Contents

3 Presidents’ Corner

5 – 39 Fraternal News & Activities
- Election of the new Business Director
- From the Sales Manager
- Insurance - Gift of Life
- Council’s & Lodge’s Announcements
- Song & Dance Concert 2016
- Official Announcements
- “Land of Lincoln” Trip
- Family Night at the United Center
- 70th National Bowling Tournament
- New Members
- Graduate Scholarship Information
- It’s Cool To Be in Polish School
- We are Proud Of
- 2016 Photo Contest
- PNA in Texas
- Krakowiaki & Lodge 339 in Chicago
- 25th Anniversary of “Lajkonik”

40 – 49 Life of Polonia
- Polish Constitution Day Parade
- Veterans Remembered
- Pulaski Birthday Celebration in Savannah
- Polish Deputy Foreign Minister in U.S.
- Concert in South Hadley, MA
- Katyn Remembrance

50 – 55 Poland Today
- Polish Flag Day
- UNESCO World Heritage Sites – Wooden Churches of Lesser Poland

56 – 57 Bon Appétit – Pierogi

58 – 60 Living Well – Brown Fat & White Fat

61 – 62 Bulletin Board

The publisher is not responsible for the contents of submitted articles and reserves the right to editing and picture selection. Images submitted should be at least 300DPI resolution. Poor quality photographs will not be considered for publication. All submitted materials and photographs become property of the ZGODA and might be used to promote the Polish National Alliance. The Publisher is not responsible for the return of submitted materials or pictures unless request was made and self-addressed and pre-paid envelope provided.

Cover: Anette Bolzek & her daughter Olivia at the Polish Constitution Day Parade in Chicago. They are members of 100% PNA Family & Lodge 3241. Photo by: Mary Srodon
Dear Members,

2016 has begun on a positive note. Life insurance sales are continuing to increase, and premiums are up as well by 2% in comparison to the same period last year. Investments for the first quarter totaled $425 Million and increase of $320,000 or .1% increase over the past three months. The surplus and unassigned funds increased as well. The net income, after fraternal expenses, was higher as well.

I am also pleased to share with you that our investment firm is doing an outstanding job in increasing our yield on our investments and is monitoring our investments on a daily basis to make sure that our funds earn the highest possible return.

Recently, we have hired a new a Sale Manager for the Membership Department, Mrs. Jolanta Walaszek, who has been part of the PNA family, working for PNA Bank as a Branch Vice-President. We welcome her and are confident she will be successful and bring positive results for the Polish National Alliance.

The weekend of April 24th, the Polish National Alliance hosted its 70th National Bowling Tournament in Las Vegas, Nevada. The tournament was a success with over 27 teams participating and 135 bowlers. John Petkus, Honorary Consul of Las Vegas, had the honor of throwing out the first ball. The weekend was filled with camaraderie and much fraternal spirit.

For decades, the Polish National Alliance has been supporting a multitude of fraternal programs, from dance groups to scholarships. As an organization, we sponsor 36 dance and choral groups throughout the districts. During the year, we allocate approximately $75,000 to support these programs.

Each year during the month of March, there is an annual dance and song concert featuring over four hundred participants ranging from the very young to the young adults. Twelve local groups participated in this program. Approximately a thousand people are in attendance to view the performances. It was a pleasure for me to address our dancers, their choreographers, and parents.

2016 marks the 1050 anniversary of the Christianization of Poland. To celebrate this event, I was of eighteen individuals throughout the world to receive and invitation by the Polish Speaker of the House to participate in the activities in Poznan and Gniezno, on April 14th. Attending this special Holy Mass were many dignitaries including President Duda and his wife. Before the liturgical celebration, I attended a concert followed by a lunch reception with President Duda and his wife.

May 3rd, is the official date of Poland’s Constitution. This year marked the 225 anniversary. I was honored to be invited to participate in the Constitution Day celebration in Vilnius, Lithuania. It consisted of a five-kilometer parade leading up to a chapel built hundreds of years ago where a mass was celebrated, outside in the street were thousands of worshippers. The next day, I went to Warsaw, Poland to participate in activities Polish Government had planned in conjunction with the 3rd of May.

At our recent Business Board of Directors Meeting, an election was held to fill the void created by the resignation of a former member. Congratulations to Mr. Val Pavlos of Pittsburgh, who brings to the board years of experience. We wish him all the success that comes with the position.

As we approach Memorial Day, it brings our communities together to celebrate the lives of our military. It allows us to pause and remember those who died during or after service. Numerous celebrations will be taking place in our communities, so let’s make certain we participate and show our patriotism.

Shortly after Memorial Day, we will see the graduation of many of our young people. Each will mark their rites of passage, entering the next phases of their lives. Let me take the time to extend my very best wishes to the graduates and their families. Whether it is entering high school or college, or trying to enter the very competitive workforce, may you achieve your goals, and may your dreams be fulfilled. And one important thing is to remember to thank the individuals who assisted in you finishing your education, your teachers, parents and whoever else was instrumental.

In closing, thank you to the members who support this organization through your membership, and I appeal to those who are not to be part and parcel of the Polish National Alliance by enrolling through a life insurance certificate or annuity.

Wishing you an enjoyable and safe summer!

Fraternally yours,

Frank J. Spula, FLMI
President
From the Editor

May, 2016

Dear Members,

You will get this issue of the Zgoda with a little delay because my computer crashed. Fortunately, our technical support was able to recover everything: photos, articles, archives, etc. I think it is safe to say that a problem with a computer is a scary scenario for most of us.

Thank you to all that submitted articles, photos and ideas. I will continue to listen, as I believe this is OUR MAGAZINE.

With Mother’s Day already behind us, please remember about your fathers on June 19th. It is very important to show them our love and appreciation when we still have a chance. My dad was a big influence on me, and I only wish I could be half as good and kind of a person he was. He thought me to respect people, work hard and be humble.

With the summer approaching quickly, take a look at the PNA’s summer camps for your kids. Camps, Stanica in Massachusetts and Yorkville in Illinois are ready for your children and grandchildren. In May, I had an opportunity to visit Poland and participate in the Flag Day, Day of Polonia and Poles Abroad and Constitution Day celebrations. It was truly a great privilege to see the raising of Polish Flag ceremony at the Belvedere Palace, meet with the President, the first lady and some of the high Polish officials. As the “Zgoda” Editor-in-Chief, I was invited by the “Wspólnota Polska”, the organization that represents Polish communities around the world. If you would like to learn more about this organization, please, visit their website: www.wspolnotapolska.org

Wishing you a splendid summer,

Yours Truly,

Alicja Kuklińska
Editor-in-Chief

There are two stories of when the first Father’s Day was originated. According to some accounts, the first Father’s Day was celebrated in Washington State on June 19, 1910. A woman by the name of Sonora Smart Dodd came up with the idea of honoring and celebrating her father while listening to a Mother’s Day sermon at a church in 1909. She felt as though mothers were getting all the acclaim while fathers were equally deserving of a day of praise.

Sonora’s dad, William Smart, a veteran of the Civil War, was left a widower and went on to raise the six children by himself on their small farm in Washington. To show her appreciation for all the hard work and love William gave to her and her siblings, Sonora thought there should be a day to pay homage to him and other dads like him.

The other story of the first Father’s Day in America happened all the way on the other side of the country in Fairmont, West Virginia on July 5, 1908. Grace Golden Clayton suggested to the minister of the local Methodist church that they hold services to celebrate fathers after a deadly mine explosion killed 361 men.

In 1924, President Calvin “Silent Cal” Coolidge recommended that Father’s Day become a national holiday. But no official action was taken. In 1966, Lyndon B. Johnson, through an executive order, designated the third Sunday in June as the official day to celebrate Father’s Day. However, it wasn’t until 1972, during the Nixon administration, that Father’s Day was officially recognized as a national holiday.

Father’s Day in Poland is celebrated on June 23rd. To all the fathers – Happy Father’s Day!

Based on an article by Brett & Kate McKay
“A Brief History of Father’s Day”
Dear Members,

Please allow me introduce myself. My name is Jolanta Walaszek. Many of you probably know me personally, or have heard of me since my professional career is closely associated with the Polish National Alliance.

I worked for the PNA Bank for over 17 years. My business journey began as a Teller, continued as a Customer Service Representative, followed by a Customer Service Officer, which eventually earned me a title of Vice President and Branch Manager of PNA Bank. After the sale of the bank, I was retained by Royal Savings Bank, but something was missing in my heart. I truthfully believe in the Polish National Alliance and what PNA represents to the Poles in the United States of America. This is why I decided to accept the Sales Manager position. I received my life insurance license in 2003 and I have been producing sales in annuities and life insurance since that time.

I earned my Associate Degree in Finance and completed extensive Management and Investment Analysis courses and received certificates of completion. My entire career stems from superior customer service skills developed through years of listening to client’s demands, recognizing their wants, evaluating their needs to what is available and successfully meeting those requests in a timely manner, and all completed with a smile. I discovered early on that I thoroughly enjoy providing assistance to others; that exceptional service has its rewards. For all these years, I have been improving my customer service skills while employed in the banking industry and always wanted to treat my customers as the infamous motto states, ‘treat others how you’d like to be treated.’

I was always very actively involved in community related events, such as appearances on the Polish Radio and TV, Polish Orphanage Toy Drive, PNA Car Shows, PNA Days, Senior Expos, Polish parades and Picnics. Those events really helped me understand customers’ wants and the Polish community.

When you ask a person “what do you do?” you are really asking them, “who are you?” But whatever title is placed after my last name, first and foremost, I am always here to help us reach our goal, which is growing the Polish National Alliance for another 136 years and beyond.

I am looking forward to increase our life insurance and annuity sales this year and in the future with my involvement in it.

Please feel free to contact me anytime with any questions or suggestions by calling 773-286-0500 ext. 330 or emailing me at jolanta.walaszek@pna-znp.org

Looking forward in working with you,

Most Sincerely,

Jolanta J Walaszek
Manager of Sales
Just recently, I received 3 invitations to a special family gathering. One for First Communion, one for Graduation and the other for a Baptism. I am also preparing for a party at home. My first thought was “What should I buy for a child that has everything?”

We, at the Polish National Alliance can provide a solution to your question by purchasing life insurance certificate.

Recently, I purchased a life insurance certificate for my son. My gift will not bring him much joy now, but I know his PNA life insurance certificate will withstand the test of time and it will provide him a strong financial foundation to build on later.

The best fit for my family was a permanent 20 pay life plan. The premiums are very affordable and required for 20 years, after which time the insurance policy becomes fully paid up. Let’s look at a few examples:

**There are 2 very important factors when purchasing life insurance: Age and Health. Both of these factors are very favorable for children.**

<table>
<thead>
<tr>
<th>Age</th>
<th>10,000</th>
<th>25,000</th>
<th>20 PAY LIFE</th>
<th>20 PAY LIFE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boy</td>
<td>0</td>
<td>7.33</td>
<td>6.66</td>
<td>7.98</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>8.90</td>
<td>7.98</td>
<td>15.44</td>
</tr>
<tr>
<td></td>
<td>14</td>
<td>10.43</td>
<td>9.23</td>
<td>18.52</td>
</tr>
<tr>
<td>Girl</td>
<td>0</td>
<td>13.95</td>
<td>12.22</td>
<td>15.44</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>17.75</td>
<td>15.44</td>
<td></td>
</tr>
<tr>
<td></td>
<td>14</td>
<td>21.47</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Age:** Premium charges for life insurance are based on age. Permanent insurance guarantees that your premium, when approved, will never increase. With this being the case, the most inexpensive time to purchase insurance would be at the earliest age possible. The certificate that I purchased for my son now will in the future financially secure his own family.

**Health:** The fact remains that we must qualify for the insurance we wish to purchase. The premium for permanent insurance will not change once the certificate was issued, even if the health would deteriorate. We always hope for the best health, but sometimes life provides us with a curveball.

**The Polish National Alliance** not only offers life insurance and annuities products, but also provides many fraternal benefits. Just this year, we will be spending in excess of $250,000 dollars for college scholarships. We also offer Tuition Rewards Program which is aimed to assist parents in providing enough funds for students to continue higher education.

I had decided to purchase life insurance for my son because he not only has life insurance coverage but also can take advantage of Polish National Alliance college scholarship and Tuition Rewards Program. It’s never too early to start saving for college!

Additional information is available on our website: [www.pna-znp.org](http://www.pna-znp.org) or [www.tuitionrewards.com](http://www.tuitionrewards.com) or by calling our office at 1-800-621-3723

I purchased insurance to protect my son, are you ready to do the same?

Sincerely,

**Jolanta Walaszek**
*Manager of Sales*

Związek Narodowy Polski oferuje prezent, który będzie dziecku służył przez całe życie.

– Takim podarunkiem może być ubezpieczenie na życie – mówią Krystyna i Wiesław Z., którzy już wyкупili polisę ubezpieczeniową ZNP i zamierzą wręczyć ją wnukowi Jackowi przed zbliżającą się uroczystością przystąpienia do pierwszej komunii. – Naszym dzieciom powodzi się bardzo dobrze i wnuk ma wszystko, co jest mu potrzebne. Nie wiedzieliśmy, co wymyślić, by ofiarowany prezent miał dla niego znaczenie, zarówno teraz, jak i po latach. Z pomocą przyszedł nam Związek Narodowy Polski, którego jesteśmy członkami od czasu przyjazdu z Polski.

– Nigdy nie wiadomo, co może się wydarzyć w przyszłości: wypadek, choroba czy nałóg związany z użyciem alkoholu czy narkotyków. W takich sytuacjach nasz wnuk może potrzebować pomocy finansowej, a tę zapewni mu wykupione przez nas ubezpieczenie – zapewniają Krystyna i Wiesław Z.

ZNP informuje, że ubezpieczenie na życie dla dziecka jest gwarantowane, co oznacza, że dziadkowie czy rodzice chrzestni mogą wykupić polisę bez konieczności przeprowadzenia badań zdro-

wia ubezpieczonego. Ubezpieczenie dla dzieci nie jest drogie, a wpłacając jednorazowo wymaganą sumę, nie obciążają dziecka koniecznością uiszczania miesięcznych składek. Właścicielami ubezpieczenia wciąż pozostają dziadkowie czy rodzice, ale po ukończeniu 18 roku życia (w stanie Illinois) obowiązki właścicie-
la może przejąć ubezpieczony wnuk czy wnuczka. Przedstawiciel do spraw ubezpieczeń ZNP sugeruje, by ubezpieczenie na życie wykupić jak najwcześniej. Można wówczas wybrać najlepiej odpowiadający nam plan i określić cel ubezpieczenia.

Warto podkreślić, iż Związek Narodowy Polski przeznacza każdego roku ćwierć miliona dolarów na stypendia dla swoich członków i dodatkowo oferuje Tuition Reward Program®, który zapewnia stypendia dla studentów prywatnych szkół wyższych i uniwersytetów na terenie Stanów Zjednoczonych.

– Zdajemy sobie sprawę, że nasz prezent nie jest może szczególnie atrakcyjny i przypuszczalnie upłynie parę lat zanim nasz wnuk Jacek doceni jego rzeczywi-
stą wartość, ale z całą pewnością okaże się przydatny, kiedy zaczną studiować albo w razie życiowego kry-
zysu. W razie potrzeby ubezpieczenie zawsze można spieniężyć – zapewniają, przekonani o swoim dobrze

przemyślanym prezencie, dziadkowie Jacka.

Twierdzą, iż identyczny dar przygotowują dla wnuczki Olivii, która przystąpi do pierwszej komunii św. za dwa lata.

W wyborze odpowiedniego ubezpieczenia na życie pomaga Związek Narodowy Polski, tel. (773) 286-0500, www.pna-znp.org
Council 62 PNA Installs Officers for 2016

Willimansett, MA. Council 62 Polish National Alliance delegates of Chicopee, MA held their 2016 annual meeting and elections at the Pulaski Club, Willimansett, MA. Election Chairperson and Installing Officer, Helena Jalbert, PNA Lodge 2279, administered the oath of office to elected delegates and officers.

Camp Stanica is planning a 5K Cross Country Trail Run at the Camp on Saturday, September 10, 2016. Awards will be given to the first place male and female to finish the race. The event will benefit Camp Scholarships, Programs and the Maintenance Building Fund. For information contact Richard Knurek at 413-283-9525.

The PNA Council 62 co-educational overnight camping season will open for children ages 6-14 at Camp Stanica, the Polish Alliance Youth Camp in Bondsville, MA. Camping for Session I is July 17-23. Session II is from July 24-30. Anyone interested in sending a child to camp should contact Gene Kirejczyk at 48 Szetela Drive, Chicopee, MA 01013, or call 413-592-0227 for a camp brochure and registration form. Council 62’s challenge is to increase PNA membership and has organized a membership contest for all its delegates for the year 2016.

Gmina 41


W grudniu 2015, Gmina 41 oraz Grupa 1474 po raz drugi wspólnie urządzili przyjęcie bożonarodzeniowe. Św. Mikołaj wręczył prezenty młodszym dzieciom, starszym zaś, wręczone zostały stypendia.

Jak co roku, Gmina 41, PNA organizuje imprezę “A Night at the Races”, z której dochód przeznaczony jest na stypendia dla związkowej młodzieży. W tym roku odbędzie się w nowym miejscu. Serdecznie zapraszamy:

“A Night at the Races”
23 czerwca 2016, godz. 6:00 po południu
Hawthorne Race Course
3501 S. Laramie Ave.
Cicero/Stickney, IL 60804

Małgorzata Szuba, wiceprezes Gminy 41 ZNP.
CAMP STANICA PREPARES FOR 2016 CAMPING SEASON

Bondsville, MA. The Polish Alliance Youth Camp, Inc., known as Camp Stanica, is preparing for the 2016 camping season. The annual meeting and election of officers was held at the Pinocchio’s Restaurant in Three Rivers, MA.

The camp is located in Bondsville, MA on 60 acres of grassy fields and woods with the Swift River and Browns Pond/Crystal Lake providing for fishing, swimming, and hiking. There are facilities for games, gymnastics, dancing, and arts and crafts. The campers sleep in cabins on metal frame cots with mattresses. Camp Stanica is a co-educational overnight camp for children ages 6-14. The fee is reduced for the PNA members and includes the cost for field trips and Canteen snacks. The weeks of camping are:

**Session I: July 17-23**
**Session II: July 24-30**

For more information or a brochure please contact Eugene Kirejczyk at 48 Szetela Drive, Chicopee, MA 01013, or by phone: 413-592-0227.

Camp Stanica information may be obtained on the PNA website at: [www.pna-znp.org](http://www.pna-znp.org).

---

The Polish Cadets, St. Louis, Missouri

Eggs Galore!

St. Louis, MO. Sunday, March 20th Polish Cadet’s Lodge 1134 held its Annual Easter Egg Hunt on the grounds of the lodge. All children whether members or guests, grandchildren, children of the neighborhood, also an open invitation to churches and schools. Over 1500 eggs were filled with delicious candy and chocolate. There were also at least 30 prize eggs who won baskets full of toys and candy and more. Hot dogs with drinks were served to all the children. Everyone had an eggeceptional day.

Let’s Go Bowling!

Saturday, March 19, the Polish Cadet’s Lodge 1134 had a friendly rivalry with our yearly Bowling Tournament with the children of the Polish Falcon’s Nest 45 a Polish Fraternal here in St. Louis. The tournament was held at Concord Bowl. Children ranged in age from 3 years to 15 years old boys and girls together. We have seen some future bowlers when they grow up. After the bowling, a pizza party was enjoyed by all the children along with snacks and drinks and also the Easter candy treats. Included in the pictures with all the bowlers, and in the upper right corner is Cindy Schepker of the Polish Falcons, who was the coordinator for the Children’s bowling tournament and John Baras Commissioner of District II.

Submitted by, John Baras, District 11 Commissioner

Pictured above are the newly elected officers for 2016 left to right: Eugene P. Kirejczyk, Treasurer and Chairman of the Camping Committee; Jeannie Zapala, Vice President and former PNA District 1 Commissioner; Maria Kruzel, Secretary, and Richard Kizurek, President.
On Sunday March 6, 2016, dance and song ensembles subsidized by the Polish National Alliance exhibited their talents to a broad audience of their families, friends and ardent supporters.

More than 900 people gathered at the Lane Technical High School in Chicago, to admire children and young adults dressed up in a beautiful costumes and performing dances and songs representing various Polish regions.

2016 concert featured 11 groups (over 400 performers) supported by the Polish National Alliance.

The recital was a huge success of the young performers, their choreographers and artistic directors as well as the Polish National Alliance.

Proceeds benefit participating groups.
Office of National Secretary

Notice is hereby given that the Office for Commissioner of District III of the Polish National Alliance of the United States of North America is vacant due to the resignation of Mr. Marian Wierchoch. The vacancy is hereby officially declared.

Pursuant to the provision of Section 86 (4) (b), of the By-Laws of the Alliance, the filing of the vacancy in the Office of Commissioner caused by any reason, shall be at a District Convention called for this purpose by the National Secretary, comprised of the current District Representatives from the 47th Convention, by means of an election by secret ballot from the declared candidates.

The election must be confirmed by the Supervisory Council voting by medium of correspondence without the necessity of a meeting. Candidates aspiring to the Office of Commissioner of District III must meet the Requirements set forth for candidates for elective offices of the Alliance as stated in Section 71 of the By-Laws.

Any qualified member of District III may become a candidate for the Office of Commissioner of District III, PNA, by filing an application, in writing with the National Secretary within thirty (60) days after the notice of vacancy appears in the official Publication of the Alliance, on the form prescribed by the Board of Directors postmarked no later than midnight July 26, 2016.

Application forms may be obtained with a request made in writing with the Office of the National Secretary:

Polish National Alliance
Charles A. Komosa, National Secretary
6100 N. Cicero Ave.
Chicago, IL 60646-4386
CONGRATULATIONS TO
CAMP STANICA SECRETARY

Bondsville, MA. At the Annual Meeting and Election of Officers of the Polish Alliance Youth Camp, Camp Stanica, the delegates honored the retirement of Secretary, Evelyn Saczawa, member of PNA Lodge 2590. Evelyn had served as an officer of Camp Stanica for more than 25 years and a delegate for more than 30 years. Her sincere dedication and cooperation made it a joy to work with Evelyn. She could always be depended upon to help with events, and everyone enjoyed her most delicious homemade cheesecake with strawberries.

The newly formed Camping Committee for 2016 is an energized group with new ideas and Camp Stanica is promised new programs and fun experiences for our 2016 campers. Write or call for more information today!
Contact Gene Kirejczyk for more information and a brochure at 48 Szetela Drive, Chicopee, MA 01013, or call: 413-592-0227.

Pictured above congratulating Evelyn are left to right: Mary Gromack, PNA Lodge 711; Evelyn Saczawa, PNA Lodge 2590, retiring Camp Stanica Secretary; Helena Jalbert, PNA Lodge 2279, and Maria Kruzel, Lodge 3276, newly elected Secretary.

Send all articles, pictures and correspondence to: zgoda@pna-znp.org
or mail to: Alicja Kuklinska
Zgoda Magazine
6100 N. Cicero Avenue
Chicago, IL 60646
“Land of Lincoln” Trip

On Wednesday, March 30, 2016 – The Polish National Alliance (PNA) and PNA Lodge 1450, the Chicago Society, cosponsored a luxury bus trip to Springfield, Illinois to visit the Abraham Lincoln Presidential Library and the State of Illinois Capitol Building.

The day started off early at 6:15 a.m. as PNA Fraternal Coordinator and trip organizer Mrs. Mary Srodon greeted the guests on the bus from the north side departure point at the PNA Home Office located in Chicago and then motored to the second departure point at Mayfield Banquets located on the south side of Chicago. From there the forty six guests including PNA National Secretary Charles Komosa with his wife Agata and sons Charley and Alex, PNA Treasurer Marian Grabowski, former District XII Commissioner Anna Kokoszka, as well as Chicago Society members Richard Ciesla with wife Maria, former President of the Polish Museum of America, Romuald and Chris Matuszczak, Mitch Pasiewicz, and Jan Plachta, traveled directly to the Abraham Lincoln Presidential Library and started their tour of the museum.

The guests received VIP treatment as the Museum Executive Director, Nadine O’Leary, is a friend of Secretary Charles Komosa from his days when he worked for the State of Illinois. At noon, the group dined at the library on a gourmet catered lunch while enjoying a private 30 minute “History Lesson” lecture by Dr. James M. Cornelius, Ph.D., Curator of the Lincoln Collection at the Library.

Dr. Cornelius topic was “Lincoln as Commander-in-Chief?” “His only military experience had been as a three month volunteer in a frontier Indian war. As a Congressman he had opposed the Mexican War. Yet it became his lot as President to preside over the largest war in American history to that time (and still the largest in terms of the loss of American lives and property). How did he do it?” Dr. Cornelius also told us of the first all Polish Regiment of 1000 polish born men from New York who fought in the Civil War. After a short question and answer period by the guests, Dr. Cornelius showed us several Lincoln artifacts, including books, his cufflinks, coins, and other items.

The group returned for the tour for two more hours and then departed to the Illinois State Capitol. At the State Capitol, the guests were greeted by Josh Potts, Assistant Comptroller of Illinois, also a good friend and former work colleague of Secretary Charles Komosa when they both worked for Illinois State Treasurer Judy Baar Topinka, and he arranged a guided tour of Senate and House of Representatives chambers from the balcony-level galleries. Later, Josh gave us a tour of the Illinois State Comptroller Leslie Munger’s Executive Offices and overview of her responsibilities.

The group then departed back to Chicago through very stormy weather but enjoyed a boxed dinner and watched a movie on the bus.

Charles A. Komosa, National Secretary
On Friday, March 11th, 2016 members and friends of the Polish National Alliance attended a Family Fun Night at the United Center in Chicago. The Chicago Bulls played against their fierce rival, the Miami Heat.

The United Center was packed with basketball fans, amongst them, those affiliated with the Polish National Alliance. It was pleasing to see the PNA name on the scoreboard during the breaks. Though the Bulls lost, everybody in attendance at this intense game had a marvelous time.

Thank you to all PNA members and friends for supporting the idea of the Polish National Alliance Family Fun Night at the United Center.
poniedziałek - piątek 11.00 - 15.00

Marczewska | Niemczyk | Zieliński
STACJA CHICAGO

facebook.com/stacjachicago
Chicago, Illinois - The 70th National Bowling Tournament was held on April 24, 25 & 26, 2016 in Las Vegas Nevada. Bowlers gathered at the Gold Coast Casino’s bowling center for their assigned squads.

The singles and doubles events took place on Sunday and Tuesday morning and afternoon. The teams bowl on Monday. Between the two team squads, the opening ceremonies took place. Fraternal Director Mary Srodon welcomed the bowlers thanked the management of the Gold Coast Bowl and their staff for the terrific job they have done for the tournament and then introduced all the PNA dignitaries and guests who attended which included; PNA President Frank Spula, who also spoke after the anthem were played, PNA Treasurer Marian Grabowski, PNA Fraternal Directors, Jeffrey Twardy and Greg Chlilecki, PNA Commissioners; David Sinclair (District 8), Wanda Juda (District 13), Jaroslaw Musial (District 16), Allan Szulada (District 17) Former PNA Directors, Val Pawlos, Joseph Kaminski, Anna Wierzbicki (who is also President of the Polish American Congress Illinois Division, Piotr Nowinski, President of Lodge 3281 in Las Vegas, Elzbieta Youngman, President of the John Paul II Polish School in Las Vegas and Hon. John Petkus, Honorary Konsul of the Republic of Poland in Las Vegas. Hon. Petkus also threw out the first ball to officially start the tournament.

To keep with the tradition started a few years back, the winning Men’s and Ladies teams from the Tournament held in South Bend, Indiana in 2015 were announced by Bowling Coordinator Robert Jadach. The winning men’s team was Torchy’s Boys from South Bend, Indiana. Scott Torzewski was the team captain. The winning ladies team was Dayton Gals from Dayton Ohio. Mary Beth Goodin was the team captain. Since both team were not in attendance their awards were sent to the captains prior to the tournament.

We would like to thank all the bowlers who participated in the tournament and hope that they enjoyed their time in Las Vegas.

For the list of tournament’s winners and more photos visit: www.pna-znp.org

Story by: Robert M. Jadach
Photos: Mary Srodon
Welcome to our PNA Family

Valerie Winter Pienkos, born February 21, 2015 is a new member of Lodge 1532. She is a daughter of Dr. Jules and Sarah Pienkos and sister to Vivian Sarah. Valerie was enrolled by her loving great-grandfather, Stanley Sciblo, president of Lodge 1532.

Emma Rose Martinez, born September 11, 2015, is the newest member of Lodge 3259 “PIAST” in Yorba Linda, California. Her parents are Tomas and Cassie Marie Tysiac-Martinez. Emma was singed up by her loving grandparents Eleonora (Kazia) & Larry Tysiac from Sun City, Arizona.

Genevieve Ann Koch, born February 9, 2016 is the youngest member of Lodge 827 in Youngstown, Ohio. Genevieve Ann Koch is the daughter of Lindsay M. Koch and Kevin J. Koch of New Middletown, Ohio. She joins her brothers Nathan J. and Ryan C. Koch to the PNA Family. The proud grandparents are Bernadine A. Becker and Richard C. Becker of North Lima, Ohio who gave her the insurance as a gift. She was enrolled by Joseph M. Magielski Sr. Fraternal Director and former Sales Director.

Emma Rose Martinez

Gianna Ofelia Francesca Martinez, born December 4, 2015, is a new member of Lodge 2879. She is pictured with her siblings, Mason, Maximilian & Josefina, the children of Raul and Rebecca Martinez. Gianna’s policy was a gift from her loving grandparents, Frank and Dorothy Kajencki, longtime members of the PNA who provide policies for all four grandchildren. The Martinez family is a 100% PNA family.

Gianna Ofelia Francesca Martinez

Tynlee Marie Ritter, born September 24, 2013, was made a member of Lodge 128 in Bremond, Texas by her loving great grandmother Marie Zan. She was signed up by Wanda Kotch Ray.

Tynlee Marie Ritter

New Members

Emma Rose Martinez, born September 11, 2015, is the newest member of Lodge 3259 “PIAST” in Yorba Linda, California. Her parents are Tomas and Cassie Marie Tysiac-Martinez. Emma was singed up by her loving grandparents Eleonora (Kazia) & Larry Tysiac from Sun City, Arizona.

Gianna Ofelia Francesca Martinez, born December 4, 2015, is a new member of Lodge 2879. She is pictured with her siblings, Mason, Maximilian & Josefina, the children of Raul and Rebecca Martinez. Gianna’s policy was a gift from her loving grandparents, Frank and Dorothy Kajencki, longtime members of the PNA who provide policies for all four grandchildren. The Martinez family is a 100% PNA family.

Genevieve Ann Koch, born February 9, 2016 is the youngest member of Lodge 827 in Youngstown, Ohio. Genevieve Ann Koch is the daughter of Lindsay M. Koch and Kevin J. Koch of New Middletown, Ohio. She joins her brothers Nathan J. and Ryan C. Koch to the PNA Family. The proud grandparents are Bernadine A. Becker and Richard C. Becker of North Lima, Ohio who gave her the insurance as a gift. She was enrolled by Joseph M. Magielski Sr. Fraternal Director and former Sales Director.

Emma Rose Martinez

Gianna Ofelia Francesca Martinez

Tynlee Marie Ritter
Tucker John Darlington, born February 10, 2014 recently became a new member of Lodge 2416. He was signed up by his loving grandmother, Barbara Nichols of Battle Creek, Michigan.

Leonard “Lenny” Cannon, born May 18, 2015 is the newest member of Lodge 1001. He was signed up by his loving grandmother, Cheryl Roch of Coventry, Rhode Island.

Adalyn Skye Howansky, born February 09, 2015, daughter of Nicholas-Christine Howansky is a new member of Lodge 1684, Cohoes, NY. She was signed up by grandparents Daniel & Anna Howansky
Submitted by Daniel & Anna Howansky

Robert Pawlos, of Pittsburgh, PA is the newest member of Lodge 1052. Pictured, big brother looking after new little brother. Marino and Robert Pawlos are both now fifth generation PNA members. Their proud parents Michael and Emily Pawlos, grandparents Terri Barger and Val and Janet Pawlos and great-grandparents Joe and Marlene Kaminski couldn’t be happier to have Robbie join the family. Submitted by the proud grandfather Val Pawlos, PNA Business Director.

Polish National Alliance announces the availability of scholarships to qualified post-graduate students for 2016. Applicants must:

- Must be a U.S. Citizen or permanent resident
- be a PNA member (for min. 5 years, with a permanent certificate of insurance no less than $10,000.00)
- have a high academic record supported by an official transcript
- be involved in local community activities and voluntary services
- be involved in the Polish-American community
- Submit Application and Resume providing information regarding applicant’s achievements, extracurricular activities, work experience etc...
- Submit a typed 500 words essay in which the applicant will provide information about why he/she deserves the financial support from the PNA.

For Application and additional information please call PNA Home Office: 1-773-286-0500 ext. 380 & 320
Or visit our website: www.pna-znp.org

Wesley E. Musial, Censor
Wielkanocne spotkanie w Polskiej Szkole im. Juliusza Słowackiego

Są takie święta raz do roku, co budzą życie, budzą czas.
Wszechroku rozkwita w słońca blasku i wielka miłość rośnie w nas.


Ostatnie zajęcia w szkole im. Juliusza Słowackiego poprzedzające Święta Wielkanocne różnią się od pozostałych. W tym dniu w naszej szkole świąteczne śniadania stały się tradycją. Uroczystość odbywa się w auli, gdzie każda klasa zasiada do uprzednio przygotowanych przez rodziców stołów pełnych tradycyjnych potraw. Zapach świeżego chleba, żurku, jaj, kiełbasy, świątecznych bab i mazurek zachęca i zaprasza. Rodzicom i nauczycielom naszej szkoły należy pogratulować dbałości w pielęgnowaniu naszych tradycji oraz wychowaniu w duchu polskim i katolickim.

Było to wielkie i radosne spotkanie szkolnej rodziny. Oby nastrój radości przetrwał w nas jak najdlużej.

Renata Rudnicki, Dyrektor
Miłość, to temat wielokrotnie opisywany przez poetów i pisarzy. Przedstawiana przez malarzy i rzeźbiarzy jest uczuciem, które rozgrzewa serca i umysły. Miłość do Boga, ojczyzny, męża, żony, rodziców, rodzeństwa, chłopaka, dziewczyny, zwierząt, jednym słowem, gdzie nie spojrzymy „Miłość kwitnie wokół nas”.


W każdej z czterech grup wiekowych wyróżniono trzech młodych wykonawców. Dyrektor szkoły, pani Dorota Waszkiewicz oraz prezes Zarządu pani Małgorzata Gawior wręczyły zwycięzcom nagrody oraz pamiątkowe statuetki i zaprosiły na kolejny festiwal, w następnym roku.


Mieliśmy okazję obejrzeć unikatowe notatniki z zajęć z mechaniki, jakie prowadził nasz gość. Wszyscy byliśmy pod ogromnym wrażeniem, przeglądając je.

Zadziwiła nas niezwykła staranność pisma i dbałość o szczegóły rysunków.

Na pytanie, jak wspomina służbę w Dywizjonie 303 bohater spotkania nie krył ogrzmnego wzruszenia i powiedział: „wszyscy byliśmy równi, niezależnie od stopnia wojskowego”. Po obejrzeniu zdjęć opatrzonych wyczerpującym komentarzem uczniowie zdawali pytania. Pan Terlikowski ubrany w mundur udekorowany medalami, jakie otrzymał za swoją heroiczną postawę i oddanie w walce nie tylko o Polskę, ale również Francję i Anglię, pozwolił uczniom zobaczyć i dotknąć odznaczeń.

Od samego początku spotkania towarzyszyła nam atmosfera ogromnego wzruszenia i podziwu dla weteranu II wojny światowej. O wielkim zainteresowaniu opowieścią Pana Tadeusza Terlikowskiego może świadczyć fakt, że ponad 300-u uczniów wysłuchało opowieści w idealnej cisy.

Pragniemy gorąco podziękować Pana Tadeuszowi Terlikowskiemu oraz Jego Rodzinie – pani Wandzie Wagner, Steve i Amy Terlikowskim za obecność w naszej szkole i udział w niezapomnianej, żywej lekcji historii.

Na zakończenie spotkania Pan Terlikowski zwrócił się do wszystkich uczniów słowami: „Pamiętajcie, kochajcie Polskę”.

Ewa Głębocka, nauczycielka klasy VIII Polskiej Szkoły im. T. Kościuszki w Chicago.

Najstarsza i najrzetelniejsza polskojęzyczna gazeta w USA dostępna jest w systemie prenumeraty pocztowej na terenie całych Stanów Zjednoczonych.

Więcej informacji pod numerem telefonu:

**773-763-3343**

oraz na stronie internetowej

www.dziennikzwiazkowy.com/prenumerata
Pvt. Joseph R. Walker

PNA Marine Excels!

Pvt. Joseph R. Walker, member of the PNA Lodge 2337, completed his Boot Camp training at Paris Island. He was assigned to Platoon 1000, Bravo Company, and 1st. Recruit Training Battalion. After graduating from Boot Camp he was able to spend some time at home in Livonia in January 2016 before reporting for further training. He was able to visit with his parents and two young siblings and his grandparents and extended family. Following his brief visit, he reported for additional infantry training at Camp Geiger- one of the satellite camps in Camp Lejeune, North Carolina. The Mission at the Marine Corps Base Camp is to support the various Marine Corps commandos, a major Navy command, and a Coast Guard command as well as the Marine Corps Base itself. This Base is the largest concentration of Marines and sailors in the world and is often labeled as the “Home of Expeditionary Forces in Readiness”.

Pvt. Walker had a childhood dream to one day become a Marine. At an early age in grade school, he joined Young Marines, a part of Marine Corps Reserve. Toys, items of clothing, movies, anything to do with Marine Corps- he had to have it. In high school Pvt. Walker was not only a member of the Wrestling team, the Track team and the Football team, he was also Captain of them all. As he neared graduation, he applied for and received Scholarship to assist with the cost of his freshman year in college. The Scholarship was granted by Polish National Alliance Council 54 in metro Detroit. However, when the time came to choose a college or the Marine Corps, Pvt. Walker followed his dream and enlisted in the Marine Corps. In doing so, he also added to the military history of his family. His Stepdad served in Iraq as a Marine and his grandfather, Jerry Brzezinski, is an Army veteran. There are several other uncles in the Navy, the Air Force, and Marine Corps.

Pvt. Walker distinguished himself in Boot Camp. During the course of his training as a recruit, he was evaluated by his superiors using a point system. A perfect score at graduation is 600. Pvt. Walker graduated on January 15th, 2016 with the score of 600 in combined physical fitness and combat fitness placing him as the top recruit in his company. Pvt. Walker is a member of Lodge 2821, Council 54, District 10 of the Polish National Alliance in Michigan and Officers of the Lodge and friends of the P.N.A. congratulate him on his achievement and sent their Best Wishes to Pvt. Joseph R. Walker who is now at Camp Pendleton in San Diego, California.

Submitted by Joan Baritche, Treasurer of Lodge 2821

Zofia Boris, TVP Polonia Award

Taddeus Radzilowski, Outstanding Pole in America

of Hamtramck, MI, PNA Lodge 1758, was named “Outstanding Pole” in America on May 6, 2016 at the Consulate General of the Republic of Poland in Chicago in the category of Scholarship (“Nauka”).

The Polish Ambassador Ryszard Schnepf, in announcing the award, added his personal commendations for Dr. Radzilowski’s work in support of the Embassy’s work of promoting a positive image of Poland in the U.S.

Dr. Radzilowski was awarded the honor for his lifelong scholarly work in telling the Polish Story in America, in promoting the study of Polish language and culture, his co-founding (with Virginia Skrzyniarz) in 2003 of the Piast Institute devoted to the study of Poland and Polonia and his many contributions through his cultural activities, lectures, research and publications to the flourishing of the Polish Community in America.

The competition “Outstanding Pole” is an initiative of the Polish Promotional Emblem Foundation, whose main objective is to create a positive image of Poles to show their achievements and distinctions and to the promotion of people of Polish ancestry who are eminently successful in a variety of fields and endeavors beyond the borders of Poland. It is also an opportunity to showcase such individuals who through their activities and commitments contribute to the promotion of a positive image of Poland and Polish people in the world, as well as to publicize these compatriots who although often known and respected abroad, remain less known to Poles living in Poland.

Jan Krawiec, Grand Marshal 2016

PNA Lodge 668, 2016 Grand Marshal of the Chicago May 3rd Parade. He is WWII veteran, prisoner and survivor of the German concentration camps in Auschwitz and Buchenwald and later a successful Polish American journalist. For many years Mr. Krawiec was Editor-in-Chief of the Polish Daily News (Dziennik Związkowy), and now volunteers at the Holocaust Museum in Skokie, IL.


Mark Dobrzycki, 2016 Vanguard Award

PNA Lodge 771, was awarded the 2016 Vanguard Award by the Chicago Bar Association, an organization with a membership of over 20,000 attorneys.

Mr. Dobrzycki was recognized for his work at the PNA’s Amicus Poloniae Volunteer Free Legal Clinic. Mark, who is the first Polish American to receive the very prestigious award, was one of 12 recipients of the Vanguard this year and he is the only person who is not a judge or an attorney to receive the Award.

Since 2007, Mark Dobrzycki has been in charge of the Amicus Poloniae Legal Clinic and PNA’s Polish Information Center. Celebrating its 25th anniversary last year the clinic has become during Mark’s tenure number one among all 23 partner clinics of Chicago Volunteer Legal Services. Amicus Poloniae in the last four years has served more than twice as many clients as any other clinic. Last year CVLS had 19,000 clients.

The Vanguard Award has been given annually since 1998. Past recipients include Illinois Supreme Court Justice Mary Jane Theis (2015) and Chief Judge of the Circuit Court of Cook County Timothy C. Evans (2014).

Mr. Dobrzycki joins a most esteemed group of recipients this year that include Appellate Court Justice Michael B. Hyman, the Honorable William J. Haddad, the Honorable Jessica O’Brien, the Honorable Ramon Ocasio, and Attorneys Sharon A. Hwang, Jayne Reardon, Leslie Richards-Yellen, Standish E. Willis, Rosa Maria Silva, William Thomas and Zaldwaynaka Z. Scott.

The Advocates Society, an organization of Polish Americans attorneys in Chicago, nominated Mark to the Chicago Bar Association for the Award.

Mark is most proud of Adriana, his incredible, wonderful daughter, also PNA member.

Photo Credit: ©Al Podgorski 2016

Jarosław Gołembiowski, Outstanding Pole in America

of Chicago, IL, PNA Lodge 2514 was named “Outstanding Pole in America” in a Culture category. The ceremony took place at the Polish Consulate in Chicago on May 6th, 2016.

Mr. Golembiowski is a composer, conductor, educator, and concert organizer. He was born in Bielsko-Biała, graduated in Music Education from the Academy of Music of Karol Lipiński in Wrocław. In 1986, at the same university, he graduated in Music Theory, Conducting and Composition under the direction of Zygmunt Herembeszta. In 2013 he received his Doctor of Musical Arts degree from Fryderyk Chopin University of Music in Warsaw under the guidance of Prof. Pawel Lukaszewski.

Many of his compositions have been performed in Poland and abroad. The Polish of Preludes took place during the Days of New Music in Wrocław in 1985, and computer music premiere at the “Warsaw Autumn” Festival in 1985 and again in 1986 at a concert of electronic music in Wrocław Philharmonic. The premiere of Krakowiak took place during the 54th Conference of the American Council in Cracow (2002) and Salute for pipe organ was performed during 58th Conference at Oliwa Cathedral (2006), His Gloria for mixed choir premiered at a concert in the Jasna Gora Cathedral in Częstochowa at the 325th Anniversary of the Siege of Vienna in 2008.
CONTEST RULES

1. Participants must be members of the Polish National Alliance
2. Photos may be of any person, place or object by the entrant during 2016.
3. Duration of the Contest is JUNE 1, 2016 – SEPTEMBER 30, 2016.
4. Each contestant is limited to ONE (1) Photo entries.
5. No restricted age limit for contestant.
6. Entries of photos can be either in COLOR or BLACK and WHITE.
7. Photo size must be a 8" X 10" ONLY. DO NOT MOUNT ANY PHOTO. DO NOT WRITE ON, DEFACE THE FRONT OR BACK OF PHOTO. ANY PHOTO MOUNTED OR DEFACE WILL BE DISQUALIFIED.
8. Photos must be submitted in a PRINT FORM on photo paper.
9. Each entry must have the photo title, your full name, address, e-mail, phone number and PNA Lodge number (use entry blank).
10. All entries become property of the Polish National Alliance and will not be returned.
11. Ten (10) Winners will receive prizes and an Award Winners Plaque with their photo mounted on it. All contestants will receive a Certificate of Appreciation.
12. Judges decisions will be final. Winners will be asked to submit a digital copy of their photos so they could be published in the Zgoda and on the PNA Website.
13. Only AMATEUR photographers are eligible.
14. All entries must be postmarked NO LATER THAN SEPTEMBER 30, 2016 & mailed to:

P.N.A. PHOTO CONTEST
FRATERNAL ACTIVITIES DEPARTMENT
6100 NORTH CICERO AVENUE,
CHICAGO, ILLINOIS 60646-4385
December 6, 2015, a joint **Christmas Party** was held in Houston that was a sponsored by Polish Home Inc. - Houston and Council 182. The adult and children's Christmas Party featured high attendance and support from Kosciusko Lodge 165, Progressive Lodge 2336 and Polonia Lodge 2308. Santa was in attendance and a great shout out and thanks to one of supporting restaurants Polonia for hosting a spectacular event.

**Polish Progressive** held their annual meeting, and Christmas get together January 10th at our host Restaurant Polonia in Houston. Featured: Marysia Czuprinowski, Wieslawa Brzeski, Lillian Worschyesik, Tadeusz Brzeski, Rose Stzeleski, Joe Stezelecki, Antonina Mazewski, Jolanta Mazewski-Dryden and Roza Ekimov.

Young members **Sabrina and Stefan Frydrych**, Progressive Lodge 2336, at the Easter Egg Hunt.

March 26, **Easter / Święconka Celebration in Houston**. Members of the PNA Houston Lodges 163, 2308 and 2336 came out to Celebrate Easter / Święconka at our Lady of Czestochowa Catholic Church, who sponsored the event. Featured with blessed baskets: Progressive Lodge 2336 members Marianna Kaczorowski, Marysia Czuprinowska, Martina Rogowsky, Jolanta Mazewski-Dryden, Irena Rogowsky, Antonina Mazewski, and friends.

The Easter / Święconka Celebration in Houston would not be complete without a donation to the Polska Szkoła imieni Mikołaja Kopernika. Jolanta Mazewski-Dryden, Fraternal Director Region H and Antonina Mazewski, Financial Secretary Progressive Lodge 2336 make a donation to Director Hanna Tonfjaszkiewicz.
Kosciuszko Lodge 165 held their quarterly meeting on April 17, officers Michael Kurtin - Secretary, Larry Gurka, Al Snider- President, Kristie Edwards - Treasurer and Brian Marshall, Financial Secretary.

April 17, Council 182 held their quarterly meeting to review projects for 2016. Featuring members from Lodges: Kosciusko 165, Progressive 2336, and Polonia 2308. Council members include Willie Mae Maciejewski, Secretary; Al Snider, President; Virginia Flechak Hill, Treasurer; David Maciejewski; Jolanta Mazewski-Dryden, Vice President; Brian Marshall; Kristie Edwards; Mrs. Maciejewski, Mike Kurtin; and Larry Gurka

Brian Marshall, the Polish Fiddler and Son, entertaining the visitor at this year’s Polish Festival

May 6-8, Houston, Texas feature the Polish Festival at Our Lady of Czestochowa Catholic Church PNA was once again well represented at the three-day festival with an informative and colorful cultural display. Jolanta Mazewski-Dryden, Fraternal Director was on hand to talk with PNA members and prospective members.

PNA Houston members, Lodge 2336 and 165, Katie Kubiak and Mike Kurtin performers, taking a break and enjoying a lively Polka at the Polish Festival.

Kosciuszko Lodge 165, Dr. Jim Mazurkiewicz introduced the Grand Marshall Mr. Glenn Hegar, Texas Comptroller of Public Accounts at this year’s Polish Festival in Houston.

Submitted by: Jolanta Mazewski-Dryden, Fraternal Director, Region H
“Krakowiaki” i Grupa 339 z Baltimore, Maryland z wizytą w Chicago

Nasza przygoda rozpoczęła się wczesnym rankiem w sobotę 5 marca. Po około dwugodzinnym locie, 22-u osobowa grupa z Baltimore dotarła do Chicago.

Pierwszym punktem programu była wizyta w PNA, która możliwa była dzięki życzliwości i uprzejmości Pani Alicji Kuklińskiej. Mieliśmy czas na zwiedzanie budynku, zapoznanie się z systemem pracy, podziwianie kolekcji polskich pamiątek, rozmowy, wspólne zdjęcia oraz poczęstunek.

Następnie udaliśmy się do Centrum Chicago, gdzie spędziliśmy resztę popołudnia. Wjechaliśmy na Willis Tower, aby podziwiać uroki “Wietrznego Miasta” z 442 m n.p.m., a następnie spacerem przeszliśmy do Millenium Park, przy czym, niestety, bardzo prze- marzliśmy. Z tego też powodu nikt z nas nie miał ochoty jeździć na łyżwach.


Następny dzień rozpoczęliśmy od wspólnego śniadania a po nim uczestniczymy w Mszy Św. w Kościele Świętej Trójcy, którą sprawował ks. Andrzej Totzke, do niedawna proboszcz naszej polskiej parafii w Baltimore.

Po lekkim lunchu udaliśmy się do Lane Tech High School na Wiosenny Koncert PNA, który był głównym celem naszej podróży. Byliśmy zachwyceni wszystkim tym, co działo się na scenie, a w szczególności ilością występujących dzieci i młodzieży. Na koniec koncertu uwieczniliśmy swoją obecność wspólnym zdjęciem na scenie ze wszystkimi tancerzami.

Przed odlotem do Baltimore zatrzymaliśmy się na obiad w Old Warsaw Buffet, gdzie podobnie jak poprzedniego wieczoru, napełniliśmy nasze żołądki do syta przepyszonymi polskimi potrawami. W Baltimore wylądowaliśmy po północy.

Dziękujemy wszystkim, którzy przyczynili się do tego, aby nasza podróż do Chicago była możliwa, a sam pobyt był przyjemny i niezapomniany.

Małgorzata Bondyra, Grupa 238
This spring, Krakowiaki Dancers and members of Lodge 399 in Baltimore, Maryland visited Chicago and the Polish National Alliance. They attended the PNA Song and Dance Concert 2016, visited our PNA Home Office, explored the great city of Chicago and even had an opportunity to try some delicious Polish food. For full gallery of their excursion visit: www.pna-znp.org
As the music slowly started, the screen showed a vintage photo of 12 young dancers sitting on a stage in 1991. The years started ticking. The music gained speed. By 1995 the group was a little larger. By the year 2000 videos showed more dancers, more costumes, and international travels. The music swelled, skirts span, boots stomped, generations were raised and we suddenly found ourselves in the present. Today. The year 2016.

The “Lajkonik” Song and Dance Ensemble opened their 25th Anniversary Gala Concert with this montage video of our timeline. From 12 dancers in 1991 to over 150 today. “And this is what Poland is” - a quote from Stanisław Wyspiański’s The Wedding, a Polish drama written in 1901- was the theme of the concert. It is the theme of the “Lajkonik” Ensemble.

The audience experienced Polish folk dances from many regions performed by any of the numerous age groups: from the youngest four year-old, to the teenagers, to the young adults, to the adults who returned to their “Lajkonik” nest like birds who never forget their way home.

Beautiful, traditional Polish folklore interweaving song and dance was expected. The 1920’s Swing dancing concluding the first half of the concert and the Viennese Waltz opening the second half were not and received booming applause!

What received unexpected tears was the finale of the concert when audience members, many of whom are emigrants, silently wept and sang along with the entire “Lajkonik” Ensemble to “The Flowers of Poland”. This famous Polish ballad meticulously describes the scenic Polish landscape- every flower that grows in the fields- the daisies, the violets, the marigolds and poppies. It quenches the heart as everyone reminisces. Our concert’s theme-achieved.

“Lajkonik”, you have raised generations for 25 years and are STILL raising many more in the spirit of the Polish culture. You are a gem and have given us beautiful roots. On behalf of the many generations, I thank you.

Submitted by: Paula Grzebień

“Lajkonik” Song and Dance Ensemble is a proud member of the Polish National Alliance, Lodge 3242. www.lajkonikchicago.us
Chicago Society’s PNA Lodge 1450’s Annual May 3rd Polish Constitution Day Pre-Parade Brunch

The Chicago Society held its Annual Pre-Parade Brunch celebrating the Polish Constitution at the Hotel Allegro on Saturday, May 7, 2016. Brother Ro Matuszczak, Chairman, opened the brunch and introduced his Co-Chair Charles Komosa. President Ted Makarewicz welcomed the guests and introduced Brother Mark Pasieka to lead the participants in saying the Pledge of Allegiance. This was followed by the introduction of the Most Reverend Andrew Wypych, Auxiliary Bishop of Chicago, who gave the invocation. Next, President Ted Makarewicz and Scholarship Chairman and Vice President Robert Groszek presented scholarship awards to

Daniela Nicole Kapusta: $3,000, Joanna Bajena: $2,000—both were present—and $1,000 to Jessie Jendzejec. There were over 250 persons present. It was sold out three weeks before the event.

Speakers during the brunch were as follows: Jan Kopec, Parade Committee Chairman and President of the Alliance of Polish Clubs; Grand Marshal Jan Krawiec; Ambassador to the United States from Poland, the Honorable Ryszard Schnepf; Frank Spula, President of the Polish National Alliance and Polish American Congress; Joseph Drobot, Jr., President of the Polish Roman Catholic Union of America; U.S. Senator Mark Kirk; U.S. Congressmen Bob Dold and Dan Lipinski; Congressman Mike Quigley was present but had to leave early; Illinois Lt. Governor Evelyn Sanguinetti; Illinois State Comptroller Leslie Geissler Munger; Honorable Timothy Evans, Chief Judge Circuit Court of Cook County; Susana Mendota. Also present were the Vice Marshal, Lucyna Migala; visitor from Poland, the Honorable Anna Cichorska, Representative to the Parliament from the District of Ciechanow; also from Poland, the Honorable Anna Cichorska, Representative to the Parliament from the District of Ciechanow; also from Poland, Franciszek Adamczyk, former Polish Consul in Chicago and Senator in Poland; Treasurer Marian Grabowski of the Polish National Alliance; Arie Zweig, Chairman of POL-PAC; Marta Almodovar, Administrator-Cook County Judicial Court; Robert Radkowski, Vice President Head of the Midwest District, Polish and

(l-r) IL State Comptroller Leslie Geissler Munger; IL State Representative Robert Marwitck Judge James Pieczonka, Bishop Andrew Wypych, PAC, PNA President Frank Spula

Slavic Federal Credit Union; Judges Diann Marsalek, James Pieczonka and Thaddeus Machnik; Vera Eliashefsky, Ukrainian Congress Committee; Parade Queen Ada Ezakowska, 1st Runner-up Gabriela Sokolowska, 3rd Runner-up Aleksandra Kozakiewicz; Ewa Prokop, Executive Director Polish American Association; Barbara Chalko, President Polish Scouting Organization; Irene Moskal Del Giudice, Past President Illinois Division Polish American Congress; PRCUA Vice President Micheline Jaminski and Secretary/Treasurer James Robaczewski; Polish American Chamber of Commerce President Anna Morzy, Bogdan Pukszta, Executive Director and Slawek Wysocki,
Treasurer; Polish Highlanders of America President Jozef Cikowski, Vice Presidents Zofia Bobak and Zdzislaw Dorula and Treasurer Jozef Lom; Hon. Diane Shapiro, Republican Candidate for Circuit Court Clerk; Hon. Arlene Jezierny, President of Harwood Heights and Trustees Terry Schneper, Annette Brzeciak Volpe, Larry Steiner and Mark Dobrzycki; Kinga Aleksandrowicz, Outreach Coordinator, Office of Bruce Rauner; Dan Patlak, Commissioner Cook County Board of Reviews; Legion of Young Polish Women President Bozena Haszlakiewicz and the Queen of the 2016 White and Red Ball (Bal Amarantowy) Alexandra Winsor, 1st Runner-up Natalie Wytremalski and 2nd Runner-up Claudia Mazur. From the Adult Cultural Club Cinderella Ball, Cinderella Olivia Ciolo, Prince Charming John Slubowski and Runners-up Kayla Leonhard and Sam Wagner and President Edward Muszalski; Aldermen present were Ariel Reboyras, 30th Ward; Gilbert Villegas, 36th Ward; John Arena, 45th Ward; Christopher Talafiero, 29th Ward and Alderman Milly Santiago, 31st Ward. Also present were Bogdan Dola, President Polish American Foundation; Joanne Cholewinka, representing the Illinois Division Polish American Congress; Malgorzata Ptaszynska of Pol Vision and host of Polskie Radio 1030 AM (Polish Radio); Slawomir Budzik, radio announcer Program Deon 1080 AM; Barret Pedersen, Mayor of Franklin Park; President of the Advocates Society, Matthew Sidor, 1st Vice President Marta Zaborska and Secretary Kasia Kaczmarek; Maria Ciesla, Past President Polish Museum of America; John Wojciechowski, Vice President Copernicus Foundation; Trustee of Leyden Township Mick Taita; from New Jersey Edward Pierwola, Supervisory Committee Member Polish and Slavic Federal Credit Union.

The Parade stepped off at 11:15 a.m. and proceeded on State Street from Lake Street to Van Buren. The Chicago Society entry consisted of a marching unit and float with the DJ Babula. Marching with the Society were PNA members: Mike Drapko, Mark Orwat, Paul Koontz, Mark Pasieka with his wife Renata and children Emma, Angelina, and Mark Jr., Terry Przybylski, Andrew Zapalski, Walter Piecowicz, Mario Mikoda, Ted Wiecek, and friends Janina and Michelle Muszynski.

This was Ro Matuszczak’s 39th year as Chairman and 20th year as a member of the Parade Committee. Special thanks to Chris Matuszczak, Ro’s wife, and Agata Komosa, wife of Co-Chairman Brother Charles Komosa. “Kudos” to Co-Chair Brother Charles Komosa for his efforts on behalf of the Chicago Society.

Brother “Ro” honored twice!

Romuald “Ro” Matuszczak was honored for his work on behalf of the Polish Constitution Day Parade not once but twice. At the Pre-Parade Brunch, PNA President Frank Spula and National Secretary Brother Charles Komosa honored him as Member of the PNA Honor Society and presented with a decanter suitable for his favorite “adult beverage” (think “little water”) in recognition of all of Ro’s hard work: 39 years as brunch chairman, 64 years as CS member, almost 76 years as PNA member (since November 1940).

That evening at the Banquet celebrating Polish Constitution Day, Brother Ro was also honored with the Appreciation Award in recognition of his years of service, loyalty and dedication to the Polish Constitution Day Parade Committee. Our congratulations to “Mr. Chicago Society” for two well-deserved honors.

Submitted by: Charles Komosa, National Secretary
Photos courtesy of Teresa Potasiak

Chicago Society Scholarship Winners

Ted Makarewicz, Daniela Nicole Kapusta, Charles Komosa, Joanna Bajena, Robert Groszek

$3000 - Daniela Nicole Kapusta, currently enrolled at Illinois State University and from Geneva Illinois.

$2000 - Joanna Bajena, currently enrolled at Roosevelt University with a Major of Classical Guitar Performance and living in Des Plaines Illinois.

$1000 - Jessie Jendzejec, currently enrolled at Rhode Island College with a major of Nursing and living in Smithfield, RI.
LOOK AT LIFE INSURANCE FROM A BROAD PERSPECTIVE

Life insurance isn’t for the people who die. It’s for the people who live.

PERMANENT VS TERM CERTIFICATES:

<table>
<thead>
<tr>
<th>LIFE PAID UP AT 90– $25,000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong></td>
</tr>
<tr>
<td>Age</td>
</tr>
<tr>
<td>20</td>
</tr>
<tr>
<td>30</td>
</tr>
<tr>
<td>40</td>
</tr>
<tr>
<td>50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>20 YEAR TERM – $25,000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong></td>
</tr>
<tr>
<td>Age</td>
</tr>
<tr>
<td>20</td>
</tr>
<tr>
<td>30</td>
</tr>
<tr>
<td>40</td>
</tr>
<tr>
<td>50</td>
</tr>
</tbody>
</table>

Non-smoker rates.
Generally, no medical examination required.
Dzięki uprzejmości pani Alicji Nawary (Grupa 1474 ZNP) przez ponad pół roku, wszyscy odwiedzający siedzibę główną Związku Narodowego polskiego mieli okazję oglądać wystawę „Symbole Naszej Historii” sprowadzoną przez nią z Instytutu Pamięci Narodowej w Warszawie.

Wystawa jest swego rodzaju podróżą historyczną poprzez polskie symbole. Szczególne miejsce poświęcone zostało symbolice państwowości – godłu, fladze, barwom, hymnowi i znakom z nimi powiązannym. Znalazły się w niej też znaki, które stały się symbolami swoich czasów – godła, logotypy, odznaczenia, a nawet przedmioty, które nie tylko były powszechnie znane sobie współczesnym, ale też są obrazem przeszłości dla żyjących dzisiaj.


Polish Prime Minister Visits the United States

Last April, Prime Minister Beata Szydło visited the United States to take part in the signing of the Paris Climate Accord at the United Nations. She met with Polish-Americans and U.S. investors and honored the victims of 9/11 World Trade Center attack. She also visited the New York Stock Exchange, took part in a Polish-U.S. business forum at the Polish Consulate and met with Polish-American media. The Prime Minister’s itinerary also included a visit to Doylestown, Pennsylvania, where she met with the Polish-American community.
Polish National Alliance at the Polish Constitution Day Parade 2016

In 1891, The Polish National Alliance organized the first Polish Constitution Day parade in Chicago in honor of the first democratic constitution in Europe and second in the world only to the United States Constitution. Since then, Polish values, history, traditions, and culture are presented to the American public by the participants of this biggest outside of Poland parade.
Photos by: Mary Srodon & Monika Korczynska

To view the full gallery of photos visit: www.pna-znp.org
Veterans Remembered

Under the beautiful blue skies and warmth of the sun, people gathered in the Gardens of the Grand Prospect Hall in Brooklyn, NY last November. PNA Council 84 hosted its twenty-second annual wreath laying ceremony honoring all the brave and courageous Veterans, who valiantly served and continue to serve, in our Armed Forces.

When you look at the pictures you can see the monument, erected nearly 70 years ago. The monument lists over 700 names of Americans of Polish Descent who served in WWII. You can go to the website http://cyran.us/brooklyn/ to view the names that are listed and maybe you’ll find names of relatives or friends. My Uncle, Benjamin Markowski, a recipient of the Purple Heart, had served in the Navy, is listed on the monument.

The program began with the Presentation of Colors by members of the Łukowski Post #7096 accompanied by the Polish Scouts. Adele Iwachow, President of Council 84, welcomed all who attended. Adele introduced Barbara Blyskal, Mistress of Ceremonies. Barbara, Secretary of the Council and past Commissioner of District 3, introduced Jutrzenka Singing Society #226 PSAA. She then invited everyone to join the chorus in singing Hymn Polski and Star Spangled Banner.

The Invocation was given by Rev. Janusz Dymek, Administrator of O. L. of Czestochowa/Saint Casimir RC Church. Fr. Dymek’s words were poignant as he praised the efforts of ALL Veterans in their plight to maintain our freedom. The Hon. Eric L. Adams, Borough President of Brooklyn, made his appearance and shared his thoughts about Veterans Day. We were honored that he was able to attend.

Izabella Kobus-Salkin, Director of Jutrzenka, led the chorus and audience in the singing of the Battle Hymn of the Republic. The affect on all was quite evident, bringing tears to their eyes they listened to the message of the song.

Helen Pater, Commissioner of District 3 Polish National Alliance, gave a short History lesson as to the origin of Veterans Day, originally called Armistice Day, going back to 1918. The signing of an Armistice was at the 11th hour, on the 11th day, of the 11th month, thus ending WWI, THE WAR OF WARS. We praise President Woodrow Wilson for the recognition of Armistice Day but a change came about in 1954. Under President Dwight D. Eisenhower the name was changed to Veterans Day. His intent was to embrace ALL Veterans because of all the wars we were involved in since the
end of WWI.

Helen spoke about the PNA and all the products it offers. To make life less stressful for our loved ones when we depart, take life insurance thereby providing sufficient money to cover all aspects of a funeral. To make life less stressful for our Golden Years, take an IRA or Annuity to supplement our income.

To the youth of today, Helen told them to BE VIGILENT … unplug your technology and don’t walk and talk. She told them to be aware of their surroundings … if you see something, say something. Don’t take the freedom we enjoy for granted. Our soldiers paid dearly for this freedom.

Barbara introduced the Polish Scouts, under the leadership of Mary Bielski. Poems and songs were recited and sung. The Scouts reminded us of the wars Poland fought in … Poland too wanted to be free. The children from the Polish Supplementary School of O.L. of Czestochowa-St. Casimir Parish under the guidance of their teacher, Anna Nikadom, sang Rota. Their young voices sounded angelic.

More patriotic songs were sung by Jutrzenka and their rendition of America the Beautiful was superb.

Barbara spoke next. She called upon Veterans in the audience to stand and be recognized. Edward Blyskal, Barbara’s husband (Treasurer of Council 84) and Zygmunt Bielski (our photographer) stood and received a standing ovation.

Barbara recognized dignitaries that attended and thanked all the participants for taking part in this program. She also gave recognition to Mr. and Mrs. Halkias for welcoming us to their Grand Prospect Hall.

As the program was coming to a close she asked Fr. Dymek to give the Benediction. She then asked everyone to join Jutrzenka in singing, Let There Be Peace On Earth and God Bless America.

Submitted by: Helen Pater
Edward Królikowski, member of Lodge 1474, and officer of the Savannah Gen. K. Pułaski Committee of the American Council for Polish Culture (ACPC), sponsored the 3rd Annual Commemoration of Gen. Kazimierz Pułaski’s birthday on March 5, 2016 in Savannah, Georgia. Kazimierz Pułaski was born on March 6, 1745 as indicated by records at the Church of the Holy Cross in Warsaw where the baptism took place. These were discovered by Sławomir Górzyński in 1992 and later incorporated into an updated entry for Pulaski in the Polski Słownik Biograficzny, an official source for biographical sketches of famous Poles. Previously the ACPC and the Poles in America Foundation had staged the commemoration in the Capitol Building in Washington, DC. Limited space in the building where the ceremony was held, security concerns and weather conditions that have closed the Capitol Building at times in the past, impaired celebrating this event more fully. In 2014 the Savannah Gen. K. Pułaski Committee accepted the challenge of moving this event out in the open to the city most associated with his life and death in the United States; and also the burial place of his remains, Savannah, Georgia.

The day broke balmy, with intermittent sun and clouds and temperatures in the low 70s. Edward Królikowski, dressed in an authentic replica dragoon’s helmet – as would have been the proper attire for an officer in Pulaski’s Legion, began the ceremony with an opening speech setting the stage for events to follow. The event began with a stirring procession formed by the Knights of Columbus Color Guard, followed by the Pulaski Cadets of Perth Amboy, New Jersey, members of the Coastal Heritage Society (CHS) Drum & Fife Team playing music, and the CHS Musket Team appropriately dressed in Revolutionary War period attire entered Monterey Square to the attention of approximately 75 spectators gathered for the event. The Benedictine Military Academy played the national anthems of both Poland and the United States with the words sung by those in attendance. Speeches by U.S. Representative Earl “Buddy” Carter, Tybee Island Mayor Jason Buelterman and Peter Obst reading a letter from Warka, Poland’s Mayor Daruisz Gizka followed the anthems. Reverend Frank Ziemkiewicz, Headmaster of Savan-
nahn’s Benedictine Military Academy gave the invocation followed by the laying of wreaths on Pulaski’s tomb by Mr. Peter Obst representing the ACPC, Dr. & Mrs. Jack Pinkowski representing the Poles in America Foundation (PIA), Dr. Glenn Ball & Janina Gajdamowicz of the Gen. Pulaski Committee, Mr. Marcin Waszkiewicz representing the Polonia Club of Korona, Florida and the Pułaski family of Połazie, residing in Greenville, S. Carolina. After the laying of the wreaths, the CHS Musket Team fired a ceremonial black powder volley over the monument to the awe of the gathered crowd. Mr. Królikowski provided a closing speech followed by a Recessional March out of the square.

A post-event dinner was held at the Landings Plantation Club gave attendees the opportunity to become better acquainted. After the dinner, Mr. Eric Norton, Acting Superintendent of the Ft. Pulaski National Monument, Tybee Island, Mr. Mel Gordon, a local Savannah author and Dr. Jack Pinkowski of the PIA. In addition, a surprise birthday cake was presented to Mr. Edward Pinkowski for his 100th birthday. Music and dancing was made possible by DJ Jerry Dubik of the Polonia Club.

Sponsors for the event were the Poles in America Foundation headed by Mr. Edward Pinkowski as well as the American Council for Polish Culture headed by Mr. Peter Obst. Their support, along with that of Savannah Gen. K. Pulaski Committee members, made this event a success. The Gen. Pulaski Committee would like to thank Edward & Camille Królikowski, Dr. Glenn Ball, Janina Gajdamowicz, Joseph and Kathleen Warenzak, Mel Gordon and Joan Wilson for their untiring efforts in organizing this event.

Submitted by: Edward Królikowski
Photos: Peter Obst
Chopin Recital by Claire Huangci at Polish Center

Chicopee, MA. On February 7, 2016 a full house audience was entertained by 2006 Laureate 57th Kosciuszko Foundation Chopin Piano Competition winner at the Polish Center of Discovery and Learning at Elms College, Chicopee, MA. The event was sponsored by The Kosciuszko Foundation New England Chapter. Ms. Huangci had performed the prior evening with the Springfield Symphony Orchestra and received a “dazzling” review in The Springfield Republican February 9 edition. The Sunday recital proved to be just as magnificent. Ms. Huangci had performed in the area in April of 2008 as part of the 10th Anniversary Gala of the New England Chapter of the Kosciuszko Foundation. She has been awarded many grants, performed numerous concerts, one for President Clinton when she was ten years old, and won several major prizes. Claire Huangci performs a diverse repertoire and is one of the most sought after pianists of her generation. She has performed with noteworthy orchestras in Germany, Austria, China, Russia, Japan, Turkey and the United States. Claire was born in Rochester, NY to Chinese parents, both who are scientists, and now resides in Hannover, Germany. She studied with Elanor Sokoloff and Gary Graffman at the Curtis Institute of Music in Philadelphia, PA, and with Arie Vardi at the Musikhochschule Hannover since 2007.

Ms. Huangci received an extended standing ovation and gift for her performance at the Polish Center on Sunday, February 7. Her music selections consisted of eight Sonatas by Giuseppi Domenico Scarlatti, Fryderyk Franciszek Chopin’s Sonata in B-flat minor op. 35 and a Ballade in G minor op. 23 no. 1.

A reception followed with a catered light reception by Bernat’s Polish Deli and Catering Service, hosted by owner, Greg Bernat. It was a time to socialize and meet with the 26 year old guest performer, Claire Huangci.

Submitted by: Teresa Struziak Sherman

Pictured at the Polish Center recital reception are left to right: Joseph M. Topor, President of the Polish Center of Discovery and Learning at Elms College, Chicopee, MA, Carolyn Topor, President The Kosciuszko Foundation New England Chapter, Claire Huangci, guest performer and 2006 Laureate 57th Kosciuszko Foundation Chopin Piano Competition, Teresa Struziak Sherman Polish National Alliance National Business Board Director, Anthony J. Bajdek, President, Polish American Congress, New Hampshire Division and National Vice President for American Affairs, Polish American Congress.
Deputy Foreign Minister Dziedziczak Visits U.S.

WASHINGTON, D.C. – During his week-long visit to the United States, Secretary of State and Deputy Foreign Minister Jan Dziedziczak was the guest of honor at an Embassy of the Republic of Poland reception here on February 3, 2016 hosted by Ambassador Ryszard Schnepf.

The Ministry of Foreign Affairs is charged with Poland’s international diplomacy as well as maintaining and fostering ties with the sizable world-wide Polish diaspora. Minister Dziedziczak was very eager to meet with the broad spectrum of the leaders, members and notables of the Polonia present. He was gregarious and very generous with his precious time, speaking at length to individuals and groups about their concerns, ideas, suggestions, questions, etc. - all in the spirit and synergy of continued bilateral co-operation between Poland and America. He was especially taken and impressed by two groups of students from Georgetown University and American University who are invested in Polish Studies.

In his address to the American Polonia, Minister Dziedziczak stated that “Both here and in Poland we have one goal: the best interests of our country, patriotism, and putting all our efforts for the common good,” urging Polish-Americans to be Poland’s ambassadors and lobbyists, and to work actively to rectify false information about Poland, especially in the context of World War II. He also declared that Poland’s partnership with the international Polish communities is key for the mission of the Ministry of Foreign Affairs.

On Capitol Hill Minister Dziedziczak met with U.S. Assistant Secretary of State for Europe Victoria Nuland and the bi-partisan Congressional Caucus on Poland. The Warsaw NATO summit in July, and plans to strengthen NATO’s eastern flank, as well as the reinforcement of Polish-American relations were all discussed. “Poland is a long standing and reliable ally of the United States … The U.S. is our strategic partner and cooperation with this country guarantees our security” stated the Deputy Minister.

Other cities on Dziedziczak’s itinerary included New York City and Chicago. He managed to meet with scores of Polonia’s leaders and members, its clergy, and was welcomed by elected officials wherever he went. Visits to various mainline Polish institutions and monuments were deemed an important component of his journey.

Richard P. Poremski, Polish American Journal, Washington, DC Bureau, PNA Lodge 238.

5 lutego, 2016 wiceminister spraw zagranicznych, sekretarz stanu Jan Dziedziczak oraz towarzyszący mu poseł Michał Dworczyk, ambasador RP w USA Ryszard Schnepf, zastępczyni dyrektora Departamentu ds. Współpracy z Polonią i Polakami za Granicą MSZ Joanna Koziońska-Frybes oraz konsul RP w Chicago Robert Rusiecki złożyli wizytę w siedzibie Związku Narodowego Polskiego. Delegacja z Warszawy spotkała się z przedstawicielami ważnych organizacji polonijnych, w tym prezesem Kongresu Polonii Amerykańskiej Frankiem Spułą. Podczas spotkania. W czasie spotkania minister Dziedziczak poruszył ważne aspekty współpracy władz polskich z Polonią amerykańską, zwrócił się z prośbą o obronę dobrego imienia Polski, apeltem o głosowanie w wyborach amerykańskich, zarówno na szczeblu lokalnym, jak i krajowym oraz wyraził nadzieję na rychły wybór polonijnego senatora reprezentującego Polonię na świecie.
South Hadley, MA. Officers of PNA Lodges, District 1, the Polish Alliance Youth Camp in Bondsville, MA and the Polish Center of Discovery and Learning at Elms College were among the guests at the Awards Luncheon and Concert sponsored by the New England Chapter of the Kosciuszko Foundation on April 17. The event was held at Mount Holyoke College in South Hadley, MA.

The luncheon was held at the Willets-Hallowell Center, and the concert at Abbey Chapel, both at Mount Holyoke College, South Hadley, MA. There were 34 Kosciuszko Foundation Scholarship and Research Fellow Recipients for 2015-2016. Reverend Albert Scherer, Pastor of Our Lady of the Cross Parish, Holyoke, MA said the Invocation and Benediction. President of the New England Chapter, Carolyn C. Topor, welcomed the guests and introduced Dr. John Micgiel, President and Executive Director of the Kosciuszko Foundation, NYC and Scott Harblay Chairman of the Scholarship Committee who presented the scholarship awards.

Stephen Jablonski, Director of the Kosciuszko Foundation New England Chapter, presented the 2016 Distinguished Polish-American Award to Carl Stanley Stoy, Jr. Carl, a graduate of Lowell Technological Institute, completed a 30 year career with the Massachusetts Department of Employment and Training in 2002. Carl has supported the Kosciuszko Foundation for over 40 years. He is a member of the Pilsudski Institute and Polish Institute of Arts and Sciences of NY. Carl is a Kosciuszko Scholar and is a recognized Polish military historian with active membership in the Polish Historical and Military Collectors Society of Chicago and the Polish Military and Historical Association of CT. Since retirement, Carl has offered his time and expertise to developing the Polish military display and donating his Polish military collection to the Polish Center of Discovery and Learning at Elms College, a Polish Heritage preservation museum, in Chicopee, MA. He is also on the Board of Directors of the Polish Center.

Pictured left to right: Jeannie Zapala, Vice President PNA Council 62 and Polish Alliance Youth Camp and former PNA Commissioner District 1; Carolyn C. Topor, President The Kosciuszko Foundation New England Chapter; Carl Stanley Stoy, Jr., Distinguished Polish-American award winner; Teresa Struziak Sherman, PNA National Business Board Director and Marek Lesniewski-Laas, Honorary Consul of the Republic of Poland.

Send all articles, pictures and correspondence to: zgoda@pna-znp.org
or mail to: Alicja Kuklinska
Zgoda Magazine
6100 N. Cicero Avenue
Chicago, IL 60646
Od 125 lat Związek Narodowy Polski zamawia Mszę św. w intencji Ojczyzny z okazji rocznicy uchwalenia w Polsce Konstytucji 3 Maja. Koncelebrują ją księży z różnych polonijnych parafii, uczestniczą zaproszeni goście oraz Polonia aglomeracji chicagowskiej. Od wielu lat, inicjowana przez ZNP Msza za Ojczyznę odbywa się w Kościele św. Trójcy i jest stałą częścią chicagowskich uroczystości trzeciomajowych.

8 maja 2016, uroczystą Mszę św. w intencji Ojczyzny odprawił w kościele św. Trójcy biskup Andrzej Wypych, który w swym kazaniu mówił o patriotyzmie Polonii i jej wielkim poczuciu przynależności narodowej i duchowej do kraju.


Nie zabrakło również przedstawicieli najważniejszych polonijnych organizacji z prezesem ZNP i KPA Frankiem Spulą oraz prezesem Związku Klubów Polskich, organizatora Parady 3 Maja w Chicago, Janem Kopciem na czele.


Na zakończenie licznie zgromadzeni wierni mieli okazję do wspólnego zdjęcia z dostojnymi gośćmi, którzy udali się na przyjęcie zorganizowane przez parafię św. Trójcy, której proboszczem (dyrektorem Polskiej Misji Duszpasterskiej) jest ksiądz Andrzej Totzke.

AK
Zdjęcia: Dariusz Lachowski

For 125 years the Polish National Alliance has been a benefactor of the Holy Mass at the Holy Trinity Church in Chicago, commemorating the Polish Constitution of May 3rd in the intention of the wellbeing of Poland. Most Reverend Bishop Andrew Wypych was this year Mass’s main celebrant, with many distinguished guests in attendance, amongst them IL Governor Bruce Rauner, Minister Adam Kwiatkowski representing the Office of the President of Poland, Polish congresswoman Anna Chicholska, Polish Ambassador Richard Schnepf and Consul Robert Rusiecki.
Wspólna biało-czerwona

„Biało-czerwona jest nasza, wspólna. Jest wszystkich tych, którzy mieszkają tu w Polsce i tych, którzy mieszkają poza granicami, a w sercach czują się Polakami.” – powiedział w swoim wystąpieniu prezydent RP Andrzej Duda na uroczystości Dnia Flagi oraz Dnia Polonii i Polaków za Granicą w Belwederze.

W uroczystości uczestniczyli m.in. małżonka prezydenta Agata Kornhauser-Duda, marszałek Sejmu Marek Kuchciński, ministrowie rządu i parlamentarzyści oraz przedstawiciele światowej Polonii, wśród nich m.in. prezes KPA i ZNP Frank Spula, ksiądz Zdzisław Torba z Chicago oraz prezes Centrum Polsko-Słowiańskiego w Nowym Jorku Bożena Kamińska.

Prezydent wręczył odznaczenia państwowo osobom działającym na rzecz Polonii „za wybitne zasługi w działalności na rzecz środowisk polonijnych, za krzewienie kultury i tradycji narodowych”. Przedstawiciele organizacji polonijnych zasłużonych w działalności społecznej i gospodarczej otrzymali od prezydenta Dudy biało-czerwone flagi, wśród nich znalazł się proboścz parafii św. Ferdynanda w Chicago ks. Zdzisław Torba.

W czasie swojego przemówienia prezydent Andrzej Duda poinformował zebranych o swojej pierwszej inicjatywie legislacyjnej w dziedzinie oświaty; projekcie, dzięki któremu uczniowie wszystkich polskich szkół poza granicami Polski otrzymali legitymacje szkolne upoważniające m.in. do zniżek na przejazdy komunikacyjne publiczne.

Po części oficjalnej para prezydencka zaprosiła gości na uroczyste przyjęcie w ogroduch Belwederu, połączone ze zwiedzaniem pałacu.

Wniebowzięcie 2 maja na Zamku Królewskim TVP Polonia podczas Koncertu Galowego wręczyła prestiżowe nagrody „Za zasługi dla Polski i Polaków poza granicami kraju”. W tym roku do grona laureatów dołączyła m.in. znana w Chicago dziennikarka radiowa i wiceprezes KPA-IL pani Zofia Boris.

Po południu w ogrodach Pałacu Prezydenckiego para prezydencka gościła przedstawicieli korpusu dyplomatycznego oraz zaproszonych gości, w tym również przedstawicieli Polonii.
The White and Red Flag is Ours

„The white and red flag is ours. We share it. It belongs to all those, who live in Poland and all those who live abroad but feel Polish in their hearts,” said Polish President Andrzej Duda at the Flag Day and Day of Polonia and Poles Aboard at the ceremony that took place on Monday 2nd at the Belvedere Palace in Warsaw.

Poland celebrates the Flag Day since an act of parliament passed in February 2004.

Day of Polonia and Poles Abroad was instituted in 2002 by the Polish Senate (upper house) in recognition of the achievements and contributions of Poles living abroad in regaining Poland’s independence and helping the country in its most dire times. According to estimations made by the Polish Ministry of Foreign Affairs, more than 18 million Poles are living outside Poland – around 12.5 million in North and South Americas, 4.3 million in Western Europe and 1.5 million in Eastern Europe.

A Holy Mass in Warsaw’s St. John’s Cathedral, launched celebrations of Poland May 3 Constitution Day, followed by the White Eagle Awards ceremony at the Belvedere Palace.

Later that day, President Andrzej Duda accompanied by the First Lady Agata Kornhauser-Duda and highest governmental officials including Polish Prime Minister Beata Szydlo hosted the main celebration in front of the Royal Castle in Warsaw. In the afternoon, President Duda received several members of the diplomatic corps and Polonia representatives at the reception in the Presidential Palace gardens.

This year’s ceremonies attended President of the Polish American Congress and Polish National Alliance Frank Spula, Director of the Polish Slavic Center in New York and PAC Director Bozena Kaminski, as well as the „Zgoda” editor Alicja Kuklinska. In recognition of his contributions to the Polish-American Community Father Jason Torba of the Saint Ferdinand Parish in Chicago received the Polish Flag from the hands of President Duda.
The 16th Annual Katyn Remembrance was held here in Baltimore on April 24, 2016. At the 1 PM ceremonies at the National Katyn Memorial Site, President Maks Bondrya presented a floral wreath on behalf of all the PNA Lodges of Council 21. The Krakowiaki Dancers – Lodge 339, participated in the singing of the Polish and American National Anthems. They also were part of the large procession at the 10:30 AM Katyn Mass at Holy Rosary Church.

The Grand Hall of the PNA was the site of the Day’s reception/dinner. The excellent food was prepared the old fashioned Polish way in the hall’s modern kitchen by June (President - Lodge 339) and Bud Johns, along with their staff of in-house volunteers. Retiring Council 21 President Jim Mislak was justly recognized for his past 25 years of outstanding service to the PNA here and on the national level. Jim was also a founding member of the National Katyn Memorial.

Also at the Grand Hall, a special ceremony was conducted by National Katyn Memorial Foundation Chairman Richard Poremski (VP – Council 21) to honor the 96 victims of the catastrophic Smolensk/Katyn airplane crash on April 10, 2010. It claimed the lives of President Lech Kaczynski, his wife, and many of Poland’s top political and military leaders, intelligentsia, and social strata elites. Thus, they were enjoined with the 1940 victims of the Katyn Forest Massacre in Poland’s Pantheon of Hero’s.

Polonia and its various fraternal groups – especially the regional PNA, Polish Army Veterans’ formations, elected city, state and national politicians led by Sen. Barbara Mikulski, and a diplomatic/military contingent from the Embassy of Poland headed by Ambassador Ryszard Schnepf. Many other friends and interested persons were also in attendance at all the venues.

On this cool, sunny reflective Sunday, all who perished at Katyn were commemorated … in the past by the brutal hand of Josef Stalin’s Soviet Union (‘Russia’) … and more recently by the capricious Hand of Fate.

Richard P. Poremski
Poland marks 1050 years of Christianity

On April 15th, 2016, President Frank Spula, represented the Polish American Congress and the Polish National Alliance at the official celebrations of the 1050 years of Christianity in Poland. Accepting Christianity in 966 by Polish ruler Mieszko I, marks the origin of the Polish state. Western Poland is seen as the cradle of Polish statehood.

A special session of the joint houses of Poland’s parliament took place in the western city of Poznan. It was the first meeting of the National Assembly ever held outside Warsaw.

President Andrzej Duda delivered a special address to the nation during the session attended by top state officials, Roman Catholic Church leaders, foreign diplomats and selected group of Polonia representatives.

You can now make a wide range of secure online payments to the PNA using your VISA, MasterCard, Discover and American Express cards.

The following payments are being accepted online now:
- Insurance Premium Payments.
- Policy Loan Payments.
- Registration & Fees for Seniors Events like luncheons, casino trips, etc.
- Registration Fees for Sporting Events like golf, bowling, etc.
- Payments for the PNA Gift Cards program.
- Educational Department payments for trips, book purchases, special events, etc.
- Charitable Donations.

You can make these payments with confidence that your private information will remain safe and secure. Once your payment processes successfully, you will be able to print a hard copy receipt and then receive a confirmation to the e-mail address you provided when making the payment.

You can also make your credit card payments via the telephone to the PNA Direct Billing Department by calling toll-free at 1-800-621-3723 and asking for the Direct Billing Department at extension 351.

There are still some payments that we cannot yet accept through this new payment system, like Insurance New Business Application payments or Lodge Secretary Assessment payments.

If you prefer to make your payments as you did before, you can still do so. We still accept checks and money orders through the mail and cash if you are paying in person.

For more information about this convenient new payment option, please visit our website at www.pna-znp.org and click on the Make a Secure Payment Online graphic.

We hope that you will take advantage of this exciting new and timesaving way to pay with the PNA!
UNESCO World Heritage Sites in Poland

Wooden Churches of Southern Lesser Poland

The wooden church style of Southern Lesser Poland (Małopolska) region originated in the late fifteen century, and began with Gothic ornament and polychrome detail, but because they were timber construction, the structure, general form, and feeling is entirely different from the typical gothic architecture.

The Southern Lesser Poland features medium-size mountains and picturesque landscapes so wooden Roman-Catholic and Orthodox churches perfectly fitted into their natural environment. In 2003 six of those churches were entered on UNESCO’s World Cultural Heritage List.

They were all constructed by the simple carpenters, no famous architect’s names mentioned. The oldest one is the 15th-century church in Haczów, made of firwood and covered with shingles. Fragments of wall paintings were uncovered in the church interiors. Of great value is the shingle-roofed church in Blizne. Erected at the turn of the 15th century, it also contains fragments of Gothic and Renaissance wall paintings. The harmonious silhouette of the church at has an original, spire roof. The church at Binarowa boasts a very precious wall painting depicting scenes from the New Testament and a carved in wood figure of Madonna from the 14th century. Many unique paintings, sculptures and artistic handiworks can be admired in the 15th century church at Debn. The interior decorations of the church at Lipnica Murowana include precious wall paintings as well as baroque paintings and sculptures.

The Route of Timber Architecture in the Lesser Poland (Małopolska) and Carpathians (Podkarpacie) regions is a new tourist offer that presents the most beautiful examples of timber architecture in Poland. The six trails featuring 232 timber constructions, including 123 Roman-Catholic churches, 39 Orthodox churches, 25 rural and small town complexes, and 27 rural architecture museums that comprise 9 open-air museums (skansens) and 14 country manors, are over 1500 kilometers long.
Drewniane kościoły południowej Małopolski


Stanowią one grupę cennych historycznie i ciekawych architektonicznie (styl gotycki, renesansowy i barokowy) drewnianych kościołów położonych na terenie historycznej Małopolski (obecnie województwa małopolskie i podkarpackie). W znakomitej większości zostały one wybudowane na podstawie konstrukcji zrębowej. Za najstarszy uważa się XV-wieczny kościół w Haczowie (Podkarpacie).

Najcenniejsze i najciekawsze małoinicze drewniane kościoły, piękne cerkwie, smukłe dzwonnice, staropolskie dwory, drewniane wille i skanseny tworzą wspaniały, 1500-kilometrowy Szlak Architektury Drewnianej ciągnący się przez Małopolskę, Podkarpacie i Śląsk.

Sources: whc.unesco.org *
drewniana.malopolska.pl
Dear Alicja,

It was a pleasure to speak with you in August 2015, regarding the Artisan bread recipe that appeared in the Zgoda, 2015, Issue No. 2. I have made this recipe several times, and it is always delicious. When we spoke, we talked about pierogi recipes. I would like to share my ‘pierogi story’ and recipe with you. When my husband and I were first married, I didn’t have much experience with cooking. I do have an adventurous spirit and a desire to eat well. My mother-in-law was the best teacher I could ever have had. I was amazed the first time she showed me how to make pierogi. She didn’t have a recipe, but I watched while she poured flour onto the work surface, cracked in a few eggs, a dollop of sour cream, warm milk and within minutes she had kneaded together a huge mass of dough. She taught me how to roll the dough thin, cut circles, place the filling in the center and crimp the edges. We made pierogi for Wigilia for many years and when my daughter was old enough she also helped to ‘pinch’ pierogi. Mamusia was called home to our Lord in 2002, and we still miss her, especially at Christmas. We do have many happy memories that we recall as we make our Wigilia pierogi. I have also had the pleasure of teaching my granddaughters how to make pierogi, so our tradition will live on.

I have incorporated several new, time-savings steps in my recipe. I hope Mamusia doesn’t mind too much as she watches from Heaven. I will always remember my first experiences of cooking with her, the many hours we spent in the kitchen together and all the tips she passed on to me. Again, Alicja, I thank you for all the delicious recipes that appear in the Zgoda and for the many interesting articles in every issue.

Sincerely,

Elaine Wojtowicz

Elaine’s Pierogi

Dough:
- 1 egg – room temperature
- 1 cup milk - room temperature
- 2 cups flour – plus about 1 ½ cups
- 1 tablespoon sour cream (or you can use soft butter)
- salt to taste

In the bowl of a stand mixer, beat the egg and milk, blend in flour, salt, and sour cream. Continue mixing on lowest speed, adding up to 1 ½ cups more flour to form a soft dough. Turn dough out onto floured surface, knead by hand for one more minute, cover with the bowl and let rest for 1 hour. (You can knead the dough by hand).

Cheese filling:
- 1 pound dry curd cottage cheese*
- 1 egg
- salt and pepper to taste
- 1 teaspoon parsley flakes

*You can also use granulated cottage cheese.
Using a food processor, place all ingredients in the work bowl and pulse until ingredients are creamy and well combined. (You can also mix the ingredients together using a fork until mixture is smooth.)

*When we lived on the East coast, we used “Farmer’s cheese” which has the consistency of dry curd cottage cheese except it had more moisture. The Farmer’s cheese available in the mid-west is not the same.

Divide dough in half and, on a floured surface working with one-half of the dough at a time, roll into a thin sheet. Using a two-inch cookie cutter, cut circles in the dough. Place about a half teaspoon of cheese filling in the center of each dough circle, fold in half and pinch to seal. Place pierogi onto a cookie sheet that has been sprinkled with corn meal.

If you are going to cook the pierogi that day, they can be put in the refrigerator until you are ready. I make them ahead, freeze them on the cookie sheet and when they are frozen put them into a plastic Ziploc bag. This recipe makes approximately 60 pierogi. I find it is easier to work with single batches of dough.

**To cook:**

In a large pot, bring water to a boil, add 1 teaspoon of salt to boiling water, drop pierogi into boiling water. Stir gently once or twice to prevent sticking. Cook until pierogi float to the top of the pot. Test one to be sure it is done to your liking.

**Enjoy!**

**Sauerkraut filling:**
- 1/4 lb. peppered bacon diced *
- 1/2 large yellow onion, chopped
- 1/2 lb. mushrooms, chopped
- 2 cups sauerkraut
- salt and pepper to taste
- 3 tbsp. sour cream

Put bacon into a large skillet and fry until it’s almost crispy. Remove most of the rendered fat in the skillet, leaving a teaspoonful or two behind. Add the onion and mushrooms. Lower the heat and stir the onions and mushrooms into the bacon. Cook, stirring from time to time until the mixture is dry; about 10-12 minutes. Add the sauerkraut and cook until it has heated through and the mixture is dry again. Cool the filling. Check and adjust the seasoning with salt and pepper if needed. Stir in the sour cream until it’s well combined.

* You can substitute bacon with 2 tsp. of vegetable oil.

**Meat filling:**
- 1 lb. of beef (any cut you like)
- 3 carrots
- 1 parsley
- 1 leek (optional)
- 1 celery rib
- 1 onion
- butter or oil for frying
- 1 roll (Kaiser /Vienna )
- parsley
- 1 egg
- salt & pepper

Cook meat in a seasoned/salted water until softens, add cut vegetables (except onion) and leave cooking gently for about 1/2 h. On a frying pan with butter lightly browned, chopped onion. Take the meat out of stock and tear into smaller pieces. Let Kaiser Roll soak in stock until completely soft, drain and add to the meat. Add browned onion and mix well in a food processor or put it through a meat grinder. Add finely chopped parsley, 1 egg (raw), salt and pepper to taste. If your filling is too dry, you might add some of the stock.
Knowing the Difference between Brown Fat and White Fat

Introduction: For many years body fats have been known as the villains in our bodies. Fat, also called adipose tissue, made us look unattractive and feel uncomfortable. However, current research has identified that all fat is not created equal. In fact, it is now known that there are two main types of fat, brown and white. These fats are very different and act very differently in our bodies. There were two teams of researchers at the National Institute of Health (NIH) in 2013 that made outstanding discoveries. The first team proved that there was a genetic switch that signaled the body to make its own brown fat, and the second team determined how the body could recruit white fat cells to become brown fat cells. Scientists have thought that babies were born with an ample supply of brown fat, that disappeared by adulthood. This is no longer a fact. Not only do adults have brown fat, but brown fat may play an important part in weight control. Our bodies store energy mostly as white fat. When you eat too many calories, your body turns the excess unneeded calories into white fat. To lose weight, you need to burn more calories than you take in. This process causes your body to break down its white fat stores for energy. Since brown fat burns energy, increasing its activity might help in weight control and in the treatment of metabolic conditions, such as type 2 diabetes and heart disease. More research is needed to discover how to accomplish this. It is difficult to measure the amount of brown fat in one’s body, but the most common area that brown fat is found is in the shoulder and neck regions. The less brown fat tissue detected in subjects during the research process, the higher the rate of obesity, especially in older people. It is therefore suggested that brown fat has a potential role in adult human body functioning or metabolism.

What is White Fat? White fat, which is most familiar fat to everyone, stores energy as large fat droplets. If you have too much white fat, you are considered overweight or obese. Too much white fat especially stored in the abdomen, or belly, increases your risk for heart disease, diabetes and other metabolic diseases. It is important to eat a healthy well-balanced diet and exercise to keep the white fat cells at a normal level so they are there when needed, but not in an overabundant supply which leads to chronic diseases and disorders. In response to cold, white fat cells, in both animals and humans, act like brown fat cells.

What is Brown Fat? Brown fat is used by the body for chemical energy to make body heat and to help maintain body temperature. Shivering when you are cold causes your brown fat to produce heat and burn calories. Infants are born with rich stores of brown fat on their upper spine and shoulders to keep them warm. Brown fat has smaller droplets than white fat and is ready to be burned when needed to produce heat. Brown cells contain iron which gives them a brownish color. In response to cold, white fat cells, in both animals and humans, act like brown fat cells.
needs the function of the brown cells, a message is sent via the brain telling the “recruitable” white cells to transform into brown cells. This is an amazing discovery. More research is needed to find out how scientists could cause this transformation of unwanted white fat into energized brown fat to occur. Determining which genes control the development of white and brown fat could be the first step in providing new treatments for diabetes and obesity.

**The Effects of Temperature on Human Fat.** Another interesting fact is the effect of cold exposure and the use of brown fat. A study published in the June 2014 issue of Diabetes indicated that after a month of exposure of ten hours at night to cold temperatures, subjects had more body brown fat. The increase in brown fat also was accompanied by important changes in improved body metabolism and improved glucose usage and insulin sensitivity. However, after a month of warmth exposure, there was a complete reversal of brown fat back to the original state. The findings may indicate that there may be new ways to change the body’s energy balance and offer new treatments for obesity and diabetes.

**Drug Action Activates Brown Fat.** Research results published on January 6, 2015 in Cell Metabolism found that the drug mirabegron, used to treat an overactive bladder, stimulated brown fat and increased energy levels in men. The results suggest that this activation may be a way that might lead to a possible treatment for obesity and metabolic disease. The drug increased brown fat activity, stimulated white fat and increased the resting heart rate and blood pressure in study participants, indicating a stimulation of the cardiovascular system. A one-time dose of mirabegron was able to activate human brown fat so that it consumed glucose and burned calories.

**Conclusion.** Current research findings have identified possible new pathways for the treatment of obesity and diabetes which can have major impacts on many body systems. Facts regarding the importance of brown fat, white fat and their functions in the body are outstanding. The body’s amazing ability to transform white fat into brown fat when needed has revealed some insights into major areas for further research. The effects of exposure to cold temperatures on brown fat and use of the drug mirabegron are other possibilities for future treatment of metabolic conditions and ailments. Clearly more research is needed to determine the safety and possibility of going forward with this gained knowledge.

**Author:**
Teresa Struzziak Sherman, RN, BSN, MS  
National Director, PNA Business Board

**References:**
Tłuszcz tłuszczowi nie równy!

W organizmie ludzkim znaleźć można dwa rodzaje tłuszczu. Brązowy, który spalając kalorie pomaga człowiekowski w utrzymaniu właściwej ciepłoty ciała oraz biały, który gromadzi nadmierne kalorie stanowiące rezervę energetyczną, prowadząc tym samym do zwiększenia masy ciała.

Według naukowców istnieją dwa rodzaje brązowej tkanki tłuszczowej. Pierwszy, klasyczny tworzony jest w okresie płodowym, drugi, zwany tkanką bezową, produkowany jest w obrębie tkanki białej wskutek działania określonych czynników metabolicznych.

Na podstawie analiz naukowych stwierdzili, że najwięcej brunatnej tkanki tłuszczowej znajduje się w okolicy mięśnia długiego szyi i przy naczyniach szyjnych. Taka lokalizacja komórek tłuszczowych pomaga w podgrzewaniu krwi i regulowaniu ciepłoty ciała. Odkryto również, że komórki pobrane z okolic mięśnia długiego szyi były o wiele bardziej aktywne niż biała tkanka tłuszczowa.

Brązowy tłuszcz, to tłuszcz noworodków, niemowląt i małych dzieci, zlokalizowany na karku, grzbietie, pod pachami, łopatkami, wokół nerek i przy kręgosłupie. Jego zadaniem jest ogrzewanie małego organizmu, który ma jeszcze niedojrzałe mechanizmy termoregulacyjne.

Osoby posiadające większą ilość tłuszczu brązowego są z reguły szczuplejsze i utrzymują wysoką ciepłotę ciała w chłodne dni. Ludzie, u których magazynowane są duże pokłady tłuszczu białego częściej prowadzą sedentaryjny, bierny tryb życia.

Badania dowodzą, że ćwiczenia fizyczne mogą pomóc nam zamienić w organizmie „zły”, biały tłuszcz w brązowy, „dobry” i dużo bardziej aktywny metabolicznie. Sport wpływa korzystnie tak na tkankę mięśniową, jak i na tłuszcz. Biały tłuszcz w organizmie poddany ćwiczeniom staje się bardziej brązowy i aktywniejszy. Nawet, jeśli na skutek aktywności fizycznej nie ubywa masy ciała, znacznie poprawia się metabolizm organizmu i ogólny stan zdrowia.

Aby uaktywnić brązowy tłuszcz można również chłodzić ciało, zachęcając organizm do wykorzystywania kalorii i produkowania energii.

Ponieważ wszystkie badania jednoznacznie wskazują na ogromne znaczenie aktywności ruchowej dla zdrowia człowieka, nie pozostaje nic innego, jak odłożyć pilot telewizora, ubrać się lekko i ruszyć przed siebie w tempie, na jakie pozwala nam nasza kondycja fizyczna. Warto jest również przekażać dobre nawyki zdrowotne dzieciom.

AK
2016 CHICAGO SOCIETY, PNA LODGE 1450
ANNUAL SCHOLARSHIP GOLF OUTING & DINNER

Economic Stimulus Golf Outing
Friday, July 15, 2016
Glen Eagles Country Club

National Secretary Charles Komosa, the Chicago Society’s 2016 Golf Outing Chairman, invites all PNA members, business associates, family, and friends to reserve their spots for the golf outing immediately. As always, there are only 144 spots available. The event is planned for Friday, July 15, 2016 at the Glen Eagles Country Club located at 13070 McCarthy Road in Lemont, Illinois 60439.

The day will begin with a cookout lunch in the outdoor pavilion along with check-in at 11:30 A.M. The Shot-Gun scramble starts at noon (1:00pm) sharp. There will be a fleet of beverage carts patrolling the golf course, and other surprises. An open bar and appetizers will begin at 5:30 P.M. in the banquet room, and dinner will be served at 6:30 P.M.

We are planning for the world famous grand raffle! Closest to the pin, longest drive and a few other contests. Please call if you or your company would like to donate raffle prizes.

Please call Chairman Charles Komosa at 773-286-7123 for detailed information and to reserve your golf foursomes. Individual golfers also welcome.

Call Frank Czaja, sign chairman, at 312) 520-6144 for tee and advertising signs and hole sponsorships.

KOLONIE LETNIE 2016
W OŚRODKU
MŁODZIEŻOWYM
OKRĘGU 12 & 13 ZNP
10701 River Road
Yorkville/Plano
IL 60545

Turnusy dla dzieci w wieku od 6 do 15 lat:
3 - 9 lipca
10 - 16 lipca
17 - 23 lipca
24 - 30 lipca
30 lipca - 6 sierpnia
7 sierpnia - 13 sierpnia

Zapewniamy zakwaterowanie, wyżywienie, dużo dobrej zabawy oraz szereg atrakcji:
• BASEN
• WYJAZD DO PARKU WODNEGO
• STRZEŁANIE Z ŁUKÓW ORAZ Wiatrówek
• Dyskoteka
• Ognisko
• Yoga
• Taniec Towarzyski
• Jazda Konna
• Gry i zabawy sportowe
• Dużą zabawy na świeżym powietrzu!

ZNIŻKA DLA CZŁONKÓW PNA
INFORMACJE:
WWW.PNAYOUTHCPAM.COM
AGATA 708-925-6917
E-MAIL: AGATA.PNA@GMAIL.COM
**WHITE SOX VS. TWINS**
Show your Polish Pride on Tuesday, June 28th (7:10 PM) at U.S. Cellular Field in Chicago.

Back by popular demand is Polish Heritage Night at the ballpark. Enjoy a night of Polish entertainment and great baseball game!

In addition to specially priced tickets, you will have the opportunity to participate in a pregame parade on the field! You must arrive by 6:15 pm at Gate 1 on the south side of the stadium to be able to participate. Make sure to request parade passes when you purchase your tickets.

For more information and to order tickets call Mary Srodon at: 1-800-621-3723 or 773 286-0500, ext. 312, e-mail: mary.srodon@pna-znp.org

**ORDERS MUST BE PLACED BY TUESDAY, JUNE 7, 2016**

FOR MORE INFORMATION, GO TO WHITESOX.COM/SPECIALEVENTS

---

**SAVE THE DATE!**
**54th PNA NATIONAL GOLF TOURNAMENT**

**AUGUST 5 & 6, 2016**
**Ponderosa Golf Course**
**2728 State Route 168**
**Hookstown, PA 15050**

Host: Lodge 1870
Slovan, Pennsylvania

Information packets will be sent to all golfers. If you wish to receive more information or to be placed on the Golfer List send an email to Fraternal Activities Coordinator, Mary Srodon: mary.srodon@pna-znp.org 1-800-621-3723 ext. 312

---

**Join us for a Flag Day Celebration**

June 14th, 2016
10:30 A.M.
Polish National Alliance
6100 N. Cicero Ave.
Chicago, IL 60646
We’re looking for sales representatives and offering unlimited commissions!

If the prospect of earning extra income, being your own boss and setting your own hours appeal to you, the Polish National Alliance would love to hear from you. PNA offers life insurance certificates which help individuals and their families reach their financial goals.

We are looking for licensed and non-licensed sales representatives to promote and sell our financial products. We will train and set you on a path to attractive commissions. Leads are provided, training costs are reimbursed and you can renewal commissions.

Call us today!
1-800-621-3723

Protecting Families since 1880
The PNA emblem is a relic from the January 1863 uprising of Poland against Russia. It was designed by the Revolutionary Government as a reminder that the Royal Republic of Poland was a commonwealth of three nations who shared the glories and misfortunes of the state.

Thus the white eagle on red shield represented crown lands, or Poland proper; the white knight on blue shield known as Pogon (the Chase) was the coat of arms of the Grand Duchy of Lithuania while Michael Archangel symbolized the Duchy of Ruthenia.

The January Uprising failed. But a member of its Revolutionary Government, Agaton Giller inspired the founding of the Polish National Alliance. Consequently, the founders of the PNA adopted this symbol for its fraternal emblem.

The PNA emblem is a relic from the January 1863, uprising of Poland against Russia. It was designed by the Revolutionary Government as a reminder that the Royal Republic of Poland was a commonwealth of three nations who shared the glories and misfortunes of the state.

Thus the white eagle on red shield represented crown lands, or Poland proper; the white knight on blue shield known as Pogon (the Chase) was the coat of arms of the Grand Duchy of Lithuania while Michael Archangel symbolized the Duchy of Ruthenia.

The January Uprising failed. But a member of its Revolutionary Government, Agaton Giller inspired the founding of the Polish National Alliance. Consequently, the founders of the PNA adopted this symbol for its fraternal emblem.

The Polish National Alliance has been protecting the financial futures of their members for over 135 years.

Through a wide array of life insurance products, PNA can provide tax-free life insurance proceeds to provide for final expenses, mortgage cancellation, emergency funds, college funds, child care, and a monthly income. These same products that protect our members’ families in the event of premature death also provide tax-advantaged method for accumulating additional monies for cash needs and/or retirement.

CIVIC ACTIVITIES

SCHOLARSHIPS

ORPHAN’S BENEFIT PROGRAM

YOUTH PROGRAMS

SPORT ACTIVITIES

POLISH DAILY NEWS

WPNA RADIO STATION

Listen to our WPNA 1490 AM radio program (24 hours every day, all over the world) via internet: www.wpna1490am.com

ZGODA PUBLICATION