

“Together – We Can and We Will”

ZGODA



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

SUMMER **2019** | www.pna-znp.org

1881-2019 Vol. 159; No. 2

Our Common Bond **Poland**



3	President's Corner
4	From the Censor
5	From the Editor
6 – 7	From the Manager of Sales
8 – 33	Fraternal News & Activities
	<ul style="list-style-type: none"> • PNA Song and Dance Concert 2019 • Kids 4 Kids • A Royal Evening in District X • Photo Contest 2019 • Lajkonik Concert • St. Joseph's Day in Council 3 • Tlusty Czwartek in Baltimore • National Bowling Tournament 2019 • Spring Events in Region "H" • It's Cool to be in Polish School • Wici Song & Dance Theatre • We Are Proud of • Polonez Group from California • Scholarships 2019 Awarded • Polish Constitution Day Celebration
34 – 41	Life of Polonia
	<ul style="list-style-type: none"> • Poland – The Royal Tour • May Celebrations in Poland • Kosciuszko Foundation Gala in Massachusetts • News from Texas • Śniadanie z Jagiełłą
42 – 46	Destination Poland
	<ul style="list-style-type: none"> • Pomerania – Baltic Shores of Poland • Kashubia
47	History Pages
	<ul style="list-style-type: none"> • Westerplatte
48 – 51	Living Well – Pursuit of Happiness
52 – 53	Taste of Poland – Kashubian Menu
54 – 55	Bulletin Board
56 – 61	PNA Convention
62	PNA Regions & Districts



Old Town in Gdansk and walkway over Motława River at sunset.
Stock photo.

(USPS 699-120)
Published Quarterly
The Official Publication
of the Polish National Alliance

6100 N. Cicero Avenue
 Chicago, IL 60646-4385
 Phone: (773) 286-0500
 Fax: (773) 286-0842
www.pna-znp.org

**Polish National Alliance
 of US of NA**

Wesley E. Musial
Censor

Irene S. Grabowy
Vice Censor

Executive Committee
Frank J. Spula
President

Marian Grabowski
Vice President

Alicja Kuklinska
National Secretary

Steve H. Tokarski
Treasurer

Send all articles, correspondence
 and materials to:
 ZGODA Magazine
Alicja Kuklinska
Editor

e-mail: zgoda@pna-znp.org
 6100 N. Cicero Avenue
 Chicago, IL 60646

Ewa Krutul
Graphic Designer

Periodicals–Postage Paid at Chicago,
 Illinois and additional mailing offices.

POSTMASTER: Send address
 changes to Zgoda, c/o PNA
 6100 N. Cicero Avenue
 Chicago, IL 60646-4385

Change of address
 or interruption in subscription
 matters contact:
 PNA Address Dept. (ext. 366)
 or e-mail:
addresschange@pna-znp.org



President's Corner

June 2019

Dear Members,

As we get closer to the upcoming convention, it provides one the opportunity to reflect on the organization and how it has changed over the last 138 years. In the last few years, there have been more regulatory demands placed on fraternal businesses than in several decades.

This coming August, we will be hosting our 48th Quadrennial Convention in Phoenix, Arizona. You can credit the history of our existence as an organization on the ability to keep up with the changes that have evolved over the years. Nowadays, we see changes occurring at an accelerated pace, and as an organization and management team, we need to accept them and incorporate them to best serve our members.

Our responsibility at the convention is to focus on the future and with an acceptance that our jobs are never actually done. My point is, an organization such as the Polish National Alliance dedicated to protecting the benefits of its members must maintain an attractive portfolio of products that is beneficial and competitive for a changing market.

The goal of any organization should not be simply to triumph today, but to build for tomorrow. Moreover, building for the future does not always require major innovations or call for new directions. It is often nothing but the difficult job of putting up the bits and pieces for the next storm, the next winds of change.

The fundamental values or principles this organization was founded upon, were pride in one's country, pride in the community, pride in our families and children, and pride in who we are. This is what makes us distinct. As a fraternal, we have a belief, that we all have a responsibility to help each other, based on the values of volunteerism, patriotism, and a belief in individualism.

At the last convention, many changes were introduced and implemented. At this convention, there will be numerous proposals presented to be compliant with the Department of Insurance and NAIC guidelines.

Since the last convention, there have been many topics

which needed to be and were addressed. The Executive Committee, the Business Board, and Team Leaders have been focusing on matters head-on. One of many issues resonating in the industry has been that of cybersecurity. We're fortunate to have an excellent IT Department which monitors the security of information of our members continuously, and we can all rest assured we have a secure system.

Other topics of concern for insurance regulators are that of corporate governance, risk-based capital, disaster recovery procedures, and others. These will be some of the issues addressed at the convention.

Since the last convention, we have the offices and operation of the Polish Daily News (Dziennik Związkowy) relocated to offices of PNA, making it more efficient, accessible and more cost effective. Also, the offices and broadcast studios of our newly purchased FM radio station are also accommodated in the Home Office

On a fraternal side, we recognize the value of fraternal programs and activities and encourage our officers and members across the country to make a difference in communities, by being involved in various civic and fraternal programs.

The Home Office has sponsored National Bowling and Golfing Tournaments in various parts of the country encouraging members to participate. We are developing programs that can be of interest to our members and upcoming generations. This past June was the third Kids 4 Kids Walk campaign, which is primarily intended to encourage children to get involved and do something good for other less fortunate children, with proceeds earmarked for a children's organization. At the same time, local lodges and councils are encouraged to do similar programs.

For numerous years, the Polish National Alliance has been providing scholarships to college students based on their academic achievement and involvement in the community. Earlier in the month, a committee reviewed the applications which were submitted and selected the awardees. Congratulations to all our scholarship winners, who are the future of our society and leaders in our communities.

On a financial basis, the organization has assets of \$432 million with the surplus increasing every year, doubling since the last convention, to an amount in excess of \$22 million. The expenses are being closely monitored, fraternal programs are continuously subsidized, from language and dance groups to sports programs and scholarships.

The Office of National Secretary, Alicja Kuklinska has been preparing for the upcoming convention for several months to make sure that the convention will be efficient and productive. Over the last several years, conventions have become more efficient and have focused on business operations of the organization. This year, the convention is scheduled to start on Monday morning and conclude Wednesday at noon.

I want to congratulate all the newly elected representatives to the 48th PNA Convention in Phoenix. I am looking forward to seeing you in August!

Most Sincerely,

Frank J. Spula, FLMI
President and CEO



June 2019

My Fraternal Sisters and Brothers,

It is difficult to imagine that it has almost been four years since we assembled in Cleveland, OH, for the 47th Quadrennial National Convention. This span of time has been both favorable and eventful for the Alliance. All that has been accomplished

has been done to strengthen the foundations of the Alliance further and bolster the future of the PNA for all its members.

The Polish National Alliance has assets of over \$432M. Our surplus is above \$22M. When two other accounts are combined with the surplus, we have about \$35.3M in total unassigned funds. Thus, we can see the size, strength, and financial well-being of the PNA.

Remember the Great Recession of 2008, and its fallout and effects on the PNA. These circumstances brought the Alliance under the intense scrutiny of the Illinois Department of Insurance. During its thorough examination, the Department looked at just about every aspect and nuance of the PNA. It forced certain changes upon us and started a self-examination and internal introspection of the way we operate as a fraternal organization. Some of the guidelines followed were the increased regulations and compliance programs necessary, and the trend concerning future governance of Fraternal Societies.

Over the last four years, we have seen an excess of income over expenses every year: simply put a profit. This has led to an increase in surplus every year. The NAIC (National Association of Insurance Commissioners) has placed a great deal of emphasis on a particular financial statistic called the Risk-Based Capital Ratio. We have exceeded the recommended required ratio every year. It is quite essential to maintain a value above this required ratio; otherwise, we will be burdened by more stringent regulation and oversight.

Concerning the National Convention itself, the delegates will experience some changes which they may consider game-changing. This may be the first Convention which will not elect the President. The Business Board of Directors will now hire the President. This is a change which is following the recommended Governance trend in the Fraternal Society arena. The theory is that this will lessen the possibility of a candidate chosen out of popularity rather than ability. Please note that presently the Department of Insurance can deny an office to someone they feel is not qualified to run said office, usually meaning the President. The other National Officers (Censor, Vice-Censor, Vice-President, Secretary, and

Treasurer) will still be elected by the Convention, as will the Business Board of Directors. The qualifications to run for these National Offices and Directors have been eased so that more individuals can run for these offices. As passed at the last Convention, the Fraternal Directors will be elected by the delegates from their particular Region.

As I stated earlier, the Illinois Department of Insurance, in its examination, decided that Commissioner will receive no salary, only expenses. With this as a background, the by-laws were amended to eliminate the Office of District Commissioner and replace them with the appointed position of District Coordinator, which will permit compensation for the position. Please note that the three-phase amending process for these changes was overwhelmingly approved.

One area that requires a great deal of attention is Membership and Sales. Its importance translates into a variety of fields each of which is vital to the general health of the Alliance. Sales provide members which are necessary to replace those who have passed from the scene, but also to grow the organization. These individuals will also provide the pool from which we can elect people who will provide the Leadership at all levels, from the National down through the Regional, District, and Council. This is one aspect that must not be overlooked. Sales also helps provide the needed revenue to fund all the mechanisms of the PNA both organizational and fraternal. Age and health have taken its toll on the Organizers and Sales Representatives who built this great organization. We have to come up with a plan to replace these great women and men and also expand into a professional sales force. We will survive, but we also want to grow and thrive.

Ladies and Gentlemen, the times are changing. Not that long ago, there were about 200 Fraternal Societies, and now there are less than 60. The NAIC and the Insurance Commissioners are burdening these Societies with more regulations and requiring compliance on more issues. The changes in our own governing structure were done in anticipation of the inevitable trend toward such suggested governance structures formulated by the NAIC. I believe the pro-active changes combined with our increasing financial strength provide a sound basis for our future.

I ask the Councils to send their delegates to convene in Phoenix, AZ on Aug. 25th through Aug. 28th for the 48th Quadrennial National Convention of the Polish National Alliance, where they can in a constructive, fraternal, and amicable way strenuously discuss, debate, and approve programs to ensure that we will be around to promote our heritage and pay the policies of our grandchildren and their grandchildren.

TOGETHER, WE CAN AND WE WILL

Wesley E. Musial
Censor



From the Editor

June 2019

Dear Members,

This summer, the Home Office is super busy getting ready for the upcoming 48th Quadrennial Convention. At the same time, we are doing our best to provide PNA Members with the utmost customer service possible.

As the Delegates are getting ready for their trip to sunny Arizona, please keep in mind that successful organization and projects are the results of ideas coming from engaged members. You can communicate your ideas with the Delegates in your respective area, or make your suggestions or proposals to one of the Pre-Convention Committees for consideration.

Thank you to all who submitted articles and photographs for this issue of Zgoda. I appreciate your involvement and your journalistic efforts. Because of the space, I had to commit to the Convention, some materials are waiting for publishing in the next Zgoda issue, including our new members.

This will be my third PNA Convention, but for the first time, I will be attending it as an Officer of the Organization, carrying responsibility for its future. It is a great honor. I am proud to say that now my family is a 100% PNA family, like many of yours. I believe this is a matter of loyalty, and a mission to carry-on protecting our heritage and well-being in the United States.

Zgoda is a reflection of our lives, values, and commitment to something much bigger than we are. So please, be a part of history-making; keep sending articles, photos, and comments. Together - we can and we will make sure the PNA will thrive for next generations.

Respectfully,

*Alicja Kuklinska
Editor-in-Chief*



Arizona staje się ostatnimi laty punktem docelowym dla coraz większej ilości Amerykanów polskiego pochodzenia. Czyste powietrze, bezchmurne niebo, piękna architektura i zachwycająca natura przyciągają Polonię spragnioną przestrzeni i słońca. Phoenix i Tucson, to główne skupiska około 120-tysięcznej Polonii w tym stanie.

Arizona jest niezwykle interesującym skupiskiem różnych zjawisk geograficznych i kultur, które do połowy XIX wieku było własnością Meksyku i dopiero w 1912 stało się 48. stanem unii Stanów Zjednoczonych. Do słynnych atrakcji Arizony należą Wielki Kanion, Pustynia, Zapora Hoover, Jezioro Miodowe, Fort Apache, zrekonstruowany Most Londyński nad jeziorem Havasu City.

W dniach 25-28 sierpnia 2019, w Phoenix odbędzie się 48 Sejm Związku Narodowego Polskiego. W rękach 150 delegatów reprezentujących 10 regionów w Stanach Zjednoczonych znajdzie się po raz kolejny przyszłość organizacji, która od 1880 roku zabezpiecza finansowo swoich członków i ich rodziny i dba o pielęgnowanie polskiego dziedzictwa.



From the Manager of Sales

Dear Members,

Finally, warm weather is upon us! If you are like me, I bet you thought spring would never get here. Now that it has arrived with the 48th PNA Convention being just around the corner, I would like to provide you with information on what we arranged for you.

I am happy to reveal that we have two annuity plans available:

A 5-year Single Premium Tax Deferred Annuity has a guaranteed rate of 3.15% for the full term. This plan is really growing in popularity, it allows only a one-time deposit, of at least \$5,000. More information about our annuity plan is provided on the following page.

If you are not able to deposit \$5,000 at once, then consider opening an 8-year Annuity with a 3.00% return guaranteed for the first year and a minimum deposit of \$500. Not only is this the right way of growing your savings with a high rate of return, but also provides you with a tax-deferred advantage that might be very beneficial when filing your tax returns.

Keep in mind that PNA can offer you:

Traditional IRA that allows an income tax deduction for amounts contributed.

Roth IRA, your money grows tax-free. The contribution limits are the same as the Traditional IRA, but they are based on your modified adjusted gross income.

Non-Qualified Annuity (including Single Premium Annuity), is a tax-favored plan allowing you to save money with the advantage of tax-deferred earnings.



Special message for PNA Sales Representatives!

Don't miss the opportunity to participate in exclusive contests. You can reach your goals, earn extra money, and be recognized for your efforts. This opportunity presents itself only every four years. Please contact PNA Membership Department.

You should be one step ahead when purchasing a life insurance plan because time really matters. For a 30-year old and 50-year old female in good health, the premium amount for permanent policy for \$150K and Accidental Rider \$150K increases from \$98.55 to \$219.38. If you are thinking, talking or contemplating providing protection for your family, yourself, or others, now is the time to purchase life insurance. Do not procrastinate, do it now!

I compared the PNA life insurance premiums to three major life insurance companies, and I have to report to you that our premiums are lower than theirs.

If you would like to receive our comparison report, please let me know.

I would like to wish you a wonderful summer, and I hope that you will make the right decision by protecting your family. All you need to do is call the PNA Sales Representative or reach us at the Home Office by phone at 1-800-621-3723 ext. 330 or 344, or by email info@pna-znp.org

Fraternally Yours,

Jolanta Walaszek
Manager of Sales

PNA Golden Nest



Protect your future

A 5-year Single Premium Deferred Annuity (SPDA)
with a **high rate of return** of

3.15%

It is a fixed, Single-Premium Deferred Annuity (SPDA) providing high growth during the accumulation phase.

A fixed annuity will offer:

- Guaranteed rate of return
- Tax-deferred growth of earnings (non-qualified annuity)
- Predictable, guaranteed lifetime income (when the account matures)
- Legacy

Since 1880, the Polish National Alliance protects its members through life insurance and annuity products and provides them with fraternal benefits.

ANNUITY

Traditional IRA

Your contribution may be tax deductible.

Roth IRA

Tax-free growth. Earnings may be distributed Tax-Free after you retire.

Tax Deferred Annuity

Defer your taxes on the interest earned, until you start withdrawing the money.

LIFE INSURANCE

Permanent life insurance

Designed to provide coverage that will last you for a lifetime.

Term life insurance

Provides coverage for a limited time. The protection ends when the term period is over.



