

*“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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*“How precious, till I lost thee. Now I see  
thy beauty whole, because I yearn for thee.”*

*Adam Mickiewicz, 1834*





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Simple beauty of Polish Countryside, Narew River, Podlasie - stock photo



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## President's Corner

June 2018

Dear Members,

I hope you are enjoying the summer weather.

On Sunday, June 4th, the Home Office sponsored its second Kids 4 Kids, 2K Walk & Run, with proceeds going this year to the children's organization "You can be my Angel." About one hundred children participated in this event with the starting point being at the office, a route going through the beautiful Sauganash neighborhood, and the finishing line at the home office. Following the walk, all were treated to refreshments, pizza, face painting, music, and fun. Through the efforts of volunteers consisting of our employees, members, directors, and commissioner of District XIII; it was a success. We were able to collect approximately \$3,300.

In May, Chicago was visited by the President of Poland Mr. Andrzej Duda. He addressed the Chicago's Polonia in Millennium Park, which was filled with hundreds of graduates of Polish Saturday Schools and representatives of various organizations.

Every four years the organization hosts a convention in compliance with the bylaws. The upcoming convention will take place in August 2019 before Labor Day weekend. We are currently in the process of reviewing various sites for next year's convention. It will be announced in the upcoming issue of *Zgoda*.

Due to the passing of our National Secretary, Charles Komosa, an election had to be held in order to elect a replacement for that position. Mrs. Alicja Kuklinska, the *Zgoda* Editor, was elected by the Business Board to

fill that void. Mr. Jeffrey Twardy, a member of the Fraternal Board was elected as Business Director to fill the vacancy created by the election of Steve Tokarski, who was a Director on the Business Board, as Treasurer. By having Mr. Twardy elected as Business Director, a void has been created on the Fraternal Board. I congratulate the newly-elected Officers and wish them success in their positions. I am confident they will contribute to the growth and continued success of the Alliance.

A candidate seeking to apply for that vacated position must reside in that region. Specific information on the requirements is listed in this issue of *Zgoda*.

Later this month, members between the ages of 50 and 70 will be receiving information on increasing their existing insurance plan with the Polish National Alliance. Life insurance coverage should be updated to meet changing needs, as you move from one life stage to another. This doesn't mean that seniors should be expected to buy life insurance with part of the reduced income that retirement provides. It means that the needs for coverage in the mature stage of life may be met by using certificates in force that were purchased to meet the needs in the younger life stages. Please look out for the information in your mailboxes.

Wishing you a restful and enjoyable summer!

***Frank J. Spula, FLMI***  
***President and CEO***



## From the Editor

June 2018

Dear Members,

It was a very mild but long winter in Chicago, and immediately we went directly into the summer season.

I hope you have planned something special for this year's vacation. If you have children, you should consider PNA overnight camps in Yorkville IL and Bondsville, M. A. Our young PNA members love them! You can find contact information in this issue.

If you are planning a trip abroad, you should definitely consider Poland. You can visit major tourist attractions or explore and enjoy the enchanting beauty of the Polish countryside. Featured on the cover is a summer landscape of Podlasie, the region I come from and hope to visit by the end of the summer.

For now however, I have to further acquaint myself with the position of National Secretary of the Polish National Alliance, to which I was elected by the Business Board of Directors and sworn in by Censor Wesley Musial on June 4th, 2018. I am honored and pledge to work for the betterment of the Organization and its members. I am the second woman, after Ms. Wladyslawa (Lottie) Kubiak in March 1975, to be elected as PNA National Secretary.

I hope you will enjoy this issue of "Zgoda". It is incredible how much is going on within the Organization.

Thank you to all who contributed articles and photos. Please, continue reporting the happenings in your area.

Wishing you a splendid summer,

*Alicja Kuklińska*  
Editor-in-Chief

## Poland's most famous natural monument

**The oak called Bartek** is the most famous tree in Poland. It is one of three oldest Polish oak trees, believed to be about 1200 years old; however, scientific studies estimate its age at about 700 years. There are several older trees in Poland, yet none of them has matched Bartek's fame.

It grows in Zagnańsk near Kielce in the Świętokrzyskie Mountains. According to legend, it was favored by King Boleslaw Krzywousty and King Kasimir Wielki who camped under it during their hunts. At the beginning of the 20th century, the large oak was partially destroyed by fire, but a dozen years later its trunk was filled with concrete, and its boughs were held up by supports. Between the wars, the oak was categorized as the most significant and valued natural relic by a select panel in 1934. In 1952, the oak was designated as a natural monument. In 1991 the giant tree was struck by lightning which ignited the tree trunk, and new supports were installed. Despite this damage and its old age it still grows and bears fruit. Next to it, the oak tree Little Bartek was planted in 1966 during the celebrations of the 100th anniversary of the Polish State.

The oak tree, planted in front of the PNA building in Chicago in commemoration of the 100th anniversary of Poland regaining its independence, doesn't yet have a name. If you have a suggestion, please email me at [zgoda@pna-znp.org](mailto:zgoda@pna-znp.org)

AK





# New Officers of the PNA

On June 4-5th 2018, the Business and Fraternal Board of the PNA Directors met in Chicago. The first order of business was the election of the new National Secretary and Business Board Director. **Ms. Alicja Kuklinska** of Chicago, IL, District XIII, Council 3, and Lodge 257 was elected to the position of the National Secretary. **Mr. Jeffrey Twardy** of Pittsburgh, PA, District VIII, Council 145, Lodge 1052, became new Business Board Director. Both candidates met all requirements according to PNA By-Laws, and were approved by the Nominating Committee. Censor Wesley Musial installed both newly elected Officers of the Alliance.

*Photos: Lukasz Dudka*



*Censor Wesley Musial  
and National Secretary  
Alicja Kuklinska*



*Censor Wesley Musial  
and Business Board  
Director Jeffrey Twardy*



## Notice of Vacancy for PNA Fraternal Director in Region "B"

**Notice is hereby given that the elective office of Fraternal Director in Region "B" of the Polish National Alliance of the U.S. of N.A. has become vacant due to the vacancy caused by the election of Mr. Jeff Twardy to a position of the PNA Business Board Director, on June 4th, 2018. By this announcement the vacancy is officially declared.**

Pursuant to the provisions as stated in section 78 and 97(5) of the By-Laws of the Alliance, the filling of the vacancy in the elective office of Fraternal Board of Director is by election by majority vote of the Fraternal Board of the Alliance at their next regular meeting, or at a special meeting. The vacancy shall be filled not later than ninety (90) days from the date of this publication in the Zgoda.

As stated in section 69 of the By-Laws of the Alliance, if a vacancy shall occur Fraternal Board of Directors the vacancy shall be filled by the individual qualified to hold office from the same Region wherein the vacancy occurred.

A candidate for the elective office of Fraternal Director in order to qualify must satisfy the all requirements as set forth in Section 71 of the By-Laws. (see page 6 of this issue)

Any qualified member of the Alliance may submit an application within thirty (30) days after the announcement of the vacancy in the official publication of the Alliance - "ZGODA".

**Applications post marked later than  
July 18th, 2018 will NOT be considered.**

For information or questions please call  
**National Secretary Alicja Kuklinska at:  
1-800-621-3723**

A request for an application must be made in writing or electronically to: [alicja.kuklinska@pna-znp.org](mailto:alicja.kuklinska@pna-znp.org)

Polish National Alliance  
Att: Alicja Kuklinska  
National Secretary  
6100 North Cicero Avenue  
Chicago, Illinois 60646

The Polish National Alliance of the United States of North America ("PNA") recently adopted, by referendum vote, amendments to its By-Laws. The change addresses Section 71 - Qualifications of and other Provisions Relating to Candidates for either Elective or Appointive Officers of the Alliance. The By-Laws amendments were forwarded to the Illinois Department of Insurance, the Domicile State for the PNA and the approval was granted on April 5, 2018.

**BY-LAWS**  
**OF THE POLISH NATIONAL ALLIANCE OF THE NORTH OF AMERICA**  
**REVISED PURSUANT TO AMENDMENT APPROVED BY REFERENDUM BALLOT BY THE DELEGATES OF THE 47TH CONVENTION**

**ARTICLE VI**  
**Officers of the Alliance**

**Section 71 - Qualifications of and other Provisions Relating to Candidates for either Elective or Appointive Officers of the Alliance**

**A. Elective Officers**

A candidate for an elective office specified in Section 69 hereinabove, must possess the following qualifications:

1. At the time of application the candidate must be a Beneficial Premium Paying Member of the Alliance in good standing, uninterruptedly, for at least five (5) years, immediately preceding election to office. In addition, a candidate for a Fraternal Director of the Alliance shall be a member of a lodge for at least three (3) years in the region to which election is sought and reside in the region to which election is sought.

2. Be a citizen of the United States.

3. Unless an incumbent Officer, the candidate must have, since the last Convention, served for at least three (3) years as a Lodge Officer or as a council delegate.

4. Such candidate must have knowledge of the membership products of the Alliance.

5. A candidate for the position of President, Vice President, Secretary, Treasurer or Business Board of Director must ~~be either the incumbent for the position not have been convicted of a felony, must have at least 5 years insurance industry or insurance regulatory experience, and shall possess two or more of the following qualifications:~~

- a) Must be an incumbent National Officer;
- b) Must be a certified public accountant, a chartered financial planner or be a chartered underwriter;
- c) Working knowledge of financial accounting;
- d) Bachelor's or higher degree from an accredited university or equivalent combination of education and financial industry experience;
- e) Prior management experience;
- f) Demonstrated superior judgment, analytical ability, communication skills and leadership; or
- g) Demonstrate knowledge of insurance by passing the FMLI certification issued by LOMA; or
- h) Has passed at least the first two (2) LOMA exams concerning insurance products and insurance operations.

~~or demonstrate knowledge of insurance by passing the FLMl certification issued by LOMA, a certified public accountant, a charter financial planner, hold a master's in business administration or public administration or be a charter underwriter. Additionally, an individual can be eligible if such individual has passed at least the first two (2) LOMA exams concerning insurance products and insurance operations and agrees to pass at least one additional exam each quarter after his or her election. In the event such a candidate is elected~~

~~and fails to pass the additional exams as specified herein, the Business Board of Directors shall declare a vacancy in the position to which such candidate was elected at its meeting immediately lowering such failure.~~

6. Notwithstanding anything to the contrary, Candidates shall not be eligible if they have been convicted of a felony, been discharged in bankruptcy or if any federal or state statute, regulation or rule prevents such individual from holding such office.

**B. Appointed Officers**

A candidate for an appointed office as specified in Section 70, shall possess such qualifications as are prescribed by these By-Laws and such other qualifications as may be determined by the Business Board of Directors.

**C. Other Provisions Relating to Elective and Appointive Offices.**

Candidates for either elective or appointed officers are subject to the following prohibitions:

1. Cannot serve as an officer, agent, delegate or employee of any other fraternal benefit society, or be engaged in any capacity whatsoever in any other life insurance company or as an agent which does not have a contractual relationship with the Alliance.

2. Shall not be a member of any subversive organization having for its object the over-throw of the government of the United States of America by force or violence, or engage in acts of espionage for and on behalf of any foreign power.

Any elective or appointed Officer of the Alliance, who shall during tenure of office violate any of the above prohibitions, shall automatically forfeit the office thereby, which office shall thereupon be deemed vacant and filled in manner and form as herein provided for in these By-Laws. The foregoing prohibitions shall also apply to all Officers of any subordinate body of the Alliance.

A candidate for any of the offices hereinabove enumerated shall, at the time of the filing of application for the office, execute and file with the office of the Secretary of the Alliance, upon forms approved and satisfactory to the Business Board of Directors, evidence of compliance with the qualifications and conditions hereinabove specifically set forth and such other information as the said Board of Directors may require.

No member of the Alliance shall seek or be a candidate for more than one (1) elective office specifically set forth in Section 69 hereof at each Convention of the Alliance.

Candidates for the office of Commissioner shall not be candidates for election to any other Office at the same Convention.



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## From the Manager of Sales

Dear Members,

After Chicago's cold and long winter, everyone in the main office welcomed the sun bringing us long-awaited warmth and cheerfulness. That is why we are now ready to offer our new and existing members a sizzling hot promotion featuring the **Life Paid Up at 90** life insurance plan.

According to the 2017 Insurance Barometer Study, 8 out of 10 Americans overestimate the actual cost of life insurance. Example: yesterday, I paid \$3 for my cream, no sugar coffee. For \$1.10 per day, I can purchase \$25,000 life insurance coverage during PNA's summer promotion.

If you were thinking, talking, or contemplating on providing extra protection for your family by purchasing the life insurance for yourself or others, now is the time.

We are living in a fast-paced world. Thoughts and questions are flooding our brains. Did we complete certain tasks, pay all the bills, and reply to all emails and text messages? We have all these plans, dreams and expectation that can be crushed with one heartbreaking phone call.

I am urging you to stop for a moment. Reflect on your life and those you love and care about. Protect your family's future with the PNA. Our predecessors believed in the power of life insurance and so should you.

I would like to wish you a great and safe summer and hope you will take advantage of this exclusive, limited-time offer. Please call the PNA sales representative or the main office at 1-800-621-3723 ext. 330, 344, or email us: [info@pna-znp.org](mailto:info@pna-znp.org).

Don't delay. Act now, before other projects take over your attention!

Fraternally Yours,

*Jolanta Walaszek*  
Manager of Sales

### Life Paid up at 90

Questions  
& Answers

**1. What kind of plan is Life Paid up at 90?**

It is a permanent plan of life insurance.

**2. Is there a limit as to the amount of insurance I can purchase on this plan?**

There is no limit on the amount of insurance you can purchase, however, our standard underwriting requirements will apply.

**3. Can I purchase less than the offered amount?**

With this offer, the minimum amount is \$20,000 if you are between the ages of 50 and 60.

If you are between the ages of 61 and 70, the minimum amount is \$15,000.

**4. When does the coverage take effect?**

The coverage takes effect once the application is approved by the underwriter and payment received.


**5. What if I am not satisfied with the certificate?**

You can review the certificate for a "thirty day free look" period. If you are not satisfied with the certificate, you can simply return it and your premium will be refunded.

Don't wait!

Get the life insurance  
you and your family deserve!





Get Permanent  
Life Insurance  
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Take advantage  
of a **sizzling hot promotion**  
from the Polish National Alliance

- ✓ Permanent Life Insurance Plan
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Premiums lowered by 10%
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**July 31, 2018**

- ✓ Do you have adequate life insurance coverage?
- ✓ Do you have enough to cover your final expenses?
- ✓ Does your family depend on your income?



**1-800-621-3723**

Jolanta: ext. 330 Halina: ext. 344

[www.pna-znp.org](http://www.pna-znp.org)

**Polish National Alliance**  
of the U.S. of N.A.  
6100 N. Cicero Ave.  
Chicago, IL 60646

# Things are Really Cooking at the PNA in Baltimore

**BALTIMORE, MD.** Too Many Cooks? The proverb “Too many cooks spoil the broth” doesn’t necessarily apply in the kitchen of the Polish National Alliance – Council 21. Since 2011, monthly fall, winter, and spring Saturday Polish cooking classes have been conducted here. The popular idea originated with PNA members Agnieszka Krajewski and Malgorzata Janowski, and now also includes committee members Lucia DiRado and Susan Miller. The class size is usually 10-12 participants costing \$30 per person. Everyone is welcome to attend - PNA membership is not a prerequisite - according to Council 21 President Maksymilian Bondyra.

