

“Together – We Can and We Will”

ZGODA



THE OFFICIAL PUBLICATION OF THE **POLISH NATIONAL ALLIANCE** OF THE U.S. OF N.A.

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2017 YEAR OF VISTULA RIVER



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Confluence of the Narew River
and the Vistula at Modlin.

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President's Corner

May 2017

Dear Members,

This is an exciting and busy time as the school year is winding down, with graduations and first communions for many.

During this time of year, we will witness graduations of many of our young people. Each will mark their rites of passage, entering the next phase of their lives. Let me take this 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.

For the graduates, it's a time to say thank you to all those who helped you along the way, your teachers and especially your parents or guardians.

As an organization, the Polish National Alliance has been focused on caring for its members by providing various financial and fraternal programs. This year again, I am pleased to announce that PNA has approved \$200,000 in undergraduate college scholarships for its young members. The scholarship committee consisted of professional individuals, who spent time reviewing each and every application submitted. In addition to scholastic achievement, civic and fraternal participation was also used in determining the eligibility for a scholarship.

During the month June, the Alliance will also award approximately \$50,000 in graduate scholarships for Polish National Alliance members.

The mission of the PNA is to promote Polish culture and language, and we have been doing so from the very beginning. In March, the annual Song and Dance Concert was held, whereby fourteen groups consisting of over 500 children participated. We are very proud our dance groups and the talents the children display. We are appreciative

of the time and effort our choreographers commit to these classes.

During the weekend of April 28th, the PNA hosted its 76th National Bowling Tournament held in Lemont, Illinois. The tournament hosted over 200 participants, consisting of forty-two teams during the two-day event, with bowlers from all across the country. We were honored to have the Mayor of Lockport, Mr. Steven Streit, throw out the first ball.

On June 4th, the Fraternal Department is organizing its 1st "Walk- N-Stroll Kids 4 Kids" event to be held in Chicago. The proceeds generated from this program will be donated to the Shriners Hospital for Children. Being a fraternal organization, part of our mission is to strive and give back to the community.

As always, membership is the key to the success of this organization, and I appeal to each and every one of you to refer a candidate for membership to your local sales representative or the Memberships Department in our office by calling 1-800-621-3723 or e-mailing info@pna-znp.org. The more members we have, the more we can accomplish as an organization in the form of benefits to our members.

Being that we are a membership driven organization, we are also looking for individuals who are interested in representing the Polish National Alliance as sales representatives. This is one way to increase one's income and at the same time expand the membership. If you or someone you know would be interested in sales, please contact our Sales Manager, Ms. Jolanta Walaszek at 1-800-621-3723 or email to jolanda.walaszek@pna-znp.org.

On May 21st, over 500 young people graduated from the Polish Saturday Schools in Chicago. It gives me great pride as the President to witness firsthand the talents we have in our community, and it only solidifies the importance of supporting Polish Schools and our young members. Thank you to the parents who are committed to making certain their children will succeed and become leaders. My appreciation goes out to the teachers and the committees involved for their dedicated work.

We are pleased to have recruited to the Membership Department the talents and experience of Mr. Edward Zavascki, of Connecticut. He assisted our Sales Manager in the training of sales representatives in our Home Office. Other meetings are scheduled in various parts of the country.

For your information, we have printed the Independent Comparative Report for 2017, comparing the Polish National Alliance with other leading insurance companies. It provides evidence the PNA is on a sound financial basis.

Wishing you a safe and happy summer!

Frank J. Spula, FLMI
President



From the Editor

May 2017

Dear Members,

I'm sure you will be amazed looking through this issue and seeing how much is going on in our Districts, Councils, and Lodges. I appreciate the efforts of those, who are sharing these events with all of the members by sending their articles and photos.

It is especially exciting to see pictures of our young members involved in PNA activities. Perhaps there should be a section primarily designated to them in *Zgoda*? As I've included a tale about the Vistula River for kids in this issue, please let me know, what do you think about the idea? Would you like to give it, or read it to your children or grandchildren?

Recently, my husband and I became legal guardians of a very special little girl. As we learned, her ancestors came to the United States before WW I and were actively involved in the Chicago Polish Community. It is of such importance for a child to have roots, history, and a heritage to be proud of. Now, our little girl enjoys being part of a dance group, learning the Polish language, and knowing that she became part of the huge family in the Polish National Alliance.

Please, make sure your children are part of the PNA family! Give them the gift of belonging to the largest and one of the oldest Polish organizations in the United States. Secure their heritage as well as their financial future.

Wishing you a safe and relaxing summer,

Alicja Kuklińska
Editor-in-Chief



Decyzją Sejmu RP rok 2017 obchodzony jest w Polsce, jako Rok Rzeki Wisły.

Sejm w 550. rocznicę zawarcia II pokoju toruńskiego, dzięki któremu Królestwo Polskie odzyskało m.in. Pomorze Gdańskie oraz pierwszego wolnego flisu, podjął uchwałę w sprawie ustanowienia roku 2017 rokiem Rzeki Wisły, oddając hołd pokoleniom Polaków, którzy dzięki Wiśle i w oparciu o nią budowali tożsamość i potęgę Państwa Polskiego. *Wisła – Królowa Polskich Rzek, będąca symbolem polskości i patriotyzmu – to nasze naturalne oraz historyczno-kulturowe dziedzictwo* – mówi uchwała sejmowa.

Idea obchodów została zainicjowana przez Społeczny Komitet Obchodów Roku Rzeki Wisły i zyskała poparcie szeregu instytucji i samorządów oraz Sejmu Rzeczypospolitej. 1stycznia 2017 rozpoczęcie Roku Rzeki Wisły obwieścił toruński dzwon Tuba Dei.

W związku z inicjatywą Roku Rzeki Wisły działa fundacja o tej samej nazwie. Logo zostało wybrane w ogólnopolskim konkursie, a jego autorem jest Zbyszek Wasilewski. Na obchody złożą się liczne wydarzenia organizowane we wszystkich województwach położonych nad Wisłą. Informacje na temat wydarzeń, inicjatyw, konkursów związanych z obchodami Roku Wisły można znaleźć na: **www.rokwisly.pl**

INDEPENDENT COMPARATIVE REPORT

2017

**POLISH NATIONAL
ALLIANCE
OF THE U.S. OF N.A.**

Chicago, Illinois

>STRENGTH & STABILITY

This report prepared by
Standard Analytical Service, Inc.
Analysts of the Insurance Industry since 1932

Standard Analytical Service, Inc.

Publishers of Independent
Insurance Reports Since 1932



FACTUAL ANALYSES OF SIGNIFICANCE

Standard Analytical Service, Inc. is independent of any insurance company or companies, and we do not sell any kind of insurance. Our financial reports and comparisons, reprints of which are paid for by the companies, are based on statutory financial statements filed with the state insurance departments. This report should not be interpreted as an analysis of the stock value of a capital stock company, nor is it intended to imply that the company featured will be as successful or is better than the companies making up the aggregate averages, nor is it a recommendation or analysis of the specific policy provisions, rates or claims practices of the organization featured. Its use for all companies, stock, mutual or fraternal, is intended to serve as a guide with respect to the current financial responsibility of the individual company featured herein, based upon the current statutory financial statements on file with the state insurance departments where

Standard Analytical Service, Inc.
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FINANCIAL STABILITY

The financial condition of a life insurance organization is an important factor in public confidence. In this regard we prepared the following report on:

POLISH NATIONAL ALLIANCE OF THE U.S. OF N.A.

featuring a comparative analysis of key financial ratios comparing this company with 25 of the leading Life Insurance Companies in the United States. These 25 leading Life Insurance Companies have been in business for an average of over 100 years and own a major portion of the invested assets and life insurance in force of all the companies. Thus, a favorable comparison of the financial ratios for the company featured herein with 25 of the leading companies can be indicative of the company's financial stability.

KEY FINANCIAL RATIOS - DERIVED FROM THE ANNUAL STATEMENTS AS OF DECEMBER 31, 2016
(The 25 leading companies are determined by the amount of Admitted Assets as of December 31, 2016)

SOLVENCY

Assets for each \$100 of Liabilities

A high ratio of Assets over Liabilities is a significant safety factor. This indicates that a company has enough assets to cover its liabilities and to meet all obligations as they become due.

Assets for each \$100 of Liabilities as of Dec. 31, 2016

Allstate Life Insurance Company, IL	110.48
American Family Life Assurance Co., NE	111.49
American General Life Insurance Company, TX	105.56
American United Life Insurance Company, IN	104.01
Ameritas Life Insurance Corporation, NE	108.62
AXA Equitable Life Insurance Company, NY	102.86
Connecticut General Life Ins. Co., CT	130.02
Guardian Life Ins. Co. of America, NY	113.50
John Hancock Life Insurance Co. (USA), MI	102.75
Lincoln National Life Ins. Co., IN	103.50
Massachusetts Mutual Life Ins. Co., MA	107.41
Metropolitan Life Insurance Co., NY	102.91
Midland National Life Insurance Co., IA	106.46
Minnesota Life Insurance Co., MN	107.93
Nationwide Life Insurance Co., OH	104.06
New York Life Insurance Company, NY	113.35
Northwestern Mutual Life Ins. Co., WI	108.78
Ohio National Life Insurance Company, OH	103.87
Pacific Life Insurance Company, NE	107.77
Protective Life Insurance Company, TN	110.49
Prudential Insurance Co. of America, NJ	104.49
RiverSource Life Insurance Company, MN	103.03
State Farm Life Insurance Company, IL	116.99
Symetra Life Insurance Company, IA	106.47
Unum Life Insurance Co. of America, ME	108.70

AVERAGE OF 25 OF THE LEADING LIFE CO'S \$106.19

POLISH NATIONAL ALLIANCE.....\$104.66

LIQUID INVESTED ASSETS

*Assets in Bonds, Stocks, Cash and Short-Term Investments
for each \$100 of Liabilities*

This ratio measures a company's ability to meet its anticipated obligations to policyholders. A high ratio indicates a more liquid investment position with which an insurer can meet unforeseen emergency cash requirements that may arise.

AVERAGE OF 25 OF THE LEADING LIFE CO'S..... \$47.06

POLISH NATIONAL ALLIANCE \$99.01

ADDITIONAL SOCIETY STRENGTH

The following ratios are per \$1000 of Life Insurance in Force.

They show further proof of financial strength and stability:

	This Society	Average 25 of the Leading Life Companies
Assets per \$1000.....	\$560.08	\$158.28
Reserves per \$1000.....	463.48	68.26
Surplus per \$1000.....	24.94	9.23

FINANCIAL STATEMENT SUMMARY AS OF DECEMBER 31, 2016

Admitted Assets	Benefits to Policyowners
\$435,950,678	\$22,916,379
Policy Reserves	Net Investment Income
360,756,912	\$17,538,070
Total Liabilities	Total Income
\$416,534,764	\$34,287,544
Gross Surplus (Incl. Capital, if any)	Insurance Issued
\$ 19,415,914	\$16,023,000

Insurance in Force
\$778,366,000

CONCLUSION: Based on the financial results achieved in the year ended 2016, the comparative analysis made of the organization featured herein is **favorable** when compared to the aggregate averages of 25 of the LEADING LIFE INSURANCE COMPANIES.



From the Manager of Sales

May 2017

Dear Members,

Just last month, I celebrated a one year anniversary of my engagement with the Polish National Alliance. Time flies when you are working on projects that can affect the organization and hope they will make it thrive for another 138 years.

I would like to share exciting news. Soon, we will be launching a new on-line application engine. Currently, you can use the quoting system on the PNA website. One of the Membership Department representatives gets back to you with the appropriate application. Once the new system is in place, you will be able to explore all of your life insurance options and complete the application process on-line, paying your premium by secure automatic withdrawal from your bank account or by credit or debit card. If you feel more comfortable mailing the application, you can complete and send it with the premium to our office. We are delighted to be able to offer this to our customers!

With spring in full bloom, we are receiving invitations to baptisms, first communions, graduations and birthday parties. A life insurance certificate makes a perfect gift, withstanding trends, changes in life, and sometimes lasting longer than life itself.

Not only does the youngster acquire a valuable asset of life insurance, but will also have access to fraternal benefits provided by the PNA to its members. The Polish National Alliance offers attractive scholarships and access to the College Tuition Rewards Program. We subsidize Polish language schools, sports events, dance and choral groups, holiday parties and much, much more.

Please let me know if you have questions or suggestions by sending me an e-mail at jolanta.walaszek@pna-znp.org. I would love to hear from you.

Fraternally Yours,

Jolanta Walaszek
Manager of Sales



Why should you insure your child with the Polish National Alliance?

1. Future Insurability

Buying permanent life insurance for your child ensures the availability of coverage later in life. You don't know if your child will develop a disability or chronic illness later in life, making it hard, if not impossible, to get life insurance.

2. Affordability

The premium cost will be much lower for a child compared to similar insurance purchased later in life. A permanent form of life insurance can lock in a low premium that's guaranteed never to increase over your child's lifetime.

3. Cash Value

Permanent life insurance builds cash value. It can be used for your child in the future for such things as college tuition or certificate loan.

4. PNA Membership!

Participate in the PNA Scholarship Award Program, the fraternal benefit that separates us from a commercial life insurance company. Sign-up for a Sage College Tuition Reward Program, to help with the cost of a private college education. The PNA subsidizes Polish Language Schools throughout the country. Those are just a few fraternal benefits the PNA has to offer.

www.pna-znp.org

Gift that will last a lifetime

BAPTISM, FIRST COMMUNION, GRADUATION, BIRTHDAY....

Let's celebrate these special family milestones with a thoughtful and invaluable gift that is a life insurance certificate available through the Polish National Alliance.

Age	Single Premium Whole Life			
	Boy		Girl	
	\$10,000	\$25,000	\$10,000	\$25,000
	One Time Premium			
0	906.50	2,221.25	813.00	1,987.50
7	1,102.50	2,711.25	991.80	2,434.50
14	1,314.20	3,240.50	1,171.90	2,884.75
18	1,498.70	3,701.75	1,344.40	3,316.00

Age	20 Pay Whole Life			
	Boy		Girl	
	\$10,000	\$25,000	\$10,000	\$25,000
	Annual Premium			
0	81.40	155.00	74.00	135.75
7	96.40	191.25	86.60	166.50
14	115.90	238.50	102.50	205.75
18	128.40	269.00	113.70	233.25



Polish National Alliance
6100 N. Cicero Avenue
Chicago, Illinois 60646

By purchasing a gift of life insurance policy for your children from PNA you are also guaranteeing membership in the largest Polish fraternal organization in the United States.

Children (policyholders) can also take advantage of valuable tuition assistance and reimbursement programs, summer camps as well as various sport activities and competitions.

For more detailed information please contact the Membership Department of the PNA.

1-800-621-3723 | **www.pna-znp.org**



PNA Song and Dance Concert 2017

On Sunday, March 12, 2017, song and dance groups subsidized by the Polish National Alliance demonstrated their talents and abilities to a broad audience of their families, friends, and aficionados of Polish folklore. Amongst the spectators were Consul General of the Republic of Poland Piotr Janicki, PNA President Frank Spula and Treasurer Marian Grabowski.

Over 700 people gathered at the Lane Technical High School in Chicago, to admire children and young adults dressed up in beautiful costumes performing dances and songs representing various Polish regions.

2017 concert featured 12 groups (over 400 performers) supported financially, and promoted by the Polish National Alliance.

The recital was a huge success of the young artists, their choreographers, and artistic directors. As always, proceeds benefited participating groups.

Photos by Dariusz Lachowski

For a full photo gallery from the 2017 Concert visit:

www.pna-znp.org





71st PNA National Bowling Tournament

Lockport, Illinois - The 71st National Bowling Tournament was held this year on April 28, 29 and 30, 2017 in Lockport, Illinois. Bowlers and guests gathered at the Strike 'N Spare II Bowl for their assigned squads.



After the Friday squads of Singles and Doubles, the bowlers were treated to a hospitality night to welcome the bowlers at the Comfort Inn in Romeoville. The Home Office provided snacks and drinks for all attending.



Saturday featured the team events with two squads bowling during the day. Between the two sessions, the tournament was officially started with the annual opening ceremonies

held at Strike 'N Spare II Bowl. Vice President David Milcinovic was introduced by Fraternal Coordinator Mary Srodon. He welcomed the bowlers to Lockport and wished them good bowling and high scores thanked the management of Strike 'N Spare II Bowl and their staff for the terrific job they have done for the tournament and then introduced President Frank J. Spula, who addressed the bowlers and guests. The Mayor of Lockport Mr. Steven Streit was introduced, who spoke, and then threw out the first ball to officially open the tournament. PNA dignitaries and guests who attended the opening ceremonies included; PNA President Frank J. Spula, Vice President David Milcinovic, Treasurer Marian Grabowski, PNA Directors, Val Pawlos, Jeff Twardy, Greg Chilecki, and Barbara Wesolowski; PNA Commissioner; Wanda Juda (District 13), Fraternal Coordinator Mary Srodon, Former PNA Directors, Joseph Kaminski, Anna Wierzbicki, Cecelia Tomaszewicz, and Former PNA Commissioner Jerry Hejna. PNA Director Steve Tokarski, Former Vice President Paul Odrobina, and Former Director Christopher Nowotarski also visited with the bowlers over the weekend.

To keep with the tradition started a few years back, the winning Men's and Ladies teams from the 70th Tournament held in Las Vegas, Neva-

da were announced by Robert M. Jadach and awarded their first prize awards. The winning men's team was „Lightning” from Lemont, IL and Casey Grabowski is the team captain. The team also consisted of Marian Grabowski, James Kontos, Dominik Adamiak and Christo-



pher Kowalski. The winning ladies team was „Slick Chicks” from Erie, PA and Rose Konsel was the team captain. The team also consisted of Wendy Albers, Jennifer Jo Telisky, Teresa (Tracy) Smith and Helen Rucka (who was attending this year).

2018 tournament will be held in Florida. Details will follow.

For the results and full photo gallery of the 71st PNA National Bowling Tournament visit

www.pna-znp.org

Robert M. Jadach

Photos by Robert Jadach & Artur Partyka





“Mamma Mia” – Musical & Luncheon Trip

On Wednesday, April 5, 2017, over 40 guests enjoyed an outing organized by the Polish National Alliance to see “Mamma Mia the Musical” at the Marriott Theatre in Lincolnshire, Illinois.



The Mama Mia musical was directed by Rachel Rockwell. ABBA's hit songs tell the funny story of a young woman's search for her birth father on a picturesque Greek island. After reading her mom's diary from one carefree summer 20 years ago, Sophie secretly invites the three men her mom wrote about to her wedding. Set to the classic songs of ABBA including “Dancing Queen,” “Take a Chance on Me,” “SOS,” and “Mamma Mia” is the enchanting and un-

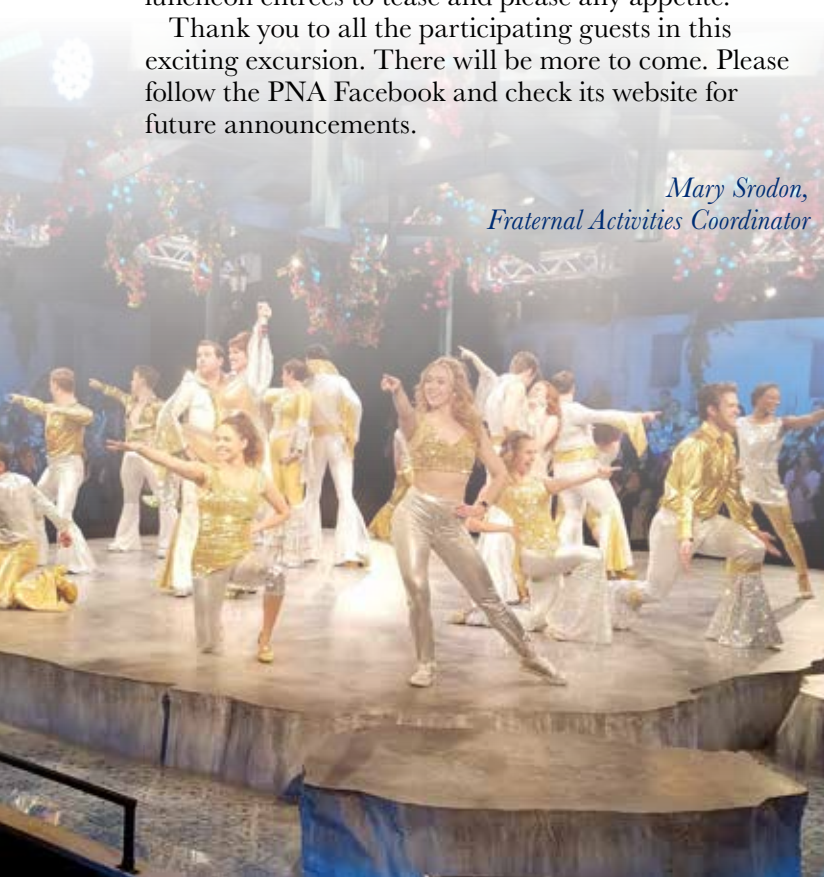
forgettable tale of love, laughter, family, and friendship.

The guests representing Chicago and the suburbs, ranging in ages from seniors, baby boomers, and millennials indirectly experienced the “Mama Mia the Musical” by singing and dancing in their seats.

Before the musical, the guests feasted on gourmet luncheon entrees to tease and please any appetite.

Thank you to all the participating guests in this exciting excursion. There will be more to come. Please follow the PNA Facebook and check its website for future announcements.

*Mary Srodon,
Fraternal Activities Coordinator*



CAMP STANICA RECEIVES GENEROUS DONATION

Bondsville, MA. On a September day in 2016, a Walk/Run event was held at the Polish Alliance Youth Camp, Camp Stanica. In preparation as a runner for the event, Camp President, Richard Knurek, ran past the home of Sandy Walsh's mother who lives in a town nearby, Three Rivers, MA. Sandy, who is of Polish decent, hailed him down and they began talking. He told her about the camp and the upcoming Walk/Run event. Sandy and her sister attended the event and were very impressed with Camp Stanica. Sandy also was impressed with all the work President Knurek has done throughout his many years of involvement with the PNA and Camp Stanica. Sandy, who lives in Westhampton Beach, New York, visits her mother several times a year. She and her husband, Leo Walsh, lived in New York. He passed away several years ago, and with accumulated funds, Sandy founded The Leo S. Walsh Foundation. Sandy sought to favor Camp Stanica with a generous donation, "to be used as President Knurek thinks best." Camp Stanica is very thankful for the donation which will be used toward the purchase of a new commercial stove for the camp. Sandy wrote, "Please recognize Richard Knurek for the work he does at Camp Stanica." The much-needed stove will be purchased in honor of President Knurek.

Camp Stanica is currently taking applications for the summer season which is July 16 to 22 and July 23 to 29, 2017. For more information, please contact Gene Kirejczyk at 413-592-0227 or E-mail Terry Sherman at Terrysherm@aol.com. The brochure can also be found at the PNA website: www.pna-znp.org.

Submitted by Teresa Struziak Sherman, PNA Business Director



Bondsville, MA. Presenting the donation from The Leo S. Walsh Foundation to Camp Stanica located in Bondsville, MA to Camp Stanica President, Richard Knurek are left to right: Maria Kruzel, Secretary of Camp Stanica; President Knurek, recipient of the donation check; Helena Jalbert, Camp Director; Teresa Struziak Sherman, PNA National Director and Camp Director; Gene Kirejczyk, Camp Treasurer, and Jeannie Zapala, Former PNA Commissioner District 1 and Vice President Camp Stanica. Please request a camp brochure and register campers by July 1, 2017. We look forward to a fun-filled camping season!

Sales Seminar in Chicago

On Thursday, March 30, 2017, sales representatives from District 12 and 13 attended Sales Seminar at the PNA Home Office. Jolanta Walaszek, the Sales Manager, introduced the Training Consultant, PNA member from Durham Connecticut Edward J. Zavaski.



Mr. Zavaski has over 30 years of experience in education, training, enhancing production and profitability of the sales team. He is an accomplished sales expert with an extensive experience working with leading life insurance companies in the United States.



This training seminar in Chicago energized and inspired those in attendance, and left them with an anticipation of more such meetings in the future.

Photos by Alicja Kuklinska

Józefinki w Gminie 3

Piękną tradycją Gminy 3 Związku Narodowego Polskiego jest coroczna impreza w Dzień św. Józefa. Ta jedna z najstarszych w organizacji gmin, zawsze w marcu, serdecznie zaprasza wszystkich członków ZNP i gości do czczenia św. Józefa, wspa-
niałego patrona i opiekuna rodzin, w tym również związkowej.

Każdego roku zarząd Gminy 3 stara się uatrakcyjnić imprezę jak można najlepiej. 19 Marca 2017

Józefinki Gminy 3 odbyły się po raz pierwszy w gościnnej sali bankietowej Lone Tree Manor. Nastrojowo przyozdobiona i oświetlona sala z łatwością pomieściła 110 gości.



Nicole Roszkowski

otrzymali szczodre nagrody.

Loteria fantowa przygotowana przez zarząd Gminy 3 również miała wielu zainteresowanych. Przepięknie przygotowane koszyki pełne smakołyków i prezentów szybko zostały rozlosowane, przynosząc gminie dochód na działalność charytatywną.

Dziękujemy serdecznie wszystkim za przybycie i zapraszamy na nasze Józefinki w roku następnym.

Zarząd Gminy 3



Zarząd Gminy 3. Siedzą (l-p) Irene Hercik, Elizabeth Stolarczuk, Halina Żurawska. Stoją (l-p) Józef Hercik, Józef Lisak, Włodzimierz Bochenek.



Włodek Bochenek – artystyczna dusza Gminy 3.



Losowanie loterii fantowej: Włodek Bochenek i Oliwier Gromek



Rozśpiewani uczestnicy konkursu piosenki.

Zaraz po przepysznym obiedzie, do którego ślicznie przygrywała na skrzypcach Nicole Roszkowski, rozpoczęła się część artystyczna. Włodek Bochenek zaprezentował wiązanek zabawnych piosenek z repertuaru Kabaretu Starszych Panów. Rozśpiewana publiczność chętnie wzięła udział w konkursie na najpiękniejszą piosenkę. Każdy stolik wytypował swojego przedstawiciela. Zabawy była doskonała! Wszyscy, bez wyjątku, artyści zaprezentowali się pierwszorzędnie i zażalenie



Irene Hercik oraz przybyli na motocyklach goście – członkowie Niezależnej Grupy Motocyklowej Anders.

St. Joseph Day



PNA Council 3 held their annual St. Joseph Day event on Sunday, March 19, 2017, at Lone Tree Manor in Niles, Illinois. Guests chose a random egg filled with chocolate when they entered. Certain eggs contained a message, and those guests won a chocolate bunny. Each table provided more surprises, for one lucky guest at each table received a lottery ticket, with a potential to win in the next drawing.

Irene Hercik introduced the Council 3 officers and the committee that prepared the event and thanked them for their efforts. Then, Father Andzej Bartos spoke about St. Joseph and how he silently carried out God's will for the holy family and said a prayer before everyone enjoyed a delicious meal, during which, Nicole Roszkowski entertained our guests by playing several selections on her violin. After dinner, our guests named "Joseph" and "Josephine" were honored with a bottle of wine.

Mr. Walter Bochenek asked volunteers from each table to come up and sing a song. We had some very talented guests! Mr. Bochenek and Mrs. Stolarczuk officiated over the drawing for raffle prizes, baskets filled with many goodies. The cash raffle drawing was begun by 6-year old Oliwier Gromek pulling out the first winner; the cash prize winners were: Wanda Penar, Stella Olender, and Mary Srodon.

Guests could also view a classic Cadillac Allante auto and a new model of a Harley Davidson motorcycle outside the building. A good time was had by all, and we invite everyone to next year's event.

*Irene Hercik, Council 3 President,
PNA Business Director.*

CAMP STANICA PREPARES FOR 2017 CAMPING SEASON

Bondsville, MA. The Polish Alliance Youth Camp, Inc., known as Camp Stanica, is preparing for the 2017 camping season. The annual meeting and election of officers was held at the Villa Rose Restaurant in Ludlow, MA.



Pictured above are the newly elected officers for 2017 left to right: Eugene P. Kirejczyk, Treasurer; Jeannie Zapala, Vice President and former PNA District 1 Commissioner; Maria Kruzel, Secretary, and Richard Knurek, President.

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 6-15. The camping fee is reduced for PNA members, and includes the cost for field trips and Canteen snacks. The weeks of camping are **Session I: July 16-22, and Session II: July 23-29.** For more information or a brochure please contact Eugene Kirejczyk at 48 Szetela Drive, Chicopee, MA 01013, or by phone: **413-592-0227**, or Maria Kruzel at **kruzelmaria@yahoo.com**. Camp Stanica information may be obtained on the PNA website at: **www.pna-znp.org**.

*Submitted by Teresa Struziak Sherman,
PNA Business Director*

Z działalności Okręgu XIII

Spotkanie towarzyskie Gminy 120

W niedzielę 26 marca 2017 roku odbyło się spotkanie towarzyskie Gminy 120 ZNP, uświetnione występem artystycznym dzieci z Polskiej Szkoły Sobotniej im. Gen. Władysława Andersa. Przedstawienie pod tytułem „Powitanie Wiosny” zostało opracowane przez panią Wiesławę Dziedzic. Szkoła im. Gen. Władysława Andersa należy do Gminy 120, a jej długoletnim dyrektorem jest pani Wanda Penar, wiceprezes gminy.



Swoją obecnością zaszczytili nas min.: sekretarz krajowy ZNP Charles Komosa, dyrektor biznesowa Irena Hercik, była krajowa dyrektor Anna Wierzbicki. Kongres Polonii Amerykańskiej reprezentowała pani Ewa Cholewińska, obecny był również były komisarz Okręgu XIII i długoletni prezes Gminy 120 Zenon

Olejniczak. Bardzo licznie przybył na naszą imprezę chór Filareci -Dudziarze na czele z jego prezes Danutą Gruszką, który na zakończenie imprezy wystąpił z pięknymi pieśniami.

Sekretarz Charles Komosa zaprzysiął zarząd Gminy na rok 2017, przeprowadzono loterię fantową i poczęstowano zebranych smacznym obiadem.

Dziękujemy wszystkim honorowym gościom i przyjaciółom za przybycie.

Serdeczne Bóg zapłać!



Majowe nabożeństwo Wydziału Kobiet Okręgu XIII



(l-p) Irena Śpiewak, Irena Hercik Anna Kokoszka, Małgorzata Szuba, Maria Roszek, Elżbieta Cimochoiewicz, Matka Roku- Melania Wikierak, Ks. Mikołaj Markiewicz, Janina Kopacz, Anna Wierzbicka, Wanda Juda.

W czwartek 4 maja panie z Wydziału Kobiet Okręgu XIII, jak co roku, spotkały się w kafeterii Związku Narodowego Polskiego, aby uczestniczyć w mszy św. i koronacji figurki Matki Boskiej. Tradycyjnie, na to spotkanie zapraszani są również delegaci Towarzystwa Dobroczynności Okręgu XII i XIII.

Mszę św. odprawił ojciec Mikołaj Markiewicz z Merrillville, Indiana, czytała pani Małgosia Szuba. Modliliśmy się za żyjących, chorych i zmarłych członków Okręgu XII i XIII ZNP. Koronacji figurki Matki Boskiej dokonała w tym roku wiceprezes Okręgu XII pani Irena Śpiewak.

Po uroczystej mszy tytułem Matki Roku uhonorowana została pani Melanię Wikierak z Gminy 75.



Melania Wikierak – Matka Roku

Swoją obecnością zaszczyliły spotkanie: dyrektor biznesowa Irena Hercik, była dyrektor Anna Wierzbicka, i była komisarz Okręgu XII Anna Kokoszka.

Z okazji zbliżającego się Dnia Matki przybyłym paniom wręczone zostały róże. Poczęstunek przygotowały panie z Gminy 75 i Wydziału Kobiet. Wszyscy zebrani mile spędzili czwartkowy wieczór. Dziękujemy księdzu Mikołajowi za przyjazd i odprawienie mszy, pani Małgosi Szuba za czytanie, pani Mary Środoń za przygotowania ołtarza Matki Boskiej, a wszystkim zebranym za liczne przybycie.

*Wanda Juda,
komisarz Okręgu XIII*

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

Polsko-Amerykańskie Targi Biznesu

10 maja w aneksie Centrum Kopernikowskiego w Chicago po raz drugi odbyły się targi biznesowe, zorganizowane przez Polsko-Amerykańską Izbę Gospodarczą (PACC). Wystawiennicza impreza była dla lokalnych firm świetną okazją do zaprezentowania swoich produktów i usług, jak również do nawiązania biznesowych kontaktów.



Menadżer sprzedaży Jolanta Walaszek przy stoisku Związku Narodowego Polskiego.

W tegorocznym expo udział wzięły 32 firmy. Obok małych, często rodzinnych przedsiębiorstw, swoje usługi prezentowali biznesowi giganci zainteresowani szerszym dotarciem do polonijnych klientów.

Wśród przedsiębiorstw prezentujących swoje oferty i produkty nie zabrakło stoisk Związku Narodowego Polskiego oraz „Dziennika Związ-

kowego”. Chętni mogli wziąć udział w seminariach na temat biznesu, księgowości, prawa gospodarczego i bezpieczeństwa cybernetycznego.

Organizatorzy i uczestnicy polonijnego podkreślali wysoki poziom imprezy. Świetnie sprawdziła się formuła kilkugodzinnego, ale intensywnego spotkania. Jak wiadomo, w biznesie liczy się przede wszystkim czas. I kontakty.

Grzegorz Dziedzic

Artykuł w całości jest dostępny na:
dziennikzwiazkowy.com



Przedstawiciele „Dziennika Związkowego” – Anna Kowalik, Ewelina Chwalek i Marek Maciejewski.



T

eatr Pieśni i Tańca Wici w Kanadzie



Zespół Pieśni i Tańca Tatry z Windsor w Kanadzie, obchodzący w tym roku 45-lecie działalności, zaprosił Teatr Pieśni i Tańca Wici do udziału w uroczystościach jubileuszowych: koncercie, bankiecie i mszy świętej.

Wici zaprezentowały tańce podlaskie w choreografii Johanny Wawro i Magdaleny Solarz oraz walc do muzyki Fryderyka Chopina, przygotowany przez Magdalenę Solarz na świąteczny koncert z Paderewski Symphony Orkiestra. Obydwa tańce, wykonane perfekcyjnie przez tancerzy, wzbudziły zachwyt publiczności i były gorąco oklaskiwane. Bardzo podobały się wszystkim kostiumy, szczególnie kolorowe suknie dziewcząt, szyte wg. wzorów z epoki Księstwa Warszawskiego. Wiele osób pytało o pochodzenie kostiumów, w które byli ubrani tancerze oraz o życie w Chicago.

Na bankiecie, członkowie zespołu Wici popisywali się również śpiewem, udowadniając, że celują nie tylko w tańcu, ale znają też wiele piosenek ludowych. Tancerze bawili się świetnie, przy okazji poznając bliżej koleżanki i kolegów z zaprzyjaźnionego zespołu. W niedzielę zaproszono nas na mszę świętą, podczas której modlono się o rozwój zespołów, o Polskę, o powodzenie.

Pobyt w Windsor był krótki, ale intensywny. Wracając do Chicago planowaliśmy próby i przygotowania do rocznego koncertu na zakończenie kolejnego roku działalności, który odbędzie się 20 maja 2017 roku w Guerin Auditorium, 8001 W. Belmont w River Grove. Część członków zespołu Wici będzie jednak pracować nadal, gdyż grupa młodzieżowa wyjeżdża na międzynarodowy festiwal do Poznania i Pyrzyce, a grupa dorosła do Chorwacji, Niemiec i Belgii. Festiwale te odbywają się pod auspicjami organizacji CIOFF, która jest częścią ONZ-tu, a jej rolą jest promowanie folkloru w świecie.



Łucja Szeliga





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It's COOL to be in Polish school

...especially if it is affiliated with the Polish National Alliance!

SREBRNY JUBILEUSZ POLSKIEJ SZKOŁY IM. TRÓJCY ŚWIĘTEJ W CHICAGO



29 kwietnia 2017 roku odbył się bankiet z okazji 25-lecia istnienia Polskiej Szkoły im. Trójcy Świętej w Chicago. Ponad 300 osób wzięło udział w uroczystości, którą prowadzili: Małgorzata Kot – dyrektor Muzeum Polskiego w Ameryce, była nauczycielka z Trójcowa, a obecnie rodzic oraz Krzysztof Bożek, prezes Zarządu Rodziców.

Do szkoły uczęszcza obecnie około 350 uczniów od przedszkola po klasy licealne. Biblioteka szkolna wyposażona jest w kilka tysięcy polskich książek dla dzieci. W czasie

przerwy uczniowie mogą kupić sobie drugie śniadanie w sklepiku, który prowadzą rodzice.

W ciągu 25 lat szkołę ukończyło zdaniem egzaminu maturalnego 355 absolwentów, o czym z dumą mówiła dyrektor Maria Baran podczas jubileuszowej gali. Nie zabrakło ich również wśród gości na bankiecie. Dla studiujących absolwentów Polskiej Szkoły na Trójcowie przeznaczone były 2 stypendia po 500 dolarów, wylosowane podczas uroczystości.

Na jubileusz szkoły przybyło wielu gości, a wśród nich konsul RP Małgorzata Bąk-Guzik, prezes KPA oraz ZNP Frank Spula, wiceprezes Zrzeszenia Nauczycieli Polskich w Ameryce Helena Sołtys, dyrektorzy i przedstawiciele wielu innych polskich szkół i organizacji polonijnych. Uroczystość uświetnił występ Zespołu Pieśni i Tańca „Łajkonik”, którego tancerze to w większości uczniowie szkoły. Dyrektor Polskiej Misji, a jednocześnie prezes szkoły, ks. Andrzej Totzke, podkreślił w swoim wystąpieniu, że działające przy parafii grupy razem ze szkołą tworzą jedną rodzinę, zjednoczoną w krzewieniu

wiary, tradycji i kultury polskiej.

Podczas uroczystości uhonorowano nauczycieli, zarówno tych obecnie pracujących, jak i tych, którzy pracowali przed laty. Dyplomy uznania oraz okolicznościowe statuetki otrzymały były kierowniczki szkoły – Małgorzata Kusiak oraz Barbara Ignas, jak też grupa założycieli i pierwszych nauczycieli. Uhonorowano również zasłużonych w pracy społecznej rodziców, bez pomocy których żadna polonijna szkoła nie mogłaby istnieć.



„Pamiętamy o przeszłości, idziemy ku przyszłości” – to przesłanie przyświecało jubileuszowi. Przekonanie, że dwujęzyczność i dwukulturowość jest wielką zaletą, jasno wynikało z całej 25-letniej działalności placówki. Wiele życzeń i gratulacji na następne lata zostało nadesłanych na adres szkoły i znalazło się w okolicznościowym pamiętniku wydanym z okazji jubileuszu.

*Bernadetta Manturo, wicedyrektor szkoły
Zdjęcia: Victor Studio*



DZIEŃ MAMY I TATY W POLSKIEJ SZKOLE IM. JULIUSZA SŁOWACKIEGO

5 i 6 maja 2017, w Polskiej Szkole im. Juliusza Słowackiego w Wheeling, Illinois uczniowie przygotowali dla swoich rodziców miłą niespodziankę. Rodzice zostali zaproszeni do szkolnej świetlicy, która na ten czas zamieniła się w elegancką, pięknie przystrojoną salę. Najmłodsi uczniowie uroczysto i wzruszająco powitali rodziców słowami piosenek: „Dla mamy piosenki, dla mamy” oraz „Tata, tata, tata, potrzebny zawsze jest, gdy kiedyś spotkam lwa, on uratuje mnie”.

Dyrektor Renata Rudnicki przypomniała wielką rolę rodziców w naszym życiu i edukacji; to oni są bowiem pierwszymi i najlepszymi nauczycielami i za to wszystko dzisiaj dzieci im chciały podziękować.

Następnie pojawiły się maluchy w pięknych strojach rzeszowskich tańcząc lasowiaczka i „hurra polkę”, a zaraz po nich trochę starsze z łowiczanką – to członkowie sponzorowanego przez Związek Narodowy Polski, szkolnego zespołu Gaik i Gaiczek. Anna Lorenc i Marcin Bogacz, którzy wzbogacają lekcje muzyką w najmłodszych klasach, tego dnia dostarczyli wspaniałego akompaniamentu.

Rodzice z radością podziwiali ile

ich pociechy nauczyły się w naszej polskiej szkole i ile się tu dzieje. A dzieje się niemało zarówno podczas lekcji, jak i poza nimi. Nasza choreograf Ania Strojny wraz z Anią Lorenc – akompaniaturką, co wtorek zapraszają wszystkie dzieci na lekcje tańca, a szkolny zespół Gaik odnosi niemałe sukcesy. Również dzięki temu, że lekcje w naszej szkole wzbogacane są muzyką i rytmiką, mamy takich rozśpiewanych i roztańczonych uczniów.

Na koniec rozbrzmiało zaśpiewane z całego serca dla naszych wspaniałych mam i tatusiów „Sto lat” oraz „Kocham Cię, ti amo, je t’aime”, a podziękowaniom nie było końca.

*Joanna Rokosz,
Polska Szkoła im. Juliusza Słowackiego*

fol. Halina Fotidzis



„BO LUBIĘ JĘZYK POLSKI”

4 marca 2017 roku odbyła się w Polskiej Sobotniej Szkole w Derby, CT piąta edycja akcji, „Bo lubię język polski” – 2017. W akcji wzięło udział 230 miłośników języka polskiego ze szkół: Kultury i Języka Polskiego w Bridgeport, CT, Szkoły Języka Polskiego im. Św. Jana Pawła II w New Britain, CT, Polskiej Szkoły Sobotniej im. Adama Mickiewicza w Stanford, CT, oraz z Polskiej Szkoły im. Wiślawy Szymborskiej w Port Chester, NY.



Patronat honorowy nad tegoroczną akcją objęli: Konsulat Rzeczypospolitej Polskiej w Nowym Jorku, Konsul Honorowy Rzeczypospolitej Polskiej na stan Connecticut pan Darek Barcikowski oraz Centrala Polskich Szkół Doksztalcających z



Nowego Jorku. Swoją obecnością zaszczycili nas: vice-konsul Alicja Tunk, honorowy konsul na stan Connecticut p. Darek Barcikowski, dyrektorzy uczestniczących szkół oraz duchowy opiekun naszej szkoły ks. Jan Szylar.

Akcja, „Bo lubię język polski” obchodzi w tym roku swój 5 jubileusz. Pomysł stworzenia zabawy z językiem polskim wynikał z potrzeby zorganizowania wydarzenia, które za pomocą propagujących język polski zabaw językowych integrowałoby uczniów różnych polonijnych szkół.

Tegorocznej akcji towarzyszył i patronował popularny bohater polskiej bajki Miś Uszatek. Konkurs rozpoczął się występem uczniów klas piątych przedstawieniem z morałem pt. „Niezwyczajnie Buciki”. Dalej akcja przebiegała w dwóch etapach. Uczniowie wzięli udział w konkursie plastycznym „Miś Uszatek moim przyjacielem”, dyktandzie „Mistrz polskiej ortografii” oraz konkursie „Mistrz szkolnej lektury”. Drugą częścią była fascynująca podróż po krainach języka: Bazyliuszka, Grochu z Kapustą, Szeleszczących Liter, Komórkowców, Chrzaszczy, Herbatki z Cytrynką, Starego Wróbla, Debeściaka. Każde z dzieci otrzymało specjalnie przygotowany i oznaczony paszport miłośnika języka polskiego i mapkę podróży (GPS). Zadania językowe przygotowane przez nauczycieli były bardzo oryginalne i dużo bardziej angażujące niż te ze szkolnych podręczników. Po zaliczeniu każdego zadania uczestnicy otrzymywali w swoim paszporcie pieczęć, upoważniającą do dalszej podróży, a na koniec podróży pieczęć Mądrej Sowy, słodki upominek, dyplomy uczestnictwa i pamiątkowe koszulki.

Uczniowie bawili się doskonale sprawdzając i zgłębiając swoje umiejętności językowe. Pragnę serdecznie podziękować uczestnikom tegorocznej akcji za udział w zabawie, dyrektorom szkół i nauczycielom pogratulować wspianych uczniów.



Pragnę także wyrazić wdzięczność wszystkim sponsorom naszej akcji, bez których hojności nie byłibyśmy w stanie zorganizować tak dużego przedsięwzięcia.

Więcej informacji o naszej akcji można znaleźć na stronie internetowej **www.pssderby.org**

Aneta Matyszczyk, (Grupa 315 ŻNP)



Konkurs "Spelling Bee" w Okręgu XVI



W sobotę, 25 Lutego 2017 roku w Ośrodku Polonijnym w Yorba Linda,

Kalifornia odbył się konkurs „Spelling Bee” Okręgu 16 Związku Narodowego Polskiego.

Wzięła w nim udział młodzież z klas ósmych reprezentująca dwie grupy ZNP.

Grupę 700 z Los Angeles reprezentowali: Maxim Majcher, Julia Sochur, Victoria Borkowski, a Grupę 3259 „Piaś” z Orange Country reprezentował Kajetan Kazimierski.

Komisja w składzie: Komisarz Okręgu XVI, Jarosław Musiał, Dyrektor Regionu J Grzegorz Chilecki, Barbara Jarosławska, Elżbieta Rudzińska i Marlena Hulisz czuwała nad prawidłowym przebiegiem konkursu.

Olivia Grechuta była odpowiedzialna za wypowiadanie słów. Obecni byli też rodzice dzieci biorących udział.



Od lewej stoją: Grzegorz Chilecki, Elżbieta Rudzińska, Marlena Hulisz, Olivia Grechuta, Jarosław Musiał. Siedzą: Maxim Majcher, Julia Sochur, Victoria Borkowski, Kajetan Kazimierski.

Uczestnicy konkursu wykazali się dobrym przygotowaniem, a zwyciężczynią została Julia Sochur z Grupy 700 LA, która z rąk komisarza Jarosława Musiała otrzymała główną nagrodę – czek na \$100.

Wszyscy uczestnicy „Spelling Bee” otrzymali od swoich grup prezenty w formie „Gift Certificat” wartości \$25 oraz pamiątkowe dyplomy.

Gratulujemy zwycięstwa Julii Sochor, a uczestnikom i rodzicom dziękujemy za czynny udział w działalności Związku Narodowego Polskiego.

Grzegorz Chilecki, Dyrektor, Region J

GRADUATE SCHOLARSHIP for Academic Year 2017-2018



Polish National Alliance announces the availability of scholarships to qualified post-graduate students for 2017. Application must be submitted by **June 21st, 2017**

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 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 word essay in which the applicant will provide information about why he/she deserves the financial support from the PNA.



Submitting the Application does not guarantee a Graduate Scholarship.

Recipients will be notified via mail by **July 31th, 2017.**

For information please call **1-800-621-3723** ext. 380

Application is available on the PNA's website:

www.pna-znp.org

Wesley E. Musial, Censor

Three Generations Unite At 71st PNA National Bowling Tournament



The story begins with Mary Chochola from Cicero, Illinois, who passed away in 2011. Mary was an officer for many years in Lodge 825 and Council 55 PNA in District 12, Region "F" and was involved in PNA activities until she died. Mrs. Chochola made sure that all of her family members were enrolled in the Polish National Alliance. One of her daughters, Virginia Nelson, lives in Darien, Illinois, and has served as the Financial Secretary in Lodge 825 for many years.



When the site of the 71st PNA National Bowling Tournament was announced, her offspring and extended family members decided it would be a very good time for the family to come together from all parts of Illinois, Wisconsin, and Texas to participate in the Tournament and make it a family reunion. So Virginia's

daughters, Sharon Liska, who lives in Berwyn and is Vice-President of Council 55, Jessica Boister who flew in from Houston, Texas along with her daughter, Jessica, and cousin, Marissa Owens, joined Virginia's other daughter, Carolyn Nelson from Woodridge, Illinois and bowled under

Of course, Sharon Liska's husband, Rich and son Keith, along with Cousins Joe and Betty Gawle and their son, Charlie, from Lockport, came to cheer them on. Virginia's niece and grand-niece and nephew, Baby Nico and Noelle had to come too, from Lemont, Illinois. Lodge 825



the sponsorship of "Wolak's Lounge" formerly located in Cicero, Illinois.

Wolak's Lounge was owned by an uncle who was a brother to Mary Chochola. The lounge burned down in 1986, but the girls still use the name for their team in memory of their great-uncle.

Bob Jadach, also a member of Lodge 825, and one of the coordinators of the Tournament needed three women to fill in on another Women's Bowling Team, so he called Virginia Nelson to see if she could find some substitutes among her "bowling" family. Luckily, she was able to get her sister, Roberta Raiké from Lemont, Illinois, niece Darlene Naponiello from Madison, Wisconsin, and niece Debra Kelly from Bolingbrook, Illinois to come to the Tournament with not much notice and they filled in on the other team.

President Cecelia Tomaszekiewicz and sister, Melanie also joined the cheering section.

Lanes 1-3 of Strikes N' Spare II Bowling Alley in Lockport, Illinois, had a crowd of "Chochola" offspring making lots of cheering noises as the ladies "did their thing!" Everyone had a great time, and the reunion was sure to continue late into the evening hours after the day's bowling ended.

PNA fraternalism takes on a special meaning when such a big family gets together to celebrate. To think it all started with Mary Chochola, May she Rest In Peace as she smiles down on all of her family celebrating with the organization she so loved throughout her lifetime.

*Submitted by Barbara Wesolowski,
Fraternal Director Region "F."*

"Lightning" Bowling Team of Lodge 1824 PNA



Jim Kantos, David Milcinovic, Marian Grabowski, Frank Spula, Casey Grabowski, Christopher Kowalski, Dominik Adamiak

On April 29, 2017, immediately following the official opening of the 71st PNA National Bowling Tournament at Strikes N' Spare II Bowling Alley located in Lockport, Illinois, President Frank Spula, assisted by Vice-President David Milcinovic, presented 1st Place trophies to the 2016 Men's Champion Team, "Lightning" from the 70th National Bowling Tournament held last year in Las Vegas, Nevada.

Team members were Dominik Adamiak, James Kantos, Chris Kowalski, Casey Grabowski, and Marian Grabowski representing PNA Lodge 1824 from Council 80 in District 12 of Region "F" PNA.

On Saturday afternoon the same team was once again bowling their "strikes" and "spares" hoping to repeat a championship. Everyone will have to wait until the final score sheets are tallied!

Congratulations to team "Lightning" and Good Luck!

*Submitted by Barbara Wesolowski,
Fraternal Director Region "F"*

Celebration at "Wista" Dance Group



"Wista" and "Mała Wista" Dance Groups founded by Mrs. Irene Jarocinski perform for the Polish and American community of Chicagoland. During the recent practice, members of both groups expressed their appreciation for their director and choreographer by surprising Mrs. Jarocinski with a birthday celebration. Happy Birthday, Mrs. Jarocinski!



District VIII Annual Bowling Tournament

Pittsburgh, PA. The West End Pulaski Lodge 1052 was the host of District VIII Annual Bowling Tournament this year.

9 Lodges and 195 bowlers took to the lanes in the suburbs of West Pittsburgh. Vice President David Milcinovic was in attendance to wish the members good luck and introduce himself and explain his duties and happenings at the Home Office.

Women's High Game was Ashley Burns of Lodge 1234 with a 221. Men's High Game was awarded to Brandon Peebly Lodge 352 with a 279.



Jeff Tiwady Fraternal Director, and David Sinclair Commissioner District VIII with Ashley Burns Women's High Game.



1st Place Women: Lodge 1327, Simone Coughenour, Bev Englehart, Cindy Buday, Teresa Meier, Rhonda Krents



2nd Place Women: Lodge 664 Karen Semen, Kim Duray, Helen O'Bradovich, Cindy Holderbaum, Lori Sinclair



1st Place Men: Lodge 1052 Keith Smith, Archie Shubert, Steve Verbanets, Frank Mozuch, Bill Hutchinson



2nd Place Men: Lodge 352 Frank Ruccio, Chuck Fredrick Jr, Russ Miller Phil Miljus, Joe Hetrick

See all of the contestants Next Spring!

*Submitted by David Sinclair,
Commissioner of District VIII*



COUNCIL 62 HOLDS POST EASTER EGG FEST

Bondsville, MA. It was a gray and damp day on April 22, 2017, when PNA Council 62 held its Post-Easter Egg Fest at the Polish Alliance Youth Camp, Camp Stanica in Bondsville, MA.

There were 25 children ages 0 to 10 present to hunt eggs. The Easter bunny walked with the children, who carried their baskets, to the outdoor area where the eggs were hidden. Groups of children ages 0-3, 4-6 and 7-10, hunted for the eggs. The youngest team hunted in a sectioned off area, and the remainder of the children searched in the cabin area. Then, each child brought the eggs to Director Sherman who gave each child a bag of goodies which included a PNA coloring book, three candy filled eggs, a stuffed animal, and a handful of candy. Lunch consisting of hot dogs, chips, homemade desserts, and beverages was served to all present. A raffle was held to help defray some of the costs of the hunt. Chairperson of the event was Teresa Struziak Sherman, National PNA Director and Secretary of PNA Council 62 assisted by Gilbert Sherman, President of PNA Council 62 of Chiscopee, MA and volunteer members of the Council



several of whom baked the homemade desserts. In spite of the weather, everyone had a great time at the hunt and exploring the beautiful camp grounds. It was a time for children and families to also register for overnight co-ed summer camp which will be held July 16 to 22 Session 1 and July 23 to 29, 2017 Session 2 for children ages 6-15. Contact Gene Kirejczyk at 413- 592-0227 or Maria Kruzel at kruzelmari@yahoo.com. Pictured are some of the attendees of the Council 62 Post-Easter Egg Fest at Camp Stanica.

Submitted by Teresa Struziak Sherman, PNA Business Director

Spring Events at the Polish Cadets Lodge 1134

St. Louis, MO. On Sunday, March 13, 2017, the Polish Cadets Lodge 1134 celebrated St. Patrick's Day with an authentic Corned Beef Dinner with all the fixings which also included Polish Zywiec Green Beer, to the delight of those attending. A successful event, and a fun time for all attending.

On Palm Sunday, April 9th, the Polish Cadets Lodge 1134 held an Easter Egg Hunt for the



children of the lodge, the neighborhood children, and guests. Over 1,500 eggs were hidden to the delight of the children. With the large group of children in attendance, they were divided into three groups, so everyone had a chance to find eggs. Besides the candy and toys inside the eggs tickets were placed to win special baskets filled with toys, books, candy and chocolate Easter bunnies. The children were also served hot dogs, drinks, and ice cream treats. All had fun!

Inside the Club Polish Sausage, Krakow Sausage, and Kiszka was sold to fill the baskets for the food blessing in the week to come for Easter Morning Breakfast.

*Submitted by John A. Baras,
Commissioner of District XI*



Święconka in District X

On Sunday, April 23, the PNA District 10 Women's Division and the Friends of Polish Art held a traditional Polish Święconka at the PNA Council 122 Banquet Facility. Over 130 people attended the afternoon event.



The guests were welcomed by Richard Lapham, President of the Friends of Polish Art and a member of PNA Lodge 1758 and also by Stella Szczesny, PNA Fraternal Director and President of Council 122.

Marcia Lewandowski of the Friends of Polish Art and Lodge 1758 and Christine Kryszko of Lodge 2525 prepared an excellent program highlighting the traditions of a Polish Easter.

Father Mirek Frankowski, Pastor Of St. Florian Church in Hamtramck, Michigan, opened the afternoon's program with the blessing



Marcia Lewandowski and Christine Kryszko then presented an overview of what comprises a traditional Polish Święconka in English and Polish. A display table was created to recreate what a traditional Polish Easter table would look like and the foods it would contain.



The guests then feasted on kielbasa soup, tossed salad, Polish vegetable salad, ham, kielbasa and kapusta, roast pork, cold beets, and babka for dessert.



of the shared eggs and an opening prayer. Ewa Greenbaum of the Friends of Polish Art recited a poem in Polish about the Easter season.

The energy level moved into high gear with a spirited and lively performance by the Alliance and Polanie Dancers of Lodge 2525 and the Lowicz Dancers of Lodge 1758. The students performed a wide variety of Polish regional dances, and the guests thoroughly enjoyed their performances.

Following dinner, a huge basket raffle was held. Fourteen baskets donated by the Friends of Polish Art, PNA Lodges and Councils, and

PNA District 10 Commissioner Thomas Schemanski and Regional Director Stella Szczesny were awarded to the lucky winners.



Many guests lingered on to visit, share stories and enjoy a very pleasant Sunday afternoon at the PNA. Several guests commented on how they enjoyed the program and the young people dancing. One of the best comments was from a gentleman who said, „This was a great afternoon at the PNA. It was so nice to see young and old people getting together and sharing their heritage. I am so happy I could be here”.

*Submitted by Stella Szczesny,
Fraternal Director District X*



Support PNA Educational Fund by shopping at AmazonSmile.

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You Shop. Amazon Gives.

Please support the Polish National Alliance Educational Fund when shopping on Amazon by selecting PNA and using **smile.amazon.com** each time you shop.

PNA will receive 0.5% of the price of all eligible **smile.amazon.com** purchases to provide even more scholarships for students.

Simply designate the Polish National Alliance Educational Fund as your organization of choice.

Only purchases made at **smile.amazon.com** are eligible for donations.

SALES SEMINAR IN MICHIGAN

District X Fraternal Director Stella Szczesny's team of sales representatives attended a Sales Seminar on April 1st, 2017 at the PNA Council 122 in Hamtramck, MI.

It was presented by Jolanta Walaszek, the Manager of Sales, and designed to inspire confidence in the products offered by the PNA.



(l-r) Richard Lapham, Dan Czeski, Stella Szczesny, Bianca Bowman, Thomas Schemanski, Ronald Martin, Edward Nizienski.

PNA Officers View New Exhibits at the Polish Center

Chicopee, MA. Officers of PNA Council 62 and Camp Stanica had the opportunity to see some recent exhibits at the Polish Center of Discovery and Learning, Chicopee, MA. The construction of a Polish country cottage (chata polska) has brought back memories and even tears to some viewers. The cottage contains artifacts acquired from Poland, coming from the vicinity of Bialystok in northeastern Poland. The reproduction of a Polish cottage, which is located on the third floor of the Polish Center museum, is intended to introduce visitors of all ages to country life in Poland as it once was. Hopefully, the experience will be both educational as well as spiritual. Stas Radosz, the Polish Center's founder and ex-



The Polish spinning wheel at the Polish cottage was a challenge to operate for Jeannie Zapala, left, Vice President PNA Council 62 and Camp Stanica and Teresa Struziak Sherman, right, PNA National Business Board Director and Financial Secretary PNA Council 62 and PNA Lodge 711. The cottage, which houses the spinning wheel, as well as an authentic stove, beds, table, chairs, curtains, and many other items, is imagined as having been erected in the early 1860's. PAT TOURS of West Springfield, MA played a pivotal role in coordinating the difficult task of arranging to have the items packed and delivered from Poland to Chicopee, MA.

Polish Center is the product of many individuals' devotion, hard work, love, and appreciation of their Polish heritage and history. Contributions are always welcome. The Polish Center is a 501(c) (3) organization. Donations are tax-deductible to the extent allowed by law. Contact Stas Radosz at polishcenter@elms.edu or by phone: 413-592-0001. Website: www.polishcenter.net.

POLISH CENTER GALLERY OF POLISH REGIONAL COSTUMES

The Polish Center has recently acquired the personal collection of Polish costumes from Krystyna Slowikowska Farley of New Britain, CT. Visitors to the museum can see the display of thirty-two costumes on the third floor of the Polish Center. The history of Polish costumes is fascinating and educational. The traditional regional dress of Poland is rich in number and variety of designs, color, and pattern. The origin of the familiar styles can be traced to the mid to late 1800. History, geography, climate, local economic conditions, and social status played a significant role in shaping fashions of the countryside.

Born in 1925 in the village of Orlopol, Krzemieniec Poland, Krystyna led a most varied and interesting life. I recommend that you go to the Polish Center website: www.polish-center.net to read more about this extraordinary woman who survived being deported to a Soviet slave labor camp in the Ural Mountains in North Russia in 1940 to arriving in America in 1955. Those fifteen years



Pictured lying on the straw bed in the Polish cottage at the Polish Center of Discovery and Learning is Maria Kruzel, Secretary of Camp Stanica and Delegate to PNA Council 62. Maria recalled that the bed in the cottage from Poland was exactly as the bed she slept in as a child in Poland. It was truly an emotional experience for Maria to actually see such an actual item at the Polish Center of Discovery and Learning in Chicopee, MA.

ecutive director, conceived of the idea eight years ago, and with the assistance and expert guidance of knowledgeable individuals, was able to bring the project to completion. The structural construction was built with the generous gift of talent, time, and infinite encouragement of Joan Lupa and son Wally of NL Construction of Ludlow, MA. The

were remarkable, but once in America, Krystyna continued to organize many Polish cultural events, raise five children, and express her deep passion and devotion to her Polish heritage. In 2016 she was awarded the title of Ms. Senior Connecticut.

Krystyna's ever present thoughts of past persecution and struggles for survival have made her a determined advocate of her cherished heritage. As one enters the gallery, visitors are greeted with bursts of color, shape, and history.



Pictured admiring the Krystyna Slowikowska Farley collection of Polish costumes at the Polish Center of Discovery and Learning are Jeannie Zapala, on the left, former PNA Commissioner District 1 and Teresa Struziak Sherman, PNA National Business Board Director, right. The costumes are truly a sight to behold.

THE BERNARD R. PAJEWSKI FOLK ART COLLECTION

The next collection on exhibit that we toured was that of the late Bernard R. Pajewski, a lifelong resident of New Britain, CT. He was a graduate of Wesleyan and Cornell Universities and a veteran of the Korean Conflict. Bernard was an ardent admirer of Polish history and culture and devoted to his Polish heritage. He donated from his estate over 250 pieces of colorful and imaginative wood carvings, 28 decorative hand-woven textiles, traditional papercuts, rare maps of



Enjoying the narration by Stas Radosz, Founder and Executive Director of the Polish Center, about the Pajewski exhibit is PNA National Director, Teresa Struziak Sherman. Stas was recently awarded the Distinguished Service Award by the Polish Cultural Club of Greater Hartford, Inc. from Connecticut. The picture shows a partial collection from the Bernard R. Pajewski donation to the Polish Center of Discovery and Learning in Chicopee, MA. The display is located on the stairway wall between the second and third floors. It can be seen by using the stairs or the elevator.

Poland and much more. The most extraordinary pieces of the collection are four Krakow style crèches (szopki krakowskie) measuring 77 inches, 63 inches, 53 inches and 39 inches in height. Many of his collection are displayed throughout the museum.

Submitted by Teresa Struziak Sherman, PNA Business Director

Send all articles, pictures,
and correspondence to:
zgoda@pna-znp.org

PNA GIFT CARD PROGRAM



New fundraising agenda for our organization!

The purchase of the gift cards will benefit the Youth fund at the PNA.

The gift cards from a large variety of stores, restaurants, and businesses in your area are available from the Polish National Alliance Home Office.

These cards could be used for your Lodge or Council as awards for the members, dance groups, Saturday Polish Schools, sports, contests, or for your own personal use.

For more information on how to obtain gift cards please visit our website:

www.pna-znp.org

or call the Fraternal Department of the Polish National Alliance:

1-800-621-3723 ext. 312

We hope you will take advantage of this great opportunity.

Please, note:

Gift card orders are filled every 15th and 30th of each month.

Please allow up to one week for the mailing.

PNA Region "H" Fraternal Activities

Bigos Cook-off

March 25, Austin, Texas. The Austin Bigos Cook-off, what a great idea for a "tasty" event.

Director Jolanta Mazewski-Dryden and her son Thaddeus Dryden, Progressive Lodge 2336, had the fantastic opportunity to stop in at the Austin Bigos Cook-off to meet some of the Austin Polonia. What a momentous event! Great people, not to mention the amazing bigos. Thaddeus was quickly picked to be one of the judges and get the first taste of the vast variety of this famous Polish dish! Thank you Austin Polonia for your hospitality, we hope to attend more of your events! Big shout-out to all the cooks and congratulations to all the winners!



Fraternal Director Jolanta Mazewski-Dryden along with the People's Choice winner Anna Bielecki.

Święconka – Easter

Celebration in Houston

April 15, Houston, Texas. The beautiful tradition of blessing the Easter Baskets was once again held at Our Lady of Czestochowa Catholic Church, Houston, Texas, highly attended by many of PNA members. The celebration was followed by an afternoon for children with the Easter Bunny.



One of the teachers of the Polish School Aneta Odolski, Progressive Lodge 2336 member, Polish School Director Hanna Tomaszekiewicz, and other teachers are featured with the Polish School children after Święconka before the annual children's Easter party.



Bozena Sommer, Progressive Lodge 2336, displaying the beautiful Easter Basket at Święconka.



Meet and greet with the Easter Bunny featuring Stephan and Sabrina Gazdyszyn.



The beautiful Easter Baskets at Święconka featured by the Gazdyszyn family and Mrs. Christina the most amazing Polish pastry lady!

Święconka in Austin

The Austin Polonia also celebrated Święconka, Fraternal Director Jolanta Mazewski-Dryden stopped in for the blessing, to be part of the celebration in Austin, Texas and to get to know the Austin community. Thank you for a beautiful celebration.



Jolanta Mazewski-Dryden, Fraternal Director Region "H" with Matgosia Meub of the Austin Polish Society.

3rd Annual Crawfish Boil – Polish Style

April 29 Houston, Texas. Only in Texas will you have a Polish style party with Crawfish and Gertrude the Pet Chicken! Special thanks to The Szpak Family and Polonia Restaurant in Houston for hosting a first-class event with plenty of delicious crawfish, Polish food, beverages with lots of fun, laughter and dancing all afternoon. A good mix of Polish, Cajun, traditional country and Samba music was provided by Brian Marshall, Ronnie Dutka, Chuck Bolin and Karl Waitz with performances by guest

musicians Marion Seigle, David Pryor, Brian Wisnoski and James Mazurkiewicz.



Members from Kosciuszko and Progressive Lodges. Featuring James Mazurkiewicz, Charisse Marshall, Brian Marshall, Brian Wisnoski, Wawel dancer featuring the crawfish, Dennis Kubiak from Bremond with Gertrude the Chicken, Katie Kubiak, Jolanta Mazewski-Dryden – Fraternal Director Region "H", Ron Wendt at the Polonia Restaurant! Photo courtesy of James P. Smock.



The Polish Fiddler is at it again, Brian Marshall, Lodge 165, featured with friends entertaining all at the Polish Crawfish Boil. You should hear Brian sign a Cajun song in Polish! Keep on fiddling Brian!

PNA at the 11th Annual Polish Festival in Houston

May 5-7, 2017, Houston, Texas. Once again, Region "H" was represented at the spectacular annual Polish Festival that is one of the most colorful and beautifully decorated festivals with 1000's of people in attendance. The PNA was front and center with a display featuring PNA information and products along with a beautiful and extensive cultural

display. The food was superb, the hospitality wonderful. Congratulations to the organizers, excellent job! The event was supported by Lodges – Progressive Lodge 2336, Kosciuszko Lodge 163, and Polonia Lodge 2308. Jolanta Mazewski-Dryden, Fraternal Director Region "H", and local PNA members were on hand to talk with members and attendees. It was nice to meet with the PNA members from all over the country. The Wawel Dancers of Houston stopped in to visit the booth; several of the dancers are PNA members.



Fraternal Director Region "H", Jolanta Mazewski-Dryden at with the PNA Exhibit.



Three generation of PNA family - Danko, Sabrina and Stephan, and Mrs. Gazdyszyn and Region "H" Director Jolanta Mazewski Dryden.



Dr. Mazurkiewicz, Kosciuszko Lodge 2336, and his lovely wife Kathy stopped in to support the exhibit during festival parade.



Meet PNA members from all over the U.S. at the Houston Festival. Cindy & Edward Czausz and friends from Chicopee, MA. Thank you for stopping in and chatting with us at the festival!



President of Kosciuszko Lodge 165 and Council 182 Mr. Snider and his wife stopped in at the PNA Exhibit and lent a helping hand.



PNA member Katie Kubiak and Wawel dancer dressed in a lovely costume stopped in to assist in the PNA Booth!



The wonderful PNA Polish Folk Costume Coloring Books were once again a hit at this year's festival. Just look at these faces they are ready to do some serious coloring!



The wonderful PNA Polish Folk Costume Coloring Books were once again a hit at this year's festival. Just look at these faces they are ready to do some serious coloring!



Look at this precious little "Krakowiak," Mr. Kubiak, stopping by the PNA Booth, and standing up straight and proud of his heritage. It is never too early to get the kids involved! In the background Thaddeus Dryden, Progressive Lodge 2336 manning the exhibit!



Progressive Lodge 2336 Marysia Czuprynowska was on hand in her lovely Polish costume to help in with the PNA Display.

Greetings from Texas!

*Jolanta Mazewski-Dryden,
Fraternal Director Region "H"*



Mike Kurtin Lodge 165, was on hand to lead the Wawel performers in their fabulous performances!



POLISH NATIONAL ALLIANCE – 2017 ANNUAL PHOTO CONTEST

"My Everyday Hero"

2017 is Year of Tadeusz Kosciuszko. His extraordinary life and a quest for freedom and democracy made him a true national hero in Poland, and in the United States.

Not all heroes have to be soldiers. Some heroes are ordinary people doing extraordinary things for others. Some are working diligently for the community, same sacrifice for the family. Look around, perhaps you can find an everyday hero near you? Take a photo, make him or her known. Make sure to attach a short description of your hero.

PNA PHOTO CONTEST 2017 ENTRY BLANK

PLEASE PRINT

Name	
Age	
Lodge number	
Address	
E-mail	
Telephone	
Type of Camera	
Photo Title	

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 2017.
3. Duration of the contest is **JUNE 1, 2017 – SEPTEMBER 30, 2017.**
4. Each contestant is limited to **ONE (1)** Photo entry.
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 defaced 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 (\$100 each) 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 photo so it 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, 2017** & mailed to:

**P.N.A. PHOTO CONTEST
FRATERNAL ACTIVITIES DEPARTMENT
6100 NORTH CICERO AVENUE,
CHICAGO, ILLINOIS 60646-4385**



We are proud of

Joanna Lojewska



We would like to congratulate an extraordinary member of PNA Lodge 3259, Joanna Lojewska, who recently graduated from college along with expressing profound appreciation to the Polish National Alliance Scholarship committees for scholarship assistance.

The 22-year-old has graduated with a degree in Communications in Entertainment and Tourism from California State University, Fullerton a semester early this past January with an upcoming commencement approaching at the end of May.

Joanna has been a member of the Polish National Alliance since she was born. From a young age, Joanna was committed to the PNA and volunteered in many fundraiser events, centered in the Pope John Paul II Polish Center, located in Yorba Linda. These included yearly harvest festivals, pancake breakfasts, Easter egg hunts, and Proud to be Polish festivals. Not only did she volunteer for the PNA, but Joanna participated in organizations within the Alliance. This included attending the Polish School named after Helena Modrzejewska for nine years, and developing her skills in reading, writing, and speaking in Polish. She was a member of Polanie for three years, a dance group that performed regional and cultural dances of Poland. Being part of these organizations led her to travel to multiple places in the United States, and spreading Polish culture and representing the PNA. She attended a camp hosted yearly by the PNA in Wrightwood and traveled to Orchard Lake in Michigan to attend a weeklong camp for learning Polish dances, history, and meeting Polish youth from across the United States. Joanna also attended the PNA Debutante Ball, which took place in Minneapolis, Minnesota, where she received a scholarship for her commitment to the PNA throughout her life.

Joanna spent the last half year of her college term at Fox Broadcasting Company in Los Angeles as an Audience Innovation Research and Strategy Intern. She assisted executives in Fox Research with survey writing, data analysis and supported multiple projects. After

graduating with her Bachelor's degree in January, she has been on the job search, while also feeding her artistic talents. She enjoys playing guitar, piano, and singing and has recently begun producing her own music. Joanna's musical talents also helped assist the PNA, as she has performed the National Anthem in both Polish and English for multiple events. She also assisted the PNA in hosting an event for the canonization of Pope John Paul II and performed a piece in his honor.

PNA Lodge 3259 is proud to have been a part of Joanna's journey in becoming the person she is today. Being a student has its' difficulties, and with multiple scholarships and a community of support, we are proud that Joanna has finished her degree and will continue pursuing her career.

*Submitted by Greg Chilecki,
Fraternal Director, Region "J."*

Chloe Cosgrove

SCHOLARSHIP WINNER



Chloe Cosgrove is a member of PNA Lodge 2927. She resides on Chicago's Northwest side in the Independence Park neighborhood. She is a graduate of Disney II Magnet H.S. and St. Benedict Preparatory School. Chloe is enrolled at the University of Illinois at Urbana-Champaign and will pursue a B.F.A. in Acting in the fall of 2017.

Chloe was captain of her high school basketball team and an ensemble actor in Fury Theatre's Young Bard program. She was on the Honor Roll every year in high school. She is employed as a Recreation Leader for the Chicago Park District Summer Day Camp program. Chloe submitted this essay to win a scholarship for college. She was completely surprised to win the top prize in the VFW Post 2978 Logan-Avon-dale and then was honored to learn she was also VFW District 3 champion. In addition to receiving a scholarship she was treated to an all-expense paid weekend in Springfield, IL which included a tour of the capitol highlights and a banquet honoring all the Illinois VFW District Champions. Chloe is the daughter of Thomas and Audrey Cosgrove and granddaughter of Ted and Victoria Bas.

Chloe's winning essay:

"My responsibility to America"

My responsibility to America is one of great importance. My grandmother and grandfather's families came to America during World War II. My grandmother and her family had fled Stalin, and then Hitler. They traveled all over Europe trying to get away from these dictators, and finally had the opportunity to come to America. My grandmother has told me multiple times of her experience going through Ellis Island, and how she ended up in Chicago, Illinois. Upon arriving to America, they first went to the State of Georgia, and my grandmother and her sibling's remember sweating like crazy due to the fact that they were wearing very heavy winter coats, and were not prepared for the heat of Georgia. In Georgia, her parents and siblings worked on a man's farm until they could afford to travel elsewhere. This man was not kind to them, and my grandmother remembers being happy to leave. This story, although important to me, is not unique. Millions of families have gone through something similar. It is so often, in fact, that there isn't a single one of my friends whose families have not immigrated to the U.S. at some point in time. Each one of these families has come here to achieve something that they could not anywhere else. My responsibility to America is to achieve my dream. The reason this country was built was because people had ideas for better things. The reason this country has so many fantastic opportunities is because people have come here and created them. The reason I have a responsibility to this country is because I was born here, and it would be against the nation's beliefs if I did not pursue bigger and better things for myself. My goal is to become a film actress. This career path comes with struggle, rejection, and uncertainty. However, every single person that has ever stepped foot on this nation's land has dealt with that and achieved great things even in spite of the struggle. If I as a citizen did not aspire to my goals, and do everything in my power to achieve them, I would be a disappointment to every member of my family who has come here. My duty to this nation is to become the best I can be, so that I can inspire others to do the same. This country is the land of dreams, and my dreams are as big as they can be. It is my privilege and my right to be able to dream, given to me by other citizens who dreamed.

"Like mother, like daughter"

On behalf of the PNA Fidelity Lodge, congratulations to Mrs. Audrey Cosgrove on becoming a Historian for the Advocate Society. We are very proud of you Audrey and *Szczęść Boże* to you as well!

*Submitted by Janina Kosinska,
Secretary of the PNA Fidelity Lodge 2927.*

Elżbieta Dudkowska

AUTHOR



Elżbieta Dudkowska is a member of the PNA Lodge 2514, Chicago, IL. She is a member of the writer's group Schaumburg, and now a published author.

Her debut novel is called "Starting Over in a New Country," in which she shares the empowering tale of a Polish couple's immigration to America and what it requires to succeed. Throughout her book,

Mrs. Dudkowska mentions and promotes organizations providing a helping hand to the Polish immigrants. The Polish National Alliance is one of them, and Mrs. Dudkowska is its proud member.

Elżbieta Dudkowska, a Polish immigrant, and an American citizen has been living in Chicago since 1981. She graduated Jagiellonian University in Krakow with a Master's degree in Polish Philology. She enjoyed the teaching profession in both countries. After attending an acclaimed university's writing program and with some assistance from a local writer's group, the Schaumburg Scribes, she decided to publish a novel.

In May 2017, she visited the Office of the President of the Polish National Alliance and proudly hand-delivered Mr. Spula her book "Starting Over in a New Country."

Congratulations Mrs. Dudkowska, on your novel, perseverance, and breaking of barriers!



Elżbieta Dudkowska & President Frank Spula

Welcome to our PNA Family



Olivia Izabella Belzek, born June 4, 2015 is the new member of Lodge 3241, Council 120. She is a daughter of Annette and Luke Belzek, of Lake Villa, Illinois, granddaughter of Jolanta and Zenon Belzek and Mary and John Srodon. The PNA Membership was a gift from her loving grandparents Mary and John Srodon.



Reese L. Kalinsky, born October 18, 2006, is a 4th generation PNA Member and the newest addition to the PNA Lodge 257 Star of Kosciuszko Society, Illinois. Reese also joined the "Wici" Song and Dance Theatre. Her PNA Certificate was a gift from her loving guardians Jeff Kalinsky and Alicja Kuklinska.



Isabel Ann Voss, born April 6th, 2016 is a new member of Lodge Q016, Hinckley, OH. She was enrolled by her grandmother Barbara Wojtowicz, she joins her mother, Ashley and brother, Brayden as member. Her grandparents are Mark & Barbara Wojtowicz of Litchfield, OH. On the photograph - George & Ashley Voss with Brayden and Isabel – 100% PNA family!

Luke Robert Walaszek, born October 15, 2010, son of Robert and Jolanta Walaszek, of Niles, Illinois became a member of PNA Lodge 6000. Luke is the second generation PNA member.



Regan Josephine Lauesen, born May 27, 2014. Daughter of Renee and Terry Lauesen, she is the newest member of the Lodge 3250, Chicago, IL. She was signed up by her loving grandparents Joseph and Ryszarda Kowalczyk.



McKenzie Jayde Violet Kleider, born September 22, 2016 is the new member of Lodge 664 in Westmoreland City, PA. Her proud parents are Nicole Myers and Craig Kleider. She is a little sister of Mya Drew, granddaughter of Dale and Lisa Myers, and Larry and Cheryl Kleider.



McKenzie Jayde Kleider, born October 22, 2016 is a new member of Lodge 664, Harrison City, Pennsylvania. McKenzie was enrolled by her loving grandparents Dale and Lisa Myers.



Maxwell Scott Davidson, born November 14, 2016 is the newest member of Lodge 128, Bremond, TX. Son of Justin & Lauren, he joined his three sisters as a PNA member. He was signed up by his grandparents Shirley & Gary Davidson.



Kolten Michael Lyda, born May 27, 2016 is the newest member of Lodge 827 Youngstown, Ohio. His parents are Kelsey J. and Michael J. Lyda of North Lima, Ohio. The Certificate was a gift from John J. and Carolyn C. Lyda loving grandparents. Kolten was enrolled by Fraternal Director Joseph M. Magielski.



Violet K. Breslin, born March 29, 2016 is the newest member of PNA Lodge 1903. Her grandfather Paul, and father Kristopher Breslin, as well as her great-grandmother Teresa Kotas are also members of PNA Lodge 1903. Submitted by Teresa Kotas.

Father's Day

June 18, 2017

*A father is someone who
holds your hand at the fair
makes sure you do what your mother says
holds back your hair when you are sick
brushes that hair when it is tangled
because mother is too busy
lets you eat ice cream for breakfast
but only when mother is away
he walks you down the aisle
and tells you everything is going to be okay*

Father's Day is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. Although it is celebrated on a variety of dates worldwide, many countries observe this day on the third Sunday in June.

During that day people wish „Happy Father's Day” not just to their biological father, but also a grandfather, stepfather, foster father, uncle, elder brother or anyone who plays the role of a father in their lives.



The Warsaw Mermaid



Once upon a time lived two mermaids in the Baltic Sea. These half-fish, half-women were beautiful sisters who had spent their whole existence in the sea, before apparently getting bored of the aquatic life.

One day, they both decided to come ashore. The first sister headed up to the Danish straits, and so she sits at the entrance to the port of Copenhagen to this very day. The other sister swam first to the port of Gdansk, from where she decided to swim the river Vistula to its end.

The mermaid decided to rest on a sandy bank on the foot of what is today Warsaw's Old Town and, like so many other travelers, she loved it so much that she chose to stay.

Soon though, the fisherman from the neighboring village began to notice that someone was letting the fish out of their nets. Annoyed, they decided to capture the wrongdoer and punish him.

They didn't expect to find the mermaid, however, and as soon as they heard her beautiful voice, they vowed never to harm her. Soon, the mermaid would fill every evening with her gorgeous songs to the merriment of the villagers.

One day, a wealthy merchant was walking by the Vistula and spotted the mermaid. He had the bright idea, as merchants do, to capture her and show her off at a fair, making himself a fat profit in the process. He tricked her and threw her in a wooden shed, but her cries for help were so loud that soon a young fisherman's son heard her, and with the help of friends set her free.

The mermaid, grateful for their aid, promised to defend them and their village, which would later grow into Poland's beloved city Warsaw. Since then, the mermaid, armed with a sword and shield, has been protecting the city and its people.

Today the Mermaid of Warsaw can be seen all over the city, from the statue in the Old Town pictured below to the city's coat of arms.

The Vistula River (Wisła) is the longest and most important river in Poland. **Warsaw (Warszawa)**, is the capital and largest city of Poland located on the Vistula River.



Wielkanocne szukanie jajek w Grupie 3259 „Piast”

W Wielką Sobotę, 15 kwietnia 2017 roku w Ośrodku Polonijnym w Yorba Linda, w

Kalifornii odbyło się tradycyjne, wielkanocne święcenie pokarmów. W uroczystości tej wzięły udział setki osób zarówno polskiego, jak i amerykańskiego pochodzenia.



(l-p) Jarosław Musiał, Natalia Musiał, Barbara Jarosławska, Grzegorz Chilecki

W tym czasie Grupa Piast zorganizowała coroczne szukanie jajek wielkanocnych dla dzieci w wieku od 2 do 14 lat. Udział w zabawie

był bezpłatny, należało się tylko uprzednio zapisać. W tym roku w sześciu turach zabawy wzięło udział 119 dzieci, a organizatorzy przygotowali ponad 700 jajek wypełnionych drobiazgami. Małym uczestnikom rozdawano również książki do kolorowania i drobne maskotki. Dzieci, rodzice i organizatorzy mieli wspaniałą zabawę przyglądając się dzieciom polującym na kolorowe jajka z niespodziankami.

Rodzice mogli zapoznać się z ofertą Związku Narodowego Polskiego i uzyskać od pani Barbary Jarosławska informacje dotyczące ubezpieczeń na życie oferowanych przez ZNP.

Sukces imprezy nie byłby możliwy bez zaangażowania członków grupy „Piast” i pomocy młodzieży, a szczególnie Natalii Musiał oraz Yagody i Mai Jędrzejczak.

Grzegorz Chilecki, Dyrektor Regionu „J”



Mirostaw Jarosławski czuwający nad bezpieczeństwem dzieci gotowych na szukanie wielkanocnych jajek.

On the Road with PNA District X

On Saturday, March 10 PNA District 10 members and friends hit the open road for a fun-filled day at the FireKeepers Casino in Battle Creek, Michigan. The trip began with three pick-up points in Dearborn, Hamtramck, and Troy, Michigan to accommodate the more than fifty guests who participated.

Thanks to Treasurer John, the travelers were treated to snacks on the bus provided by Commissioner Thomas Schemanski, District 10 Treasurer John Baritche, Secretary Joan Baritche and Fraternal Director Stella Szczesny and Andrea Cooper.

During the trip, the group enjoyed playing Bingo, raffles and spirited and lively conversations. Once they reached the casino, each traveler received gambling vouchers and food vouchers for a fun-filled afternoon. As luck had it, some left richer, some poorer but all had a good time.

On the trip back home, there were more activities to keep the day a fun filled event. The best summation of the day was when someone asked, „When are we going again?”

Special thanks to all the PNA members and friends who participated in this event and special thanks to Treasurer John Baritche for organizing the fun-filled day and Commissioner Thomas Schemanski for assisting with the reservations.

*Submitted by Stella Szczesny,
Fraternal Director District X*



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6100 N. Cicero Avenue, Chicago, IL 60646-4385

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Polish American Congress World War I Centennial Committee

An Official Commemorative Partner of the United States World War One Centennial Commission

WASHINGTON, D.C. – Effective March 8, 2017, the Polish American Congress is officially recognized by the United States Government as an official participating “Commemorative Partner” of the United States World War One Centennial Commission. The PAC is now included on the government’s website inviting full participation in the WWI Centennial by our nation’s Polish American Community.

POLISH AMERICAN CONGRESS

Over 300,000 Polish Americans served in the armed forces of the United States during World War I, with an additional 24,000 volunteering to the Polish Army in France. Fighting valiantly throughout the battlefields of Europe alongside our allies, Americans brought with them the Blessings of Liberty and Poland re-emerged as a free nation!

Uniting the Polish American Community throughout the United States since its founding in 1944, the Polish American Congress is the umbrella organization of our nation’s Polish American civic, social, fraternal, professional, cultural, educational, religious and veteran, charitable and not-for-profit organizations and individuals. In September 2016, The Council of National Directors resolved to encourage all Polish Americans to commemorate the World War I Centennial and established the Polish American Congress World War I Centennial Committee to promote and coordinate commemorative events and projects throughout the country.

As an official commemorative partner with the Commission, all Polish Americans are welcomed to utilize these sites and resources, and join with us, as we pay tribute to our ancestors and commemorate their contributions.

Steve Flor, PAC National Director representing the Polish Falcons of America introduced both a resolution, and a motion, unanimously approved by the Polish

American Congress Council of National Directors of the Polish American Congress, a resolution to encourage all Polish Americans across the United States “to commemorate appropriately” the World War One Centennial, and motion resolved to establish the Polish American Congress World War One Centennial Committee. Appointed by PAC National President Frank Spula, Mr. Flor is acting National Chairman.

Committee volunteers currently include eminent historian Dr. James Pula, Dr. Paul Valasek, author of Haller’s Polish Army in France, Dr. Mark Pienkos, PAC VP, and Marcin Chumiecki, Orchard Lake Polish Mission.

Participation is invited from all levels of posts, nests, lodges and parishes! Please discuss this at your next meeting and form an action committee! Please contact us and get involved in this historic commemoration for our great ancestors. Your participation will be documented in the national archive.

PROJECTS AND EVENTS

To date, the 100th Anniversary of the Opening of Camp Kosciusko, the Training Camp and Cemetery of General Haller’s Recruits in Niagara-On-The-Lake, Ontario, Canada, scheduled for June 11, 2017, is designated as the first official Polish American event of the U.S. WWI Centennial Commission.

Commemorative projects are being formulated and will be announced. The first official project is the Cemetery of General Haller’s Recruits Genealogical Reunification Project.

All interested ,please contact: stephenflor.polonia@gmail.com or visit our website: <http://www.worldwar1centennial.org/index.php/participate/organizations/partner-organizations.html>



THE UNITED STATES
WORLD WAR ONE
CENTENNIAL COMMISSION

PNA at the Polish Constitution Day Parade 2017

The first Polish Constitution Day Parade in Chicago was organized in 1891 by the Polish National Alliance in honor of the first democratic constitution in Europe and second in the world only to the United States Constitution. Since then, every year the Parade gathers thousands of people devoted to Polonia and Poland. Polish values, history, traditions, and culture are presented by the participants of this biggest outside Poland Parade. This year, the Grand Marshall of the Parade was a PNA member, Honorable Diann K. Marsalek.

*Photos by Monika Korczynska
& Mary Srodon*

To view the full gallery
of photos from this event visit
www.pna-znp.org





Pułaski Birthday Celebration at Ft. Pulaski National Monument, Georgia

Though not a holiday nor acknowledged or celebrated by any state or local governmental agency in the state of Georgia, Ft. Pulaski National Monument, part of the National Park Service (NPS), celebrated Gen. Kazimierz Pułaski's 272nd birthday on March 6, 2017.



Cutting of Birthday Cake

The celebration consisted of a 45-minute program on the history and legacy of Gen. Pułaski followed by birthday cake and refreshments for all park visitors attending the program. The program was given by Edward Królikowski, an officer



Pulaski Presentation by Królikowski and Debadelaben

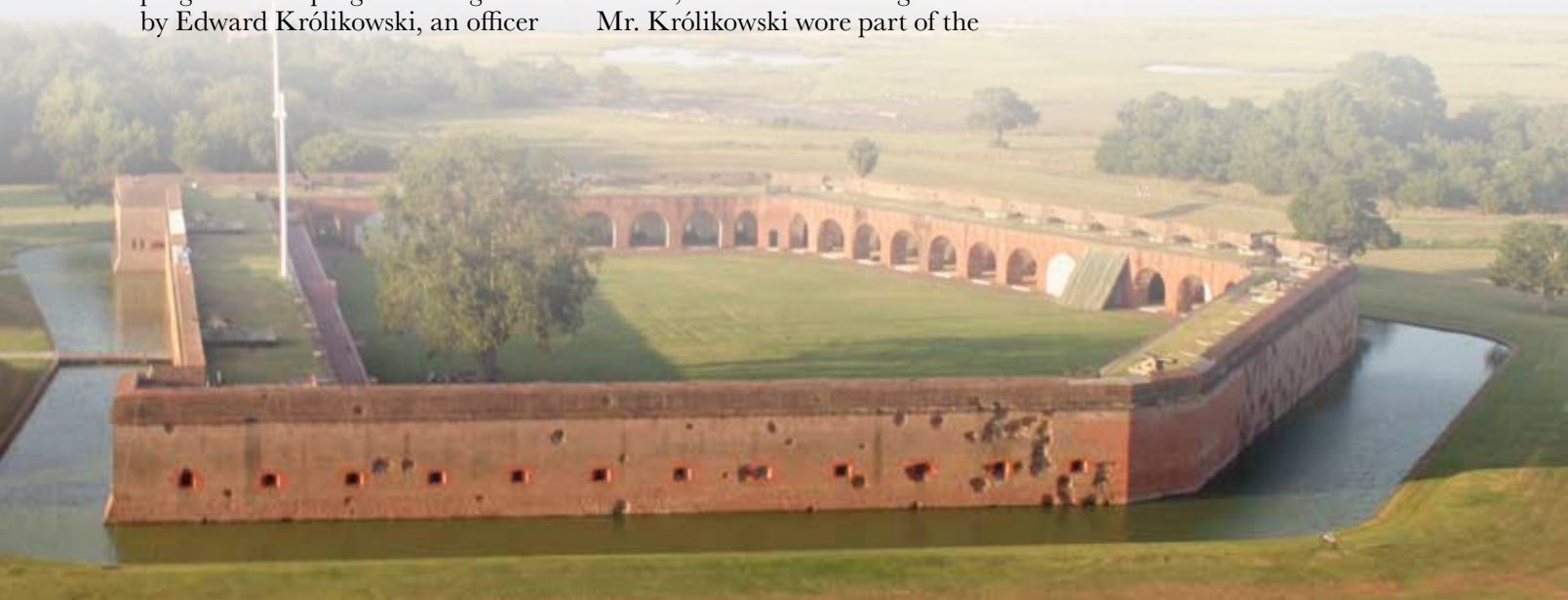
of the Savannah Gen. K. Pułaski Committee of the American Council for Polish Culture (ACPC) and Ft. Pulaski volunteer, along with Amber Debadelaben and Caroline Rohe, Park Rangers at Ft. Pulaski, to a standing room only audience of approximately 60 park visitors and staff in the historic Ft. Pulaski Mess Hall. Afterward, birthday cake and refreshments, donated by Mr. Królikowski, were served to all gathered. Mr. Królikowski wore part of the

uniform that would have been worn by Gen. Pulaski as Brigadier General of the Pulaski Legion fighting on the American side in the Revolutionary War. The Ft. Pulaski staff, in their National Park uniforms, wore mustaches synonymously associated with Gen. Pulaski in his honor. Even the Polish Embassy in Washington DC was engaged in the event, communicating with the Ft. Pulaski staff through social media.

Over the birthday cake and refreshments after the presentation, participants expressed gratitude to the National Park Service for the program. Several stated that had they either had never heard of Gen. Pulaski nor had any knowledge of his life and impact on American history or why the national monument was even named after him. Efforts such as this by the NPS help to educate visitors about the efforts and sacrifices made by our nation's forefathers in creating this country.

Submitted by Edward Królikowski

Photographs Edward Królikowski & Caroline Rohe



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W służbie Polonii od 1987 roku



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Tablica pamiątkowa ku czci ks. Józefa Studzińskiego

22 kwietnia 2017, pod honorowym patronatem senator RP oraz honorowej członkini KPA-LI, Anny Marii Anders, oraz przewodnictwem Grzegorza Worwy, prezesa Wydziału Long Island Kongresu Polonii Amerykańskiej, odbyła się w na Greenpointcie uroczystość odsłonięcia, wykonanej w Polsce, tablicy pamiątkowej poświęconej księdzu Józefowi Studzińskiemu.



Ksiądz Józef Pieczka Studziński urodził się w 1887 roku w Studzionce. Po ukończeniu studiów i przyjęciu święceń kapłańskich w Krakowie, wraz z misjonarzami Świętego Wincentego a Paulo przybył do Stanów Zjednoczonych. Ks. Studziński pełnił posługę duszpasterską w Derby, Filadelfia, był rektorem Kolegium św. Jana Kantego w Erie, a w 1935 roku został proboszczem parafii św. Stanisława Kostki w Nowym Jorku. Obowiązki proboszcza pełnił przez dwadzieścia lat, do swojej śmierci w 1954 i zasłużył się Polonii zarówno jako dobry kapłan i gospodarz parafii, jak i jej aktywny członek.



W 1963 na skwerze im. Ks. J. Studzińskiego, w sercu nowojorskiego Greenpointu, stanął pomnik poświęcony polskiemu duszpasterzowi, który w 2011 roku został zdewastowany przez nieznanych sprawców.

Dzięki staraniom prezesa KPA-LI Grzegorza Worwy, który od 2015 roku koordynował projektem, oraz hojności rodziny księdza Studzińskiego, państwa Anna i Tadeusza Kudłów, którzy ufundowali tablicę, pomnik ks. J. Studzińskiego odzyskał dawny blask i 22 kwietnia miała miejsce uroczystość jego ponownego odsłonięcia. Wzięli w niej udział min. przybyli z Polski państwo Anna i Tadeusz Kudłowie, przedstawicielki konsula generalnego RP w Nowym Jorku Anna Jarmołowicz i Sabina Klimek, poseł stanowy z Albany Joseph Lentol, wiceprezes i dyrektorzy P&SFCU Iwona Polak, dr. Paweł Maciag, Ryszard Bąk, przedstawiciele Polonia Technica i jej wiceprezes Chester Tobiasz, weterani, harcerze i duchowni.



List od senator Anders odczytała Jolanta Placzek, zaś jej córka, Miss Polonia USA Caroline Placzek, odczytała list ucznia księdza Studzińskiego i honorowego Prezesa KPA-LI Ryszarda Brzozowskiego. Kapelan KPA-LI, ks. Janusz Lipski koncelebrował uroczystą Mszę świętą w Kościele św. Stanisława Kostki, oprawę muzyczną zapewnił chór pod batutą Janusza Sporka. Na skrzypcach zagrał przybyły z Montrealu, znakomity wirtuoz, Mariusz Maczak. Poświęcenia pomnika dokonał ks. Marek Sobczak.

Grzegorz Worwa, Prezes KPA-LI

Father Studzinski Plaque in New York



Father Joseph Studzinski was born on February 12, 1887, in the province of Silesia, a coal-mining region in present-day Poland near the German border. Ordained in 1911, Father Studzinski immigrated to the United States one year later.

Father Studzinski served as pastor at Greenpoint's Saint Stanislaus Kostka Church from June 1935 until his death in December 1954.

Known for his generous and caring nature, he gained the love and respect of his congregation. The memory of Father Studzinski remains steadfast within the Greenpoint community.

This landscaped triangle, bounded by McGuinness Boulevard, Graham and Driggs Avenues, is a small sitting plaza with a flagpole, a steel picket fence, and various plantings. The memorial to Father Studzinski was dedicated at this site September 15, 1963. The Plaza was developed and named after Father



Studzinski in 1989 by the NYC Department of Transportation at the request of the community. In 2001, the property was transferred to NYC Parks. Parks maintains the property with the help of Saint Stanislaus American Legion Post #1771.

The bronze plaque honoring Father Studzinski disappeared in

2011, before Parks' acquisition of the site. In 2017 a replica of this plaque was recreated using historical photographs and records, and installed thanks to efforts of Mr. Grzegorz Worwa - President of the Polish American Congress Long Island Division, support of Father Studzinski's family, and Assemblyman Joseph Lentol. The new plaque was crafted in Poland and donated to NYC Parks and the people of Greenpoint, Brooklyn.

Flag Day in the United States



People across the United States celebrate **Flag Day on June 14** each year to honor the United States flag and to commemorate the flag's adoption.

On June 14, 1777, the Continental Congress replaced the British symbols of the Grand Union flag with a new design featuring 13 white stars in a circle on a field of blue and 13 red and white stripes – one for each state. The number of stars increased as the new states entered the Union, but the number of stripes stopped at 15 and was later returned to 13. Each of the 50 stars represents one of the 50 states in the United States. The American flag is nicknamed as “Old Glory” or “star-spangled banner.”

In June 1886, Bernard Cigrand made his first public proposal for the annual observance of the birth of the flag when he wrote an article titled “The Fourteenth of June” in the old Chicago Argus newspaper. President Woodrow Wilson issued a proclamation calling for a nationwide observance of the event on June 14, 1916. Flag Day did not become official until August 1949, when President Harry Truman signed the legislation and proclaimed June 14 as Flag Day.

The President is requested to issue each year a proclamation to: call on government officials in the USA to display the flag of the United States on all government buildings on Flag Day.

Many people in the United States honor this day by displaying the American flag at homes and public buildings. Other ways of observing this holiday include flag-raising ceremonies, Flag Day services, school quizzes and essay competitions about the American flag, musical salutes, street parades, and awards for special recognition.

On Wednesday, June 14, 2017, 11:00 AM the Polish National Alliance will host the flag-raising ceremony in front of its building located at 6100 N. Cicero Avenue in Chicago.

Not so Polish Polka

Polka is a music genre, a lively couple dance. Regardless of its name, neither the dance nor the music style originated in Poland.

The polka was originally a Czech peasant dance developed in Eastern Bohemia. The name of the dance derived from pulka, the Czech word for “half-step,” referring to the quick shift from one foot to the other. Pulka became polka forever associated with originating in Poland.



The dance was first introduced into the ballrooms of Prague in 1835. In 1840, the polka had its debut at the Odeon Theatre in Paris where it was a fabulous success. Parisian dancing teachers seized on the new dance and refined it for their salons and ballrooms. The polka and waltz were gradually replacing the contredanse and cotillion.

By the middle of the nineteenth century, the polka dance was introduced in England but did not achieve the same popularity it had on the Continent, including Poland. By this time, it had also reached the United States.

The success of the polka led to the introduction of several other dances from central Europe. The simplest was the gallop (galoppade) which was introduced into England and France and gained popularity as the final dance of the evening. The polonaise, named for its Polish origin used for the opening of a fancy dress ball, and lively mazurka never achieved great popularity as worldwide ballroom dances. Of all the dances originating in the nineteenth-century, the only one that has survived is the polka.

After the II World War, Polish immigrants to the United States adopted the polka as their national dance, and for some became a marker of their ethnic identity. Because of its acceptance as an ethnic symbol, the polka is often present in the repertoire of Polish folk dance ensembles in the U.S. It is also popular with many other Americans who have surrendered to the new polka craze popularized by Lawrence Welk and other post-war bands. Polka attained such popularity that clothes, hats, streets and even dishes were named after it.

The modern American polka is quite distant from its European roots. Since the last century, the polka gradually declines in popularity, even amongst the Polish immigrants. Being just one of the elements of the Polish-American culture, the polka is slowly becoming its history.

Polka Dot



The Oxford English Dictionary defines polka dot as one of a series of round, uniform size dots that make a regular pattern, especially on fabric or clothing.

In old English “dott” means speck, polka is a lively dance. There is only a weak connection between the two. It’s possible that polka dots reflect the same structured, short bursts of energy that modulate the polka itself. The term “polka dot,” just like polka dance, first appeared in the mid-1800s. At that time, the polka craze was high enough to inspire manufacturers to append “polka” to the name of a wide assortment of unrelated products in an attempt to capitalize on polka-mania. There were several items of clothing and even food labeled “polka” at the time. However, as the most of the polka tie-ins vanished, polka dance managed to survive, and so did the polka dots.

AK

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The Queen of Polish Rivers

From the shores of the Baltic Sea to the rocky Carpathians, Poland offers tourist attractions that should not be missed. Rich history, stunning scenery, hidden treasures ...



The Vistula River, Krakow.



The Vistula River discharges into the Gulf of Gdańsk.

The Vistula River (Wisła) is the largest river in Poland, and it is, undeniably, a symbol of the country. It is an inseparable part of the history, culture, and present-day life of each of the cities built by its banks, as well as the whole country.

The Vistula played a prominent part in the ancient history of Poland. Since Stone Age times, the river served both as a trade route and

as a means of expansion, for various peoples and cultures. Initially, raw materials and flint tools journeyed northward, while Amber was sent to the south. By the time of the Roman Empire, the Vistula was one of the principal trade routes leading into central Europe. From that period date the first historical references to the Vistula and the Slav tribes living along its banks.

In the early period of the Polish state (10th–13th century), the most important goods shipped over the Vistula route were salt, timber, grain, and building stone. The most intensive development of the Vistula as a trade route came from

the 15th to the 18th century, during which period a variety of hydraulic structures were put up, as well as embankments to provide flood protection. Many granaries and storerooms, built in the 14th century, line the banks of the Vistula.

At the end of the 18th century, the partition of Poland between Prussia, Austria, and Russia put a stop to the economic importance of the Vistula. Minor navigation improvements were undertaken, only locally in Prussia and Austria.

From 1920 to 1939, very little was done to improve the river channel. It was only after World War II that concerted efforts were undertaken



Biała ("White") Wisetka on the western slope of Barania Góra in the Silesian Beskids.

to restore the Vistula to its historic function as a navigable waterway. This was done by the construction of many storage reservoirs and spillway dams in the river and its tributaries: the purpose was to take advantage of the river's hydroelectric potential and, at the same time, to adapt the channel to the travel of freight barges of high capacity.

The source of the Vistula is found on the northern slopes of the western Beskid range, in southern Poland, at an altitude of 3,629 feet. Two brooks – the Czarna Wisetka and the Biała Wisetka form the Mała Wisła („Small Vistula”), which then flows northward.

In addition to Poland's capital city, Warsaw, a number of large towns and industrial centers lie on the banks of the Vistula. These include Kraków, which was Poland's capital from the 11th century to the close of the 16th, Nowa Huta, Sandomierz, Płock, Toruń, Malbork, and Gdańsk. Here and there along the river rise the ruins of medieval strongholds, some of which have been restored.

The Vistula River is 651 miles long, and flows from south to north through the mountains and foothills of southern Poland and across the lowland areas of the great North European Plain, ending in a delta estuary that enters the Baltic Sea near the port of Gdańsk. More than 85 percent of the river's drainage basin (total of 75,067 square miles)

lies in Polish territory. The Vistula is connected with the Oder drainage area by the Bydgoszcz Canal. Eastward the Narew and Bug rivers and the Dnieper–Bug Canal link it with the vast inland waterway systems of Belarus, Ukraine, and Russia.

In 2016, the Polish lower house of parliament has decided that 2017 will be the year of the Vistula, known as „the queen of Polish rivers.”

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Source: *britannica.com*



The Swietokrzyski Bridge over the Vistula River in Warsaw.



The Vistula River, Warsaw near the Old Town and the Royal Castle.

Polish Summer Menu

These Polish recipes were adopted to American cooking with only small modifications.

Cold Beet Soup

This chilled vegetarian soup (*chlodnik*) is very popular during summer months in Poland.



Ingredients:

- 2 medium beets with greens
- 3 tablespoons lemon juice
- 1 and 2/3 cup water
- 750 ml natural yogurt or kefir
- 2-3 tablespoons dill, finely chopped
- 2 tablespoons chives, finely chopped
- 10 radishes, coarsely grated
- Cucumber (15 cm long), peeled, coarsely grated
- 1 garlic clove, crushed
- 1 and 1/2 teaspoon sea salt,
- black pepper to taste
- hard boiled eggs (optional)

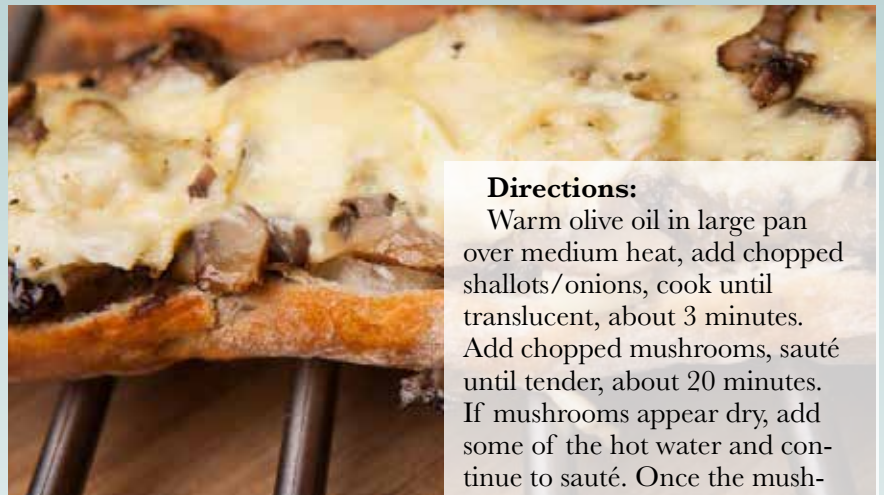
Directions:

Peel the beets and grate (coarsely). Finely chop the greens (with stems). Place all in a large pot, add the water, 1 teaspoon of salt, lemon juice, cover and bring to boil. Remove from the heat and leave to cool.

Once the beet mixture has cooled, add the remaining ingredients, including the salt and pepper and stir thoroughly. Served chilled.

Mushroom Toast

Mushroom toast (*zapiekanka*) is one of Polish most popular summer snacks. This is a little more refined recipe!



Directions:

Warm olive oil in large pan over medium heat, add chopped shallots/onions, cook until translucent, about 3 minutes. Add chopped mushrooms, sauté until tender, about 20 minutes. If mushrooms appear dry, add some of the hot water and continue to sauté. Once the mushrooms have softened, add all the spices and herbs, and continue to cook for an additional 10 minutes. After the spices have been well absorbed, add wine/brandy, broth/water and cook for an additional 10 minutes, remembering to add extra hot water to create a slight saucy texture. The mixture should be thick yet still wet. Thicken the sauce by making a paste with flour, cold water, and cream; gradually stir into the mushroom mixture. Cook for additional 5 minutes.

Preheat oven to 400F degrees. Spread cooked mushrooms on each halved baguette, pressing the mixture down with the spoon. Place the baguettes in a baking dish and top with cheese. Bake until cheese is melted and bubbly, about 10 minutes. Remove from the oven, let it cool slightly. Serve with ketchup or other sauce of your choice.

Ingredients:

- 2 small French baguettes, cut in half lengthwise
- 8oz/250g mushrooms, coarsely chopped
- 1 medium onion/shallot chopped
- 1 teaspoon sea salt
- 1/2 tsp black pepper
- 1/2 tsp fresh thyme, chopped
- 1/2 tsp fresh sage, chopped
- 1/2 tsp fresh rosemary, chopped
- 1/4 tsp red pepper flakes (optional)
- 1/4 tsp chili powder (optional)
- 2 tbsp. olive oil
- 1/4-1/2 cup hot water
- 1/4-1/2 cup wine, white or red
- Tsp cream or milk
- 8 slices or 2 cups grated Gouda or Edam cheese

Grilled Spare Ribs with Barbecue Sauce

One of the Polish favorite meats for grilling is pork shoulder (*karkowka*), but ribs are well liked by most of the meat eaters.



Ingredients:

- 2 slabs pork spare ribs (2 1/2 pounds each)
- 2 tablespoons chili powder
- Coarse salt and ground pepper
- 1 tbsp. butter
- 1/2 small onion, grated (or 3 shallots finely chopped)
- 2 garlic cloves, minced
- 1 1/2 cups ketchup
- 1/3 cup cider vinegar
- 2 tablespoons Worcestershire sauce
- 1/4 tsp cayenne pepper
- Oil, for grates

Directions:

Preheat oven to 400 degrees. Season ribs with chili powder, salt, and pepper. Stack slabs on a double layer of aluminum foil; wrap tightly. Place on a rimmed baking sheet. Cook until meat is fork-tender, 1 1/2 to 2 hours.

Make barbecue sauce: In a medium saucepan, melt butter over medium heat. Add onion and garlic; season with salt and pepper. Cook until soft, 2 to 3 minutes. Add ketchup, vinegar, Worcestershire, cayenne, and desired variation (see below). Bring to a simmer. Cook, occasionally stirring, until slightly thick, about 5 minutes. Set aside.

Heat grill to medium-high; lightly oil grates. Remove ribs from foil, pouring off any accumulated liquid. Brush ribs generously with sauce; grill 2 to 3 minutes per side. Serve with extra sauce, if desired.

Enjoy with a tomato and onion salad... and a glass of Merlot!

Sliced Tomatoes and Red Onion

Traditional, simple and refreshing summer salad that can be found at any Polish table.



Ingredients:

- 1 1/2 pounds heirloom tomatoes (any combination), sliced 1/2 inch thick
- 1/2 small red onion, sliced 1/8 inch thick
- Extra-virgin olive oil, for drizzling
- Coarse salt and freshly ground pepper
- Optional: avocado, cilantro, lemon juice

Directions:

Arrange tomatoes and onion on a platter. Drizzle with oil, and season with salt and pepper.

To make this simple but refreshing salad more interesting, lay the avocado slices on top, pour some lemon juice, and sprinkle with chopped cilantro leaves.

Send all articles, pictures, and correspondence to:

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or mail to: Alicja Kuklinska

Zgoda Magazine

6100 N. Cicero Avenue

Chicago, IL 60646

Beyond Hangovers: How Alcohol can Affect Your Body



Part 2. Welcome to Part 2 about the harmful effects of alcohol on the body. Even a single binge drinking episode can cause harm. Alcohol abuse can damage organs, weaken the immune system, and increase cancer growth. Part 1 of this two-part series focused on the amount of alcohol in

standard drinks, underage drinking, the effects of alcohol consumption for women and older adults. Dangers of alcohol overdose, alcohol poisoning, medical treatment and support groups were also topics presented in Part 1. Alcohol affects people differently. Your genes, environment, and diet can determine whether you develop an alcohol-related disease. Part 2 of “Beyond Hangovers: How Alcohol Can Affect Your Body” will offer specific information on opioids and alcohol and how alcohol affects the brain, heart, liver, pancreas, immune system and cancer risks. Hope you will find the information of interest.

A Dangerous Cocktail: Opioids and Alcohol. Drinking alcohol while taking opioid painkillers can be hazardous and even deadly, especially for older adults. The result can be respiratory depression which can be fatal. Oxycodone, an ingredient in brand name drugs such as OxyContin and Percoset, are frequently prescribed to treat chronic pain. Mix them with alcohol, and you have a potentially deadly combination.

Alcohol Effects on the Brain. Alcohol affects the brain quickly and dramatically as you may have experienced. Before you realize it, you are laughing more loudly, your balance is off, speech is slow and garbled and the next morning you might feel dizzy, have a headache and difficulty remembering what happened the night before. Disruptions of brain connections, which occur when drinking alcohol, can affect how the brain works. Alcohol can have longer lasting effects by changing the way the brain works and looks.

Heavy alcohol consumption, even once, can affect the delicate balance of structures in the brain. Information

is transmitted more slowly, and the imbalance of nerve transmitters can cause mood and behavioral changes, including depression, agitation, memory loss, and even seizures. Heavy drinking on a long-term basis can cause a decrease in the size of brain cells causing, even more, problems which lead to a decrease in motor coordination, temperature regulation, sleep and mood disturbances, and other cognitive functions such as learning and memory.

Abstaining from alcohol for several months to years may allow some of the alcohol brain changes to partially correct themselves, such as negative effects on thinking skills, problem-solving, memory and concentration. The brain can also be affected by poisons that are released when the liver breaks down alcohol. The poisons damage the liver as well as the brain. Alcohol can damage the brain at any age, even before birth. **Fetal alcohol syndrome, (FAS)** the most serious disorder, is characterized by abnormal facial features, severe reductions in overall brain function and overall growth. The result is life-long learning and behavioral problems. Treatment options are being researched to determine if some improvement can be realized for FAS.

Alcohol Effects on the Heart. People who abuse alcohol are also at increased risk for atrial fibrillation, congestive heart failure, and heart attack. There is no justification for excessive drinking because it might be good for your heart. Your heart drives the process of bringing oxygen and food to your body cells and carrying away waste products the body does not need or could be harmful to you. Your heart beats about 100,000 times per day and pumps approximately 2,000 gallons of blood throughout your body. Blood passing through the kidneys allows the body to get rid of wastes. Electrical signals keep the heart pumping continuously.

Long term drinking causes the heart muscle to weaken so it cannot work efficiently and cannot bring enough oxygen and food to your organs. Symptoms of shortness of breath, fatigue, swollen legs and feet, and irregular heartbeats can lead to heart failure. Alcohol in a person's body affects how the heart beats. It disturbs the pacemaker system causing the heart to beat too rapidly or in an irregular pace. The heart rate abnormalities are called arrhythmias, the two most common are atrial fibrillation and ventricular tachycardia, both of which

can be life-threatening. Both binge drinking and long-term chronic drinking can cause these heart problems as well as strokes and high blood pressure.

Effects of Alcohol on the Liver. More than 2 million Americans suffer from an alcohol-induced liver disease that strikes people who drink heavily over many years. The liver works hard to keep your body healthy and productive. It stores nutrients and energy, generates proteins and enzymes to fight off diseases, and rids your body of dangerous substances including alcohol. When the liver breaks down alcohol, it creates poisons in the body that are even more harmful than alcohol itself. These byproducts damage liver cells, promote inflammation and weaken the body's defenses. Heavy drinking, even for a few days at a time, causes fat to build up in the liver and can lead to alcoholic hepatitis which causes fever, nausea, loss of appetite, stomach pain and mental confusion. Liver fibrosis is another illness caused by heavy drinking and involves the development of scar tissue in the liver which affects the liver's ability to function properly. As the scar tissue builds up in the liver, it causes cirrhosis of the liver. The liver cannot perform its critical functions any longer. One in four heavy drinkers will develop cirrhosis of the liver. Untreated, cirrhosis can lead to death.

Effects of Alcohol on the Pancreas. Most of the people who suffer from pancreatitis are habitual and excessive drinkers. Alcohol causes inflammation of the pancreas which has an important role in food digestion and its ability to fuel power and energy for your body. The pancreas also makes insulin and glucagon, which are hormones that regulate the process of using glucose, the body's primary source of energy. Alcohol disrupts the function of the pancreas. Over time, research has shown that attacks on the pancreas from alcohol can lead to the development of pancreatic cancer.

Cancer Risks and Alcohol. Drinking too much alcohol, more than 1-2 drinks per day, or binge drinking of more than 5-6 drinks on a particular day, increases your risk of developing certain types of cancer. The National Cancer Institute lists the following types of cancers associated with drinking too much alcohol: cancer of the mouth, esophagus, pharynx, larynx, liver and breast. Drinking 5 or more drinks per day may also increase your risk of developing other cancers such as colon and rectal cancers. Smoking and drinking together increase the risks of developing cancer 15 times more. For women, the risks of cancer are greater than men, and they need to drink far less (even one drink per day) to be in danger. By abstaining from drinking alcohol, the cancer risk declines to eventually reach the same risk as a person who never drank alcohol.

The Effects of Alcohol on the Immune System. Our body's immune system is designed to protect us



from the millions of bad substances that can make us sick. Drinking too much alcohol weakens the immune system making the body a target for disease. You can compare the immune system to an army whose job is to defend our bodies from infection and disease. Chronic drinkers are more apt to get pneumonia and tuberculosis or HIV and AIDS. Drinking to intoxication slows your body's defenses to fight off infections and serious diseases. This response can last up to 24 hours after getting drunk.

In addition to the body systems already mentioned, alcohol negatively affects individuals with psychiatric disorders, people taking medications, especially heart medicines and antibiotics. Mixing alcohol with painkillers and illegal drugs, such as cocaine, heroin and other illegal drugs, can be deadly. There is a serious problem of drug/alcohol use and abuse in America. There is help available for individuals, family, and friends who suffer from addiction to alcohol and illegal drugs or know of someone who does.

Additional Resources about alcohol and its health effects can be found at: National Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov phone- 301-443-3860 and National Clearinghouse for Alcohol and Drug Information: www.ncadi.samhsa.gov phone- 1-800-729-6686.



Author:
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The liver is one of the most important organs in the body. As the name implies, we need it to live! It is the largest gland in the human body weighing about 3 pounds. Its purpose is to detoxify and protect the body from potentially harmful substances ingested. The liver breaks down alcohol and drugs that enter the body. It stores iron and vitamins to help the immune system and helps break down stored sugars into a usable form to provide energy. The liver also helps break down old red blood cells so that fresh ones can take their place, as well as insulin and hemoglobin.

Excessive alcohol consumption can damage the liver, causing it to age prematurely by building up scar tissue, a condition called cirrhosis. Certain types of medications, like acetaminophen, can be very harsh on the liver, especially if you've been or drinking alcohol or plan to do so the same day.

How to protect your liver? Avoid an excessive consumption of tobacco, alcohol, coffee, and white sugar. Add in low impact exercises to your daily routine, drink a lot of water, and include these seven liver-friendly foods to your diet:

Beets

Beets are high in plant-flavonoids, which can improve the overall functions of the liver.

Cruciferous Vegetables

Cruciferous veggies like broccoli and Brussels sprouts

increase the amount of glucosinolate in our bodies that help create enzyme production for digestion.

Garlic

Garlic helps the liver activate enzymes that can flush out toxins. It also has a high amount of allicin and selenium, two natural compounds that aid in liver cleansing.

Citrus Fruit

Eating or drinking citrus fruit juice can help the liver flush out carcinogens and toxins. Its vitamin C and antioxidant properties also boost the immune system.

Walnuts

Walnuts are high in glutathione and omega-3 fatty acids, which help support the liver through its cleansing process.

Turmeric

Turmeric (usually used as a spice) has been known to help digest fats and stimulate the production of bile. It can also act as a natural form of detox for the liver.

Green Tea

Green tea is full of plant antioxidants known as catechins, which have been known to improve the liver functions.

AK

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Zdzislaw Beksinski: A Tale Told by Shadows

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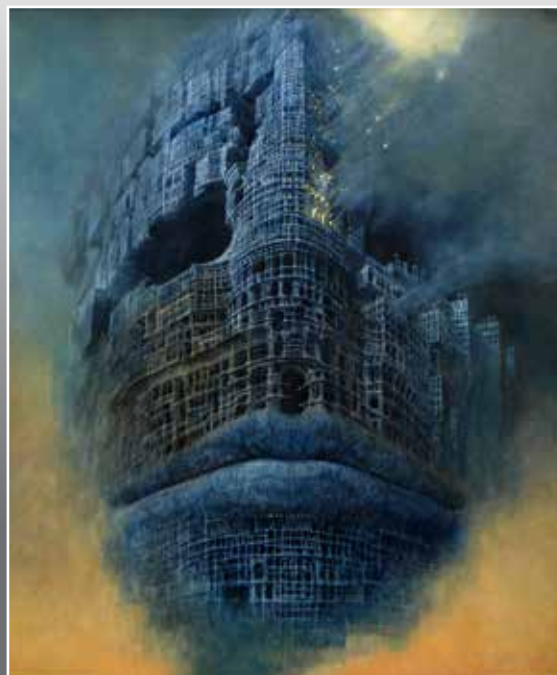
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More information and detailed exhibition schedule are available on the PMA website:

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