Call **1-800-621-3723** ext. 365 John or ext. 331 Kasia

This rate is guaranteed for the 5 year period and applies to the Non-Qualified Annuity, Roth IRA and Traditional IRA* contracts. Only a one-time deposit is allowed and must be at least \$5,000. If a withdrawal is made during this 5 year period, a surrender charge will be assessed (5%, 4%, 3%, 2%, 1%). Consult a tax, legal or accounting professional with your specific situation since PNA does not provide this service. * Traditional IRA accounts are available for prospects under the age of 65 (at time of issue). **Fixed Annuity Plan is not available in all states.

Polish National Alliance

6100 N. Cicero Avenue, Chicago, Illinois 60646

PNA Song and Dance Concert 2019

The Polish National Alliance hosted the annual Song and Dance Concert on March 17, 2019. The performances took place in Lake Zurich High School Performing Arts Center. All of the participating groups made a total of about 400 performers. Most of the ensembles were from Chicago and suburbs.

Before the concert's opening, the president of the PNA, Frank Spula, shared his enthusiasm for the youths' hard work and dedication in promoting Polish culture. He wished them continued successes.

For over three hours, the colorful, folkloric costumes and songs transported the audience to several different parts of Poland. Gorals, Silesians, Podlachians, and Kashubians were just a few of the represented cultures.

The participating groups were "Gaik and Gaiczek," "Gwiazdki," "Hejnał," "Lajkonik," "Polanie, Wiślanie, Gopłanie," "Przepióreczka," "Vera," "Syrenka," "Świtezianie," "Wiśła i Mała Wiśła," "Szepty," "Wici," and "Żaki."



Magdalena Solarz was the concert director, and Jarosław Sokołowski was the music director. At the end of the successful concert, Solarz thanked all of the groups and invited everyone to attend next year's concert. The audience applauded vigorously.

All proceeds were dedicated to the artistic cultivation of all participating groups.



Photos by: Artur Partyka





Kids 4 Kids – 2019



Polish National Alliance hosted its third annual Kids-4-Kids Walk-N-Stroll on Sunday, June 2, 2019. The front lawn of the PNA building turned into an exciting picnic area with games and contests, pizza, free ice cream, drinks, and bounce houses. All registered children were given a t-shirt and pizza coupon. A total of 148 children were registered to walk with their parents, grandparents or other family members. The event is growing in popularity with every passing year.

Many employees from both PNA and Dziennik Związkowy volunteered to help with registration, serving pizza and refreshments, and hosting booths where they gave away memorabilia linked to the company. Today's and yesterday's hits beamed all throughout the area thanks to WPNA.FM, the "Polish-American Mix" team. They greeted fans and energized the crowd before the walkers headed for their 2-mile trip around the Sauganash neighborhood.

This year's sponsors were: Smith-Cororan Funeral Home, Griffith, Ballard & Co., Sling TV, Lowell Foods, Frank J. Baker & Company, LTD., Coldwell Bankers, Pasta D'Arte Trattoria Italiana, Tarpey Pharmacy, Independent Litho & Design, Legion of Young Polish Women, Royal Savings Bank, and PNA Business Director Anthony Nowak-Przygodzki.

A special thank you goes out to Lowell Foods for sponsoring Kids-4-Kids and other past PNA events.



Elmo, three princesses, Darth Vader, Peppa Pig, Spider-Man, Minnie and Mickey Mouse were just some of the many character who greeted finishers with medals and goodie bags from Lowell Foods. The Chicago Fire Department Engine 89 sent a firetruck while Highlander Riders, the sponsors of the kids Mercedes that was the main prize, showed off their equipment. Games, face-paintings, Moon-walkers, and various crafts such as balloon animals took place, so there were many fun options for youngsters.

All proceeds – \$3,500 was donated to non-profit **Gift from the Heart Foundation** (Dar Serca Foundation). The foundation's purpose is to provide care for social,



emotional, and intellectual growth of disabled children both abroad and in Poland. All room, board, translation and transportation services for children going through medical treatments in the US are covered.



A Royal Evening



Debutantes, Squires, Escorts and Planning Committee of the PNA District X 2019 Royal Presentation Ball

On Saturday, May 4, 2019, the Polish National Alliance District X and the District X Women's Division held a Royal Presentation Ball at the American Polish Cultural Center in Troy, Michigan. Sixteen debutantes and squires were honored. Over three hundred guests were welcomed to the venue that was elegantly decorated in the peacock colors. The banquet facility was decorated under the artistic direction of Darin Lenhardt.

Thomas M. Schemanski, District X Commissioner and Christine Kryszko, Women's Division Treasurer, welcomed the guests in English and Polish. They both acknowledged the pride the District had for all of the debutantes and squires and their accomplishments. National Censor, Wesley Musial, extended greetings on behalf of President Frank Spula and all the

PNA elected officers. He mentioned the pride PNA had for the debts and squires, and their successes in many areas.

Fraternal Director, Stella Szczesny, also extended greetings to all in attendance. She acknowledged the parents and their participation. She also acknowledged the debts and squires and escorts for their

participation in practices and their commitment. Several of the debts, squires, and escorts were not members of dance groups, and they did a fantastic job in learning the evening's dance program.

Debutant Caroline Raczkowski sang the Polish National Anthem and a very moving rendition of the National Anthem of the U. S.





Choreographers Thomas A. Schemanski, Kasia A. Reese & Darin Lenhardt

Barbara J. Gronet, Janice Favot, Christine Kryszko, and Stella Szczesny introduced each debutant, squire and their parents. Every mother was presented with a beautiful rose. The Debutantes were: Sabrina Babinski, Rachael Baritche, Zofia Bochenek, Anna Cote, Elizabeth Cote, Kathryn Gryzelius, Alicia Hausz, Victoria Jedruszko, Alyssa McMahon, Helaina Motts, Caroline Pietron, Caroline Raczkowski, Victoria Raczkowski, Isabella Szyndlar, Elena Wioncek, and Abigail Wrzesinski. The Squires were: Ryan Beier, Daniel Cooper, Krystian Dembowski, Julijan Garbek, Darek Hausz, Robert Hausz, and Joseph Michalak. Escorts included Lucas Bochenek, Chris Cooper, Matthew Biddle, Joseph Smigiel, Mikolaj Sobiesiuk, Alexander Szyndlar, Maximillian Chabowski, and Donovan Baker.

The sixteen couples took to the floor and performed a beautiful Polonaise, choreographed by Kasia A. Reese and Darin Lenhardt. The music was from the movie "Pan Tadeusz" composed by Wojciech

Kilar. The Polonaise was followed by the Waltz "Tredowata" also by Wojciech Kilar and choreographed by Thomas A. Schemanski.

Following the dances, Commissioner Thomas M. Schemanski and National Censor Wesley Musial got back to work. The Commissioner handed out gifts to all the debs and squires, and the Censor awarded each with a medal from the National Office. The gifts were funded by PNA District X & Women's Division, PNA Councils 54, 122, & 170, as well as Lodges: 53, 1758, 2525, & 2821.



Debutante Rachael Baritche and Squire Daniel Cooper

With the evenings' formalities completed, Mrs. Ann Bankowski, President of the Polish American Congress, Michigan Division, provided the invocation before the meal. The guests then enjoyed a delicious four-course meal followed by a "Sweets" table, offering numerous delectable choices.

Following the meal, the debs, squires, and all the guests danced late into the evening to the music of "Oni."

The evening would not have been

such a memorable event had it not been for the tireless dedication and teamwork of the Presentation Ball Committee: Joan Baritche, Jerome Brzezinski, Jan Favot, Barbara J. Gronet, Christine Kryszko, Edward Nizienski, Francine Nizienski, Thomas M. Schemanski, Stella G. Szczesny.

The evening was not only a celebration of the young men and ladies but also a celebration of their families, our Polish heritage, traditions and the work in the spirit of fraternalism that is the hallmark of PNA District X.

*Submitted by:
Stella G. Szczesny, PNA Region "E"
Fraternal Director & PNA District X
Women's Division Chair &
Barbara J. Gronet*

*Photos by: Barbara J. Gronet,
Rafal Nowakowski, Andrea Cooper*

To view videos of the event, tune into www.telewizjadetroit.com



(l-r) Thomas A. Schemanski, PNA Region "E" Director Stella G. Szczesny, PNA National Censor Wesley Musial, Kasia A. Reese & PNA District X Commissioner Thomas M. Schemanski



POLISH NATIONAL ALLIANCE – 2019 ANNUAL PHOTO CONTEST

"Body in Motion"

When looking at a photograph, notice how a body in motion always stays in motion. Glance through the simple moments regardless if they are in the city, suburbs, or country. Celebrate life's excitement by sharing with us astounding movements caught on camera. The photo can feature more than just one person playing a sport, dancing, reacting, or even walking! We will accept animal photos as well. Have an active summer this year and don't run out of ideas. Take a lively photo and share it with PNA.

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 2019.
3. Duration of the contest is **JUNE 15, 2019 – OCTOBER 15, 2019.**
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, 2019** & mailed to:

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

Bywaj dziewczę zdrowe...

Koncert Zespołu Pieśni i Tańca „Lajkonik”

Zespół Pieśni i Tańca „Lajkonik”, działający przy Polskiej Misji Duszpasterskiej pw. Św. Trójcy w Chicago i pod patronatem Związku Narodowego Polskiego (PNA) od wielu lat zachwyca widzów swym repertuarem tanecznym i wokalnym oraz pięknymi widowiskami poświęconymi polskiej historii i tradycjom. Zespół, należący do Grupy 3241 (PNA), i którego kierownikiem artystycznym jest pani Halina Misterka, tworzy 160 osób w sześciu grupach wiekowych.

W sobotę, 28 kwietnia 2019, w sali widowiskowej Fundacji Kopernikowskiej, zespół Lajkonik zaprezentował publiczności chicagowskiej widowisko „Bywaj dziewczę zdrowe...”, nawiązujące do niedawnej, 100. rocznicy odzyskania przez Polskę niepodległości. Tancerze urzekli publiczność piękną opowieścią, układami choreograficznymi, śpiewem i patriotycznym przesłaniem, za które zostali nagrodzeni stojącymi owacjami.





Council 3 St. Joseph Day Celebration

Chicago, Illinois – PNA Council 3 held its annual St. Joseph Celebration on March 19th at Lone Tree Manor in Niles. Master of Ceremonies, Mr. Walter Bochenek, welcomed the guests, most of whom wore something red to express their heritage. Wearing red is a tradition begun by the early Italian and Polish Catholic immigrants that came to Chicago in the 1800s. Polish and Italian Americans dressed



PNA Dance Studio



Elżbieta Stolarczuk, Wojciech Kozłowski

in red not only to celebrate their patron saint but to publicly show their ethnic identity, since red is in both national flags. This tradition spread throughout the multi-ethnic Catholic community and continues to this day.



Alicja Kuklińska, Irene Hercik, Elżbieta Stolarczuk, Walter Bochenek, Roberta Gols, Daniel Gols, Joseph Hercik, Monika Korczyńska, Józef Lisak

President Irene Hercik and Vice President Elizabeth Stolarczuk introduced the special guests, PNA National Secretary, Alicja Kuklińska, National Fraternal Directors Wanda Penar and Barbara Wesolowski, District 13 Commissioner Wanda Juda, Polish American Congress Illinois Division Treasurer Ewa Cholewiski, Irene Moskal DelGuidice, Director Polish American Congress Illinois Division, and Waldemar Czerpak, President of the Polish American Contractors and Builders Association and member families.

Recently elected as Polish National Alliance National Secretary, Alicja Kuklińska was introduced. She spoke about the honor of holding the office of National Secretary and looked forward to fulfilling the challenging responsibilities of her office. Secretary Kuklińska called upon the recently elected officers of Council 3 and administered the oath of office. She congratulated them and wished them well during their term in office.



Monika Korczyńska, Elżbieta Górnikiiewicz

Secretary Roberta Gols then recited a special blessing, followed by a prayer before dinner. After dinner, Master of Ceremonies, Walter Bochenek, spoke about St. Joseph, his trade as a Carpenter being that of a true artisan, a skilled craftsman, which is how he provided for the Holy Family. He added that among our guests this evening were many craftsmen from the Polish American Contractors and Builders Association, with St. Joseph being their patron saint. Mr. Bochenek then invited guests named Joseph and Josephine to come forward, after which each received a bottle

of wine on behalf of Council 3 in honor of their Feast Day.

Mr. Bochenek introduced members of the Polish National Alliance Dance Studio, organized by Elizabeth Stolarczuk to entertain the guests. One dance featured the performers in elegant ballroom attire and another featured modern dance steps. Their performance was breathtaking.

Master of Ceremonies Bochenek presided over the raffle of beautiful springtime baskets, which was followed by a "Split the Pot" cash raffle. Congratulations to our lucky winners!

Special thanks for the dedicated efforts of our organizing committee, which included Elizabeth Stolarczuk, Walter Bochenek, Monika Korczynska, Elzbieta Gornikiewicz, Joseph Lisak, Daniel and Roberta Gols, Joseph and Irene Hercik.

*Submitted by:
Council 3 President Irene Hercik*

*Photos by:
Irene Hercik & Alicja Kuklińska*



Happy Name Day Josephs!

Council 62 Easter Egg Hunt

Chicopee, MA. The Polish National Alliance, Council 62 of Chicopee, MA hosted an Easter Egg Hunt on Saturday, on April 13, 2019, at the Chicopee Falls Polish Home, attended by PNA members, non-members, families, and friends.



PNA Business Board Director Teresa Struziak Sherman with children and Easter Bunny.

The children had an opportunity to find some sweets-filled eggs, take a photo with Easter Bunny, and get a gift bag with even more goodies.

It was also a perfect time to learn about Camp Stanica, sponsored by PNA Council 62, located in Bondsville, MA and register for the upcoming overnight summer camp program for children ages 6-14: Session 1- July 14 to 20, and Session 2- July 21 to 27.



For more information about Camp Stanica contact: Richard Knurek at 413-283-9525 or Teresa Struziak Sherman at 413-596-9578, or E-mail: Terrysherm@aol.com. Chicopee, MA.

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

Tłusty Czwartek a Huge, Tasty Success

Think Mardi Gras, and you'll be on your way to getting it. It's "Fat Tuesday" with a twist – it's on the Thursday before Fat Tuesday! Each year in Poland, in anticipation of the sacrifices and fasting involved with the Liturgical Season of Lent, we would prepare with a feast of pączki. These light and airy Polish doughnuts are made from a yeast dough, fried to golden perfection filled with just the right amount of a delicate, seasonal-fruit jam. After being glazed, these beauties are ready for consumption!



This year, on February 28th, Lodge 339, with the gracious and much appreciated help of Lodges 238 and 918, sponsored the first annual "Pączki Day at the PNA" in the Council 21 Lounge. Starting at 3 p.m., the members offered attendees pączki, chruściki, food platters with homemade bigos and kielbasa, and drink specials on a variety of Polish beers, Krupnik, and mixes made with Polish vodkas. By 7 p.m. the pączki were sold out, and by 10 p.m. the chruściki and the platters were also sold out.

As the event got underway, it reminded me of my childhood in Poland. Every year I would make pączki with my mother as so many others did, but for those who didn't

have that option, they would wait in line at the local bakery for theirs. It seemed like they tasted better at this time of year, but maybe that was because we looked forward to it so much. Every bakery in the city had lines until they were sold out, and that's precisely how Pączki Day at the PNA was this year. I'm so glad that we were able to put together this event to share one of the many genuinely beautiful cultural traditions of Poland, and I'm delighted that so many people came to enjoy it.

Attendees, which included members, guests and those who happened to see the information on Facebook, were also able to enjoy a visit to the PNA Henryk Sienkiewicz Polonia Library, where librarian Adam Mazurek showed short films and entertained guests. In the Lounge, guests were also able to learn all about PNA membership, events and activities, and about membership in other Polish organizations.

Members of all Polish organizations in the Baltimore area were invited to attend as guests and as information ambassadors. They were able to share literature on a beautifully decorated display table and talk about membership in their respective organizations. PNA was pleased to welcome officers and members of Polish Home Club, Polish Heritage Association of Maryland, Ojczyzna Polish Dancers, Polish Legion of American Veterans, Krakowiaki Dancers, and the National Katyn Memorial Foundation, as well as PNA's cooking and language classes. To add blessings



to the event, joining in the festivities were Father Ryszard Czerniak of Holy Rosary, Father Mike Orchik from Shrine of the Little Flower, and Father Andrzej Bieganski of Holy Cross Polish National Catholic Church, who was accompanied by his wife, Ewa Bieganska.

Polish organizations, clergy, Poles, and Polonia coming together to celebrate culture as one big Polish family is what this type of celebration is all about, and it was with everyone's attendance and a great deal of help that this event was able to become such an incredible success!

Submitted by: Małgorzata Bondyra





DZIENNIK ZWIĄZKOWY

Polish Daily News - Published since 1908

Zaprenumeruj Dziennik Związkowy! Najlepsza polska gazeta w USA!

- Artykuły o życiu Polonii
- Wiadomości z USA, Polski i świata
- Magazyn "Kalejdoskop"
- Aktualności / Reportaże / Felietony
- Przegląd wydarzeń kulturalnych
- Dziennik Sportowy

**To wszystko,
co tydzień w Twoim domu!**

Wydania codzienne i weekend:		Tylko weekend:	
1 rok	90 dol.	1 rok	55 dol.
6 miesięcy	65 dol.	6 miesięcy	45 dol.
3 miesiące	55 dol.	3 miesiące	30 dol.

Zamów prenumeratę Dziennika Związkowego już dziś!

kronika@związkowy.com

773.763.3343 ext. 222 (Wanda Juda)

WWW.DZIENNIKZWIĄZKOWY.COM



6100 N. Cicero Ave. | Chicago, IL 60646

National Bowling Tournament 2019

Las Vegas, Nevada - The PNA's 73rd National Bowling Tournament was held this year on April 28, 29 and 30, 2019 in Las Vegas, Nevada. Bowlers gathered at the Gold Coast Casino's bowling center for their assigned squads.

The singles and doubles events took place on Sunday and Tuesday morning and afternoon. The teams bowled on Monday. For the first time in PNA tournament history, a delay on the start of Saturday's second squad was due to a severe thunderstorm which knocked out

the power in the bowling alley and casino, as well as the surrounding hotels in the area.

The opening ceremonies took place in between the bowling of the two team squads. Fraternal Coordinator, Mary Srodon welcomed the bowlers, thanked the management of the Gold Coast Bowl and their staff for the terrific job they did for the tournament. She then introduced Vice President Marian Grabowski, who also spoke and introduced the dignitaries attending: PNA Business Board Directors, Jeff Twardy and Val Pawlos, Fraternal Director, Greg Chilecki, PNA Commissioner, Wanda Juda (District 13), former Director Anna

Wierzbicki, and former Commissioner of District 12, Jerry Hejna, President of Las Vegas Lodge 3281, Piotr Nowinski and Director of Polish School, Ela Youngman. Fraternal Director Greg Chilecki and Vice President Marian Grabowski threw out the ceremonial first ball to officially start the tournament.



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

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

For the results of the PNA 73rd National Bowling Tournament and full photo gallery, visit www.pna-znp.org





PNA Council 21 Elects New Officers

BALTIMORE, Md. Council 21 of the Polish National Alliance elected its new officers here on January 12, 2019 to serve until January, 2020.



Pictured standing: Brian Johns – Sargent-at-Arms; Michael Carnahan – Audit Committee; Richard Poremski – President; Ryan Kotowski – Secretary; Thomas Johns – Vice President. Not pictured: Jan Makros – Door Keeper. Seated: Nancy Mislak – Audit Committee; Barbara Damesyn – Treasurer; Malgorzata Bondyra – Vice President; June Johns – Financial Secretary.

A reception followed the swearing in ceremony with many congratulations and wishes of good luck being expressed by the membership towards the newly elected officer-ship.

*Richard P. Poremski – President,
PNA Council 21*



Spring Events in Region “H”

Greetings from Region H: Wishing you all a great summer and hope for good weather!! Much success to PNA and its fraternal members at the 2019 Progressive Annual Convention this August in Arizona!

Houston's Pączki Day

On March 5th, 2019, Houston's Mix 96.5's Lauren Kelly stopped by Polonia Restaurant to see what this Polish holiday is all about and to learn how to make pączki with Sharon Szpak.



PNA member honored in Austin

Dr. Jim Mazurkiewicz, member of PNA Lodge 165, director of the Governor Dolph Briscoe Jr. Texas Agricultural Lifetime Leadership program and part of the Texas A&M AgriLife Extension Service, was recently esteemed at the Texas State Capitol for his contributions to the state's agricultural industry on March 13th. Mazurkiewicz was honored by the Texas House of Representatives where it was stated that he “[Dr. Mazurkiewicz] is single-handedly responsible for open-

ing up international trade opportunities between European markets and Texas farmers.”



Dr. Jim Mazurkiewicz joined by his wife, Kathryn.

Murski Benefit

When tragedy struck, the Polish community rallied together and hosted a benefit for the Murski family on April 14th. What a wonderful turnout at the benefit for Jeanett Głowski-Murski. Thank you all for your support!



PNA Volunteers Michael Kurtin, Andrzej Szpak, and James P. Smock (Polish photographer) attending the benefit for the Murski family.



Bartkowiak family, PNA Members, lending a hand.



Sharon Giles Szpak, and PNA member Kasia Lukasiewicz donating to the cause.

Easter Celebrations in Texas!

The Polish tradition of the blessing of the food, or święconka, lives strong in Texas and was celebrated throughout the state including College Station, Austin, El Paso, Dallas, and Houston.



In Houston, Fraternal Director Jolanta Mazewski-Dryden, Erica Dryden, Maryann Ciaston, and Katie Kubiak

donating over 100 chocolate Easter bunnies for the Easter Egg Hunt to school teacher Ewelina Reichert on April 12th!



Easter Basket Blessing, Austin, Texas

Polonia Restaurant Crawfish Boil in Houston

On April 27th, the Polish community enjoyed crawfish during the fifth annual Polonia Restaurant Crawfish Boil while listening to Cajun and Polish musicians. Only in Texas guests bring their chickens to a party!



PNA members Kubiak and Marshall bring the chicken to the boil- not literally!



Lodge No. 165 Member, the Polish Fiddler, Brian Marshall is always ready to entertain.



Fraternal Director Jolanta Mazewski – Dryden, and Erica Dryden on hand with The Szpak family for the annual Polish Celebration!

Photos by James Smock

The Polish Academy

Polish Lessons are spreading throughout Texas from Austin, Houston, Dallas, and College Station, and we hope to see more!

The first semester of Polish lessons ended in College Station - a special thanks to Houston's Ula Szul with Polish Academy Houston for contributing and teaching us the purpose of our club - celebrating and sharing Polish culture in Aggieland.



With Ula Szul, James Mazurkiewicz and Kiara Jaraczewski at Texas A&M University.



The Houston's Polish Academy celebrating the completion of their first semester of Polish Lessons, including PNA Members Katie Kubiak and Erica Dryden.



Polonia in Yorktown



PNA Member, new sales rep, PHC presenter, and Development chairman, John Cebrowski, hosted an event at the Yorktown, TX community for the PHC program! May 12th was a great day for collecting memories, documents, and photos for the Polish Heritage Center's soon-to-be-open permanent archives!

Special thanks to our photographers: Stan Apoinuk and James Smock.

New PNA Sales Representatives in Texas!



*Regina McCorkle,
Sales Agent,
Houston, Texas*



*John W.
Cebrowski,
VP - Director of
Development
Polish Heritage
Center at Panna
Maria, San
Antonio, Texas*

Welcome, we wish much success!

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

Council 8 Easter Egg Hunt

PNA Council 8 and Milwaukee Society held its annual Easter Egg Hunt on Sunday, April 7, 2019, at the Polish Center of Wisconsin in Franklin, Wisconsin. The children enjoyed making crafts, snacking on cookies and participating in the Easter egg hunt with the Easter bunny.

*Submitted by: Teresa Jankowski,
Fraternal Director Region "I"*



2019 Officers of PNA Lodge 1532

Members of the PNA Lodge elected new Officers for the year 2019, at the meeting attended by the National Officers; President Frank Spula and Secretary Alicja Kuklinska who administered the oath of office.



2019 Officers of Lodge 1532

Peter Biernat – President
Melania Wickierak – Vice President
Jadwiga Kalinowska – Vice President
Barbara Biernat – Financial Secretary
Katarzyna Bajor – Treasurer
Adam Bochnak – Recording Secretary

After 58 years of being Lodge 1532 President, Stanley J. Sciblo handed the presidency to Peter Biernat, Mr. Sciblo is a well-known PNA activist; former Director, Commissioner, Delegate to numerous PNA Conventions, and very successful Sales, Representative.



Peter Biernat & Stanley Sciblo

Back to School with PNA

Special offer for students August 15, 2019 – October 15, 2019

Why should you protect your child with Polish National Alliance?

1. Future Insurability

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

2. Affordability

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

3. Cash Value

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

4. PNA Membership

What separates us from a commercial life insurance company are the fraternal benefits. PNA provides scholarships for undergraduate and graduate students and subsidizes Polish Language Schools throughout the country. Those are just a few fraternal benefits PNA has to offer. Insure your children so that they can participate in the PNA Scholarship Award Program.

Back to School with PNA will start on August 15, 2019 and last until October 15, 2019

Details on this special offer will be available in August 2019. Contact your local sales representative or PNA

Membership Department at
**1-800-621-3723 ext. 330
and 344**

 **BACK
TO
SCHOOL**



Polish National Alliance

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

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

It's COOL to be in Polish school

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



Świętej, od lat współpracującej ze Związkiem Narodowym Polskim, wpłynęło ponad sto prac z dwudziestu sześciu polonijnych szkół.

POŁONIJNI UCZNIOWIE NAWIGATORAMI 90-LECIA PLL LOT

90. rocznica istnienia Polskich Linii Lotniczych LOT stała się inspiracją do zorganizowania przez Zrzeszenie Nauczycieli Polskich w Ameryce międzyszkolnego konkursu plastyczno-graficznego dla uczniów szkół polonijnych zatytułowanego 90 LAT NA SKRZYDŁACH Polskich Linii Lotniczych LOT.

Manturo, Helena Sołtys i Marek Adamczyk. Do oceny prac organizatorzy powołali komisję sędziowską w składzie: Magdalena Pantelis, Dyrektor Sprzedaży PLL LOT na teren Stanów Zjednoczonych, Ben Sipiora,



Menadżer Międzynarodowego Terminalu 5 Lotniska O'Hare, Krzysztof Aniszewski, Dyrektor Sprzedaży i Usług Firmy Flying Food Group.

Na konkurs, którego finał odbył się 28 kwietnia w szkole imienia Trójcy



Uroczysta gala wręczenia nagród zgromadziła uczestników, ich rodziców, nauczycieli i dyrektorów szkół. Obecni Konsul RP Piotr Semeniuk, Prezes ZNP Tadeusz Młynek.

Laureaci poszczególnych grup wiekowych otrzymali dyplomy oraz nagrody rzeczowe. Prace konkursowe zostały zaprezentowane w Warszawie z okazji Międzynarodowego Dnia Dziecka.

*Helena Sołtys,
Grupa 3250 ZNP*



Celem konkursu, adresowanego do uczniów szkół podstawowych chicagowskiej aglomeracji, było upamiętnienie doniosłej rocznicy jednego z najstarszych przewoźników w historii światowego lotnictwa cywilnego, poznanie asów polskiego lotnictwa oraz popularyzacja PLL LOT wśród najmłodszego pokolenia Amerykanów polskiego pochodzenia.

Zagadnienia tematyczne konkursu w trzech kategoriach wiekowych opracowali nauczyciele: Bernadetta





ZAKOŃCZENIE ROKU W SZKOLE IM. K. PU- ŁASKIEGO

Na ceremonię zakończenia roku szkolnego w Polskiej Szkole im. gen. Kazimierza Pułaskiego w Harwood Heights przypadło wiele wydarzeń.

Najwcześniej rok szkolny skończyły przedszkolaki i uczniowie klasy zerowej. Następnie uczniowie szkoły podstawowej i liceum wspólnie z rodzinami i gronem pedagogicznym wzięli udział w mszy świętej w kościele św. Rozalii. Po rozdaniu świadectw w klasach wszyscy zostali zaproszeni na piknik do ogrodu.

Wieczorem w szkole odbyła się wielka gala – bankiet maturalny z udziałem maturzystów. Na salę w rytmie marsza graduacyjnego weszli absolwenci 2019: Christopher

Dobrzycki, Dawid Hendzel, Victoria Klimuszek, David Krzyżanowski, Abigail Kulis, Olivia Oleksiuk, Samantha Planica, Katarzyna Puc, Michael Puczek, Sebastian Radziszewski, Naomi Szalast.

Gości powitała dyrektor Agata Michałkiewicz. Muzycznym upominkiem dla obecnych był występ licealiści Daniela Majchera, który zagrał poloneza wojskowego Fryderyka Chopina oraz Tosi i Neli Rygiel, uczennice klasy 7 i 5, które zaśpiewały piosenkę o niepodległości.

Po uroczystym obiedzie pożegnalne życzenia wygłosiła do absolwentów dyrektor Michałkiewicz, a następnie prezes Stowarzyszenia Rodziców – Agata Woźny. Do życzeń przyłączyli się goście, w tym Frank Spula – prezes Związku Narodowego Polskiego i Kongresu Polonii Amerykańskiej, który podkreślił



dumą z polskich korzeni oraz mówił o popieraniu edukacji młodzieży przez ZNP i KPA poprzez nagradzanie najzdolniejszych stypendiami. Związek Narodowy Polski, od wielu lat sprawuje patronat nad szkołą Pułaskiego.

Wychowawca klasy maturalnej mgr Stanisław Wolsza i jego absolwenci wystąpili wspólnie w zabawnym kabarecie „Piekarńia Pułaskiego” o trudnej sztuce „wypiekania młodych talentów”. (artykuł w całości oraz pełna galeria zdjęć: dziennikzwiazkowy.com)

*Jola Plesiewicz
Zdjęcia: Dariusz Piłka*



Zachwycające Wici

Teatr Pieśni i Tańca Wici działający od 1983 roku pod patronatem Związku Narodowego Polskiego zachwyca publiczność nie tylko aglomeracji chicagowskiej, ale olśniewa kunsztem tancerzy, choreografią i pięknymi kostiumami bywalców festiwali folklorystycznych na całym świecie. Zespołem liczącym ponad 300 tancerzy kieruje pani Magdalena Solarz.

Wici występują rocznie w około 60 różnych przedstawieniach, uświetniając ważne uroczystości polonijne, festiwale, przynosząc chwile



radości i zachwytu tym, którzy mają okazję oglądać ich barwne roztańczone i rozśpiewane przedstawienia.

Dyrektor artystyczna Wici, pani Magdalena Solarz, stoi na czele grupy utalentowanych instruktorów i choreografów, którzy z pomocą zaangażowanych rodziców sprawiają, że młodzież przez wiele lat zostaje w zespole, niosąc w świat wiadomość o pięknej polskiej kulturze i tradycjach.



Poniższe zdjęcia pochodzą z tegorocznych recitali zespołu Wici: Koncertu Letniego, występu na Festiwalu Polskim w Prospect Heights, IL oraz w Lake Barrington Woods – Assistant Living.

*Zdjęcia:
Alicja Kuklińska & Artur Partyka*



We are proud of

Joseph Carter

EAGLE SCOUT



Joseph Carter, member of PNA Lodge 3203, grandson of Alfreda Russell, recently achieved scouting's highest rank of Eagle Scout.

For his Eagle Project, Joseph designed, planned and directed the construction and installation of three unique flag retirement drop boxes, placed throughout the community to allow 24-hour access for drop off of flags needing retirement. He worked

with three beneficiaries for placement of these boxes: the city of Hoover, AL, Prince of Peace Church where Joseph is a parishioner, and Alabama Veterans Memorial Park. Since completion in early November 2018, well over 250 flags have been collected for proper retirement. Joseph worked with Troop 21 to design and implement a system so that the scouts serving in the Historian position of responsibility will collect the flags from all three drop boxes each month and record the number collected in a permanent record at the hut. The project should serve the community for many years as well as provide a monthly responsibility and accountability for each troop Historian during the six-month position of responsibility period.

Just recently, Joseph was awarded the Patriotic Service Award from the Knights of Columbus, Fourth Degree, in recognition of his Eagle project. His project took 343 work hours from more than 34 volunteers and cost approximately \$1,000. Joseph was responsible for raising the money for the project as well.

Joseph will be a senior at Hoover High School. He is a member of the National Honor Society, a key bowler on the varsity bowling team, and is taking AP classes at the high school. Congratulations, Joseph, for a job well done.

*Submitted by Alfreda A. Russell, Grandmother,
Member of PNA Lodge 3203, Melbourne, FL*

James and Nancy Mislak

DIAMOND JUBILEE

On March 21, 2019, Nancy and James Mislak celebrated their 60th wedding anniversary. They raised 4 children, are grandparents to 5 and great grandparents to 2, all of whom are members of PNA Lodge 238.

Jim and Nancy have been an integral part of Baltimore's Polish community for many years, and they are still active members of PNA's Lodge 238 and Council 21. Jim served as Council 21 President for 25 years, and Nancy is currently serving as a member of the Council 21 Audit Committee, proving that service to the community is in their blood. In June 2017, Jim was honored with the PNA's prestigious Silver Legion of Honor Award in appreciation for his „Many Years of Dedicated Service as PNA Commissioner and Council 21 President”. The award was presented to him by the late Charles Komosa, PNA National Secretary.

The members and officers of Polish National Alliance Council 21 and Lodges 238, 339 and 918 wished Jim and Nancy all the best as they continue their life-long love affair. Congratulations!

*Submitted by
Małgorzata Bondyra*



30 - lecie Zespołu „Polonez”



Członkowie grupy „Polonez” oraz dostojni goście jubileuszu: (stoją l-p): Grzegorz Chilecki, Ignacy Żarski, Jarosław Musiał. Zdjęcie: Arek Kajdas

Grupa Taneczna „Polonez” powstała w 1989 roku, w San Diego w południowej Kalifornii. Ponad rok czasu zajęło Ewie Chrzanowskiej, aby zebrać ludzi, którzy chcieliby poświęcić swój czas na tańce i działalność społeczną. Ci zapaleńcy, dumni ze swego pochodzenia

i gotowi do pracy na rzecz propagowania polskich tradycji to: Ewa i Bogdan Cichoccy, Barbara i Ryszard Chrzanowscy, Barbara i Artur Bojer, Stasia Witkowska, Regina Niemirowska, Ania i Andrzej Krzyż, Andrzej Piotrowski, Jerry Beck, Jacek Zwierzchaczewski, Jadwiga Koźnierzak, Małgorzata i Piotr Jek.

Pierwsza choreograf zespołu, Barbara Bojar prowadziła próby w Polish American Association w San Diego, który przez wiele lat był bazą Poloneza. W Maju 1990, z okazji Konstytucji 3 Maja, odbył się pierwszy występ. Polonez zaczął również występować w Yorba Linda, Los Angeles, San Francisco i Las Vegas.



Z upływem czasu oraz w miarę powiększania funduszy, zespół kupował nowe stroje i sprzęt muzyczny. Bardzo ważną dla zespołu była decyzja o przystąpieniu do Związku Narodowego Polskiego, największej organizacji polonijnej, która nadal pomaga grupie finansowo. Szkolenia choreografów w Orchard Lake organizowane przez PNA, były wspaniałym sposobem na naukę od najlepszych w branży i dzielenia się doświadczeniami z innymi grupami.

W 2002 roku zespół zasiłowała Ewa Stanisławska, która mając doskonałe przygotowanie baletowe z Polski, wzbogaciła repertuar grupy o inne style tańca. Dziesięć lat później powstał Mały Polonez, który prowadzi Ewa Sejbak, doskonała tancerka dorosłej grupy, której asystowała Natalia Barnas, dziś choreograf grupy dorosłych.

Przy wspaniałej okazji jubileuszu 30-lecia, musimy wymienić kilka osób, które szczególnie zasłużyły się dla zespołu; jego filary Ewę i Bogdan Cichockich, Alicję Mogolską, która uszyła stroje z epoki Księstwa Warszawskiego oraz Joannę Stypułkowską, która uszyła stroje dla Małego Poloneza, Wandę Augustyniak, która z wojskową skrupulatnością pomaga w wielu dziedzinach, Aleksandrę Barnaś, pomagającą przy występach, Halinę Orlof, która dojrzy w tłumie każdego potencjalnego tancerza.

Dziękujemy Domkowi Polskiemu w Balboa Parku w San Diego, a szczególnie Zbyszkowi Gałązce za poparcie w finansowaniu sali do prób, Konsulatowi RP w Los Angeles i Ignacemu Żarskiemu, ze możemy



korzystać z przywilejów dofinansowania grup krzewiących kulturę polską w USA.

Dziękujemy Związkowi Narodowemu Polskiemu, który od lat pomaga finansowo grupie, oraz dyrektorowi Regionu „J” Grzegorzowi Chlewickiemu.

W przeciągu 30 lat tańczyło w „Polonezie” przeszło 100 osób i prawie tyle w różny sposób pomagało. 3 marca 2019 roku odbył się Bal Jubileuszowy, który był podsumowaniem zarówno dotychczasowych osiągnięć zespołu jak i początkiem do dalszych.

Życzę tancerzom wytrwałości i radości z ich pracy. Raz jeszcze dziękuję wszystkim i zapraszam do tańca.

*Ewa Chrzanowska
Założycielka i dyrektor Zespołu
„Polonez”*



Majówka Wydziału Kobiet Okręgu XIII



(l-r) Elżbieta Cimochowicz, Anna Wierzbicki, Irene Hercik, Wanda Juda, ks. Piotr Stangricki, Maria Roszek Kucharski, Janina Kopacz, Anna Kokoszka, Wanda Penar, Agata Mścisz.

W czwartek 2 maja, 2019 Wydział Kobiet Okręgu XIII ZNP, tradycyjnie zorganizował uroczystą Mszę św. oraz koronację figurki Matki Bożej. W majówce wzięli udział delegaci z Towarzystwa Dobroczynności Okręgu XII I XIII. Gospodyniami tegorocznej majówki były panie należące do Gminy 75 ZNP oraz Towarzystwo Dobroczynności.

Mszę św. odprawił ksiądz Piotr Stangricki z Twin Lake, Wisconsin, który ku naszej radości przywiózł ze sobą relikwie św. Siostry Faustyny i św. Jana Pawła II. Modliliśmy się między innymi za zmarłych w ubiegłym roku członków oraz tych, którzy chorują. Czytania wykonała dyrektor Wanda Penar, śpiewaliśmy znane pieśni maryjne, a na zakończenie zgodnie z naszą tradycją, ulubioną pieśń naszego Św. Jana Pawła II – Barkę.

Koronacji figurki Matki Bożej dokonała komisarka Okręgu XII Agata Mścisz. W ten sposób chcieliśmy docenić naszą doskonałą współpracę Okręgiem XII.

Tytułem Matki Roku została wyróżniona pani Maria Roszek Kucharski z Gminy 91, a wszystkie obecne panie dostały z okazji nadchodzącego Dnia Matki różę.

Były wśród nas dyrektor biznesowa Irena Hercik, dyrektor krajowa Wanda Penar, komisarka okręgu XII Agata Mścisz, była dyrektor krajowa Anna Wierzbki oraz była komisarka okręgu XII Anna Kokoszka.

Dziękujemy księdzu Piotrowi za przybycie z odległego Wisconsin i odprawienie Mszy św., pani Wandzie Penar za czytanie, pani Mary Środoń i Janinie Kopacz za przygotowanie ołtarza Matki Boskiej, panu Józefowi Penar za coroczne zadbanie, aby przybył do nas ksiądz, który swoim kazaniem zainteresuje zebranych. Wszystkim zebranyom dziękujemy za przybycie i zapraszamy w następnym roku.

Bóg zapłać!

*Wanda Juda,
Komisarka Okręgu XIII ZNP*

May 3rd Constitution Day Celebrations



At 8 am on May 5th, 2019, the Polish National Alliance commemorated the 228th Anniversary of Poland's Constitution Day of May 3, 1791 by the Kosciuszko Monument. Fraternal Director of the PNA, Wanda Penar, warmly welcomed all those in attendance. The ceremony honored General Tadeusz Kosciuszko with Polish and American anthems, "Witaj Majowa Jutrzenko," "Rota," and "God Bless America." All songs were gracefully sung by Natalia Kawalec and Zuzanna Kawula. The honor guard featured members of the Polish Soldiers Society of General Tadeusz Kosciuszko.



Other honorary representatives included Consul Piotr Janicki of Consulate General of Poland, President James Robaczewski of Polish Roman Catholic Union, Commander Andrew Janczak of Polish Veterans – Post 90, President of Alliance of Polish Clubs Jan Kopeć, President and 2019 Grand Marshal of Polish Highlanders Alliance Józef Cikowski, Beata Choderowska-Niebrugge from the Polish Scouting Organization of Illinois, and President Mirosław Niedziński of Polish American Congress Illinois Division.

Before the parade, Chicago Society of the PNA hosted a pre-parade brunch. At 11:30 am the Parade com-

menced on Balboa and Columbus Drive where many important Chicago Polonia organizations, including the PNA, walked among cheering crowds. Later that day at 2pm, the Chicago Chopin Foundation sponsored the Constitution Day Concert in Grand Park. The last celebration of the day was a 6 pm parade banquet at Lone Tree Manor.

On the next day at 10 am, the observance was concluded with a mass of thanksgiving in Holy Trinity Mission. The mass was celebrated by Bishop Leszkiewicz from the Archdiocese of Tarnów.





Poland: The Royal Tour



(l-r) Lukasz Dudka, Alicja Otap, Alicja Kuklinska and Frank Spula at the premiere of „Poland: The Royal Tour”

“The Royal Tour” is made-for-television PBS (Public Broadcasting Service) documentary series focused on international sightseeing and tourism. Viewers get to see the modern-day through historical lenses while surrounded by a country’s distinctiveness. The tour guide of each film is the given head of state or has some government affiliation.

“Poland: The Royal Tour” premiere took place at the Chicago Lyric Opera on April 16. Before the screening, the guests warmly welcomed Peter Greenberg, an award-winning American jour-

nalist, traveler, and co-producer of “The Royal Tour.” Polish National Foundation was the film’s sponsor. Also present at the event was Polish producer Piotr C. Śliwowski.

Polish Prime Minister Mateusz Morawiecki was the honorary guest, and as the audience, it was his first viewing of this film. In the film, he educates US visitors, such as Greenberg, on Poland’s booming economy, history, culture, tourist attractions, and natural beauty. The film shows, among others: Warsaw, Malbork, Kraków, Wrocław, a salt mine in Wieliczka, former German Nazi extermination camp Aus-

chwitz-Birkenau, Gdynia, and Hel.

“I wish for those who see the ‘Poland: The Royal Tour’ to see a country that takes pride in not only its history, but also one that has a bright future,” Morawiecki says in the film. After the screening, Morawiecki expressed hope that the film would be an excellent promotion for a country still haunted by history. He confessed that one of the biggest challenges for him was choosing a select few places in Poland, among so many worthy of exposure.

The Polish National Alliance was a broadcast sponsor of the “Poland: The Royal Tour” on WTTW.



Prime Minister Mateusz Morawiecki and Peter Greenberg



Uroczystości majowe w Polsce



Premier Mateusz Morawiecki (w środku) oraz prezes Frank Spula (L) i prezes Dariusz Bonisławski (P)

Prezes Kongresu Polonii Amerykańskiej i Związku Narodowego Polskiego, Frank Spula, został zaproszony przez prezydenta RP Andrzeja Dudę na obchody majowych świąt w Polsce. Przebywając z wizytą w Kraju nad Wisłą, prezes wraz delegacją KPA uczestniczył w oficjalnych uroczystościach państwowych i odbył kilka ważnych spotkań z przedstawicielami polskich władz. Podczas polskiej wizyty, w dniach 2-5 maja, preze-

sowi Frankowi Spuli towarzyszyły: wiceprezes KPA oraz dyrektor ZNP Bożena Kamińska (z małżonkiem) i Alicja Kuklińska, sekretarz krajowa Związku Narodowego Polskiego) i dyrektor Kongresu Polonii Amerykańskiej.

Dnia Flagi oraz Polonii i Polaków za Granicą celebrowany był z honorami, na dziedzińcu Belwederu i zakończył się przyjęciem w ogrodzie wydanym przez Prezydenta RP. Wieczorem tego samego dnia uczestnicy wzięli udział w przyjęciu wydanym przez Stowarzyszenie „Wspólnota Polska”, a Prezes Spula odbył również krótkie spotkanie z marszałkiem Senatu Stanisławem Karczewskim.

Oficjalne obchody Narodowego Święta 3 Maja odbyły się na Placu Zamkowym i uwieńczone zostały defiladą wojskową pod hasłem „Silni w sojuszach”, honorująca 20. rocznicę wstąpienia Polski do Sojuszu Północnoatlantyckiego (NATO) i 15. rocznicę wstąpienia do Unii Europejskiej (UE). Podczas wieczornego przyjęcia wydanego przez prezydenta na Zamku Królewskim, prezes Spula miał

również okazję porozmawiać z premierem Mateuszem Morawieckim i pogratulować mu idei i udziału w filmie pt. „Poland: The Royal Tour”, promującym współczesną Polskę na tle jej historii i kultury.

Podczas wizyty w Warszawie prezes Spula spotkał się również: z sekretarzem stanu Adamem Kwiatkowskim, Ministrem w Kancelarii Prezydenta RP oraz dr. Bogusławem Winidem, doradcą prezydenta RP i Janem Badowskim, dyrektorem Biura Współpracy z Polonia i Polakami za Granicą oceniając wizytę w Polsce, jako bardzo owocną.



Prezes Frank Spula (L) i Alicja Kuklińska (P) z prezydentem RP Andrzejem Dudą, i pierwszą damą Agatą Kornhauser-Dudą (w środku).



PNA represented at Gala Luncheon and Concert

South Hadley, MA. Officers of PNA Lodges, District I, the Polish Alliance Youth Camp in Bondsville, MA and the Polish Center of Discovery and Learning at Elms College were among the guests at the Awards Luncheon and Concert sponsored by the New England Chapter of the Kosciuszko Foundation on March 24. The event was held at Mount Holyoke College in South Hadley, MA.



Pictured above left to right: Gilbert J. Sherman, President PNA Council 62 and Lodge 711; Wanda Milecki, Commissioner PNA District 1; Eugene P. Kirejczyk, Vice President PNA Lodge 711 and Treasurer Polish Alliance Youth Camp, Camp Stanica; Teresa Struziak Sherman, PNA National Business Board Director; John Skibiski, Distinguished Polish-American award winner and member of PNA Lodge 1168, and Jeannie Zapala, Vice President PNA Council 62 and Polish Alliance Youth Camp and former PNA Commissioner District 1.

The luncheon was held at the Willets-Hallowell Center, and the concert at Abbey Chapel, both at Mount Holyoke College, South Hadley, MA. There were 21 Kosciuszko Foundation Scholarship and Research Fellow Grant Recipients for 2018-2019. Reverend Michael Pierz, Pastor of St. John the Evangelist Church, Agawam, MA said the Invocation and Benediction. President of The Kosciuszko Foundation New England Chapter, Carolyn C. Topor, welcomed the guests and introduced Marek Lesniewski-Laas, Honorary Consul of the Republic of Poland and Scott Harblay, Associate Professor, Elms College and Chairman of the Scholarship Committee who presented the scholarship and research grant awards.



Stephen Jablonski, Director of the Kosciuszko Foundation New England Chapter, presented the 2019 Distinguished Polish-American Award to John F. Skibiski. John has spent much of his life keeping Polish culture and heritage alive. He has worked on, or directed many successful programs and projects. Most notably John is the Founder and President Emeritus of the Massachusetts Polish Genealogical Society. John was a founding member of the Polish Center of Discovery and Learning at Elms College in Chicopee, MA, and the Northampton, MA Pulaski Day Parade. He also served on the Board of Directors of the Polish Center. John was an active member of the MA Polish Cultural Heritage Preservation Act which resulted in the establishment of the State Commission to preserve Polish heritage in the Pioneer Valley. John is a member of PNA Lodge 1168 of Northampton, MA. John believes that working together is the way to succeed in embracing our Polish heritage. John's parting remarks, "In order for our various heritage organizations to continue, membership is not only important

but crucial. Membership creates leadership opportunities to further sustain and support creative activities within our culture..."

GUEST PIANIST PERFORMS "CHOPIN AND FRIENDS"



Guest artist, pianist, Claire Huangci, performed at the Kosciuszko Foundation New England Chapter's concert at Mount Holyoke College, South Hadley, MA. Claire was the winner of the first prize and Mozart prize at the Geza Anda Competition and has succeeded in establishing herself as a highly respected artist. She began her career at the age of nine, becoming the youngest participant to receive the second prize at the International ARD Competition in 2011. She was The Kosciuszko Foundation's 2016 Laureate of the Chopin Piano Competition in New York City. Claire released a celebrating recording of the complete Chopin nocturnes in Spring 2017. Claire will release her fourth solo album with Berlin Classics/Edel featuring the complete preludes of Sergey Rachmaninoff this year.

Her program for this concert was entitled, "Chopin and Friends." She performed for the audience, a program of two Polonaises and a waltz by Andrezej Tadeusz Kosciuszko (1746-1817), Nocturnes and Ballades by Fryderyk Franciszek Chopin (1810-1849) and Preludes by Sergey Vasilyevich Rachmaninoff (1873-1943).

This was Claire's second performance for the Luncheon event, having performed here in 2015. Fresh from her victory at the Geza Anda Competition, Claire entertained us with renewed spirit and vigor as the audience welcomed her back with much enthusiasm.

The outstanding performance by Claire Huangci won her a standing ovation by the audience. We all hope for her return with more awards and CD recordings.

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

Undergraduate Scholarships 2019

Polish National Alliance Ad-Hoc Scholarship Committee recently examined over 197 received applications for the 2019-20 school year. The scholarships are awarded to full-time students who are sophomore, juniors, or seniors and are continuing their undergraduate studies at a U.S college in the fall semester.

Each application was evaluated based on Grade-point average, PNA Membership, Family membership, educational goals, and involvement in fraternal and youth organizations, including a church, community, and college activities.

All applicants are required to be a beneficial premium paying member in good standing with the PNA for a minimum of two years, providing one parent has been an insured member for at least five years. A recent photo (wallet-size 2x3) along with an official transcript were required attachments. Any incomplete applications were automatically discarded. Only students with a grade-point average of at least 3.0 were taken under consideration. All applications had to be mailed to the PNA headquarters by April 15th.

The scholarship amounts ranged from \$3,000.00 to \$500.00.

The Committee will notify recipients in the month of June via mail.

List of the 2019 PNA Undergraduate Scholarship Recipients: **www.pna-znp.org**

Returning or incoming applicants can apply for PNA Undergraduate Scholarship from January 1st, 2020



*Scholarship Committee members: Anna Wierzbicki,
Helena Soltys*

Life of Polonia in Texas

Guests from Poland Tour Texas

The Mazurkiewicz family hosted Polish guests during their stay in Texas on March 16 - 18, 2019. The Polish guests included: Patryk Demski, Robert Sobkow, Grzegorz Pytel from oil and gas company Grupa LOTOS, and Polish Consul General Robert Rusiecki from Houston. Several meetings were held with the Polish Investment & Trade Agency, Houston Rodeo, Polish Consul General, the President of the Polish American Council of Texas, the President of the Polish American Chamber of Commerce in Texas, NASA, the Houston Ship Channel, Texas A&M University Campus, and dinner with Neil Bush, the son of the late president George H. W. Bush.



The Polish executives from Grupa Lotus paid their respects and laid a wreath at the late George H. W. Bush's grave. Bush was highly revered in Poland for bringing down the Berlin Wall and re-establishing democracy to the country.

Austin's Bigos Competition

On April 6th, our Annual Bigos Cook-Off happened even with delays due to the rain and storms. Eventually, even the sun showed up!



This year's Bigos Cook-Off Winners: 1st place: Izabela Hunter, 2nd place: Beata Witucka and 3rd place: Anna Bielecka.

New logo in Panna Maria



We are honored to unveil our new Polish Heritage Center logo at the center on April 11th! New sales representative John Cebrowski and PNA members were part of the unveiling. They work on presentations and scan photos along with documents. For more information check out: www.polishheritagecentertx.org



Day of Polish Diaspora and Poles Living Abroad



On May 2nd, we observed the Day of Polish Diaspora and Poles Living Abroad. We celebrated people of Polish heritage all around the world, and especially those living in El Paso, Las Cruces, and Cd. Juarez! Thank you for all of your effort in promoting Polish heritage!

Polish Constitution Day celebrations in Houston

A spectacular event was hosted by the General Consul of the Republic of Poland Robert Rusiecki in Houston for Poland's May 3rd celebration. A letter from Mayor Turner was presented and the celebration had a great turn out!



A letter from Houston's Mayor Turner presented to General Consul of the Republic of Poland in Houston - Robert Rusiecki



Polonia from San Antonio and Panna Maria in attendance with Fraternal Director Jolanta Mazewski – Dryden.

Houston Polish Festival 2019

The 13th annual Houston Polish Festival is the largest festival of its kind in the state of Texas, celebrating Poland's culture from May 3rd until May 5th. This is one of the most colorful and uniquely decorated festivals you will find in Texas.

The Grand Marshall of the festival was Texas's First Lady Cecilia Abbot, who was greeted by PNA member Dr. Jim Mazurkiewicz and his wife Kathy, alongside Maryann Ciaston, and Consul General of Houston, Robert Rusiecki.

The festival featured a full 3-day program with live music from an assortment of artists including dances presented by our very own Polish folk-dance group, Dance Group Wawel.

Over 4,000 visitors were immersed in music from Tekla Klebentnica, an award-winning folk group who came in 2nd place in Poland's Got Talent. Grammy Award-winning Polka legends Bravo Combo performed a live concert, and Texas' very own member Brian Marshall, known as at the Polish Fiddler and the Tex-Slavic Playboys.

Tha Polish National Alliance was well represented in all areas of the festival including a booth and cultural exhibit. Special thanks to festival organizers and volunteers for one of the best festivals to date!



Maryann Ciaston, PNA Member and Silent Auction Chair had a Polish General drop in to inspect the Auction.



Houston Famous Polish Bakers making Angel Wings for the Polish Festival!



Dance Group Wawel display the new Lowicz Costumes featuring PNA Members Erica Dryden and Katie Kubiak.



First Lady Cecil Abbot enjoying the Polish tradition of salt, bread, and libation!



PNA display with Sales Representatives Richard Mazewski, Regina McCorkle, and Director Jolanta Mazewski – Dryden.



One of our newest and youngest PNA members at the festival, Caiden Zander Enneking

Mother's Day Concert in Dallas



Jagoda Dancers with Dominika Zamara, famous opera - soprano singer performing Polonaise at a Mother's Day Concert in Dallas, Texas.

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

Śniadanie z Jagiełłą



W tym roku minęło 20 lat od pierwszego wielkanocnego śniadania u stóp pomnika króla Władysława Jagiełły w Parku Centralnym na Manhattanie. Inicjatorką imprezy była Uta Szczerba, znana w nowojorskim środowisku polonijnym projektantka kapeluszy. Po latach dołączył Janusz Szlechta, pisarz, były redaktor „Nowego Dziennika”, a niedawno organizację plenerowych śniadań przy pomniku Jagiełły przejęła Elżbieta Śmieszek.

Śniadania w koszykach przynoszą ze sobą uczestnicy, chociaż zawsze znajdzie się również sponsor wspomagający jedzeniem. Wokół pomnika rozkładane są białe obrusy, a na nich, w koszykach święconka. Naturalnie, do dyspozycji są również talerzyki, sztucze, szklaneczki. Gdy wszystko jest już pięknie ułożone, a uczestnicy skupieni, ksiądz odmawia modlit-

wę i błogosławi pokarm. W tym roku błogosławieństwa dokonał ks. Andrzej.

Zanim jednak uczestnicy śniadania trafią pod pomnik mogą również wziąć udział w paradzie kapeluszy na Piątej Alei. I myliłby się ktoś myśląc, że tylko panie biorą w niej udział. Fantazyjne kapelusze lubią i zakładają również mężczyźni.

Pod pomnikiem każdy się częstuje jadłem i składa wielkanocne życzenia, komu ma ochotę. Spotykają się starzy bywalcy i ludzie nowi. Ktoś czyta wiersze, ktoś inny śpiewa, rozmawia, wspomina. Oczywiście jest miejsce i potrzeba wspólnej fotografii. Głównym fotografem happeningu jest Zosia Bobrowska, absolwentka Politechniki Krakowskiej, której zdjęcia można oglądać na rokrocznie przygotowywanej

wystawie przy pomniku króla Jagiełły.

Przybyli na śniadanie z Jagiełłą ludzie cieszą się swoją obecnością długo po spożyciu zawartości koszyków. Smutno się rozstawać, a kolejne takie śniadanie dopiero za rok.



Fryderyk Dammont, wielokrotny bywalec śniadań i przyjaciel autora, urodzony w Krakowie doktor chemii, zamiłowany podróżnik, fotograf i koneser muzyki klasycznej, który w wieku 96 lat jest wzorem aktywności, w towarzystwie uroczych uczestniczek parady kapeluszy i śniadania.

Grzegorz Wórwa, Prezes KPA-LI

Rhode Island Polonia Scholarship Foundation Awards 2019

On April 6th, 2019, the Rhode Island Polonia Scholarship Foundation awarded two High School seniors \$1,000.00 grants toward their college education. The award ceremony took place at St. Adalbert's Parish Center, Providence, RI. This year's recipients are Vanessa A. Szulc and Klaudia Gajda. The awards were presented by Dr. Dorothy Pieniadz, Scholarship Selection Chairperson.



Pictured left to right are: Foundation President Gregory Malec (Alliance College '78, PNA Lodge 1001), scholarships recipients Vanessa A. Szulc and Klaudia Gajda, and Dr. Dorothy Pieniadz.

Applicants must meet all Foundation requirements and submit an essay on a selected topic pertaining to Polish culture, art, music, or history. For this year's essay applicants were required to describe the significance of the Centennial of the restoration of Poland's independence by researching the events of this struggle and by describing the roles of Jozef Pilsudski, Roman Dmowski, Ignacy Jan Paderewski, and US President Woodrow Wilson.

Since its founding in 1978, the RI Polonia Foundation has awarded 349 grants totaling over \$306,000.00. These grants are made possible through the support of private individuals, businesses, and Polish American organizations. In addition to providing financial support, the Foundation strives to promote an appreciation of Polish culture and create an awareness of contributions made by Poland and Polish Americans.

For additional information about the Foundation, please visit www.facebook.com/Rhode-Island-Polonia-Scholarship-Foundation

Submitted by Joseph Rostowski, PNA Lodge 1770

"Dziennik Związkowy" saved!

On March 27th, an official handover of the oldest issue of "Dziennik Związkowy" (Polish Daily News) from 1908 took place at the headquarters of the Polish National Alliance. Two carefully secured volumes of the newspapers were brought to Chicago by Director of Institute of National Remembrance (IPN) Archivist Grzegorz Trzyna and Head of the Archival Resources Management Department at the IPN Archives Dr Marzena Kruk. Those in attendance included the Publisher of "Dziennik Związkowy," PNA President Frank Spula, National Secretary Alicja Kuklińska, Editor-in-Chief of the newspaper Alicja Otap and Grzegorz Dziedzic, editor and restoration project coordinator.



(l-r) Alicja Kuklińska, Marzena Kruk, Frank Spula looking at the newly restored, 1908 issue of "Dziennik Związkowy"

"I can't find words to express my gratitude for saving our archived legacy," said President Spula. Without the help of the IPN, the oldest issue would likely be destroyed with time. Only the very first issues of "Dziennik Związkowy" were returned to Chicago, in accordance to an agreement between IPN. The rest of the archives will remain in Warsaw and will be placed in safe conditions.



(l-r) Alicja Otap, Grzegorz Dziedzic, Grzegorz Trzyna, Marzena Kruk, Frank Spula.

The digital archives of "Dziennik Związkowy" will be available for all researchers, historians, or history buffs. The 110-year-old newspaper is an incredibly rich source of historical, sociological, and linguistic knowledge. Information about Chicago Polonia now has a chance to reach a wider audience.



Pomerania - Baltic Shores of Poland

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



The cleanest beaches being in the heart of Central Europe is certainly not the first association for many people. In fact, one of the most vibrant beaches and the most important trading ports is located in northwestern Poland. While touring through the Pomeranian Voivodship, we read about the southern Baltic shores witnessing a centuries-long conflict of borderlines between Poland and Germany, first incepted in the thirteenth century. From the sword-wielding Teutonic Knights and Vikings to the very first strikes of World War II's sniper fire, the Pomeranian region is one of history's most vital organs. A large part of the region is home to the Kashubians, one of the oldest Slavic ethnic groups with their own language and influence on local culture. Passing through the villages

and cities you will see signs featuring both languages. Known as one of Poland's most economically flourishing regions with fertile land and mirror-glass lakes, here are just some of the many places worth a visit.

GDAŃSK



Gdansk is a must-see city in Poland. It is a city that was fought over throughout centuries for its prosperous amber trade and sea ports. Known today also, as the capital of Pomerania. As the fourth-largest

metropolitan area, it has tremendous historical significance for becoming a symbol of the Polish resistance. One of these areas is where World War II's first machine gunfire struck terror in Gdansk's peninsula, Westerplatte. To this day, visitors can stand among the haunting, skeletal remains of buildings once accompanied in terror. Detailed accounts of this event can be learned at the Museum of the Second World War that was established in 2017. Still on the minds of many people, today is the Solidarity Movement that inspired thousands of factory workers to demand more rights, one of them being the right to strike.

Escaping the heart-wrenching history of the city is not too far of a ride. The city's old town has become a symbol, especially for pamphlet writers or tourists, which is no wonder since the streets are full of excitement. The architectural style of long, colorful houses that can easily be mistaken for being in Amsterdam or Copenhagen. Performance artists, jugglers, dancers, or even human-statues take part in elaborate shows. Standing among the celebrations is a seventeenth-century statue of the Roman God of the Sea, Neptune.

EMIGRATION MUSEUM GDYNIA

The Emigration Museum is a must-see for all of Polonia. It is the very first museum in Poland dedicated to the history of Polish Emigration. Located among a historical



port in Gdynia, the museum was established in 2012 and has since garnered popularity. Each exhibition is showcasing different phases in history. You can learn about the Marine Station from where Polish people left for new land or hear about the fates of millions, both famous and anonymous. As immigrants, we are challenged to question how we can preserve our culture and understand the struggles of what the current age might bring.

SOPOT



Sopot is a modern town connected between Gdańsk and Gdynia that together forms a Tri-City. The town is an excellent attraction for those wishing to walk among the entirely pedestrian area of Monte Cassino, also known as Monciak, or stroll through a vibrant beach with summer concerts playing in the background. The town is home to the longest wooden pier in Europe that is 0.3 miles long and reaches the Bay of Gdańsk. Completed in 1827, the pier is divided into two parts. One part is a wooden jetty trail and the

second part is on land where many events take place.

MALBORK CASTLE



Malbork is a town that is best known for its amazing architecture. The town's jewel is its castle established by the Knights of the Teutonic Order that attracts tourists from all over the world. In 1997, UNESCO placed the castle on the official list of World Heritage sites. The Malbork castle is considered to be the largest castle in the world.

BYTÓW



Bytów is a town located in the heart of the Kashubian region. The earliest entry of the town's name, "Bütow" comes from 1321 back when it was a part of Germany. The completion of the Teutonic castle was documented around 1398. However, it was not until 1410, under the rule of Władysław II Jagiełło, that Bytów officially became a part of Poland and remained so for many years, even becoming a stronghold for Pomeranian dukes. The gothic structure is prided as the town's symbol. The medieval object is the hotspot for summer concerts, knight battles, and an exclusive hotel. The town is flourishing with ren-

ovation projects, including its towns centre and it is also home to Drutex, Europe's leading manufacturers of windows, doors, and shutters.

WĘSIORY STONE CIRCLES



Węsiory is a village located in "Kashubian Switzerland." Hidden amongst one of the surrounding forests is a mysterious area with hundreds of stones hedged together. Located on the northern shores of Jezioro Długie (Long Lake) is "Polish Stonehedge." Established in approximately 1,000 B.C., many researchers and locals still cannot pinpoint the exact origins of these stone circles. However, after intensive archaeological research in the fifties it was discovered that the area was visited by people from an island just outside of Sweden called Gotland. It is also a burial site of 110 people. Nowadays, many claim that the rocks have healing properties.



USTKA



Ustka is an important coastal town that is famous for its health resorts and beaches split by the Stupia River. To the east is the largest beach, located near the city centre, and it features one of the highest touristic hotspots in the country. First lit in 1892, a lighthouse guides the port's entrance way for many goods and Baltic travel. One of the town's biggest architectural wows is one that inspires legends and myths, it is an unfinished pier that began construction sometime at the beginning of World War II. Not far from the pier, is a statue of the town's symbol, a mermaid, which stares at the distant waters. An annual event worth checking out in July is International Contest of Fireworks.

MECHOWO CAVES



The Mechowo caves are an excellent stop during a hot summer's day that is conveniently located near a beach area. Many of the caves are no taller than three feet, so many children may attempt to climb or slide through them! The area was considered a monument of nature as it is an excellent product of water erosion.

ŻURAWIE CHRUSTY

Żurawie Chrasty is one of Poland's most incredible 0.08 square mile long forest preserves. Known for its preservation of bog land, the lake's aesthetic has become a symbol both locally and abroad. An acid reaction causes the lake's unique brown coloring. There are at least 50 different plant types, with 4 of them being nearly extinct.



Bj

The Perseverance of Kashubia

History



The Kashubian land encompasses most of Pomerania, particularly the western part. For many locals today, pinpointing where the land starts or ends, or which city is considered the capital is a matter of debate. Who exactly are the Kashubians, and where do they come from? The earliest mention of this name appeared in 1238. Pope Gregory I referred to Bogislaw I as the Duke of Kashubia. During the years of Swedish Pomerania, the Dukes of Pomerania would adapt the titles of "Duke of (the) Kashubia (ns)." However, it is not clear whether Kashubians were named after their land or if the land was named after the people. One thing is certain; they are one of the oldest Slavic tribes to date. In the fifteenth century, the name *Kaszuby* (Kashubians) was officially recognized in the Polish language and it was used to describe people living in the Gdańsk territory. Throughout the ongoing centuries, the borders would repetitively shift from a period of Teutonic to Polish rule and eventual Prussian decree.

Regardless of the many historical events involving discrimination, many Kashubians embraced Polish

identity while also retaining their unique customs and traditions. As a result of the Treaty of Versailles in 1920, most of what is considered Kashubian land today became Polish. Throughout the years, their identity gradually began fading away. After 1945, what is considered modern-day Kashubia was established, but many of them faced oppression from both Germany and Russia through forced assimilation and prejudice. There were also those who were sent away to labor camps in faraway Russia. These dire times inflamed the revival of their language, culture, and myths.

Language

The *Kaszëbsczi* (Kaszubian) language began forming around the fourteenth century. Even though the language is considered to be in the western Slavic group, several words were adapted from German,



Swedish, Russian, and Polish. In 2005, it officially became a regional language. The total number of ethnic Kashubians is believed to be about 500,000 or 570,000 with only about 100,000 that speak it at home on a daily basis. Each village also has its distinct dialect. Most people in the region cannot fully speak the language, but the linguistic influence is greatly felt. Among all ages, it is very common to hear *jo* (yo) being said on the streets instead

of the standard *tak*. There are other commonly used regional phrases. For example, *jest lichò* translates to "It is bad." The phrase also indirectly references a Slavic demon named Licho, the bringer of bad fortune. A potato, a food of great importance is called a *bulwa* (read bul-vah). Also, a young woman will be a *bretka*. In recent years, many radio stations, television programs, or even college studies have been funded as a means of preserving the standard language. One giveaway on whether or not you are in the Kashubian region will be its road signs: the Kashubian name will be written underneath the Polish one.

Culture & Customs



Regardless of the many years of border shifting that often resulted in Germanization or Polonization, the Kashubian culture was never entirely lost. One of the strengthening blocks of their identity is religion. While passing through villages, it is not uncommon to see historical churches adorning the black and yellow



Kashubian flag often seen alongside the black, crowned griffin.

After World War II, ethnographers tried their very best to reconstruct the folk dress. During folkloric celebrations, men wear leather boots, black hats, white shirts, white pants, and jackets. The women often wear velvet bodices embroidered in golden or silver thread, red corals, exquisite corsets, white linen aprons, and like their male counterparts, they commonly wear black leather boots and white shirts. In the northern part, the dominant color is blue. In the middle and southern parts of Kashubia, the colors include green, brown, and yellow.

It is hard to miss the unique embroidery that commonly appears on buildings, clothing, furniture, or anything else possible. There is a total of seven colors, with each one representing a regional element: mauve-blue characterizes the sea, blue is the clear sky, yellow symbolizes the ripe fields of grain, green reminds of the miles of trees, black represents the fertile grounds, and lastly, red signifies the blood that the Kashubians are willing to spill for their nation.

The region is also known for its distinctive customs and traditions. Traditional ceramic art is important to the local economy, and the growth in its popularity has resulted in a surge of international buyers. The elaborate designs of wooden sculptures can also be seen along roadside chapels. The wood is carved into

an instrument that resembles a double bass called *burczybas*. One unique custom includes the use of snuff. When a Kashubian man wishes to befriend someone he will share some of the product. In recent years, the custom has seen a decline in popularity. A tradition that has been preserved is the “empty night,” which is a night dedicated to personal prayer for a departed loved one before the funeral. The prayer was traditionally held in the departed one’s house, often accompanied by a hymn.

Legend about the Beginning



Before God created Adam and Eve, he made sure that the world he finished forming was ideal. Each area on Earth was assigned an angel. One day, an Angel named Kashub began weeping to God because his land was an endless dessert not fit for life. He begged for the curse to be lifted. A golden pouch with special sand was given by God. When Kashub used it on his land, forests sprouted, and animals appeared. Centuries later, when the first people arrived, the land told them that they are standing on Kashubian land named after their guardian angel, Kashub.

Beatrice Jedrycha



IMPORTANT!

It is possible that you have been named as a beneficiary on your relative’s insurance certificate through the Polish National Alliance.

If you are aware or think that you are the designated beneficiary on the life insurance certificate of someone that was a PNA member or know someone that is, please contact our office for further information.

In order to process the claim we will need the following:

- The insured’s original Life Insurance Certificate or an Affidavit of Loss Form, which is available through the Home Office and on line.
- A certified copy of a the insured’s death certificate
- The address and social security number of the beneficiary
- Complete a claimant’s form which is available through the Home Office and on line.

Please call our Claim Department at:

1-800-621-3723

www.pna-znp.org



Westerplatte – A Symbol of the Polish Resistance

On September 1st, 1939, the dusk began to overcome the night's darkness slowly. That fall launch set off a chain reaction of tumultuous times for millions of people decades later. At approximately 4:45 am, the German Schleswig-Holstein battleship opened fire at the Polish Military Transit Depot (Wojskowa Składnica Tranzytowa) on the peninsula of Westerplatte Fort in Gdańsk. This year, the first military strikes of the Second World War will mark its eightieth anniversary.



The Poles tightly held on to their machine guns in the earliest hours of battle. Their opponents had to face the well-placed barbed wire and mines. The German gun emplacements in warehouses across the harbor channels were destroyed. Although surrounded by attackers, the Poles refused to step outside their guardhouses despite suffering losses. On the second day, 60 Stuka dive-bombers dropped more than 26 tons of bombs that collapsed one of the guardhouses' roofs. Just as the smoke slowly began to clear, food and medicine became scarce.



Britain and France would soon officially declare war on Germany, but no help would ever come. A total of two torpedo boats fired 80 shells for the next hours. On September sixth, a forest was set ablaze after anti-tank missiles hit a train with an oil-filled cistern sent by the Germans.

Adolf Hitler was sure that the invasion on the Baltic peninsula would be an easy victory. Yet, the Battle of Westerplatte lasted a week long, and it would have lasted even longer if it were not for the Polish military's lack of ammunition and external support. Major Henryk Sucharski announced surrender on September 7th at around 9:45 am. The Polish Radio would continuously repeat: "Westerplatte fights on!"

It was dubbed into the "Polish Thermopylae," since it showcased the diligence of a little over 200 defenders against nearly 3,400 German soldiers. Despite being the outnumbering force, the German army suffered heavy losses. They lost the equipment of an entire armored division and 25% of its air strength. An estimated 300-400 of them were killed or wounded compared to about 15 to 20 killed and 53 wounded on the Polish side. Among the Polish casualties was a radio operator executed for refusing to disclose radio codes. At the end, the defenders were saluted by the German army for their adversary. Sucharski kept his saber.



Regardless of Poland's surrender on that day, Home Army (Armia Krajowa) and Forest People (Leśni) would bravely fight throughout the war. In 1966, the Westerplatte Monument honoring the defenders was unveiled.



Pursuit of Happiness



Some experts claim that happiness is a choice and conduct research studies in order to prove that is the case. Other experts cite the choice-factor, claiming that happiness is an experience. We wish others a happy birthday, happy anniversary, and all sorts of happiness. But what exactly is happiness? It is an individual's perception that s/he is happy. What makes you happy, may not always make another person happy. Overtime, life may throw in some curve balls at you, making it difficult to experience joy during those moments. If you try to face the "curve" with the mindset that "this too shall pass," then the situation will be less stressful. With lessons learned from a bad experience, you will find a more positive future. There always is a positive to a negative situation. You just need to find it.

Happiness has been a factor for many generations. The United States Declaration of Independence contained the words, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. ..." We have the right to be individual happiness in this country, so how do we find this sought-after state? It may start with one right sentence or a thought for you to begin changing your thinking for the better. I wish to help you find that lasting feeling of happiness, and avoid the negative "curves" that cause you to experience excessive stress or inability to cope.

Ever since I began researching the topic of happiness, I have been trying to follow my own suggestions on happiness. I must admit that it has worked, but it takes an effort to make it happen. I discovered that it soon became a part of me. I no longer fell into the usual "funk" after being hurt by what someone did or said. I recognized hurt feelings and chose to rise above them by moving on. It took some work, but I felt better about things, and I am sure my physical well-being did not suffer as it would have if I allowed myself to stress out about every little incident. Unhappiness affects your body, your mind, and spirit in negative ways. There are several proven actions/behaviors that can increase happiness in the part of the brain that is responsible for emotions.

Actions to Take to Experience Happiness

Spirituality. There is scientific evidence that individuals that have spiritual or religious beliefs are happier than people who do not. They perform more acts of kindness and compassion. Spirituality can offer protective qualities that can assist us in maintaining satisfaction throughout our lives. When practiced within a community, spirituality can provide the support for others during their difficult times of need.



Physical Health. Taking care of yourself through exercise and proper diet has positive effects on your physical and emotional health. Exercise releases pleasure-inducing endorphins that increase positive mood and motivation. It also reduces stress, anxiety and depression. A 30-minute daily exercise program with 5 daily servings of fruits and vegetables will build a foundation for lasting happiness.

Mindfulness. Adjusting to a slower-paced lifestyle and focusing on the present will lead to improved productivity and happiness. Meditation is a way to achieve mindfulness. It can increase the happiness in the brain and move to more positive functioning. Breathing slowly for 5 minutes can help redirect negative thoughts. If your thoughts drift to past events or concerns, guide yourself gently back to the present and breath.

Interacting with Others. The most important source of happiness is spending time with family and friends. You need to maintain a work/life balance. Positive interpersonal relations will enrich your life and create lasting happiness.

Resiliency. Learn the task of bouncing back from negative situations.

Expressing Thankfulness. Every single day, think of at least one thing for which to be thankful. It is also important to express gratitude to others for the good things that they have done for you. Gratitude is linked to happiness. You feel happy when you have helped someone in need, and happy when someone helps you when you are in need.

Be Positive. This may take some work, but smiling and experiencing other positive behaviors can eventually become part of your being. You will become more positive even though you did not feel that way at first. Being positive makes people want to be with you. It is contagious. If you smile, others will smile as well.

Live a Meaningful Life. Establish meaningful life goals and enjoy the journey. Goals or purposes may change along the way, but expect both the hard and delightful times. You are meant to be where you are. Make the best of the situation and smile. Happiness is a way of life.

Happiness is not somewhere to be found, but it is within everyone. We need to remove the obstacles and limiting beliefs. Trying too hard to be happy may keep most of us from being happy. Lasting happiness is a lifestyle and life-long process.



Tips for Lasting Happiness

Avoid Self-blame. There is no such thing as instant happiness, so if it does not work for you the first time, don't blame yourself. Just try, try again. Simply, try another way although it may take a while. Be persistent.

Access Daily. Happiness is within all of us. The more that you can access this happiness, the easier it becomes. Hint: do what you love to do daily.

Compassion. Happiness of others is directly related to the happiness you feel. Compassion for others is a path toward happiness. Your willingness to help, to provide support can result in happiness for both parties. Happiness is finding joy in everyday experiences. Make the best of every situation.

Just Be. If you think of happiness as a way of life, you can feel free to just be yourself. You will feel positive and this will radiate to everyone else around you. Think positive and your world will be more positive. Yes, there is much grief in today's world, but you do not need to dwell on it. Dwelling on grief is not part of any solution. Concentrating on the positive, no matter how small they may be, will lead you to a happier, healthier and more productive life. Remember: When one door closes, another door opens. Find the door knob.

We all have the choice in happiness. Lasting happiness occurs when we bring our negative thinking into the positive by focusing on the good things that are happening, the people who we love and who are meaningful in our lives. The more we practice this behavior,



the easier it becomes and the happier we will be. Lasting happiness comes alive when you concentrate on your life's journey, the good and bad, in the company of family and friends. Your physical and mental health should be a priority along with religion and spirituality. The result will be a life of happiness that can sustain you through tough challenging times.

I will conclude with some inspirational quotes. *"Nobody can make you feel inferior without your consent."* –

Eleanor Roosevelt

"Don't cry because it's over, smile because it happened."

–
Dr. Seuss

"You must do the thing you think you cannot do." – Eleanor Roosevelt

"Very little is needed to make a happy life; it is all within yourself, in your way of thinking." – Marcus Aurelius

"People are just as happy as they make up their minds to be." – Abraham Lincoln

"For every minute you are angry you lose sixty seconds of happiness." – Ralph Waldo Emerson



Author:

Teresa Struziak Sherman,
R.N, BSN, MS
PNA Business Board Director.

References:

1. Anchor, S. & M. Gielan. [May 24, 2017]. *Is happiness a choice?* Psychology Today.
2. Kaiser, S. [May 3, 2019]. *If happiness is a choice, why are so many people unhappy?* <https://www.mindbodygreen.com/0-11045/if-happiness-is-a-choice-why-are-so-many-of-us-unhappy.html> p. 1-4.
3. Matthews, D. [May 9, 2018]. *Why happiness is a choice (and why it's a smart one to make)*. Lifehack.
4. Walker, D. [April 2018]. *The meaning of happiness strategies for pursuing and obtaining happiness*. American Nurse Today. Volume 13, Number 4. p. 30-33.

Jak być szczęśliwym?

Niektóre z czynników, które sprawiają że jesteśmy szczęśliwi odziedziczyliśmy w genach, inne świadomie możemy kształtować. Według psychologów, aż 40% indywidualnego poczucia szczęścia kształtowane jest przez nasze zachowania. Modyfikując je, możemy poprawić swoją satysfakcję z życia.

Bądź aktywny

Aktywność fizyczna to jeden z najskuteczniejszych sposobów na zwiększenie poczucia szczęścia. Niektórzy badacze twierdzą, że osobom pogrążonym w depresji ruch może wręcz zastąpić środki antydepresyjne. Chociaż stan przygnębienia nie zachęca do ćwiczeń fizycznych, zwykły spacer po parku czy lesie, taniec przed lustrem, a nawet sprzątanie skutecznie pobudzą działanie endorfin.

Porzuć rutynę

Tym, co negatywnie wpływa na nasze samopoczucie, bywa tzw. adaptacja hedonistyczna, polegająca na przyzwyczajaniu się do przyjemnych bodźców i po pewnym czasie płynąca z nich satysfakcja słabnie. Przestawiaj ulubione czynności zupełnie nowymi. Różnorodność i spontaniczność są czynnikami, które skutecznie niwelują efekt adaptacji hedonistycznej.

Zrób coś dla innych

Wydawanie pieniędzy na innych często sprawia nam większą przyjemność niż wydawanie ich na siebie. Lubimy obdarowywać bliskie osoby albo przekazywać darowizny na ważny dla nas cel. Dawanie nie musi mieć zawsze wymiaru finansowego. Skuteczne dla naszego samopoczucia są także kierowane do innych dobre myśli, życzenia i gesty, wyrażające miłość, wdzięczność lub wsparcie.

Ciesz się chwilą

Zdolność do delektowania się pozytywnymi doświadczeniami jest nieodzownym warunkiem szczęścia. Chodzi o aktywne przeżywanie pięknego otoczenia, radosnych momentów, smacznego posiłku, etc. Nawet na coś pozornie mało znaczącego można spojrzeć w nowy sposób.

Nie rób w ogóle nic

W pogoni za szczęściem bezustannie szukamy czegoś nowego, co ma odmienić nasz los. W dążeniu do lepszego życia, łatwo wpaść w pułapkę zagonienia. Często duże sukcesy cieszą mniej, niż byśmy się spodziewali, a największe szczęście można znaleźć w momentach, gdy o nic nie walczymy i nie planujemy żadnych zmian.





Eat Your Way to Happiness

Wouldn't it be even more amazing if eating could make you more joyful, calm, and healthy? Research has demonstrated that some foods work with your brain to make you feel happier and more relaxed, and have similar effects on the body as taking prescription anti-depressants, anti-anxiety, and muscle relaxants. Add these healthy foods to your diet.

Avocado

Tryptophan, an essential amino acid used by the brain to produce serotonin—the feel good central nervous system neurotransmitter—is abundant in this fruit. Avocados are also beneficial for skin, hair and nails. You look good; you feel good!

Berries

Blueberries, raspberries, and strawberries have anthocyanins which help reduce depression and stress.

Chicken

Vitamin B12 found in poultry helps calm the body. Chicken soup, known for its curing cold and flu powers, also improves mood and boosts energy.

Dark Chocolate

This savory treat is high in magnesium, which helps reduce anxiety and calms muscles also contains phenylethylamine (PEA), the chemical created by the brain when you experience falling in love. PEA promotes the brain's release of endorphins.

Green Tea

While tea has long been considered to be a soothing beverage, green tea is full of theanine, an amino acid which is known to lower stress and anxiety and elevate mood.

Salmon

High in Omega 3s, this fatty fish helps stabilize moods, decrease depression and improve memory and focus.

Spinach

Spinach leaves contain high amounts of folic acid, known for its mood-elevating benefits.

Swiss Chard

Rich in magnesium, this leafy green is especially beneficial for women by helping manage stress better, improve quality of sleep, and alleviate symptoms of PMS.

Tomatoes

Lycopene, an antioxidant found in tomatoes fights inflammation in the brain. Because lycopene is fat soluble, eat tomatoes with some olive oil, which helps the body absorb lycopene.

Walnuts

Walnuts are loaded with B vitamins. These help keep mood balanced, fight fatigue, anxiety, stress, tension and irritability. They are rich in Omega 3s which help the brain function properly and ward off depression.

Kashubian Menu

Kashubian Herring

Śledź po kaszubsku

Herring fish, also called *hylyng*, is very important in the Pomeranian economy. This fish is a must during Christmas, Easter, name-days, or any other occasions. Respected for its taste and health properties, it is one of the most popular 100-year-old herring recipes in Poland. The meal is fast and easy to make!

Ingredients:

- 6 herring fillets in oil
- 1 onion
- 1/2 bundle of parsley
- 1/4 glass of oil
- 2 spoons of tomato paste
- 2 spoons of ketchup
- 2 spoons of sugar
- 1 spoon of 10% wine vinegar
- 5 seeds of allspice
- 1 spoon of white mustard
- 1 spoon of black mustard
- salt
- freshly grounded black pepper

Directions:

Chop onion into small pieces. Heat up and begin frying oil on a pan. Then place the chopped up onions and wait until they begin to glow. Add allspice and mustard all while making sure that you cook for about 1 - 2 minutes. Mix tomato paste, ketchup, parsley, vinegar, and sugar. Season the blend with salt and pepper, then stir well and fry for another 1 - 2 minutes. Set aside the pan so that everything can cool down. Dip the herring in oil, then cut it into small pieces. Place it into a bowl. Mix the herring with sauce in a jar or a glass bowl. Refrigerate overnight for a better taste.



Potato Soup

Zupa Ziemniaczana

Potatoes are nearly an essential addition to any Polish meal, especially in the Kashubian region. There are about 117 different kinds of potatoes, with 83 of them being Polish. At one point in history, this vegetable was considered to be an exotic, decorative plant. Nowadays, the potatoes continue to inspire many recipes such as soups, which is an excellent source of fiber, potassium, vitamin C, and B6.

Ingredients:

- 8-9 cups of broth
- 3-4 cups of potatoes
- 2 medium onions
- 2 carrots
- the white end of a leek
- 1 celery stalk
- oil
- allspice
- bay leaf
- grainy pepper
- cumin
- fresh dill (or parsley)
- cream for whitening
- 2 spoons of butter
- 2 spoons of flour
- salt
- pepper



Directions:

Cut onions into small pieces. Chop or grate leek, celery, and carrots. Heat some oil on a pot and add vegetables. When the water evaporates, sprinkle the vegetables with flour and fry them. Add broth. Add the potatoes, seasonings, and cook for about 30 minutes. Let the soup cook for another 30 minutes, add fresh dill or parsley, cream and enjoy.

Cabbage with Mushrooms

Kapusta z grzybami



Along with mushrooms, cabbage is a popular Polish culinary addition all throughout the country. Quite commonly, this vegetable appears in everyday recipes such as bigos, pierogi, and gołąbki. Some people use it strictly for medical purposes since it helps support a healthy heart. In the Pomeranian region, sauerkraut is quite a popular choice in fresh markets.

Ingredients:

- 4 cups of sauerkraut
- 0.4 cups of dried mushrooms
- 1 teaspoon of honey
- 0.25 cups of oil
- mushroom broth
- A pinch of pepper and/or seasoning (optional)

Directions:

Place the mushrooms in a water-filled container, then leave them for about an hour. Separate the mushrooms, and boil the water that was in the container. Check the state of your sauerkraut. Make sure that it is not too sour. Dip the sauerkraut in water and cook it in a pot for about an hour. Cut the mushroom into pieces, add some oil and mushrooms. Throw in the cube of mushroom broth and add honey. Mix it well! Simmer for about two hours. Cool down, then begin to simmer again for an additional hour. For more flavor, add some pepper or other spices. Most of the water should be evaporated.

Kashubian Fish Soup

Zupa rybna



Ingredients:

- 4 small flounders (or other sea fish)
- 6 oz sour cream (12 %)
- 1 carrot
- 1 parsley
- 1 onion
- 3-5 allspice
- 1-2 bay leaf
- 1 teaspoon lemon juice
- 1 spoon flour
- salt
- pepper
- fresh parsley or dill to garnish

Directions:

Carefully cut the fish. Cut away the fins and tails and remove the dark skin. Salt the fish and leave for 30 minutes. In the meantime, prepare vegetable stock made of carrots, parsnips and onions. Add allspice and bay leaf. Once it is cooked, add lemon juice and put the fish in. Simmer gently for ca. 10 minutes. Take the fish out and put on a plate. Mix cream with flour, then pour into the simmering stock. Season the soup with salt and pepper, and add chopped parsley leaves. Pour it over the fish. Enjoy!

Kashubian Kugels

Kaszubskie Kugle

This Kashubian sweet is known throughout all of Poland, and it is quite easy to make too. These small buns with an apple in the middle are a perfect dessert while sipping warm tea or coffee. They taste best when warm!

Ingredients:

- 8 small apples (cored, cut in half if bigger)
- 2 cups of flour
- 0.8 cups of powdered sugar
- 1/2 cubes of butter
- 1 pack of cream 12%
- 1 pack of dry yeast
- 1 pinch of salt

Directions:

Mix flour, powdered sugar, dry yeast, and salt in a big bowl. On a separate pan combine melted butter with cream, but make sure that the butter isn't too heated up. Add the mixture to the bowl. Begin to mix the dough before leaving it for approximately 15 minutes. Form balls into 8 evenly-large pieces. Flatten them with your hands or with a rolling pin, and then place apple inside. Form the dough into balls again. Place apple balls on a greased baking plate, separated. Bake at 356 degrees Fahrenheit for approximately 30 minutes! Sprinkle with powdered sugar, if you wish.





Polish Harvest Festival "Dożynki"

September 22 - 22, 2019
Our Lady of Częstochowa Church
1731 Blalock, Houston Texas



Come out and visit us at the Polish National Alliance display !

www.polishharvestfestival.org



To PNA Lodges, Councils
and Districts!

PNA Fraternal Department entertaining Bids for the 2020 National Bowling Tournament

Please email your bid in writing to
Mary Srodon, Fraternal Activities
Coordinator at
mary.srodon@pna-znp.org.

Bids are **due by**
September 1st, 2019.
Results will be posted on the
PNA Website.



Zgoda Subscription

**Zgoda is free for all
PNA members.**



If you are not a
member but would
like to receive our
publication, please
send your information
and a check in the
amount of **\$20.00** for
a yearly subscription
payable to the:

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

For more information call:
(773) 286-0500 ext. 366
www.pna-znp.org



Best Polish newspaper in USA!

- ✓ News from USA, Poland and World
- ✓ Local Chicago news
- ✓ Kalejdoskop magazine
- ✓ Overview of cultural events
- ✓ Sport section

**Subscribe to
Dziennik Związkowy TODAY!**

kronika@związkowy.com
773.763.3343 ext. 222 (Wanda Juda)

WWW.DZIENNIKZWIAZKOWY.COM

**HOUSTON
SLAVIC
HERITAGE
FESTIVAL**

September 29, 2019

KC Hall
607 East Whitney Drive
Houston, Texas 77022
12pm (noon) - 6pm
HoustonSlavicFestival.com

Traditional Ethnic Food * Bake Sale		Fun for the Entire Family
	\$5 entry free for kids under 12	
Dancing & Singing * Kolache Eating Contest		Local vendor * Hand Crafted Gifts

Stop in, Visit the Polish National Alliance Display!

PNA Supports Polish Heritage



SZKOŁA POLSKA

Did you know that the Polish National Alliance provides subsidies for Polish Schools? If you are a Polish school principal, board member, or a teacher, please call our Fraternal Activities Department for more information at

773-286-0500 ext. 312

103.1FM

wpna.fm

POLISH AMERICAN MIX Advertise with us!

At WPNA 103.1 FM, we offer our clients - both businesses and individuals - multidimensional campaigns featuring radio commercials, social media interactions, contests and giveaways, each tailored to our advertisers' unique needs.

Consider WPNA 103.1 FM as one of your powerful marketing tools to attract even more happy customers.

**GET ON THE RADIO
GET HEARD
GET RESULTS!**

**Contact us
at 773 654 5500
or radio@wpna.fm**

57TH PNA National Golf Tournament



July 26 & 27, 2019
Ebensburg Country Club
Ebensburg, PA

Hosted by PNA Lodge 1327,
Johnstown, PA

Information:
mary.srodon@pna-znp.org
1-773-286-0500 ext. 312

**Registration:
pna-znp.org**



Polish National Alliance of the U.S. of N.A.
48th Quadrennial Convention
August 25-28, 2019
Arizona Grand Resort
Phoenix, Arizona



Important Reminders from the Office of National Secretary

According to the By-Laws of the Polish National Alliance of the U.S. of N.A. revised and reenacted at the 47th Convention held from August 23 to August 26, 2015, inclusive in Cleveland, Ohio:

All petitions, grievances and complaints to be considered by the Convention Committee must be filed with the Secretary of the Alliance, no later than sixty (60) days prior to the National Convention in Phoenix, Arizona. (Article IV, Section 46, (b)). The deadline for filing is **June 27, 2019**. A grievance or complaint not filed within the time provided shall not be considered.

The proposals of amendments to the By-Laws shall be submitted to the Secretary of the Alliance, no later than sixty (60) days prior to the National Convention in Phoenix, Arizona. (Article IV, Section 46, (c)). The deadline for submission is **June 27, 2019**.

Filing of applications for PNA National Offices; Chairperson of the Board, Vice Chairperson of the Board, Vice President, Secretary, Treasurer, Business Board Director, and Fraternal Board Director deadline is **June 27, 2019**.

By-Laws of the Polish National Alliance of the U.S. of N. A. are available on the PNA website: www.pna-znp.org

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

773-286-0500 ext. 320
alicja.kuklinska@pna-znp.org



ELECTED REPRESENTATIVES TO THE 48TH PNA QUADRENNIAL CONVENTION IN PHOENIX, ARIZONA

District	Name	City	State
1	Frank Wolanin	Holyoke	MA
1	Gilbert Sherman	Wilbraham	MA
1	Jeannie Zapala	Ludlow	MA
1	John Mailloux	West Warwick	RI
1	Kathleen Los-Waldron	New Bedford	MA
1	Mary Wolanin	Holyoke	MA
1	Peter Milecki	Worcester	MA
1	Teresa Sherman	Wilbraham	MA
1	Walter Tokarz	Rehoboth	MA
1	Wanda Milecki	Worcester	MA
2	Edward Zavaski	Wallingford	CT
2	Irene Grabowy	Bristol	CT
2	Janina Chlus	Wethersfield	CT
2	Leon Grabowy	Bristol	CT
2	Marianna Koziol-Dube	Unionville	CT
2	Wieslawa Kennedy	Rocky Hill	CT
3	Anna Kaminski	Brooklyn	NY
3	Bozena Kaminski	Brooklyn	NY
3	Christine McMullan	New York	NY
3	Danuta Bronchard	Brooklyn	NY
3	Grazyna Michalski	New York	NY
3	Mary Sala	Waterford	NY
3	Paul Ochal	Amsterdam	NY
5	Jolanta Mazewski-Dryden	Seabrook	TX
5	Marilyn Kubiak-Edwards	Houston	TX
5	Richard Mazewski	Katy	TX
5	Wanda Kotch-Ray	Bremond	TX
6	Bertha Szumal	Bensalem	PA
6	Constance Donnelly	Falls Church	VA
6	Elizabeth Gardyas	Delran	NJ
6	Eugene Szymkowiak	Philadelphia	PA
6	Hedwig Pennell	Aston	PA
6	Joseph Janik	Easton	PA
6	Kim Pennell	Aston	PA
6	Malgorzata Bondyra	Perry Hall	MD
6	Marian Szumal	Bensalem	PA
6	Richard Poremski	Baltimore	MD
6	Wesley Musial	Philadelphia	PA
6	Zbigniew Wrzos	Philadelphia	PA
6	Zofia Wrzos	Philadelphia	PA
7	Antonina Vantuh	Colonia	NJ
7	Boguslawa Maciag	Boonton	NJ
7	Dawne Griffith	Roaring Brook Twp.	PA
7	Jason Matiko	Duryea	PA
7	Stanley Dunaj	North Arlington	NJ
7	Tadeusz Kutarba	Clifton	NJ
8	Gary Cernetich	Johnstown	PA
8	Jeffrey Twardy	Pittsburgh	PA
8	John Birus	Johnstown	PA
8	Jordan Ehrlich	Natrona	PA
8	Joseph Radosy	Canonsburg	PA
8	Kristofer Andrzejewski	McKees Rocks	PA
8	Michael Sharek	Avonmore	PA
8	Molly Sisk	Murrysville	PA
8	Richard Kuczkowski	Webster	NY
8	Richard Tyszkiewicz	Glassport	PA
8	Sean Jackson	Glassport	PA
8	Stephen Galaski	White Oak	PA
8	Val Pawlos	Pittsburgh	PA
9	Barbara Adams	Richfield	OH
9	Bernadette Zubel	Oberlin	Oh
9	Cathy Katrenich	Brecksville	OH
9	Danuta Panfil	Hinckley	OH
9	Eileen Fiodorowicz	Seven Hills	OH
9	Joseph Magielski, Sr.	Youngstown	OH
9	Kenneth Berg	Akron	OH
9	Michael Swejk	Tallmadge	OH
9	Romuald Panfil	Hinckley	OH
9	Stanley Fiodorowicz	Seven Hills	OH
9	Stanley Magielski, Sr.	North Lima	OH
9	Thomas Pietrzak	Dayton	OH
9	Yvonne Tuchalski	Weirton	WV
10	Christine Hanson	Lansing	MI
10	Christine Kryszko	Dearborn	MI
10	Genowefa Mackiewicz	Warren	MI
10	Grace Sawinski	Farwell	MI
10	Jo Ann Slabonek	Grand Ledge	MI
10	Joan Baritche	Brownstown	MI
10	Leon Rajski	Farwell	MI
10	Michael Cameron	Muskegon	MI
10	Robert Karwan	Novi	MI
10	Romuald Lopacki	Washington	MI
10	Ronald Martin	Canton	MI
10	Stella Szczesny	Hamtramck	MI

ELECTED REPRESENTATIVES TO THE 48TH PNA QUADRENNIAL CONVENTION IN PHOENIX, ARIZONA

10	Tadeusz Przybyl	Sterling Hts.	MI
11	John Baras	Eureka	MO
12	Aleksandra Sowa	Chicago	IL
12	Anna Kokoszka	Chicago	IL
12	Anna Zalinska	Chicago	IL
12	Arthur Trybek	Palos Hills	IL
12	Barbara Larocco	Tinley Park	IL
12	Barbara Wesolowski	Orland Park	IL
12	Cecelia Tomaszewicz	Chicago	IL
12	Constance Kocourek	Stillman Valley	IL
12	Irene Blair	Palos Heights	IL
12	Irene Spiewak	Willowbrook	IL
12	Joseph Dobersztyn	Tinley Park	IL
12	Judith Trybek	Palos Hills	IL
12	Leokadia Chlipala	Chicago	IL
12	Leszek Krzyminski	Lemont	IL
12	Raymond Kosinski	Plainfield	IL
12	Shirley Wass	Glen Ellyn	IL
12	Stanislawa Stekala	Burbank	IL
13	Aleksander Kolodziej	Grayslake	IL
13	Anna Wierzbicki	Chicago	IL
13	Barbara Stankiewicz	Niles	IL
13	Christine Tarchala	Round Lake Beach	IL
13	Donna Woszczak	Palatine	IL
13	Irene Delgiudice	Schiller Park	IL
13	Irene Hercik	Chicago	IL
13	Irene Jarocinski	Medinah	IL
13	Janina Kopacz	Chicago	IL
13	Joseph Lisak	Lincolnwood	IL
13	Krystyna Bialasiewicz	Prospect Hts.	IL
13	Magdalena Solarz	Glenview	IL
13	Maria Slomski	Norridge	IL
13	Mark Dobrzycki	Harwood Hts.	IL
13	Mark Matusiak	Elk Grove Village	IL
13	Mary Srodon	Gurnee	IL
13	Peter Biernat	Chicago	IL
13	Stanislawa Rawicki	Park Ridge	IL
13	Walter Bochenek	Chicago	IL
13	Wanda Juda	Chicago	IL
13	Wanda Penar	Arlington Hts.	IL
14	Gary Babinski	Minto	ND
14	Irene Hawkinson	New Berlin	WI
14	Katarzyna Niemczyk	Kenosha	WI

14	Kristine Chmielewski	Hales Corners	WI
14	Michele St. Marie-Boelkow	Cudahy	WI
14	Nicole Carrier	Oak Creek	WI
14	Teresa Jankowski	Saint Francis	WI
15	David Tokarski	Crown Point	IN
15	Jeffrey Jackowski	Staint John	IN
15	Jennifer Newgent	South Bend	IN
15	Mark Karczewski	South Bend	IN
15	Mary Wozniak	Rolling Prairie	IN
15	Steve Tokarski	Crown Point	IN
16	Anthony Nowak-Przygodzki	Corona	CA
16	Elizabeth Rudzinski	San Pedro	CA
16	Greg Chilecki	Orange	CA
16	Katherine Akrami	Sierra Madre	CA
17	Allan Szuflada	Hinckley	OH
17	David Milcinovic	Parma	OH
17	Diane Szuflada	Hinckley	OH
17	Eric Ptak	Walton Hills	OH
17	Jane Ptak	Walton Hills	OH
17	Michael Lewandowski	Brooklyn Hts.	OH
17	Patricia Sobczynski	Parma	OH
18	Anne Marie Hicker	Federal Way	WA

Dear Delegates,

Congratulations on your election as a Representative to the PNA 48th National Quadrennial Convention to be held in Phoenix, Arizona, on August 25-28, 2019.

Please follow the special link on the PNA website: www.pna-znp.org for the PNA 48th National Quadrennial Convention updates.

Please contact Assistant National Secretary Steve Biesiada at **1-800-621-3723 ext.: 306** or steve.biesiada@pna-znp.org, about your travel arrangements or any other questions concerning the upcoming convention. We would like to make your travel easy, and the stay in Phoenix Arizona Grand Resort & Spa as comfortable as possible.

Alicja Kuklinska
National Secretary

BY-LAW REQUIREMENTS FOR NOMINATION FOR ELECTIVE OFFICERS OF THE POLISH NATIONAL ALLIANCE OF THE UNITED STATES OF NORTH AMERICA

Pursuant to the By-Laws of the Polish National Alliance of the United States of North America, the following are the requirements for Nominations for Elective Officers in connection with the 48th National Convention to be held in Phoenix Arizona in August, 2019.

ELECTIVE OFFICERS

The elective officers of the Alliance shall be a Chairperson of the Board, a Vice Chairperson of the Board, a Vice President, a Secretary, a Treasurer, five (5) Business Board Directors, and a Fraternal Board Director for each Director's Region "A", "B", "C", "D", "E", "F", "G", "H", "I" and "J".

In the event an employee of the Home Office shall be elected, than such individual must resign employment with the Alliance prior to taking office.

DIRECTOR'S REGIONS

DIRECTOR'S REGION "A" – covers District I & II, which includes the States of Maine, Massachusetts, New Hampshire, Rhode Island, Vermont, Connecticut.

DIRECTOR'S REGION "B" – covers District VIII, which includes the States of Western Pennsylvania, Western New York.

DIRECTOR'S REGION "C" – covers District III, VI & VII, which includes the States of Eastern New York, New Jersey, East and Southwestern Pennsylvania, Maryland, Virginia and Delaware, DC.

DIRECTOR'S REGION "D" – covers District IX & XVII, which includes States of Ohio, West Virginia.

DIRECTOR'S REGION "E" – covers District X & XV, which includes States of Michigan, Indiana.

DIRECTOR'S REGION "F" – covers District XII, which includes South Chicago.

DIRECTOR'S REGION "G" – covers District XIII, which includes North Chicago.

DIRECTOR'S REGION "H" – covers District IV,

V & XI, which includes the States of Texas, Nebraska, Missouri, Florida and Colorado.

DIRECTOR'S REGION "I" – covers District XIV, which includes the States of North Dakota, Minnesota and Wisconsin.

DIRECTOR'S REGION "J" – covers District XVI & XVIII, which includes the State of Washington, Oregon, Nevada, California and Arizona.

QUALIFICATIONS OF CANDIDATES

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

1. At the time of filling his or her application, he or she must be a Beneficial Premium-Paying Member of the Alliance in good standing, uninterruptedly for at least five (5) years, immediately preceding his or her 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) year in the Region to which election is sought.

NOTE 1: A candidate for the office of Director of the Alliance shall also be a resident of the Director's Region which he or she is vying to represent on the Board, except Districts 12 and 13, who shall be a resident of the State of Illinois.

NOTE 2: A candidate for an elective office shall be a "Beneficial Member of the Alliance in good standing", as of the date of his or her application.

2. **"Beneficial Member"** means a member who has a PNA benefit certificate in force. (Section 12). A member is not in "good standing" whenever he or she fails to make timely payments of lodge dues or assessments, if any, required by his or her lodge and/or the annual premiums as required, (Article II, Section 13 and Article I, Section (I), in

the amount approved by the Board of Directors of the PNA. In case a member is an owner of an Annuity Plan, such a member must maintain at least a \$10,000.00 balance in said Annuity or make at least a \$250.00 annual contribution during the prior four⁽⁴⁾ consecutive calendar years. (Article I, Section 1, Paragraph o)

3. Holders of certificates include all certificates, which were fully Paid-up, Single Premium, all Individual Retirement Accounts (IRA) and Deferred Annuity, Universal Life, provided they paid all Lodge dues, if any required, or annual premium on any premium paying certificate of insurance, as approved by the Business Board of Directors.
4. Must be a citizen of the United States of America.
5. Unless an incumbent officer, they must have, since the last Convention served for at least three (3) years, as officers of Lodge or as a council delegate
6. Such candidate must have knowledge of the membership products of the Alliance
7. Cannot serve as an officer, agent, delegate or employee of any other fraternal benefit society, or be engaged in any capacity whatsoever in any life insurance company or as an agent which does not have a contractual relationship with the Alliance.
8. Shall not be a member of any subversive organization having for its object the overthrow 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.

A candidate for the position of Chairperson of the Board, Vice Chairperson of the Board, Vice President, Secretary, Treasurer or Business Board Director must 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:

1. Must be an incumbent National Officer;
2. Must be a certified public account, a chartered financial planner or be a chartered underwriter;
3. Working knowledge of financial accounting;
4. Bachelor's or higher degree from an accredited university or equivalent combination of education and financial industry experience;
5. Prior management experience;
6. Demonstrate superior judgment, analytical ability, communication skills and leadership; or

7. Demonstrate knowledge of insurance by passing the FLMI certification issued by LOMA; or
8. Has passed at least the first two (2) LOMA exams concerning insurance products and insurance operations.

NOMINATION OF CANDIDATES

GENERAL RULES

1. Nominations for all elective Officers of the Alliance, shall be made by petition in the form prescribed by the Business Board of Directors, signed by at least twenty-five (25) beneficial members of the Alliance, in good standing, and filed with the Secretary of the Alliance not less than sixty (60) days before the Convention. (Section 72).
2. Candidates for elective office must personally request a single petition for candidacy by mail, e-mail, fax or in person. A request must be signed by a candidate. A candidate can file only one (1) petition for one (1) elective office. The National Secretary will not accept more than one (1) petition.
3. The Secretary shall acknowledge the receipt of such petition from each such nominee and shall publish the names of all nominees in the official publication of the Alliance not later than fifteen (15) days before Convention, and deliver all nomination petitions to the Nomination Committee of the Convention.
4. The Nominating Committee shall examine each petition and if it is found to be a proper form, shall report the name of the candidate to the Convention to be placed in nomination.
5. In the instance where not more than two (2) petitions for nominations have been filed, then in the event of the death or resignation of any member who has filed his or her petition for nomination, after the time for filing of the petitions for nominations has expired, any qualified member may file his or her petition for nomination for said office of the Alliance at the Convention, provided, he or she presents his or her petition for nomination signed by ten (10) duly elected Representatives to the Convention and providing, further, that said petition is presented to the Nominating Committee of the Convention prior to its report to the Convention. (Section 72).

PNA FRATERNAL DIRECTOR'S REGIONS

Region "A"	District I, II	Maine, Massachusetts, New Hampshire, Rhode Island, Vermont, Connecticut	Walter Tokarz	walter.tokarz@gmail.com /401-369-4770
Region "B"	District VIII	Western Pennsylvania, Western New York	TBD	
Region "C"	District III, VI, VII	Eastern New York, New Jersey, East and Southwestern Pennsylvania, Maryland, Virginia, Delaware, DC	Bozena Kaminski	bozena.kaminski@pna-znp.org /917-750-8143
Region "D"	District IX, XVII	Ohio, West Virginia	Joseph M. Magielski	jmagielski@yahoo.com /330-518-6363
Region "E"	District X, XV	Michigan, Indiana	Stella Szczesny	stellaszcz@gmail.com /313-680-4548
Region "F"	District XII	Chicago South	Barbara Wesolowski	barbara.wesolowski@pna-znp.org /708-460-6657
Region "G"	District XIII	Chicago North	Wanda Penar	wpjp6789@gmail.com /847-298-7349
Region "H"	District IV, V, XI	Texas, Nebraska, Missouri, Florida, Colorado	Jolanta Mazewski-Dryden	jola@drydeneventproductions.com /713-805-5810
Region "I"	District XIV	North Dakota, Minnesota and Wisconsin	Teresa Jankowski	jtjankowski@sbcglobal.net /414-559-9301
Region "J"	District XVI, XVIII	Washington, Oregon, Nevada, California, Arizona	Greg Chilecki	gchilecki@dslexreme.com /714-744-2775

PNA COMMISSIONER'S DISTRICTS

District I	Main, Rhode Island, New Hampshire, Massachusetts, Vermont	Wanda Milecki	wlmilecki@hotmail.com /508-753-4405
District II	Connecticut	Marianna Koziol-Dube	mariannakd@aol.com /860-673-9776
District III	Eastern New York	TBD	
District IV	Florida	TBD	
District V	Texas	Wanda Kotch-Ray	jhray2@yahoo.com /254-746-7866
District VI	Eastern Pennsylvania, Maryland, Delaware, Virginia, S New Jersey, DC	Zbigniew Wrzos	krysiap14e@aol.com /215-742-3072
District VII	N. New Jersey, N.E. Pennsylvania	Michael Matiko	caroleam315@aol.com /570-457-4209
District VIII	Western New York, