
- (A fraternal event/Fellowship Activity is any event sponsored by a fraternal organization, ex. CLC, Am. Legion, KofC) •
- Number of events _____ •
- Volunteer Hours at Event _____ •
- Financial Contributions \$ _____ •
- •
- **Individual Volunteer Hours** •
- (Individual volunteer hours are any time you volunteer your time ex. visiting homebound, driving patients, etc.) •
- Number of events _____ •
- Volunteer Hours at Event _____ •
- Financial Contributions \$ _____ •
- •
- Complete and return to the Home Office •
- 700 Taylor Rd, suite 280, Gahanna, OH 43230 •
- You may also email to society@theclc.org •
- or complete online at www.theclc.org •

Fairy's Facts

I am happy to welcome a new year! I know we all hope 2021 will bring back some sense of normalcy. Getting back to, or at least settle into, a new normal. Masks will still be needed to help prevent spreading the virus further, but, with the vaccine becoming available I hope we can get together with our friends and our families again soon.

I attended the American Fraternal Alliance's virtual annual meeting this month. We, as Fraternalists, are doing our best to stay in contact with our members. CLC uses virtual meetings, the CLC website, Facebook and our monthly newsletter, the Index to keep our members up to date. We are still not able to hold any meetings in person or participate in activities in person for the safety of our members. The Board will meet virtually in January to discuss how to proceed for 2021. There will not be an Index in February so check out the CLC website at theclc.org for that information.

As we navigate through this pandemic, we have all had to change our lives. Even though we have not been meeting I know our members are staying in contact with each other and volunteering any way we can. Calling friends, making masks and donating to many worthy causes are just a few ways we are safely volunteering our time. CLC needs all members to report their volunteer hours and donations so they can be included in our report. We have made it quick and easy for you. You can report them online via the website, call the office or by mail using the postcard in the Index. This is one way of helping CLC continue with its tax-exempt status. Thank-you to everyone for the difference you make and reporting your hours.

CLC offers 25-\$1,000 scholarships a year to eligible members. Scholarship applications are now available to any member who has had a life insurance policy for three years and will be continuing their education. Members are eligible to win a scholarship twice over the course of their education. Applications have been mailed to eligible members. The application is also available on our website. All applications must be postmarked no later than February 28, 2021. Good Luck to everyone that applies.

The President's letter will go out to council presidents soon. I know it will be difficult to report this year because we have not met since March. My local council has decided to continue with our current officers and we are looking forward to getting together again. The Board looks forward to see how you are continuing to help your members and communities. Thank-you for all you are doing to help your members to stay in contact with each other.

I was sad to learn of Alice Gabriel's passing. Alice was a member of Council 115 in Bucyrus, past CLC Vice President, promoter and Marketing Director. Our sincere sympathy goes to her family and friends. Alice was a great asset to CLC and she will be missed.

Just a reminder that the deadline to submit your resume for Board Nominations is 01/31/2021. Don't miss out on consideration to take your spot at the table and make a difference!

As you enjoy your New Year traditions please remember to stay safe. We will get through this. The Board and I hope to be able to visit our CLC members in the near future. As we start the New Year it is a perfect time to update your address, phone number, beneficiaries and email address at the Home Office. Also remember to give yourself a gift this year and add to your annuity or IRA.

The Board, Home Office staff and I wish you and your family a 2021 filled with success, happiness, prosperity and good health. Stay Safe.



SCHOLARSHIP OPPORTUNITY

Just a reminder of the Fraternal Benefit for any CLC Member attending a university, college or trade school with the intention of completing an undergraduate, graduate, associate degree or professional requirement. Now is the time to prepare to apply for a CLC scholarship.

Members are eligible to win a \$1000.00 scholarship up to two times during their school years. CLC offers 25, \$1000 scholarships a year to members. Members must have held a CLC Life Insurance policy for three years before applying for the scholarship. Eligible students will receive an application in the mail or they may obtain one on theclc.org website.