The expert instructions for the various prepared-from-scratch and totally authentic dishes are instructor delivered via hands-on individual participation by the participants over the course of about 3 hours. Afterward, everyone sits down in the lounge and consumes with gusto the culinary delights that they have proudly created. An extra bonus is that the aspiring gourmands are given detailed recipes to take home with them from their unique culinary experiences.

All of the usual classic dishes in the Polish repertory are prepared in monthly rotation, such as golabki, pierogi, bigos, kielbasa, placki,



*Golabki (stuffed cabbage rolls)*

flaczki (tripe), and kaszanka (black/blood sausage). A selection of the traditional breads, soups, and desserts are usually prepared and served in tandem with the main course.

Some dishes require going the extra mile in preparation, such as roasted goose and czernina/duck soup. The fowl are farm raised and freshly slaughtered there. The blood from the ducks is stabilized with vinegar and used as a required and key ingredient in the authentically prepared czarina with home-made noodles. The roasted goose with apples (actually a gaggle of 4 geese in this case) took a little longer in the oven than expected, but it melted in the mouth when served with the accompanying stewed red cabbage and roasted fingerling potatoes with herbs. Professional Chef Gerhard Kowalski led this special demonstration.

A larger family style and festive class was conducted on December 2nd mainly in the more spacious



*Preparing Paczki for Carnival Time. Agnieszka Krajewski, Malgorzata Janowski, Lucia DiRado, presenter Joanna Jagielska and Irena Rybak are shown proudly displaying the delicious, baked fruits of their culinary labor in preparing for Fat Thursday („Tłusty Czwartek”), always celebrated on the last Thursday before Ash Wednesday and the commencement of Lent.*



PNA Lounge featuring “Pierniczki Torunskie” – ‘Gingerbread Cookies, Torun Style,’ with expert presenter Malgorzata Bondyra who hails originally from the city of Torun, Poland. Seventeen adults and seven children, all with flour-covered hands, participated in the basic dough preparation, use of gingerbread man cookie cutters, and bringing to life the baked cookies with the royal (white) icing stylishly applied by hand. It really was a treasured old country Christmas tradition brought to a very appreciative Baltimore Polonia and its guests.

So, the broth is doing just fine even with lots of cooks in the PNA kitchen. And to that, we say “Smaczne!”

*Richard Poremski,  
Vice President of Council 21*

*Photo: Larry Janowski*



*Gingerbread artists at work*



*Preparing a goose for roasting*

## Pulaski Day in Bethlehem, PA

Members and families of the Polish National Alliance Council 171 of Bethlehem, PA celebrated General Pulaski day on April 29. Also in attendance were the Bethlehem American Legion Post 379 and the Lehigh Valley Chapter 190 Military Order of the Purple Heart.

The event is held on that day to commemorate General Casimir Pulaski's two visits to Bethlehem. His first visit was during the fall of 1777 to meet the wounded Marquis de Lafayette who was recovering in the care of the Moravians. During his second visit in 1778, he offered protection of the Moravian Single Sisters during the American Revolution. In gratitude, the sisters presented Pulaski with an embroidered crimson silk banner which he always took into battle with him. The banner was later memorialized in a poem by Henry Wadsworth Longfellow.



*Submitted by Antoinette Sharetzsky*

### Pulaski Banner



The banner was made for and presented to the brave Count Pulaski by the Moravian sisters at Bethlehem, PA after he raised and organized an independent corps of sixty-eight horses and two hundred foot soldiers in Baltimore in 1778. Pulaski received the banner gratefully and bore it gallantly through many battles until he fell at Savannah, GA in the autumn of 1779. The banner was saved by his lieutenant and eventually reached Baltimore after the close of the War. It is now at the Maryland Historical Society.

*AK*

## „Bywaj Dziewczę Zdrowe”



Doroczny koncert zespołu Lajkonik *Bywaj dziewczę zdrowe*, wyjątkowo trudny do zrealizowania i wymagający nie lada wysiłków, był wielkim scenicznym sukcesem!

W niedzielę, 15 kwietnia 2018 r., w pięknej, wypełnionej po brzegi sali Copernicus Center w Chicago, nawiązując do obchodów 100-lecia odzyskania przez Polskę niepodległości, wprowadziliśmy publiczność w atmosferę pamiętnej wiosny 1918 roku. Scenariusz widowiska wpisał się w cykl koncertów *W naszej chacie*, (w której odbywają się wigilie, kolędowania, chrzty i zaślubiny, ważne rodzinne wydarzenia). Wszystko po to, aby podkreślić wartość rodziny i wspólnego świętowania. Tym razem sięgnęliśmy dalej. Było podniosłe i wzruszająco.

Pragnę wyrazić swój podziw dla tancerzy i wychowanków zespołu, którzy w trakcie koncertu przeszli metamorfozę i jak zawodowi artyści wcielili się w role swoich rówieśni-

ków sprzed 100 lat idących walczyć za wolność Ojczyzny, żegnanych przez pozostające we wsi kobiety: babcię, matkę i narzeczoną.

W treść ponad dwugodzinnego, wypełnionego tańcem i śpiewem spektaklu, wpleciono sceny teatru ludowego, w które pięknie i dyskretnie wprowadzała publiczność tancerka zespołu Paula Grzebiń. Całość spektaklu można zamknąć w kilkoma zdaniem:

Święta Wielkiej Nocy 1918 r. W chacie, pod baczynym okiem zatroskanych o gromadkę dzieci matki (Arletta Gromek) i babci (Barbara Ignas) trwają świąteczne przygotowania. Pracami kieruje najstarsza córka (Patrycja Cyran). Dziewczęta pracowicie się uwijają: sprzątaj, dekorują, przygotowują palmę, pi-



szą pisanki, matka z babcią wnoszą święcone. Dzieci z radością witają wiosnę topiąc Marzannę, tańcząc z Gaikiem, chodząc z kogutkiem. Wszystko wokół budzi się do życia, tylko chłopcy są jacyś zamyśleni, grupują się, naradzają...

Pojawienie się w domu rannego ojca Hallerczyka (Sebastian Cyran) oraz płomienne wezwanie oficera rekrutacyjnego (Bogdan Gromek), pieczętuje sprawę zaciągnięcia się do wojska. Młodzi wiejscy chłopcy „palą się do walki”, a przygotowaniom towarzyszą pieśni: *Hej dziewczyno, Przybyli utani, Ojczyzna ma, Legiony oraz finałowa - Marsz Polonia*.

Koncert był ogromnym przeżyciem dla tancerzy i ich rodziców oraz poruszonej publiczności. Swą obecnością zaszczytili nas między innymi: konsul Małgorzata Bąk-Guzik, przedstawiciele ZNP z prezesem Frankiem Spulą na czele, dyrektorzy instytucji i szkół polskich, polonijni nauczyciele, niezastąpiony fanklub Lajkonika z Trójcowa oraz dyrektor Polskiej Misji Św. Trójcy ks. Andrzej Totrzkę, który podbił serca publiczności rolą nauczyciela gwary kaszubskiej.

Słowa podziękowania kieruję do ok. 50 wolontariuszy (rodziców) oraz osób, które wypożyczyły zespołowi mundury i rekwizyty. Wspólnym wysiłkiem niemożliwe stało się wykonalne. Publiczność wyraziła swój podziw dla artystów gromkimi brawami i komplementami za „niezwykłe widowisko” i „prawdziwą lekcję historii”. *Chapeau bas* dla młodych wykonawców!

Dziękujemy wszystkim za wieloletnie poparcie i słowa uznania Jesteśmy i tworzymy dla Was.

Życząc wesołych wakacji zapraszam do wspólnego tańca we wrześniu.

*Halina Misterka,*  
kierownik artystyczny zespołu Lajkonik

*Zdjęcia: Dariusz Lachowski*  
[www.lajkonikchicago.us](http://www.lajkonikchicago.us)





# Z DZIAŁALNOŚCI OKRĘGU XIII ZNP

## **Zebranie podsumowujące działalność Wydziału Kobiet Okręgu XIII ZNP**

W czwartek 1 marca, 2018 roku delegatki Wydziału Kobiet Okręgu XIII spotkały się na dorocznym sprawozdawczym zebraniu. Sekretarz Janina Kopacz odczytała sprawozdanie z działalności wydziału za roku 2017. Wszystkie zebrane panie stwierdziły jednogłośnie, że i w roku



*(l-p) Wanda Juda, Janina Kopacz, Krystyna Żak, Wanda Penar, Józef Penar, Maria Roszek-Kucharski, Jane Kulibaba*



2018 będzie organizowana Msza św. w maju, różaniec w październiku oraz spotkanie bożonarodzeniowe w grudniu. Również i w tym roku te działania podjęte będą wspólnie ze Stowarzyszeniem Dobroczynności Okręgu XII i XIII. Zdecydowano również, że będą obchodzone urodziny delegatek. Zebranie zakończyło się poczęstunkiem ufundowanym przez Gminę 91, komisarzkę Wandę Judę i sekretarza Janinę Kopacz.

Serdecznie dziękujemy delegatkom Wydziału Kobiet Okręgu XIII i Stowarzyszenia Dobroczynności za popieranie naszych imprez i prośbę o dalsze względy.



*Przedstawicielki Gminy 75 ZNP*

## **Spotkanie towarzyskie Gminy 120**

W niedzielę 18 marca, 2018 roku, w siedzibie Związku Narodowego Polskiego odbyło się spotkanie towarzyskie Gminy 120. Zebranych gości przywitała wiceprezes Gminy 120 ZNP Wanda Penar, a gości przedstawił prezes Stanisław Magnuszewski. W przyjęciu uczestniczyli: dyrektor biznesowa ZNP Irena Hercik, były panie dyrektor Anna Wierzbicki i Stanisława Rawicka oraz byli komisarze Zenon Olejniczak i Józef Hercik. Licznie przybyli członkowie Chóru Filareci-Dudziarz z prezes Anną Smoroń na czele. Obecny był również prezes KPA-Wydziału na Stan Illinois Bogdan Strumiński.

Spotkanie uatrakcyjniły dzieci z

Polskiej Szkoły Sobotniej im. Gen. Władysława Andersa przedstawianiem wiosenno-wielkanocnym wyreżyserowanym przez panią Wiesławę Dziedzic. Szkoła ta należy do Gminy 120, jej dyrektorem jest pani Wanda Penar, długoletnia wiceprezeska gminy oraz dyrektor krajowy ZNP regionu „G”.



*Najmłodsi uczestnicy spotkania towarzyskiego - Kuba Belzek i Nadia Przeslicke*



*Dumne babcie Kuby i Nadii – Mary Srodon i Janina Kopacz*



*Irene Hercik, Wanda Penar i Wanda Juda z dziećmi z Polskiej Szkoły im. Gen. Władysława Andersa*



Dzieci dostarczyły wszystkim doskonałej rozrywki, za co zostały wynagrodzone dużymi brawami oraz słodkimi nagrodami od wielkonoconego króliczka.

Zostały rozlosowane loterie fantowa i pieniężna i podano smaczny obiad. Wszyscy zebrani spędzili niedzielne popołudnie mile i wesoło.

Wszystkim przybyłym – serdecznie dziękujemy!

### **Majówka Wydziału Kobiet Okręgu XIII**

W czwartek 3 maja, jak co roku, zorganizowaliśmy (majówkę) uroczystą Mszę św. z koronacją figurki Matki Boskiej. Nabożeństwo majowe to długoletnia tradycja Wydziału Kobiet Okręgu XIII, biorą w nim również udział delegaci Towarzystwa Dobroczynności Okręgu XII i XIII. Gospodarzami tegorocznej majówki były panie należące do Gminy 75 ZNP.

Mszę św. odprawił ojciec Mikołaj Markiewicz z Merrillville, Indiana. Modliliśmy się za członków Okręgów XII i XIII zarówno żyjących, chorych jak i zmarłych w ubiegłym roku. Modliliśmy się również z okazji 100 rocznicy odzyskania wolności przez Polskę. Podczas mszy czytały panie Małgorzata Szuba i Elżbieta Cimochowicz. Śpiewaliśmy pieśni maryjne, a na zakończenie Baręk - ulubioną pieśń św. Jana Pawła II. Koronacji figurki Matki Boskiej dokonała pani Melania Wiekierak. Po Mszy św. tytułem Matki Roku uhonorowana została pani Janina Piotrowska z Gminy 75. Wszystkim paniom wręczyliśmy róże z okazji zbliżającego się Dnia Matki. Wracając do tradycji sprzed lat, panie obchodzące urodziny od stycznia do czerwca zostały obdarowane czekoladkami.

Były wśród nas dyrektor biznesowa Irena Hercik, dyrektor krajowe Barbara Wesołowski i Wanda Penar, komisarka okręgu XII Agata Mścisz, była dyrektor krajowa Anna



*(l-p) Małgorzata Szuba, Anna Wierzbicka, Wanda Juda, ks. Mikołaj Markiewicz, Janina Kopacz, Matka Roku – Janina Piotrowski, Elżbieta Cimochowicz*

Wierzbicka oraz była komisarka okręgu XII Anna Kokoszka.

Dziękujemy księdzu Mikołajowi za przybycie z Indiany i odprawienie Mszy św., paniom Małgosi i Eli za czytanie, pani Mary Srodoń i Janinie Kopacz za przygotowanie ołtarza Matki Boskiej, panu Józefowi Penarowi za zaproszenie księdza oraz wszystkim zebrany za liczne przybycie. Bóg zapłać!

*Wanda Juda,  
Komisarka Okręgu XIII ZNP*



*Panie obchodzące urodziny od stycznia do czerwca*



*(l-p) Agata Mścisz, Barbara Wesołowski, Irena Hercik, Małgorzata Szuba, Anna Wierzbicka, Anna Kokoszka, Wanda Juda, ks. Mikołaj Markiewicz, Janina Kopacz, Janina Piotrowski, Elżbieta Cimochowicz, Wanda Penar*

# Greetings from Region "H"

Wishing all a beautiful summer!

## Panna Maria, Texas

February 25, 2018. Dr. Jim Mazurkiewicz, Kosciuszko Lodge 165, hosted a delegation of 31 people from Poland. This group was "moved to tears" while listening to stories by the parish priest, Father Iwaniec, as he told them about the hardships and determination of the first Polish settlers in 1854 at Panna Maria, the oldest permanent Polish settlement in the U.S. The delegation included Polish Agriculture leaders who were touring Texas with the guidance of Dr. Mazurkiewicz, Texas A & M AgriLife Extension Director. This tour included stops in Panna Maria, Amarillo, Lubbock, San Antonio, Kennedy, Junction, Abilene and MANY more cities in Texas.

Dr. Jim is touched by an amazing gift he received from the Polish Agriculture Leaders on their trip to Houston - a replica of a coronation sword of Polish Kings.



## Austin, Texas Annual Bigos Cook-Off

March 17, 2018. The 14th Bigos Cook-off was a success. Thank you, Bigos Chefs, for competing. The bigos was outstanding!



## Blessing Of The Easter Baskets – Święconka

March 31, 2018. This year's Święconka in Texas was held in Houston, College Station, Dallas, Plano, and Austin. The Polish Easter Traditions are strong in Texas! Many of the Easter Blessings were followed by Easter Egg Hunts, the Easter bunny, face painting and more, and a family afternoon. In Houston, the celebration continued with a traditional Easter meal with attendees.



*Easter donation to the Polish School in Houston by PNA Region „H,” Director Jolanta Mazewski-Dryden featured here with Director, Hanna Tomaszekiewicz.*



## Houston, Texas

April 7, 2018. Wawel Dancers of Houston represented Polish folk culture at the International Day at St. Maximillian Kolbe Church. PNA members Maryann Caiston, Mike Kurtin, Jerry Dorcz, and friends took part in this beautiful celebration.





## El Paso, Texas

April 9, 2019. Thank you for attending and supporting our 2nd Annual International Women's Day 2018 event, benefiting El Paso Villa Maria shelter, where homeless women are in transition from crisis to self-sufficiency. Together, we are making a positive impact and improving the wellness of our community, helping others through life's challenges.



*Great fundraiser in El Paso by the General Casimir Pulaski Society!*

## 4th Annual Polish Crawfish Boil at Polonia Restaurant

April 14, 2018, Houston, Texas. Once again, the fabulous Polish Crawfish Boil was on. Polish – Cajun flare was on for the day. Hosts were Andre and Sharon Szpak of Polonia Restaurant. PNA members helping out with the event included Jolanta Antonina Mazewski-Dryden, Region H Director, Lukas Bielecki, Katie Kubiak, Erica Dryden, Thaddeus Dryden, Michał Szpak, Michael Kurtin, Andrzej Szpak, Richard Mazewski, and Brian Marshall the Polish Fiddler leading the entertainment. Many more PNA members were on hand to sing, dance and eat!



*Young PNA Member Giddion Mazewski and Erica Dryden enjoying the festivities.*



*Region „H” Director Jolanta Mazewski-Dryden, and newest PNA Sales Rep Lisa Johnson representing at the Crawfish Boil.*



## San Antonio, Texas

April 29, 2018. It was a Polish Fandango with Bryan Marshall, Lodge 165, and the Tex-Slavic Playboys playing at the Polish American Center as part of a series of musical and dance performances celebrating San Antonio's 300th Birthday and included a fiddling workshop, Polish dinner, and a special dance performance by the Mazurka Polish Dancers of San Antonio. The event

was hosted by Our Lady of the Lake University's International Folk Culture Center. The event included listening to Brian Marshall's Polish fiddling workshop at the Polish American Center PNA Lodge in San Antonio, with Frank Motley on the accordion and Brian Marshall's son on the clarinet along with Brian on the fiddle.



## The Annual Houston Polish Festival, Houston, Texas

May 4 – 6, 2018. Record-breaking attendance at the annual festival that featured amazing Polish food, entertainment, vendors, and kid's activities. PNA was once again represented with a Culture & Information Display Booth. On hand was Jolanta Mazewski-Dryden Region "H" Director, and Richard Mazewski, PNA Sales Representative.



*Getting Ready for the Festival, Kosciuszko Lodge 165 member, Mary Ann Caiston, and friends just one of many desserts - Chrusciki,*





*Dance Group Wawel stopped in at the PNA booth.*



*The crowds at the Houston Polish Festival!*



*Lodge 2336 members Thaddeus and Erica Dryden performing with the Wawel Dance Group*



*Special appearance of the Jagoda Dance group from Dallas, Texas.*



*The Gazdyszyn family (Lodges 165 and 2336) stopped in to visit at the PNA booth.*

### **Polish Heritage Center at Panna Maria, Texas**

May 10, 2018. Great meeting of the PHC campaign steering committee with special guest Jolanta Antonina Mazewski-Dryden, PNA Fraternal Director, Region "H" who introduced the group to the PNA. The Steering committee and many volunteers are longtime PNA members as well as their families.



*Steering Committee, many long-time PNA members along with Region H Director Dryden in front of under construction Polish Heritage Center with the beautiful backdrop of the Texas fields that look like Poland.*



*Panna Maria, Church. Oldest permanent Polish Settlement in the US.*

### **Fundraiser – The Polish Community comes out to support its own!**

April 15th, Houston, Texas. A special fundraiser was held for Barbara Bilewska, mother of Ewelina Reichert, a teacher at the Polish School in Houston to raise funds for Stem Cell Transplant for MS. PNA member Anette Odolski, fellow teachers and friends funded the Sunday meal to raise money to help with the Stem Cell Transplant.



*Submitted by  
Jolanta Mazewski-Dryden,  
Fraternal Director Region „H”*

Sign up  
for **PNA** email  
newsletter!

Sign up at: [info@pna-znp.org](mailto:info@pna-znp.org)





## POLISH NATIONAL ALLIANCE – 2018 ANNUAL PHOTO CONTEST

### "Memories of Summer"

Summer is always full of beautiful memories and precious moments that can be captured in photos. We would love to have you share these memories and pictures with us!

Scenic trips, fun family poses, water activities, unforgettable expressions, extraordinary moments are awaiting. Make the most of this summer. Take a contest-worthy photo, and share it with your PNA family. We are waiting for your picture!

#### PNA PHOTO CONTEST 2018 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 2018.
3. Duration of the contest is **JUNE 15, 2018 – OCTOBER 15, 2018.**
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 **OCTOBER 15, 2018** & mailed to:

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



# PNA 72<sup>nd</sup> National Bowling Tournament



Clearwater, Florida - The PNA 72<sup>nd</sup> National Bowling Tournament was held this year on April 27 and 28, 2018 in Clearwater, Florida. Bowlers and guests gathered at the Maple Lanes Countryside Bowl for their assigned squads.

The Friday squads of Singles and Doubles, a bowler who resides in Florida, Robert Smolka rolled a perfect 300 game. After the event, the bowlers were treated to a hospitality night to welcome the bowlers

at the bowling alley. The Home Office provided snacks and drinks for all attending.

Saturday featured the team event. Before the team event, the annual opening ceremonies was held. Vice President Marian Grabowski was

Tokarski. The Mayor of Clearwater, Mr. George Cretekos, was introduced. He greeted everyone, and then threw out the first ball to officially open the tournament. PNA dignitaries and guests who attended the opening ceremonies included; Vice President Marian Grabowski, PNA Director, Greg Chylecki; PNA Commissioner; Wanda Juda (District 13), Fraternal Coordinator Mary Srodon, and Former PNA Director Anna Wierzbicki,

To keep with the tradition, the winning Men's and Ladies' teams from the 71<sup>st</sup> Tournament held in Lockport, Illinois were announced by Tournament Coordinator Robert M. Jadach. A group photo of all the bowlers attending was then taken. Those who traveled out to the tournament enjoyed themselves with fun and fraternalism.

*Story By: Robert M. Jadach  
Photos by Mary Srodon*



introduced by Fraternal Coordinator Mary Srodon. He welcomed the bowlers to Florida and wished them good bowling and high scores, thanked the management of Maple Lane Countryside Bowl and their staff for the terrific job they have done for the tournament, and sent greetings from PNA President Frank J. Spula and Treasurer Steve







## Dart League Champions

The team of the Polish National Alliance Council 113 members won the 2017 – 2018 Dart League Championship in the city of Amsterdam!



*Pictured from left to right: Morris D. Van Heusen Sr., Edward Swiderski – Council 113 President, David Jablonski, Robert Hayes, Joe Angelo, Zbigniew Witkowski – Club Manager, Ramsey Smith, Tony Lekutis, and Dennis Rogers.*

*Submitted by Edward Swiderski,  
Council 113 President, Amsterdam, New York*

## Election of Officers in Baltimore's PNA Council 21

On February 17, 2018 Council 21 in Baltimore held its annual election of officers.



*Pictured sitting are: Recording Secretary Malgorzata Bondyra, Financial Secretary June Johns and Vice President Melissa Kalinowski. Shown standing is Sergeant-at-Arms Thomas Johns, President Maksymilian Bondyra and Vice President Richard Poremski. Not depicted: Treasurer Barbara Damesyn and Sergeant-at-Arms Chester Klauza.*

*Submitted by Richard Poremski, Vice President of Council 21*

## PNA Lodge 411 Generous Gift to the Community

The Polish National Alliance Lodge 411 of New Castle, PA presented a \$10,000 donation Monday, May 21st, 2018 to the New Castle Public Library. The gift was tagged for upkeep, maintenance, and renovation of the library's Copernicus Room.

In 1976, Polish-American organizations and churches in the New Castle area, together known as the Polish Central Committee, donated money for the establishment of the Copernicus Room, to be used as a community meeting room in what was then the new library building. The room was named in honor of the Polish astronomer Nicholas Copernicus.



*From left are Tom Wajert, New Castle Public Library board president Thomas Mansell, library director Susan Collins and Bernadette Przybylski at the library board meeting.*

Presenting the donation at Monday's library board meeting were two of the original members of the Polish Central Committee, Thomas Wajert and Bernadette Przybylski. A third original member, Alice Ostrowski, was unable to attend.

*Source: [www.ncnewsonline.com](http://www.ncnewsonline.com)*

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# Baseball in Poland



The 18th International Presidents Cup Baseball tournament was held in Dzialdowo, Poland from March 9 to March 11, 2018. Teams from 5 countries sent their boys and girls to compete for the Presidents Cup Trophy. All three hundred (300) came by bus and van the Ukraine, Belarus, Moldova, Lithuania, and parts of Poland.

The games were played in two Olympic size gymnasiums, and for many children, this was the first time they were out of their native countries. The schools where they played also served as their hotel. Polish ladies fed them three times a day at no cost to their teams.

The team winning the Presidents Cup Trophy was from Belarus. 11 teams from out of the country and eight teams from Poland competed in the tournament. The first place winner among the Polish teams was Yankees Dzialdowo, and Coach Andrzej Krzykowski did an excellent job with his team.

This annual tournament was first organized by Coach Zdzislaw

Ziolkowski, who has continued the tournaments for 18 years with the help of many dedicated volunteers and sponsors. Since Coach Ziolkowski has been coaching baseball, Poland now has a senior group that we hope will qualify for Poland's Olympic Baseball team.

The Polish National Youth Baseball Foundation is looking for a few good men and women, who want to help promote baseball in Poland and Eastern Europe by collecting proper used baseball equipment to send to interested children. We also ask for your financial support. Checks can be made out to PNYBF, 222 Ocean Drive East, Stamford, CT 06902. If you would like to obtain more information on how to support PNYBF, please contact Al Koproski at 203-323-9944.

*Photos were taken at the tournament in Dzialdowo, Poland, 2018*

*Submitted by: Al Koproski,  
President of PNYBF, Stamford, CT*

## PNA Sales Training in Greenpoint Brooklyn



On Sunday, April 8, 2018, in the heart of the Polish community, the Polish National Alliance District III held a Sales Training session, which was presented by Edward J. Zavaski, Director of Sales of the SIG Insurance Agencies in Cheshire, CT. In attendance were PNA sales representatives from the New York and New Jersey areas.

Mr. Zavaski through his extensive presentation was able to include the history and traditions of the Polish National Alliance, including its new visions and products that are available for our members.

By pointing out proven sales principles, including self-motivation and by representing new tools for excitement about the PNA product and the Organization, he was able to engage all of the attendees.

This type of training and personal contact with a sales professional was beneficial and well appreciated by the attending representatives. We thank the National Office and to Ms. Jolanta Walaszek for arranging this very successful Sales Training event.

Attendees: Bozena Kaminski, Danuta Bronchard, Zenobia Diop Zielenski, Leszek Gensonski, Ira Bowles, Henry Davis

*Submitted by: Bozena Kaminski,  
PNA Fraternal Director Region "C"*

# 13<sup>th</sup> Annual “Polish Food Fest.”



Minto, North Dakota, March 24, 2018.

Spring is in the air when the aroma of homemade Polish food fills the Minto Community Center in Minto, North Dakota. The Warsaw PNA Dancers’ annual “Polish Food Fest” has become an annual event for Polish food lovers from all over eastern North Dakota from Fargo to the Canadian border and throughout northwestern Minnesota. More than 600 people attended this year for food, fellowship, and dancing.

PNA Lodge 3043 organizers and parents of the dancers served a

steady flow of customers for 4 hours at their March 24th fundraiser. Many who came had not eaten a plate of all these Polish favorites since this same event the previous year. This event has become a “re-union of Polish friends”!

The special guest of honor for the evening was the PNA Sales Manager, Jolanta Walaszek of Chicago, Illinois. Jolanta greeted the attendees and spoke about some of the best insurance offerings of the PNA, the largest ethnic fraternal in the U.S. Jolanta also took time to meet and greet attendees as they arrived and distributed a wealth of information about the PNA, and all it had to offer.

A delicious buffet meal included pierogi, kluski, cabbage rolls, homemade Polish sausage, czarna, potato pancakes, kapusta and pork, Polish chili, Canadian herring, paczki, salads, and Polish desserts. Generous donations from many “friends of the PNA” show

tremendous support for keeping this tradition of the Polish heritage. The Warsaw, and “Kraakowiak dancers” of Lodge 3043 and Council 195 are currently the only dance groups in North Dakota performing Polish dances in the native costumes.

Chris Misialek, and his committees prepared over 200 lbs. of Polish-style sausage, 1,300 homemade pierogi filled with cheese or potatoes and onions, hundreds of kluski and cabbage rolls and 40 dozen fresh buns made by Beaver’s Café of Minto. Smaczno!

There was also a Polish gift store, a 50/50 raffle, raffle for prizes, auction for donated items by community businesses, and shots of Polish vodka or brandy sold in Polish shot glasses, high ball and water glasses with the Lodge logo were also used for accenting the table centerpieces.

Entertainment was provided by the PNA members of the Warsaw lodge. A high turnout of “Alumni



dancers” performed as well as the “Tots,” ages 2-6 and several intermediate level performers, ages 7-14.

Sandra Schuster, Dance Director, and District XIV Commissioner Gary Babinski, were delighted with the turnout. Sandra spoke to the attentive crowd about the importance of membership in PNA and maintaining an active position between the Lodge and the community. Excellent weather conditions contributed to the success of the event.

“We’ve found a menu that is unmatched by any fundraising group in the area, so it is extremely successful each year,” says Schuster.



“It takes the cooperation of many willing volunteers to plan, prepare, serve and clean up a delicious meal like this.” “In addition to the PNA lodge members, all of this would not be possible without the tremendous help of people in the Minto community and surrounding area.” Cooking started days before the actual food fest date.

Proceeds from this event supplement costume expenses and operations for the PNA dance groups sponsored by Lodge 3043 of Warsaw, North Dakota. The dance groups also donate funds to help maintain the Minto Community Center, where they have rehearsals year round and store many costumes. Lodge 3043 donates several thousand dollars to community projects each year.

*Submitted by Sandra Schuster,  
Lodge 3043, Warsaw, ND*

*Photos by Jolanta Walaszek,  
PNA Manager of Sales*



## „Żaki” ambasadorzy polskości

Dnia 15 marca 2018 w szkole Hickory Creek Middle School we Frankfort, Illinois odbył się program zatytułowany “Around the World”, na którym przedstawiciele 20 państw prezentowali swoją kulturę i tradycje.



Polskę dumnie reprezentował zespół “Żaki” z Polskiej Szkoły im. Króla Kazimierza Wielkiego w Orland Hills. Dzieci pod opieką choreograf Agaty Mścisz zatańczyły tańce krakowskie oraz góralskie.



Występ „Żaków” bardzo przypadł publiczności do gustu, został nagrodzony rzesistymi brawami i zaproszeniem do udziału w imprezie w następnym roku.

*Agata Mścisz, Komisarz Okręgu XII*



# Easter Egg Hunt in Los Angeles, CA

This year, on March 31st, Lodge 700 celebrated another Easter holiday through their annually occurring Easter Egg Hunt. The hunt took place at Our Lady of The Bright Mount Polish Parish, located on the outskirts of Downtown Los Angeles. Every year, on Holy Saturday, Polish people of the greater



*(l-r) Olivia Bosek, Chris Grzelecki, Kamil Grzelecki, Krysia Tuszyński waiting for children and their parents to purchase tickets.*



*(l-r): Leokadia Wilczek, Grażyna Wiacek and Elżbieta Rudziński collecting tickets and checking memberships of children and their parents.*

Los Angeles area gather to bless the feasts that they will consume the following morning with their families. This coming-together also allows for people to congregate and celebrate the coming of the Resurrection of Our Lord as well as socialize and experience a joyful day as one community.

Because I am away at school in Oregon, it is difficult for me to stay actively involved in the Polish community on a weekly basis. However, when I do come back home to Los Angeles, I make it a point to re-kindle my relationships with other parishioners as well as be involved in events that take place at the parish. Because I have been a PNA member for many years and the organization has given my family and me so much, being a volunteer at the annual Easter Egg Hunt is the least I can do to show my gratitude. This year, the weather was beautiful and holiday spirits were high. Children

of a variety of ages participated in the egg hunt. After each age group finished the hunt, they received a bag of candy and a PNA coloring book. A young woman by the name of Helenka Babiszkievicz found the golden egg and was rewarded a \$20 cash prize.



*(l-r): Helenka Babiszkievicz, President Kasia Akrami*

Each year's Easter Egg Hunt turns out to be more exciting, successful and rewarding than the last. I would like to thank Lodge 700 President Kasia Akrami for inviting me to participate every year, as well as PNA for being able to organize such a heart-warming on a yearly basis. I look forward to the upcoming PNA Easter Egg Hunt, and invite you all to join us.

*Submitted by: Dominika Wilczek*



*Children gathering for a photo before starting the egg hunt.*



# District VIII Spring Events

## District VIII Convention

The top 5 sales representatives were recognized at the District VIII Convention held in Westmoreland City Lodge 664 on Saturday February 3rd of this year. A cash prize, and a desk pen set were awarded to the winners.



*Standing left to right are: David Sinclair, Commissioner District VIII, Mike Sharek, president of Lodge 1234 and Jeff Twardy, National Fraternal Director. Missing are: Dale Myers, Financial Secretary Lodge 664 and Jeffrey Wudkwyh, Financial Secretary of Lodge 1746.*

## 2018 Bowling Tournament

The District VIII Bowling Tournament was held in Johnstown, PA on March 10th. Moxam Lodge 1327 hosted the tournament. Commissioner David Sinclair and Fraternal Director Jeff Twardy presented the awards.

## District VIII 2018 Bowling Tournament Winners

	Men	Women
First Place	Lodge 1234: Outkast - 3450	Lodge 1241: Weagle Women - 3289
	Les Martz	Michele Kubicki
	Tim Townsend	Marcy Campbell
	TJ Klisvage	Darlene Loftus
	John Ressani	Monica Valla
	Jake Ronian	Kathy Hauser
Runner Up	Lodge 352: PNA 352 - 3379	Lodge 1327: The Winetts - 3241
	Steve Galaski	Rhonda Krents
	Mark Katesic	Teresa Meier
	Jay Peebly	Beverly Englehart
	Jeff Puc	Cindy Buday
	Brian Arnold	Simone Coughenour
High Game	Lodge 1052: Fred Smallhoover - 288	Lodge 1327: Teresa Meier - 186
High Series	Lodge 664: Dom Hood - 640	Lodge 1327: Teresa Meier - 497



*First Place Women Lodge 1241*



*Teresa Meier, Lodge 1327, winner of High Game and High Series with Jeff Twardy and David Sinclair.*



*Fred Smallhoover, winner of High Game, with Jeff Twardy and David Sinclair.*



*The bowlers enjoying a fine reception after the tournament.*

*Submitted by David Sinclair, Commissioner District VIII*

# PNA Song and Dance Concert 2018

On Sunday, March 11, 2018, song and dance groups sponsored by the Polish National Alliance exhibited their abilities to a broad audience of their families, friends, and enthusiasts of Polish folklore.

Over 600 people gathered at the Lane Technical High School in Chicago, to admire performers dressed in beautiful costumes executing songs and dances representing different regions of Poland.

Amongst the audience was the Consul of the Republic of Poland Piotr Semeniuk, and PNA president Frank J. Spula, addressing the crowd with words of admiration and wishes for continued successes.

The 2018 concert featured 16 groups (around 400 performers) supported financially, and promoted by the Polish National Alliance.

The concert was a great success. As previously, proceeds benefited participating groups.

*Photos by Dariusz Lachowski*

For a full photo gallery from the 2018 Concert visit:  
[www.pna-znp.org](http://www.pna-znp.org) (About Us/Photo Gallery)









# Camp Stanica Clean-up for 2018 Season

**Bondsville, MA.** Camp Stanica, the Polish Alliance Youth Camp, located on sixty beautiful acres of grassy fields and woods in Bondsville, MA, with the Swift River and Brown's Pond/ Crystal Lake, is preparing to open its 2018 season for PNA co-ed camping for children, members and non-members, ages 6-15. The PNA first session is scheduled for July 15 - 21, 2018. The second session will be from July 22 - 28, 2018.

Rental groups utilize the campgrounds from May to September. The pond and river are places for swimming and fishing. The grassy fields and wooded areas provide space for sporting events such as soccer and field games. The wooded areas are for hiking.

The children sleep in eleven cabins equipped with metal frame cots and mattresses. A pavilion provides space for sports, gymnastics, dancing and arts and crafts. The main lodge houses the kitchen facilities, quarters for resident staff, and an infirmary under the supervision of a Registered Nurse, and separate restrooms and showers. The cost for a one-week sleepover session is \$225.00 for PNA members and \$275.00 per week for non-members. The campers enjoy the relaxation of outdoor living, the Town of Palmer Fire and Police Departments, as well as Baystate Wing Hospital, which are located within four miles of Camp Stanica.

The objectives of Camp Stanica are to:

- Provide for the appreciation of the outdoors through the study of woodlands, plants, and animal life,
- Provide instruction in physical fitness through swimming, water safety, and field sports,
- Provide recreation through folk art, music, and dances, and
- Provide an opportunity to meet and make new friends,

Camp Stanica is sponsored by a volunteer Board of Directors who are elected by the PNA Lodges of PNA Council 62, Chicopee, MA. The Camp Committee hires qualified staff to run all aspects of the camping program. There is a camp counselor and CIT for every cabin of 8-10 campers.

Camp Stanica is operated as a tax-exempt, non-profit organization. Camp fees are kept low due to donations from generous contributors. Gifts of any size are welcome and are tax deductible.

**If anyone has any questions, is interested in membership in the Polish National Alliance, or would like to send a child to Camp Stanica this summer, please contact Eugene Kirejczyk at: 413-592-0227 by phone, or by mail at: 48 Szetela Drive, Chicopee, MA 01013, or E-mail PNA National Business Board Director Teresa Struziak Sherman at [terrysherm@aol.com](mailto:terrysherm@aol.com).**

## CAMP STANICA CLEAN-UP NEAR THE MAIN HOUSE



Bondsville, MA. Filling up the pick-up truck with winter debris at Camp Stanica clean-up day, May 3rd, in preparation for the upcoming camping season are volunteer PNA Camp Stanica Directors left to right: Michael Kruzel; Brian Gendron, and Conrad Heede. The camp's first group will visit on Memorial Day weekend.

## CLEAN-UP BY THE ARTS AND CRAFTS PAVILION AT CAMP STANICA





## CAMP STANICA CLEAN-UP CREW TAKES A BREAK



Bondsville, MA. Holding rakes and a mop while taking a break by the blossoming crab apple tree at Camp Stanica, and deciding what project to undertake next are left to right: Helena Jalbert, Chairperson of the Camping Committee; Jeannie Zapala, Vice President of PNA Council 62 and Camp Stanica; Richard Knurek, President Camp Stanica, and Teresa Struziak Sherman, PNA National Business Board Director. Standing in the far right advising the group is volunteer Director, Conrad Heede. In the background are the large sport activity fields, large enough to play at least three soccer games at the same time.

*Submitted by Teresa Struziak Sherman,  
PNA Business Board Director*

*Photos by: Maria Kruzel*

Send all articles,  
pictures, and  
correspondence to:

**zgoda@pna-znp.org**

## PNA Polish Information Center



You cruise the Internet but you still can't get the answer you need. Your neighbor advises you on your rights but you are not sure if that information is accurate. What do you do? You call the PNA Polish Information Center and Amicus Poloniae Legal Clinic. For many decades our fraternal has provided help and assistance in many ways. One of our best benefits is available to everyone. The Information Center and Amicus Legal Clinic is ready to help you with your problem. From serious to just curious, we can get you the information you need!

Many times the legal system seems overwhelming. The volunteer attorneys and staff led by Mark Dobrzycki can help you with what may seem as an inconvenience but still needs to be considered as important. One example that may make you laugh but caused an elder couple to seek our help was with the Cook County Forest Preserve Police. The couple was visiting one of the many local county forest preserves when an officer stopped them. The woman was cutting flowers and the man was collecting mushrooms for good old Polish mushroom soup. The officer issued them several violations totaling fines and court costs of \$2,000 for breaking the law. A Preserve is just what the name means, it preserves nature for the public, and the law states that nothing may be removed from the forest including flowers and mushrooms. With the help of our volunteer attorney James Shapiro and a translator, the couple left the hearing with a warning from the judge. The judge who was of Japanese descent also remarked that his culture just as Polish culture values mushrooms for food and medicine but he said with a chuckle that he gets his mushrooms from the local grocery store.

Contact us by phone, **(773) 286-2325**, or email, **pnainfocenter@pna-znp.org**, and Mark will do his best to help you.

## *“Little Wici” in Poznań and Pyrzyce*



Concerts, field trips, exploring beautiful places - this is how Little Wici spend the year 2017 summer vacation in Poland. Girls and boys ages 10-14 participated in the two International Folk Festivals, in Poznań and Pyrzyce, in the western part of Poland.

Poznań is a center of trade, sports, education, technology, and tourism. It is an important academic site, with about 130,000 students and the Adam Mickiewicz University - the third largest Polish university. The city also hosts the Poznań International Fair – the most prominent industrial fair in Poland and one of the largest in Europe. The city's most renowned landmarks include Poznań Town Hall, the National Museum, Grand Theatre, Poznań Cathedral and the Imperial Castle.

International Children Festival-Kids Fun Folk, is an annual Poznań event, and last summer Little Wici

were very happy to be a part of it. There were concerts, dancing workshops, field trips and other activities with a lot of new friends. Little Wici, as always, showed their best: the public was amazed and enthusiastically reacted on their performances. Wici's Anna Strojny worked very hard to choreograph beautiful American dances. Colorful, opulent looking costumes drew people's attention. Kids looked perfect, as well as they performed. Public loved them and awarded them with loud rounds of applause.

American folk is not known in Europe and Poland, but western music is, so when public recognized that music and saw the dances they loved it, especially clogging, a dance from the Appalachian Mountains with Irish roots, full of rhythm and positive energy. Our kids had a lot







of attractions during the festival, and several trips after to explore the western part of Poland.

After Poznań, Male Wici went to Pyrzyce, to be a part of another International Folk Festival. They were the youngest and the most lovable group of the festival. It was short, so kids were very busy, performing two or even three times a day. In the end, our young dancers were tired, but satisfied with the job well done -representing the WICI, the Polish National Alliance, and American Polonia!

If you like dancing, meeting new people, traveling – join WICI! We are waiting for you!

**wicisonganddance.com /**  
**773-777-8800**

## A History-Making Scholarship Duo

BALTIMORE, MD. Everyone was in for a very pleasant surprise at the 2018 Polish Heritage Association of Maryland (PHAM) scholarship awards banquet here on May 20, 2018: For the first time in 43 years of awards a mother and daughter duo received simultaneous scholarships, resulting in one for the history books of the PHAM - and most probably a real familial rarity in any other scholarship program too.

Dominika Bondyra, 18, graduated from Perry Hall High School in 2017. She is presently a sophomore at the University of Maryland Baltimore County and pursuing a BS degree in Computer Science. She loves photography, art, music and dance, and is an advanced flutist and a ballet dancer. Dominika is a member of Polish National Alliance (PNA) Lodge 238 and a Delegate to PNA Council 21.

Malgorzata “Gosia” Romanowska Bondyra, 43, graduated from Zespół Szkół Ekonomicznych High School in Torun, Poland. She also studied economics there at the Uniwersytet Mikołaja Kopernika, before she arrived here in 1995. Gosia has also studied Visual and Performing Arts – Violin Performance at the University of Maryland Baltimore County (UMBC) and is an accomplished violinist and vocalist. She now returns to UMBC to pursue a BA degree in Management of Aging Services. Malgorzata is a member of Lodge 238 serving as its Financial Secretary. She is also the elected Council 21 Recording Secretary and Delegate. Gosia is Lodge 238’s insurance sales representative, also for the the Council 21 lodges, and for all PNA councils and lodges in the state of Maryland.

The PHAM began its scholarship program in 1975 and to date has made grants now approaching \$400,000 over the past 43 years. We know that the \$1,500 grants awarded to each Malgorzata and Dominika will be put to very good academic use – and we of the PNA wish them both much success in their respective fields of studies.

*Richard P. Poremski,  
V.P. Council 21, V.P. Lodge 238*



*Mother and Daughter Dual Awardees: Dominika Bondyra (left) is pictured with her mother, Malgorzata Romanowska Bondyra after they both received 2018 scholarships from the Polish Heritage Association of Maryland – marking a historic first in the scholarship program that began in 1975.*

# Urodziny św. Jana Pawła II



W piątek, 18 maja, w dniu urodzin Karola Wojtyły, Gmina 91 Związku Narodowego Polskiego uroczystie, już po raz trzynasty, uczciła pamięć papieża Polaka. Spotkanie z tej okazji odbyło się w siedzibie Związku Narodowego Polskiego w Chicago.

Stanisława Rawicka, prezeska Gminy 91 ZNP, przywitała licznych gości, wśród których znaleźli się komisarka okręgu XIII ZNP Wanda Juda, prezesi aktywnych grup gminy: Maria Roszek, Kazimierz Chlebek, Mirosław Niedziński i Michał Niemkiewicz, jak również Anna Zalińska, która przybyła na spotkanie wraz z zespołem Wyrchy przy kole Burstyk ZPPA.

Uroczysty wieczór rozpoczął się od wspólnej modlitwy oraz odśpiewania majowej pieśni „Chwalcie łąki umajone” pod przewodnictwem Elżbiety Cimołowicz, członkini Gminy 91. Miłą niespodziankę sprawiła gościom Katarzyna Piątek ze stowarzyszenia biznesowego Pod 1 Dachem, prezentując pamiątkowy transparent, który towarzyszył jej w dniu historycznej beatyfikacji Jana Pawła II w Rzymie.

Spotkanie uświetnili recytacją własnej poezji: Jan Żółtek, czytający swoje wiersze „Wróćmy pamięci” i „Kanonizacja”, oraz Zofia Bukowska. Dzięki zespołowi Wyrchy, który pod kierownictwem Andrzeja Nędzy odśpiewał popularną pieśń „Góralu czy ci nie żal” zgromadzeni goście mogli poczuć się przez chwilę jak podczas niezapomnianych wizyt papieża Polaka na Podhalu.

Z serdecznym przyjęciem spotkał się koncert zespołu Lednica 2000, dedykowany pamięci św. Jana Pawła II. Zespół wykonał wiązankę pieśni bliskich sercu papieża, m.in. popularną „Barwę”. Zachwycona i wzruszona publiczność włączyła się do wspólnego śpiewu. Przed występem prezeska zespołu Jolanta Waśko wygłosiła ciekawą prelekcję na temat historii i obchodów Lednicy w Polsce.

Zebrani goście uczcili również minutą ciszy pamięć żołnierzy poległych w zwycięskiej bitwie o Monte Cassino. Na zakończenie uczestnicy spotkania, zgodnie z tradycją, zostali poczęstowani papieskimi kremówkami z chicagowskich polonijnych cukierni. Organizatorzy dziękując

gorąco sponsorom za hojność oraz gościom za przybycie, zaprosili wszystkich na kolejne papieskie urodziny za rok.

On Friday, May 18th, 2018 Council 91 commemorated Birthday of our beloved St. John Paul II at the Polish National Alliance. This is an annual event for Council 91, initiated thirteen years ago by its longtime president Stanisława Rawicka. The evening was filled with great entertainment: brief history lecture, music, poetry and singing. Attendees were touched and spiritually uplifted by the performers, and feeling of comradery.

*Zdjęcia: Anna Zalińska*



*Lednica 2000*



*Zespół Wyrchy*



# Dębowa Aleja Niepodległości

3 maja, (o symbolicznej godzinie 11.11rano), przed budynkiem Związku Narodowego Polskiego odbyła się uroczystość posadzenia pierwszego Dębu Niepodległości.

Pomysł posadzenia stu dębów, w setną rocznicę odzyskania przez Polskę niepodległości, wyszedł od pani Heleny Soltys, wiceprezes Zrzeszenia Nauczycieli Polskich w Ameryce, członkini Związku Narodowego Polskiego.



(l-p) Helena Soltys, Frank Spula, Ewa Koch, Piotr Janicki, Joseph Drobot

„Dębowa Aleja Niepodległości” to projekt prowadzony przez Zrzeszenie Nauczycieli Polskich w Ameryce w kooperacji z Konsulatem RP w Chicago, Związkiem Narodowym Polskim oraz innymi organizacjami, które chciałyby uczcić tak ważną dla Polski rocznicę i zasadzić w prominentnych miejscach dęby – symbole pamięci, siły i przetrwania.

Na uroczystość posadzenia pierwszego Dębu Niepodległości przed budynkiem ZNP, przybyli przedstawiciele organizacji polonijnych,

mediów, weterani, nauczyciele oraz goście. Proklamację Dębowej Alei Niepodległości, podpisaną w imieniu Zrzeszenia Nauczycieli Polskich przez prezesa Ewę Koch, a w imieniu Związku Narodowego Polskiego przez prezesa Franka Spulę, odczytali zgromadzonym sygnatorzy.

„Inaugurujemy przy siedzibie Związku Narodowego Polskiego dzieło wiekopomne, sadząc drzewo dębowe – żyjący symbol łączności pokoleń Polaków i Amerykanów polskiego pochodzenia, w imię dbałości o pokój i pamięć należną historii(...). W imię przyszłości, dziedzictwa i wiary ojców naszych, proklamujemy akt powstania Dębowej Alei Niepodległości.”

Drzewko zasadzone przez konsula generalnego RP w Chicago Piotra Janickiego, panią Ewę Koch oraz prezesa Franka Spulę pobłogosławił kapłan ZNP o. Marek Janowski i z pewnością dzięki modlitwie, dobrym intencjom przybyłych i majowym deszczom, puściło pierwsze liście i rośnie zdrowo na chwałę Polonii!

Punktem kulminacyjnym projektu „Dębowej Alei Niepodległości” będzie, planowane na wrzesień tego roku, uroczyste sadzenie drzew dębowych w Ośrodku Młodzieżowym Okręgu XII & XIII w Yorkville, IL przez zainteresowane organizacje polonijne oraz polskie szkoły sobotnie.

AK

*Zdjęcia: Lukasz Dudka*

## The Oak Prospect of Independence

On May 3rd, 2018, the Polish National Alliance hosted the inauguration of “The Oak Prospect of Independence” program, commemorating the centennial of Poland regaining its independence.

The idea of planting 100 oak trees for the 100th anniversary of Poland’s independence was introduced by the Polish Teachers Association and its Vice President, and PNA member Mrs. Helena Soltys.

The very first Oak of Independence was planted in the PNA Gardens by Consul General of Poland in Chicago – Mr. Piotr Janicki, President of the Polish Teachers Association in America - Mrs. Ewa Koch and President of the Polish National Alliance and Polish American Congress – Mr. Frank J. Spula.

The grand finale of the program is planned for September 2018 at the PNA Youth Camp in Yorkville, IL.

AK

# It's COOL to be in Polish school

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



## WARSZTATY HISTORYCZNE IPN-U W POLSKIEJ SZKOLE PUŁASKIEGO

Edukatorzy z warszawskiego Biura Edukacji Narodowej Instytutu Pamięci Narodowej podczas tygodniowego pobytu w Chicago na zaproszenie Zrzeszenia Nauczycieli Polskich w Ameryce w ramach Przystanku Historia przeprowadzili warsztaty historyczne dla uczniów 4 polonijnych szkół oraz nauczy-

cieli. Wiodącymi tematami drugiej edycji były: odzyskanie przez Polskę niepodległości w 1918 r. i Polacy ratujący Żydów.

W sobotę, 28 kwietnia uczniowie polskiej szkoły im. gen. Kazimierza Pułaskiego w podchicagowskim Harwood Heights w ramach zajęć szkolnych uczestniczyli w warsztatach historycznych na temat Polaków ratujących Żydów. Godzinne zajęcia edukacyjne – osobno dla uczniów młodszych i starszych – przeprowadziła Karolina Kolbuszewska z warszawskiego Biura Edukacji Narodowej Instytutu Pamięci Narodowej.

W grupie młodszej, obejmującej uczniów z klas 6 i 7 zajęcia, które zatytułowano „Życie w słoiku – opowieść o Irenie Sendlerowej” miały na celu wyjaśnić uczniom, jakie postawy przyjmowali Polacy wobec Holocaustu w czasie II wojny światowej. Główną postacią omawianą podczas warsztatów była Irena Sendlerowa, która wspólnie z Radą Pomocy Żydom „Żegota” uratowała 2,5 tys. żydowskich dzieci.

Natomiast w warsztatach dla uczniów starszych uczestniczyli ósmoklasiści i licealiści, a omawiany z nimi temat był szerszy i dotyczył Polaków ratujących Żydów pod okupacją niemiecką. Ważnymi do zapamiętania z warsztatów było m.in. to, że mimo niebezpieczeństw i zagrożenia własnego życia wielu Polaków decydowało się pomagać Żydom i



że to właśnie Polacy stanowią ponad 7 tys. grupę osób, których pomoc została udokumentowana, a bohaterska postawa uhonorowana przez Instytut Pamięci Męczenników i Bohaterów Holocaustu Jad Waszem w Jerozolimie najwyższym odznaczeniem Sprawiedliwy wśród Narodów Świata. Jednak najistotniejszym był fakt, aby uczniowie mieli świadomość, że Polacy ratowali Żydów, choć na terenie okupowanej przez nazistowskie Niemcy Polski groziła Polakom kara śmierci.

Podczas warsztatów uczestnicy poznali kilka postaci, które pomagały Żydom: Irenę Sendlerową, rodzinę Ulmów, państwa Jana i Antoninę Żabińskich oraz Jana Karskiego.

*Jola Plesiewicz  
Zdjęcia: Dariusz Piłka*





# Study in Poland

At the end of May 2018, The Polish National Agency for Academic Exchange (NAWA) delegation with its Executive Director Łukasz Wojdyga participated in prestigious NAFSA fairs and conferences which took place in Philadelphia. NAFSA is the world's largest non-governmental organization dedicated to international education. The Polish delegation includes 18 higher education institutions which present its offer on the Polish national stand organized by NAWA.

NAWA is an organization that was established to coordinate state activities driving the process of internationalization of Polish academic and research institutions. The mission of NAWA is to foster the development of Poland in the area of science and higher education.

On June 5th, Director Wojdyga accompanied by Consul Piotr Semeniuk visited the President of the PNA and PAC Frank Spula with information on NAWA, its goals, and opportunities for the Polish Americans seeking higher education in Poland. There are attractive study and scholarship opportunities, summer programs, etc. awaiting those who are interested.

For more information on Polish National Agency for Academic Exchange visit: **nawa.gov.pl**



*(l-r) Piotr Semeniuk, Frank Spula, Łukasz Wojdyga*

## GRADUATE SCHOLARSHIP for Academic Year 2018-2019



Polish National Alliance announces the availability of scholarships to qualified post-graduate students for 2018. Application must be submitted by **June 21<sup>st</sup>, 2018**

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 31<sup>th</sup>, 2018**.

For information please call **1-800-621-3723** ext. 380  
Application is available on the PNA's website:

**[www.pna-znp.org](http://www.pna-znp.org)**

**Wesley E. Musial, Censor**

# We are proud of

## Erica Dryden

**JURIS DOCTOR OF LAW**



Erica Alexis Cassandra Dryden, Progressive Lodge 2336, Houston, Texas, became Juris Doctor of Law from the University of Houston. "I would like to thank Polish National Alliance for supporting me through my years of education and for giving me a format to be able to promote my Polish culture" - stated Erica. Erica Dryden is the daughter of Region "H" Director Jolanta Mazewski-Dryden and grand-

daughter to Adam and Antonio Mazewski. Congratulations to Erica for this fantastic achievement.

## Jacob Marshall

**GRADUATE**



At Texas A & M University, Ring Day is almost more important than graduation day. Shout out and congrats to Jacob Marshall, Lodge 165, for getting your Aggie Ring. Jacob is the son of Charisse and Brian Marshall – Congrats parents!

## Kara Chichon

**GRADUATE**



Congratulations to Kara Chichon, Kosciuszko Lodge 165 member, graduated with a BA in marketing from Point Loma Nazarene University, San Diego CA.

## Lukas Chichon

**GRADUATE**



Congratulations to Lukas Chichon (Kosciuszko Lodge 165) who graduated with a BA in Accounting from the University of Evansville, in Indiana. Currently, he is finishing his 2nd year with the Franciscan Conventual Friars and is doing Theological studies at the Catholic University, Washington DC.

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



## Tersa Struziak Sherman

**DISTINGUISHED POLISH AMERICAN**



The Kosciuszko Foundation-New England Chapter honored Mrs. Teresa Struziak Sherman, with 2018 Distinguished Polish American Award at the Gala Luncheon and Concert on April 22, 2018.

Teresa Struziak Sherman of Wilbraham, MA is PNA Business Board Director, member of District I, Council 62, and Lodge 711.

She holds a Master's Degree in Nursing/Public Health Administration, and is a long-time health contributor for Zgoda publication. Her professionalism and commitment to the Polish National Alliance and other Polish-American organizations are an exemplary. We are blessed to have Terry as our outstanding member. Congratulations!

For more information on the event see page 42-43.



## Richard P. Poremski

### JOURNALIST

#### Poremski Dynasty Ends in the Port of Baltimore



*Richard P. Poremski with a container ship in the background*

Baltimore, MD. The extended Poremski family has had quite a history on the docks and in the offices of the Port of Baltimore. As for myself, I began working on the docks in 1965 as a general longshoreman, hustling cargo on and off the ships. From 1978 to 1985 I was an elected union official in Local 333 of the International Longshoremen's Association (ILA). Starting In 1985, and stretching until my retirement on November 1, 2017, I served as a Field Representative simultaneously for two ILA-Steamship Trade Association of Baltimore trust funds that the union-management trustees use to provide contractual fringe benefits to the ILA longshoremen and women in the port. And now after 52 years of combined and interconnected union-management employment, I made the somewhat bittersweet decision to retire at age 72.

The Poremski family at-large has cast a sizable shadow across Baltimore's waterfront, along with that of a commanding presence of Poles and Polish Americans. It included my grandfather, father, two brothers, two uncles, a brother-in-law, and a cousin. Another brother retired recently with 50 years of service and management at the Maryland Port Administration. Collectively, we have at least a few hundred years of total service in the shipping industry. And we also left some blood on the docks ... my mentioned grandfather was tragically killed in the early morning hours of August 16, 1947, after being swept from the deck of a cargo ship onto the pier by a sling of long steel beams.

I was just past two years old at the time, and who could ever have imagined then that I would be the last family member to follow in my grandfather's footsteps

onto the docks and ships - and would be the last Poremski left standing at the end of our longshore dynasty? We now have gone full circle ... but I enjoyed every minute and year of the decades-long multi-faceted blue and white-collar work environments.

But I'm not retiring from the Polish American Journal and Zgoda! I cover many events at the Embassy of the Republic of Poland as well as Polonia happenings in Washington and Baltimore. I also enjoy sharing my occasional and very interesting experiences in Poland with the readership. I'm also very involved in many aspects and organizations of Polonia, as well as being Chairman of the National Katyn Memorial Foundation and the Vice President of Council 21 of the Polish National Alliance, both located in Baltimore.

In any event, you can look for my PAJ articles into the foreseeable future, with the pleasure being mine to continue to serve you to the best of my ability.

*Richard P. Poremski*

***Congratulations Mr. Poremski! Please, keep on sharing your stories and news with the ZGODA readers!***

## Magdalena Tolwinska

### PARADE QUEEN



Ms. Madgalena Tolwinska is a member of PNA Lodge 3241 and recent graduate of the John Hersey High School in Arlington Heights, IL. She is also a member of "Lajkonik" Dance Group supported by the Polish National Alliance. Ms. Tolwinska was elected Queen of the 2018 Polish Constitution

Day Parade in Chicago. Since the goal of this contest is to encourage young ladies of Polish descent to strive for higher education, involvement in the community, and appreciation of their roots – we wish this already accomplished young lady the very best in pursuing her goals. Congratulations Magdalena!

# The Story of Jan Komski



## Jan Komski - Polish Artist (1915-2002)

Often times in family history, we have a family member who rises above the usual experiences of everyday life. This is true in the family of Christine Komski Sullivan, a member of PNA Lodge 848 of Washington, DC. Her father, Jan Komski, wanted to make sure that the world would not forget the atrocities of the Holocaust during World War II. Through his artwork, Jan Komski, a Polish-born Catholic and political prisoner left a visual record of the happenings at Auschwitz-Birkenau. After liberation, Jan Komski and his wife, Zdzislawa, and daughter, Christine, resettled in the United States. The Komski's donated over 300 drawings and paintings to the Auschwitz Museum so that conversation would continue through Jan Komski's art - "I am one of the fortunate people who survived. I think that every survivor feels obliged to make a legacy and remember those who died there. This is my way to honor them" - Remembrance Plaque. Both Jan and Zdzislawa Komski were members of PNA Lodge 848.

In May 2017, Christine Komski Sullivan, together with her husband Richard, was invited to Bircza, Poland, the birthplace of her father Jan Komski. The reason for the visit began when Grzegorz Piwowarczyk,

a history teacher at Zespół Szkół w Birczy, learned that Jan Komski attended the school where he teaches. In conjunction with the 100th Anniversary of the Regaining of Independence of Poland, students were learning about people and events in Polish history since 1918. Because of Jan Komski's connection to the school, Mr. Piwowarczyk wanted his students to learn about Mr. Komski in a special way. He obtained the support of the school's vice principal, Marta Kostka. The idea spread not only in the school but throughout the community. All of the students were involved in projects and competitions to learn about Jan Komski. Because of a visit to Auschwitz a year earlier by Christine and Richard Sullivan, the museum was able to provide Mr. Piwowarczyk with family contact information for the Sullivans living in Virginia.



*Christine and Richard Sullivan (right) with cousin Marzena Komski-Ciesielska and son Jakub.*

When Christine and Richard arrived in Bircza for the ceremony, they envisioned a small program. However when they saw the scope and size of the actual ceremony, they were completely overwhelmed. The editor of *Zycie Podkarpacie*, Artur Wilgucki, attended and

crew covered the entire program. Mrs. Kostka opened the program by welcoming honored guests, the students, and community. Mayor Grzegorz Gągola represented the Bircza community. The local PKO bank branch, which provided the financial support for the ceremony, was represented by Beata Fedyk. During the ceremony, Christine Komski Sullivan and her cousin, Marzena Komski-Ciesielska, unveiled the Remembrance Plaque in honor of Jan Komski. A representative from the Auschwitz Museum, Robert Placzek, spoke about Jan Komski and his contribution in remembering the Holocaust. Student laureates were recognized for their entries in school competitions. A cadet from the upper-level school, Klaudia Sowa, presented Christine with a report she wrote on her father. The school children enthusiastically sang patriotic songs. Through an interpreter, Christine delivered her heartfelt gratitude to the school and community of Birczyca for remembering and honoring her father. She expressed her appreciation to Mrs. Kostka for making it possible for her and her husband to participate in this ceremony. After returning home from Poland, Christine donated one of her father's paintings to the school, a self-portrait to hang next to the plaque.

To learn more about the Jan Komski Story and his artwork, visit: **[remember.org/komski](http://remember.org/komski)**

*Submitted by Constance Donnelly,  
Financial Secretary of Lodge 848,  
Washington, DC*





**Jan Kowski** was born in Poland, in 1915. He graduated in 1939 from the Academy of Fine Arts in Krakow. The beginning of WWII shattered his plans for the future as a professional painter. The German Gestapo captured him when he tried to flee Poland to join the Polish army in France, in the spring of 1940. He was sent to Auschwitz on June 14, 1940. He spent the next 5 years in various concentration camps (Auschwitz, Buchenwald, Hersbruck, Gross-Rosen and Dachau). The United State Army liberated him from the Dachau concentration camp on April 15, 1945. In 1949, he and his family came to the United States.

Jan Kowski has exhibited his paintings about life in the concentration camps, as well as all his watercolor and oil paintings. The exhibits have been in Fairfax, VA; Holocaust Museum, Houston, TX; De Paul University, Chicago, IL; and Washington D.C. In addition, Kowski donated 40 paintings to the Auschwitz Museum in Poland. The filmmaker Bert Von Bork used his stories and paintings for the documentary film "Eyewitness", which portrays the life of four different artists from Auschwitz. This film was nominated for an Oscar Award in 2000.

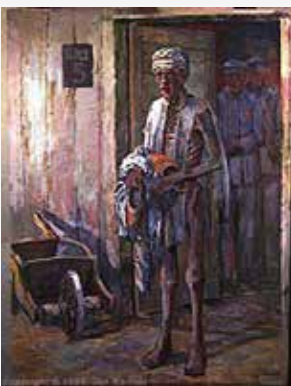
Jan Kowski died in January 2002, at the age of 87. He painted almost to the end of his life.



*"Administrative Punishment"*



*"Roundup"*



*"Ecce Homo"*



*"Supper is served"*

## Dziennik Związkowy w drodze do Polski

Po latach starań i zabiegów, jako rezultat niedawnej wizyty przedstawicieli Instytutu Pamięci Narodowej w Chicago, archiwalne egzemplarze wydawanego przez Związek Narodowy Polski od ponad 110 lat Dziennika Związkowego, zostały wysłane do Polski do konserwacji i digitalizacji.



*(l-p) Krzysztof Wojda oraz Grzegorz Trzyna z Instytutu Pamięci Narodowej*

Panowie Grzegorz Trzyna (naczelnik Wydziału Zarządzania Zasobem Archiwalnym w Archiwum IPN) oraz Krzysztof Wojda – archiwista IPN w Warszawie, przylecieli do Chicago by zabezpieczyć i przygotować do transportu stare egzemplarze jedynej obecnie polskojęzycznej gazety codziennej w Stanach Zjednoczonych. Redaktor Grzegorz Dziedzic nadzorował nad projektem z ramienia publikacji.

Dziennik Związkowy stanowi niezwykle źródło informacji i wiedzy, z którego po digitalizacji będą mogli korzystać historycy, dziennikarze, czy językoznawcy. Proces digitalizacji wszystkich archiwalnych egzemplarzy zajmie ok. 3-4 lata. Najstarsze wolumeny znajdują się w bardzo delikatnym stanie i przeglądanie ich nie jest wskazane, nowsze są często bardzo zniszczone.

Dzięki współpracy z Instytutem Pamięci Narodowej, Dziennik Związkowy stanie się niewątpliwie ważnym źródłem wiedzy historycznej, która dotychczas ukryta była dla świata w piwnicach redakcji.

AK

*Zdjęcie: Grzegorz Dziedzic*

## PNA National Director Receives 2018 Distinguished Polish American Award at Gala Luncheon and Concert



**South Hadley, MA.** Officers and members of PNA National, Councils, Lodges, District 1, Region „A”, the Polish Alliance Youth Camp, Camp Stanica, in Bondsville, MA, the Polish Center of Discovery and Learning, friends and supporters of the New England Chapter of the Kosciuszko Foundation attended the Awards Luncheon and Concert sponsored by the New England Chapter of the Kosciuszko Foundation. The event was held on April 22, 2018.

Pictured above left to right: Walter W. Tokarz, PNA National Fraternal Director Region „A”; Jeannie Zapala, former Commissioner PNA District 1 and Vice President PNA Council 62 and Polish Alliance Youth Camp; Wanda Milecki, Commissioner PNA District 1; Teresa Struziak Sherman, PNA National Business Board Director ; Frank

Spula, President Polish National Alliance/Polish American Congress; Irene Grabowy, PNA Vice Censor; Marianne Koziol-Dube, Commissioner PNA District II, and Donald Dube, former Commissioner PNA District II..

The luncheon, which was attended by nearly 200 guests, was held at the Willets-Hallowell Center, and the concert at the Abby Chapel, both at Mount Holyoke College, South Hadley, MA. There were 19 Kosciuszko Foundation Scholarship and Research Fellow Recipients for 2017-2018, three summer study recipients to the Jagiellonian University in Krakow, Poland. Bevin Edwards received the Irena Sendler Award from Elms College. Reverend Charles Jan DiMascola, retired Pastor from Our Lady of Czestochowa, in Turners Falls, MA,

said the Invocation and Benediction. President of the New England Chapter, Carolyn Topor, welcomed the guests and introduced Tomasz Kierul, Director of Development The Kosciuszko Foundation from New York City, who spoke about the mission and vision of the Foundation, and Scott Hartblay, Associate Professor, Elms College, and Chairman of the Kosciuszko Foundation New England Chapter Scholarship Committee, who presented the scholarships and grant awards.



*Gilbert and Teresa Sherman*

Stephen Jablonski, Director of the Kosciuszko Foundation New England Chapter, presented the 2018 Distinguished Polish-American Award to National PNA Business Board Director, Teresa Struziak Sherman. She is the daughter of a Polish immigrant who has been involved in Polish causes since the third grade. Her father, Wojciech (Albert) Struziak was the Financial Secretary of PNA Lodge 711 in Chicopee, MA for many years. When he passed, she was elected to fulfill the vacancy, and was the first female officer of that lodge, a position which she holds today. As a frater-



nal life insurance representative, Teresa has enrolled more than 300 people into the PNA. Since then, she has been involved in numerous leadership and service roles. Teresa has been a clinician, educator, writer, and business owner. As a Master's prepared Registered nurse, Teresa has held leadership roles in nursing, and is the Director of Clinical Services at Professional Medical Home Care in West Springfield, MA with offices in Palmer and Sturbridge, MA. She is the author of health articles in the PNA publication, Zgoda. Teresa received the PNA Bronze Cross Legion of Honor Award for dedication and concern for the future welfare of the organization" in 1996, and the Silver Cross Legion of Honor Award in 2014. She also serves on the Board of the Polish Alliance Youth Camp, Camp Stanica, and was the volunteer camp nurse. She has served on the Board for the Polish Center of Discovery and Learning at Elms College in Chicopee, MA. Teresa was the Community Service Award recipient at the ninth annual Krakus Festival in 2014. Her volunteerism for the Polish Center never ceases. She truly believes that, "The Polish Center is a place where people of all ages can learn about Polish heritage and Poland in an enjoyable and interesting setting." It is a place dependent on volunteerism and monetary donations and artifacts. "If we do not provide the opportunity for our future generations to be exposed to what our forefathers and foremothers managed to accomplish with few resources, then we have failed our mission. We need to know where we came from. We must embrace our heritage."

## WORLD-RENOWNED VIOLINIST PERFORMS AT GALA LUNCHEON

**KINGA AUGUSTYN**



South Hadley, MA. Following the Kosciuszko Foundation New England Chapter gala luncheon, guests were able to enjoy the violin concert performance by Kinga Augustyn, a Polish-born and New York City-based violinist, who has gained worldwide recognition as a concerto soloist, recitalist, and chamber musician. She has appeared at Carnegie Hall, Alice Tully Hall, Metropolitan Museum of Art as well as music festivals in the United States and Poland. She is committed to increasing awareness of Polish music by Polish composers. She performed music by Bach, Penderecki, Paganini, Wieniawski, Drozdowski, and Ysaye. Kinga plays on an early 18th-century violin made by Antonio Zanutti, generously on loan to her from a private collector. Kinga received two standing ovations from the audience for her outstanding performance.

*Submitted by Teresa Struziak Sherman,  
PNA Business Board Director*

## PNA at the Long Island Business Expo & Conference

We drove an hour to the Long Island Business Expo & Conference which was held at The Nassau Veterans Memorial Coliseum in Uniondale, NY. The day was filled with anticipation as we set up alongside over 140 other businesses and organizations exhibiting their products



and services. Our Lodge was represented by President Zena Zielinska who brought along a *Zenobia Zielinska* volunteer from Mariana Everest Capital Consultants, a business advisory and consulting service company, who was one of many sponsors of the event. The day was so busy that we had no time to sit, as hundreds of people came to find out more about PNA, and many more came to say hello to celebrate our Polish heritage. By the end of the 7 ½ hour day, we had given out almost all the brochures, pamphlets, and exhibit items from our Chicago headquarters. We are in the process of following up with the dozens of interested parties who left us their names and business cards, and we hope to have some new members to increase our Lodge base.

*Submitted by Zenobia Zielinska, PNA  
District III, Lodge 30*

# News from Texas

## POLISH FARMERS AND AGRIBUSINESS SPECIALISTS IN TEXAS

Houston, Texas. On March 19, 2018, The Polish American Chamber of Commerce in Texas hosted H. E. Piotr Naimski, Secretary of State and Plenipotentiary for Strategic Energy Infrastructure, the Republic of Poland for a lunch meeting on March 19 after the Transatlantic Energy Forum III in Houston, Texas. The delegation included Polish farmers and agribusiness specialists, researchers, and organizers. The trip was hosted by the Polish Association of Cereal Producers, in collaboration with the Polish National Agriculture Advisory Centre, Agro Biznes Klub, the Texas Agricultural Lifetime Leadership Program, and Texas A&M AgriLife Extension. It is the fourth study visit between Texas A&M and Poland, led by Dr. Jim Mazurkiewicz, Kosciuszko Lodge 165.



## POLISH FLAG FOR THE HOUSTON LIVESTOCK SHOW & RODEO



Houston, Texas. On March 5th, 2018, The Polish delegation presented Executive Director Dr. Chris Boleman of the Houston Livestock Show & Rodeo with a Polish flag that was flown over the Polish Capitol in Warsaw, Poland. The flag will be displayed in the International Room. This year marks the 100th anniversary of Poland's Independence following World War I. Dr. Jim Mazurkiewicz organized this meeting.

## INTERNATIONAL DAY OF DANCE

April 28, 2018, El Paso, Texas. Polonaise at the El Paso Museum of History! The International Day of Dance at the El Paso Museum of History was the backdrop for the Polish American Society of El Paso, who with immense pride and honor showed the love for the Motherland – Poland with the performance of the Polonaise.



*Submitted by  
Jolanta Mazewski-Dryden,  
Fraternal Director Region „H”*

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# Polonijni maturzyści odebrali dyplomy



536 tegorocznych maturzystów z 36 polskich szkół sobotnich aglomeracji chicagowskiej odebrało w niedzielę 6 maja, dyplomy ukończenia szkoły średniej. Uroczystość wręczenia była punktem kulminacyjnym nabożeństwa w bazylice pw. św. Jacka. Mszę św. w intencji uczniów, pedagogów i rodziców odprawił kapelan Zrzeszenia Nauczycieli Polskich o. Marek Janowski w asyście licznej grupy polonijnych duszpasterzy.

W imieniu absolwentów podziękowania rodzicom i pedagogom złożyła uczennica szkoły im. św. Marii Małgorzaty z Alguonqium Marta Krakowski, a dyrektor tej placówki Tadeusz Młynek, jako gospodarz uroczystości pogratulował młodzieży i podziękował absolwentom za włożoną pracę.

Konsul generalny Piotr Janicki, wraz z prezes Zrzeszenia Nauczycieli Polskich Ewą Koch oraz jej zastępczynią Heleną Sołtys i rzecznikiem prasowym Anną Rosą wręczali młodzieży dyplomy ukończenia szkoły przyznane przez Konsulat Generalny RP oraz zrzeszenie. Wartę honorową przy ołtarzu zaciągnęli członkowie szkolnych pocztów sztandarowych. Oprawę muzyczną podczas uroczystości zapewnili młodzi muzycy z Akademii PaSO. Po odebraniu dyplomów uśmiechnięta i rozbawiona młodzież opuszczała progi bazyliki w radosnych nastrojach. Była okazja do zdjęć i ostatnich rozmów w koleżeńskim gronie. Birety z absolwenckich głów pofrunęły w górę.

*Tekst i zdjęcia: Andrzej Baraniak*

*Artykuł w całości i pełna galeria zdjęć: [dziennikzwiazkowy.com](http://dziennikzwiazkowy.com)*

## Polish President visits Chicago

On May 18-19, 2018 May President of the Republic of Poland Andrzej Duda, in the company of the first lady Agata Kornhauser Duda, visited Chicago. It was their first official call on the largest Polish population outside of Warsaw.

President Duda met with Illinois Governor Bruce Rauner, Mayor of Chicago Rahm Emanuel, paid a visit to the Illinois National Guard in Kankakee, and met with other local officials. During the event at Millennium Park, which was the major happening of the President's visit, Andrzej Duda thanked Polonia for their „proud attitude.” „I would like to ask you to always be with us, support the homeland of your grandparents, your parents, be with Poland,” stated. President and the first lady visited The Polish Museum of America, laid a wreath at the Katyn Memorial at St. Adalbert Cemetery in Niles, and participated in the unveiling of the plaque at St. Ferdinand's Church in Chicago commemorating former Polish Presidents Kaczorowski and Kaczynski, who died in the Smolensk plane crash in 2010.



During the Presidential visit in Chicago, Mrs. Agata Kornhauser Duda, visited St. M. Kolbe Polish Language School, met with Polish Highlanders, Polish schools' teachers, and members of the „Gift from the Heart Foundation.”

*AK  
Photos: Grzegorz Jakubowski/KPRP*

# 78. rocznica zsyłki na Sybir



Po agresji Rosji Sowieckiej we wrześniu 1939 roku tzw. wschodnia ściana Rzeczypospolitej znalazła się pod okupacją komunistyczną. Była noc 10 lutego 1940 roku, gdy do domów polskich oficerów, naukowców, lekarzy, działaczy publicznych, leśników, a także właścicieli ziemskich i osadników wojskowych z rodzinami wtargnęli rosyjscy funkcjonariusze NKWD. Wyciągali z domów całe rodziny i pakowali do bydłowych wagonów jadących na Syberię, w okolice Archangielska oraz do Irkucka, Kraju Krasnojarskiego i Komyi. Podczas pierwszej zsyłki deportowano 140 tysięcy ludzi. Kolejne zsyłki odbyły się 13-14 kwietnia 1940 oraz pomiędzy majem i lipcem 1940. Czwarta wywózka trwała od maja do czerwca 1941 roku. Konsekwencją działania władz Rosji Sowieckiej, tereny II RP „opuściło” kilkaset tysięcy Polaków. Droga na Wschód dla wielu osób stała się wyrokiem śmierci. Katorżnicza praca w tajdze, głód i choroby zabiły tysiące zesłańców. Musieli walczyć o życie, przetrwanie, jedzenie, podstawowe rzeczy.

Ci, którzy przecierpieli i przeżyli, zahartowanymi doświadczeniami losu dbają o to, aby pamięć o ofiarach zsyłek przetrwała.

W niedzielę 11 lutego, parafia św. Michała Archanioła w Bridgeport była miejscem corocznej uroczystości upamiętniającej dramatyczne rocznice zsyłki Polaków zamieszkujących wschodnie kresy Rzeczypospolitej na Sybir (była to już 78. rocznica). Organizatorzy postanowili złożyć hołd polskim ofiarom masowej deportacji na Syberię roku 1940, a w szczególności nielicznej już grupie żyjących jeszcze Sy-

biraków. O godzinie 11:00 kościół wypełnił się licznie przybyłymi parafianami, dużą grupą gości z różnych miejscowości w Connecticut, jak również przybyszami spoza stanu. Szczególnie zauważalne były sylwetki Sybiraków, od których biła duma i dostojność, przeplatające się z sylwetkami ubranych w wojskowe mundury weteranów. Dużą grupę stanowiła również przybyła na tę uroczystość młodzież z polskich szkół z Bridgeport, Derby, New Britain i Stamford. Obecne były pocztysztandarowe organizacje weteranów, lokalnych polskich szkół, jak również innych organizacji polonijnych.

Tego dnia na twarzach zgromadzonych w kościele widać było zadumę nad obecną sytuacją w Polsce, jak również nad tragicznymi losami zesłańców roku 1940. Ojciec Michał Nowak, proboszcz parafii św. Michała w swojej modlitwie oraz homilii nieustannie nawiązywał do tragicznych wydarzeń 1940 roku przedstawiając zebrany nieliczną grupę zesłańców, jako bohaterów tamtych czasów, czasów pogardy człowieczeństwa, gdzie życie wydawało się być nic nie warte.





Ofiarę mszy św. sprawował główny celebrans ojciec Michał Nowak w towarzystwie księży Stefana Morawskiego, Jerzego Auguścika, oraz księdza Pikulskiego kapelana SWAP i KPP. O oprawę muzyczną zadbał Chór im. św. Faustyny z parafii św. Michała w Bridgeport pod dyrekcją Joanny Kacab. Czytania pisma świętego wykonali Andrzej Więciorowski, Kornel Rowicki oraz Olivia Jankowska. Po odśpiewaniu przez członkinię zespołu Orleńta Angelikę Sidorowicz Hymnu Sybiraków oraz wspólnym odśpiewaniu pieśni Serdeczna Matko, bohaterowie tego dnia, parafianie oraz przybyli goście przenieśli się do sali parafialnej na dalszą część imprezy.

Na wszystkich zebranych czekał tam gorący poczęstunek, o który zadbał Korpus Pomocniczy Pań. Głos zabrała Wioletta Jusińska, dyrektor PSS w Derby oraz koordynator Centrali Polskich Szkół na stan Connecticut, która przywitała zaproszonych gości i w gorących słowach powitała nieliczne grono Sybiraków prosząc ich o zajęcie miejsc w pierwszym rzędzie. Kolejni mówcy podkreślali ogromny szacunek dla żyjących i poległych Sybiraków. Konsul RP z Nowego Jorku pan Mateusz Gmura stwierdził, że nie wyobrażał sobie, żeby nie przybyć na tę uroczystość całą rodziną i dać przykład, w jaki sposób należy przekazywać historię ojczyzny następnemu pokoleniu. Głos zabrał również prezes Kongresu Polonii Amerykańskiej na stan Connecticut pan Janusz Kocur, a słowo od Ojca Lucjana Królikowskiego (ostatnia homilia) odczytała Izabela Pardo-Matecka z polskiej szkoły w Bridgeport. Po odczytaniu wielu listów gratulacyjnych głos zabrała Kazimiera Ferenc z Polskiej Szkoły w Stamford kreśląc rys historyczny tamtych czasów.

Uczestnicy uroczystości z zacięciem i entuzjazmem odebrali



występ młodych artystów z okolicznych polskich szkół. Zaprezentowały się: Szkoła Kultury i Języka Polskiego im. św. Jana Pawła II z Bridgeport, Polska Szkoła Sobotnia im. Błogosławionego ks. Jerzego Popiełuszki z Derby, Szkoła Języka Polskiego im. św. Jana Pawła II z New Britain oraz Polska Szkoła Sobotnia im. Adama Mickiewicza ze Stamford. Program artystyczny wypełniony był poezją oraz wzruszającymi piosenkami takimi jak, „Biały krzyż”, „Gdzie są chłopcy z tamtych lat”, „Piechota”. Należy również wspomnieć przybyłego z New Britain chóru „Polonia – Paderewski” pod dyrekcją Andriya Lehki, który wykonał wiązankę pieśni okresu wojennego oraz Rotę.

Naczelny Komendant SWAP, Wincenty Knapczyk, dokonał wręczenia Medalu Ignacego Paderewskiego panom Krzysztofowi Kanarkowi oraz Janowi Rudzińskiemu. Główną organizatorką tego podniosłego spotkania była Sybiraczka, pani Helena Knapczyk, która pomimo podeszłego wieku kontynuuje misję przekazywanie prawdy o tych tragicznych dla Polski wydarzeniach następnym pokoleniom. Pani Knapczyk, dziękując wszystkim, którzy przyczynili się do uroczystości w kościele św. Michała w Bridgeport, pamiętała też o tych, „...którzy pragnęli być z nami, ale im nie dano. Cześć ich pamięci! Jeszcze raz dziękuję z głębi mojego serca Wam wszystkim, że byliście z nami w tym najbardziej

tragicznym w naszym życiu dniu - dlatego tylko, że byliśmy Polakami. Dziękujemy Polsce, że pamięta o nas Sybirakach, a my nie zapomnieliśmy o naszej kochanej Ojczyźnie. Pozostajemy zawsze wierni Bogu i Ojczyźnie. Bóg zapłać.”

*Kazimierz Kochanowicz*

*Nadstąpiła Helena Knapczyk*





# PNA

## at the 2018 Polish Constitution Day Parade in Chicago

In 1891, the Polish National Alliance organized the very first Polish Constitution Day Parade in Chicago and continued this grand event for 100 years. Since 1991, The Alliance of Polish Clubs in Chicago took upon themselves organizing the Polish parade in Chicago

This year, as every year, PNA's float was in the heart of Chicago on Saturday, May 5th, proudly representing the Organization. With vivacious Wici dancers, the Polish Daily News, and WPNA 103.1 radio station right behind us, we were an impressive group.

Before the parade, there was a wreath-laying ceremony at the Kosciuszko Monument organized by the Fraternal Department of the PNA, and well-attended political breakfast by the Chicago Society PNA Lodge 1450.

This year, the weather was beautiful, and so was the Polish spirit in all of us attending!

AK









# Polish Custom Revived in Holyoke, Massachusetts

**Holyoke, MA.** Polish National Alliance Lodge 525 of Holyoke, MA organized the first International Women's Day on March 11 at Pilsudski Park in Holyoke. The event was featured as, "*Damskie Spotkanie Przy Kawi*" and only ladies were invited to attend. International Women's Day, in Polish: *Międzynarodowy Dzień Kobiet*, is celebrated every year on March 8. It became a day of celebration in Poland after World War II implemented by the Russians. Initially, this feast was designated by the government. It later was accepted by Polish society, and it became part of the Polish culture.

From 1948 to 1956 Polish women began to change the meaning of this day. It was a time for women to demand rights for improved working conditions. With the fall of Stalinism, the government and mass media began to recognize that women are mothers, housewives, and also exhibit original beauty and caring attributes. The government and media still try to convince Polish women that their role is to build a socialistic future, but women are also wished personal happiness. Women were beginning to strive for a better life, treatment, and recognition for their contributions to society overall.

The late 1980's was the dawn of the celebration of Women's Day. It became a day to revere women and give them a flower such as a rose or carnation. There was a strong tendency to adopt Western culture's Valentine's Day. This became popular, but not in Poland until the mid-1980's.

There is an attempt to revitalize Women's Day in Poland and Western Massachusetts as well. Many women would like to be treated special on this one day when men will try to be better husbands or sons and even help with daily chores.

The women's movement impacted the Polish National Alliance (PNA). Women within the PNA organization were protesting for the right to vote. As a result in 1900, twenty years before the United States 19th Amendment to the Constitution, women were given the right to vote in PNA matters.

In an audience of 175 women at Pilsudski Park, there were many teachers, nurses, doctors, lawyers, business leaders and a special guest, Teresa Struziak Sherman, PNA National Business Board Director from Wilbraham, MA. Each lady was presented with a long-stemmed rose upon entering the hall. The guests

enjoyed entertainment and an exceptional buffet which included, much, much more than coffee or tea. The event received such positive response that we all hope that PNA Lodge 525 will again host the celebration in 2019. Thank you to all who volunteered their time and homemade delicacies.

## Enjoying Polish Women's Day In Holyoke, Ma



**Holyoke, MA.** Enjoying the spectacular Polish Women's Day at Pilsudski Park in Holyoke, MA on March 11 are left to right: Malgorzata Misniekiewicz, Recording Secretary PNA Lodge 525; Mary Wolanin, former Vice President of PNA Lodge 525 for many years; Irena Gadecki, Financial Secretary PNA Lodge 525; Teresa Struziak Sherman, PNA National Business Board Director; Dorothy Wolanski, President PNA Lodge 525; taking place of Treasurer, Joseph M. Kos, is Christine Kos, and Ewa Pierzchalski, Vice President. The event was a great success. The guests enjoyed the generous food selections, entertainment, and most of all each other's company.

*Submitted by: Teresa Struziak Sherman,  
PNA Business Board Director*



## Cold Polish favorites for hot summer days

### Freshly pickled cucumbers *Ogórki małosolne*



#### Ingredients:

- 2.2 lb. (1kg) of cucumbers (washed)
- Horseradish root, approx. 3"(8 cm) long (thinly sliced)
- horseradish leaf (lightly crushed )
- 4 - 5 cloves of garlic
- a few sprigs of dill (including seeds)
- 1 Tbsp. of mustard seeds
- 1 Tbsp. (or less) of salt

Recently, this recipe for low-salt pickles conquered the Polish internet!

#### Directions:

Place cucumbers and the rest of the ingredients in a large Ziploc bag. Shake the bag so that the salt and spices mix well. Refrigerate for about six hours. Then, take it out and leave at room temperature. Fermentation time depends on the room temperature, but after about 20 hours, chill them again, and enjoy! These pickles are crunchy, healthy, and delicious.

### Polish Cold Beet Soup *Chłodnik*

#### Ingredients:

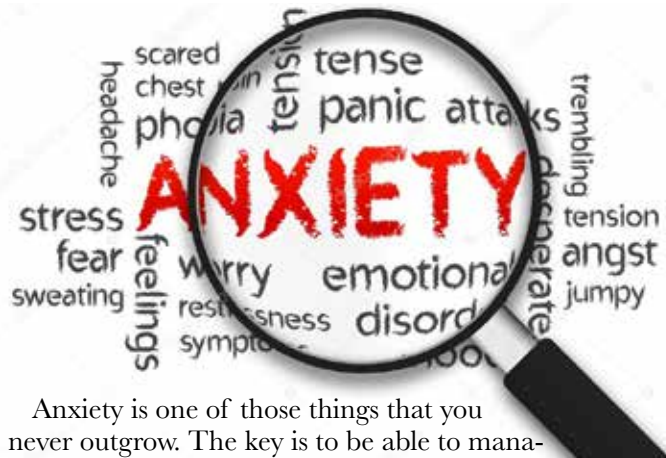
- 5 young beets
- 1 tablespoon (15 ml) lemon juice (from half of lemon)
- 1/2 teaspoon sugar
- 1 large cucumber (or 2-3 small ones)
- 4 radishes
- 2 garlic cloves
- 4 cups (1 L) kefir (or buttermilk)
- 1 and 1/2 cups (400 grams) Greek yogurt
- salt and pepper
- 1 bunch of dill, finely chopped
- add 1 hard boil egg per serving

#### Directions:

Peel the beets and dice them into small cubes. Heat about 500 ml of water with the lemon juice and sugar. Once it reaches the boiling point, add the diced beets and boil for about 12 minutes or until soft. Scoop the beets out and let them cool completely. If you find the beets with leaves, these are edible. You can either chiffon them and add them in the soup or use for a salad. In the meantime, dice the radishes and the cucumber into small cubes (you can peel the cucumber or not, as you prefer). Mix them with the finely chopped garlic, kefir, yogurt, salt, and pepper. Once the beets cool completely, add them over the vegetable and kefir mixture and give it a good stir. Serve cold with a hard-boiled egg, sprinkled with finely chopped dill.



# Anxiety: Will I Ever be Free?



Anxiety is one of those things that you never outgrow. The key is to be able to manage anxiety, and not allow it to manage you. On the one hand, anxiety can be a good thing because it is a motivator to get things done. Anxiety can cause you to perform better because you do not want to fail. You put more effort into the task or relationship when there is anxiety involved. This is a normal part of life. You may feel anxious when faced with a problem at work/school, before taking a test, or making an important decision, especially if the outcome could be disastrous. These are all a part of life and are to be considered normal when temporary. Anxiety disorders, those that do not let the anxiety go away and get worse over time, are detrimental to your health. Feelings of anxiety can interfere with activities of daily living, for example, job performance, school work, and personal relationships. There are several types of anxiety disorders that include: generalized anxiety disorder (GAD); panic disorder, and social anxiety disorder.

## SIGNS AND SYMPTOMS

**Generalized Anxiety Disorder (GAD).** People with this problem show excessive anxiety or worry for months and have related symptoms that include:

- Restlessness or feelings of being on the edge
- Feeling easily fatigued
- Difficulty concentrating or having your mind go blank
- Being irritable
- Muscle tension
- Difficulty controlling the worry
- Sleep disturbances (problem falling asleep, staying asleep, or restless, unsatisfying sleep)

**Panic Disorder.** People with panic disorder have unexpected panic attacks, which are sudden periods of intense fear that may include heart palpitations, pounding heart, fast heart rate, sweating, trembling/shaking; sensations of shortness of breath, smothering, choking, or feelings of impending doom. Panic disorder symptoms include:

- Sudden and repeated attacks of intense fear
- Feelings of being out of control during the panic attack
- Fear or avoidance of places where panic attacks have occurred in the past

**Social Anxiety Disorder.** People with this disorder, (sometimes called “social phobia”) have an intense fear of social or performance situations in which they fear being embarrassed, judged, rejected, or fearful of offending others. Social anxiety symptoms include:

- Feeling highly anxious about being with others and having difficulty talking to others
- Having self-conscious feelings in front of other people and worried about feeling humiliated, embarrassed, rejected or fearful of offending others
- Being afraid of being judged
- Worrying days/weeks before an event where others will also be present
- Staying away from places where there are people
- Having difficulty making and keeping friends
- Blushing, sweating or trembling around people
- Feeling nauseous or sick to your stomach when around others

If you are having these symptoms, consult with your healthcare provider. Physical health conditions, such as an overactive thyroid gland, low blood sugars, or some medications can cause one to feel anxious. A thorough mental health examination is also helpful because anxiety disorders can be associated with other related conditions, such as depression or obsessive-compulsive disorder.

**Risk Factors.** According to research findings, family genes and environmental factors often interact with one another and become risk factors for anxiety disorders.





Specific risk factors include:

- Shyness, or behavioral inhibitions during childhood
- Being a female
- Low economic status
- Being divorced or widowed
- Experiencing stressful life events during childhood and adulthood
- Being a victim or perpetrator of bullying
- Biological family members who suffer anxiety disorders
- Parents who have a history of mental disorders
- Increased afternoon saliva cortisol levels (especially for social anxiety disorder)

## TREATMENT AND THERAPIES

Anxiety disorders are primarily treated with psychotherapy, medication, or both.

**Psychotherapy.** To be effective, psychotherapy, also known as “talk therapy”, must be directed at the person’s specific anxiety. This can cause discomfort for the person when faced with confronting his/her feared situations.

**Cognitive Behavioral Therapy (CBT).** This type of therapy teaches a person different ways of thinking, behaving, and reacting to anxiety-producing and fearful situations. CBT can also help people to learn and practice social skills, which is vital for treating social anxiety

disorder. Cognitive therapy focuses on identifying, challenging and then decreasing the importance of unhelpful, destructive or unhealthy thoughts underlying the anxiety disorder. Exposure therapy focuses on confronting the underlying fears causing the anxiety, enabling the person to take part in activities that they have been avoiding. Exposure therapy is performed along with relaxation exercises and/or imagery therapy. Cognitive therapy seems to work better than exposure therapy for most people.

**Self-Help or Support Groups.** Some people with anxiety disorders may benefit from joining a self-help or support group which promotes the sharing of problems and positive achievements with others. Internet chat groups are not recommended for this purpose because false identities and lack of truthfulness is all too common, and can mislead someone who depends on honesty and trust from the chat group’s contact. Talking with a member of the clergy or a trusted friend can be helpful, but it may not be sufficient if your need is care from an expert clinician.

**Stress Management Techniques and Meditation.** These methods can often help people with anxiety disorders calm themselves and enhance the therapy effects. Caffeine, certain illicit drugs, and even some over-the-counter cold medications can increase the symptom of anxiety disorders. Avoiding them should be considered. Check with your healthcare provider or

pharmacist. It is very important for the recovery of a person with an anxiety disorder that the family/significant others are supportive, but they should not encourage the anxiety symptom/behaviors to continue. The purpose is to foster positive results and healing, and not to enable the anxiety to overpower the person.

**Medications.** Anxiety disorders are not cured by taking prescribed medications, but often they will relieve symptoms. Medications are sometimes used as the first treatment of an anxiety disorder or only used if there is a lack of response to psychotherapy. Research studies have shown that there are often better results if a combination of psychotherapy and medication are used at the same time. The most common medications prescribed to treat anxiety disorders are antidepressants, anti-anxiety drugs and beta-blockers. Antidepressants are used to treat depression, but they can also be effective to treat anxiety. By taking the prescribed medication, symptoms are reduced allowing the psychotherapy or behavioral therapies to be effective in resolving the anxiety disorder. Please note that some medications are effective only if taken regularly, as prescribed, and that symptoms return if the medication is stopped. Illicit drugs and/or alcohol consumption are not answers to treating anxiety disorders.

There are many resources available online, in libraries and Federal resources. If you feel that anxiety is robbing you of the joys of living, do not hesitate to seek help from the many sources of information and medical assistance. Begin with your primary health care provider. S/he will advise you of the next step. As a note about

bullying, victim or perpetrator, the effects can linger well into adulthood from childhood. Both are at risk for mental health problems such as anxiety, depression, substance abuse and suicide. You do not need to be in the severe stages of anxiety to seek the help that you need. Treatment started at an early stage will lead to better results. Everyone experiences anxiety at different times and for different reasons, but when anxiety consumes your life, affects your important relationships, and you can no longer “shake it off” or resolve the cause of the anxiety, it is time for you to seek available professional help. Do not feel defeated or be ashamed of your fears/feelings. Be determined that you will rise above the problems and move forward.



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*R.N., BSN, MS*  
*PNA Business Board Director.*

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## **Anxiety data**

- According to the World Health Organization, an estimated 3.6 percent of the world's population suffers from anxiety disorders.
- Anxiety is more prevalent in women, in people under 35, and in those who live in North America or Western European countries.
- Anxiety is the most common mental-health disorder in the United States, affecting nearly one-third of both adults and adolescents, according to the National Institute of Mental Health.
- Over the last decade, anxiety has overtaken depression as the most common reason college students seek counseling services.
- People with chronic health conditions are more likely to experience anxiety. Almost 11 percent of people with heart disease and 32 percent of those with multiple sclerosis reported having a generalized anxiety disorder.



# Foods that Help or Hurt Anxiety

According to the Mayo Clinic, your diet cannot cure anxiety, but some foods help with anxiety and have a calming effect on the body, while other foods cause anxiety after eating.

Choose foods such as complex carbs that boost the calming brain chemical, serotonin. Stay hydrated. Dehydration can cause mood changes. Consider adding to your diet chocolate, folate, and other B vitamins, low-glycemic foods, magnesium, omega-3 fatty acids, tryptophan. Consider adding foods high in zinc. Oysters, cashews, liver, beef, and egg yolks have been linked to lowered anxiety.

## Food to Eat

### Turkey and Tryptophan-Rich Foods

Tryptophan can have a positive effect on stress because this amino acid helps your brain produce feel-good chemicals. Tryptophan (precursor to serotonin) is a neurotransmitter that helps you feel calm. You will find it in: turkey, chicken, bananas, milk, oats, cheese, soy, nuts, peanut butter, and sesame seeds.

### Beef and Foods Rich in Vitamin B

A deficiency in B vitamins, such as folic acid and B12, can trigger depression in some people. You can take a vitamin B supplement or eat foods that are rich in B vitamins to ward off anxiety. Foods that help with anxiety include beef, pork, chicken, leafy greens, legumes, oranges and other citrus fruits, rice, nuts, and eggs.

### Complex Carbs

Carbohydrates increase production of serotonin in the brain. When choosing mood-lifting carbs, go for whole grains, such as whole-wheat bread or brown rice, rather than processed choices, such as sugar, candy, or even white bread and white rice.

### Omega-3-Rich Foods

Consuming omega-3 fatty acids (EPA and DHA), found in fatty fish such as salmon, tuna, lake trout, herring, mackerel, anchovies, and sardines, can be uplifting and can enhance your mood. A possible side benefit: Omega-3s may reduce the risk of heart disease.

### Greek Yogurt and High-Protein Foods

Protein helps stimulate the production of the brain chemicals norepinephrine and dopamine, which, like serotonin, are neurotransmitters and carry impulses between nerve cells. Higher levels of norepinephrine and dopamine have been shown to improve alertness, mental energy, and reaction time. Good sources of protein include Greek yogurt, fish, meats, cheese, eggs, nuts, beans, soy, and lentils.

## Food to avoid

### Coffee and Caffeinated Drinks

People drink coffee and other beverages containing caffeine (tea, cola, and hot chocolate) to help boost their energy levels. While sugar may give you a temporary boost of serotonin, coffee inhibits levels of serotonin in the brain. When serotonin levels are suppressed, you



can become depressed and feel irritable. Caffeine is also a diuretic, and even mild dehydration can cause depression. Caffeine can keep you awake, leading to stress and anxiety. **To be in a positive mood, you need to sleep well.**

### Candy and Sweets

Sweets, including those containing table sugar, honey, and corn syrup, can make you feel temporarily better. Sugar is absorbed quickly into the bloodstream. The absorption causes an initial high or surge of energy that wears off as the body increases its insulin production to remove the sugar from your blood. As a result: you are left feeling tired and low.

### Alcohol

Some people drink alcohol because it seems to ease stress and anxiety. Unfortunately, the good mood is very temporary. In the long run, alcohol is a depressant. Like caffeine, alcohol is a diuretic. It's important to stay hydrated for many reasons, including one being your mood.

# Poland's Oldest Tree

*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 ...*

---

## Yew (Cis Henrykowski) in Henryków Lubański



He survived the Piast, Jagiellonian, and Vasa dynasties, the anointment of kings, the partitions of Poland as well as the Second World War ...and he still lives on.

It is 1,300 years old. The growth rings within its trunk contain invaluable information on whether the summer

during the year of the Battle of Zehden was a cool one, therefore limiting its growth; on whether the start of the Jagiellonian era saw a locust epidemic which robbed all plants of their leaves; on whether the 17th century was a mini "ice age" and on how the climate has changed over the last 1,300 years.

Poland marks the eastern border of the yew's reach, ideal conditions for the yew are warm summers, a mild winter and regular rainfall that guarantees high humidity. Yews are somewhat rare in Poland.

Yews are dioecious trees, meaning that they have distinct male and female individual organisms or colonies. Most yews take on the form of a big shrub or a small tree up to 20 meters high. Their needles are dark green and bent like sabers. Its fruit is a little seed hidden in a meaty, blood-red parchment. The parchment seeds are the only non-poisonous part of the yew. All other parts of the tree are very toxic. Animals living in the forest, are immune to the poison.

The yew has left its mark on Polish history. Yew wood is dense, resilient and elastic – ideal for the building of





bows. That is why Polish archers used them during the Battle of Grunwald. Appreciating the military value of yew wood, in 1423 King Władysław Jagiełło named yews a strategic resource and banned their felling – in effect, becoming one of the first nature conservationists in Europe.

AK

*Based on the article by Przemysław Barszcz, forester, Chairman of the Polish Natural Forest Foundation*

## Crooked Forest

In a small corner of western Poland, near the town of Gryfino, there is a strange and eerie woodland. This unusual collection of curved trees was named the “Crooked Forest.” It consists of around 400 pine trees that grow with a 90-degree bend at their base, the vast majority of which are bent northward. Curiously, the Crooked Forest is surrounded by a larger forest of straight growing pine trees.

It is estimated that the trees were planted in the 1930s and that they were around 7-10 years old when they experienced whatever force that resulted in trunk bending.

So what could have caused these trees to grow in this bizarre shape? No one indeed can explain, but there are a few theories.

Some believe that there were fluctuations in gravitational forces in the area, however, the force of gravity pulls objects down, not sideways.

The other theory is that heavy snow could have flattened the trees for an extended period while they were still young and flexible. However, it is difficult to explain why the Crooked Forest is surrounded by pine trees that are straight. It would have been a very unusual snow-storm to affect only one specific area of a forest.

Perhaps, during the German invasion of Poland in World War II, tanks plowed through the young forest, flattening the trees, so they grew back crooked. Again, why is only the small patch of pine trees affected?

Some suggest that the curves are human-made, given the fact that the trees are very consistent. Did local farmers plant and manipulate the trees for ultimate use as a construction material? Would anybody remember? Is it possible that war interrupted this activity, preventing



the farmers from being able to finish the job and thus leaving this peculiar forest that we still see today? After all, the local town was devastated during the war and was not reestablished until the 1970s.

No one knows for sure what caused the bending of these trees, but they are worthy of visiting.

AK





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LAT



Jestem jeszcze za młody na ubezpieczenie na życie. Całe życie przede mną. Teraz myślę o podróżach i wykształceniu. Nad ubezpieczeniem zastanowię się później.

Ubezpieczenie na życie w Związku Narodowym Polskim to o wiele więcej niż polisa ubezpieczeniowa. To również dostęp do wielu dodatkowych programów.



#### STYPENDIA

Każdego roku ZNP przyznaje stypendia o wartości ponad \$250,000



#### POLSKIE SZKOŁY

ZNP wspiera kilkadziesiąt polskich szkół w USA



#### GRUPY TANECZNE

możesz zapisać się do najlepszych polonijnych zespołów wspieranych przez ZNP

19  
30  
LAT



Nie potrzebuję ubezpieczenia! Jestem młody, zdrowy, mam plany.

Tak naprawdę, jesteś w najlepszym momencie, żeby kupić sobie ubezpieczenie na życie!



#### JESTEŚ ZDROWY

otrzymasz polisę bez konieczności badań lekarskich. Z resztą, przeszedłbyś je śpiewająco!



#### JESTEŚ MŁODY

stawki ubezpieczeń na życie dla ludzi w twoim wieku są bardzo niskie!



#### CZAS NA ZMIANY?

w przyszłości będziesz mógł zmienić rodzaj i wartość twojego ubezpieczenia bez badań lekarskich

31  
60  
LAT



Mam mnóstwo wydatków, problemów, długów. Nie mam czasu, ani pieniędzy na ubezpieczenie na życie.

Teraz, kiedy założyłeś rodzinę, masz dzieci, kupiłeś dom, jesteś odpowiedzialny za przyszłość wielu osób, ubezpieczenie na życie jest ci potrzebne bardziej niż kiedykolwiek wcześniej!



#### RODZINA

zabezpieczasz przyszłość swoich najbliższych



#### KREDYTY

twoi bliscy będą mogli spłacić kredyty zaciągnięte na kupno domu lub rozwój firmy



#### BIZNES

firma, którą stworzyłeś, przetrwa, a twoi bliscy będą mogli pokierować nią dalej

60  
+  
LAT



Czas odpocząć! Dzieci się usamodzielnili, spłaciłem dom, czas zacząć korzystać z dorobku życia, a nie kupować ubezpieczenie.

Osiągnąłeś już bardzo dużo, ale masz przed sobą jeszcze wiele lat. Ubezpieczenie na życie kupione właśnie teraz będzie kiedyś ogromną pomocą dla twoich najbliższych.



#### BEZPIECZEŃSTWO

finansowa przyszłość twoich najbliższych będzie bezpieczna



#### POKRYCIE KOSZTÓW POGRZEBU

pieniądze z ubezpieczenia na życie pokryją koszty twojego pogrzebu



#### SPUŚCIZNA

wskazane przez ciebie osoby lub organizacje otrzymają pieniądze wypłacone przez ubezpieczenie

Polish National Alliance  
6100 N. Cicero Ave  
Chicago, IL 60646

1-800-621-3723  
www.pna-znp.org  
facebook.com/pnaznp





Polish National Alliance  
of the U.S. of N.A.

6100 N. Cicero Avenue  
Chicago, IL 60646-4385



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### The Polish National Alliance

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