This is the perfect time to insure your students. Life insurance makes a great Birthday or Christmas gift and a start for their financial future. Please contact your local agent or the home office at theclc.org or call 1-800-845-0494 for more information.



“Mask Up”!
KEEP THE RISK DOWN

ANNUITY RATES

Effective May 01, 2020

9 Year Fixed Deferred Annuity/IRA

2.50% APR; guaranteed 1st year*

Nine year decreasing surrender charge

9%, 8%, 7%, 6%, 5%, 4%, 3%, 2%, 1%, 0%

(NOT AVAILABLE IN INDIANA)

7 Year Fixed Deferred Annuity/IRA

2.35% APR; guaranteed 1st year*

Seven year decreasing surrender charge

7%, 6%, 5%, 4%, 3%, 2%, 1%, 0%

5 Year Fixed Deferred Annuity/IRA

2.15% APR; guaranteed 1st year*

Five year decreasing surrender charge

5%, 4%, 3%, 2%, 1%, 0%

CLC Annuity/IRA/SEP Product Features • 1.50% guarantee minimum interest rate • Rates are subject to change, effective rate is guaranteed the 1st contract year • CLC allows for 10% annual penalty-free withdrawal by contract + 5% Fraternal Benefit after the 1st year for a total of 15% per contract year (many companies only offer between 5% -10%) • Tax deferred accumulation • No hidden charges – 100% of your money goes to work • No annuitization required • Nursing home confinement waiver of surrender charges • Catastrophic medical expense waiver, member or spouse • Terminal illness waiver • IRS penalties may apply for withdrawal before age 59 ½ • Issue ages 0-90 years
*INTEREST RATE GUARANTEED FOR THE 1ST YEAR; 1.5% GUARANTEED AFTER FIRST YEAR

Happy New Year!
2021
from the CLC Board of Directors

Skillet Gnocchi with Sausage and Broccoli Rabe



- 1 pound store-bought gnocchi
- 2 tablespoons unsalted butter
- 1 sweet onion, sliced
- 2 garlic cloves, minced
- 1 pound cooked Italian sausage, sliced
- 1 bunch broccoli rabe, cut into bite-size pieces
- ½ cup chicken broth
- Salt and freshly ground black pepper
- ½ teaspoon red-pepper flakes (optional)
- ½ cup grated Parmesan cheese
- ¼ cup chopped fresh parsley

1. Bring a large pot of salted water to a boil. Add the gnocchi and cook until the pasta floats to the surface, 4 to 5 minutes. Drain the gnocchi.
2. In a large skillet, melt the butter over medium heat. Add the onion and sauté until translucent, 4 to 5 minutes. Add the garlic and sauté until fragrant, 1 minute more.
3. Add the sausage and cook until it begins to brown, 3 to 4 minutes. Add the broccoli rabe and chicken broth, and bring to a simmer.
4. Continue to cook, tossing frequently, until the broccoli rabe is wilted and tender, about 5 minutes. Season with salt, pepper and red-pepper flakes (if desired).
5. Stir in the gnocchi, Parmesan and parsley, and toss well until combined. Serve immediately.

Volume 123 Issue 1
 Published in the interest of the
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 Fax: 614-944-4748
 Please send all pictures and articles
 to society@theclc.org~theclc.org



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 JANUARY 2021



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 need us!**

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Reminders!
Office Closed 01/01/2021
Board Resume Submission Deadline 01/31/21
Scholarship Deadline 02/28/21



Winter Words



Unscramble the words below to find the MYSTERY WORD.

- | |
|----------------------|
| 1. C L I E I C |
| 2. T K A J C E |
| 3. N V O L I G S H E |
| 4. R N O F E Z |
| 5. W S B L A O L N |
| 6. R N W T I E |
| 7. A S N M N W O |
| 8. N T I E M T S |
| 9. E C M B D R E E |

_____	○	_____
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_____	○	_____

Use the Mystery word in a sentence below.

_____ .



**All, in person, CLC events are
 cancelled through April 2021
 and until further notice!**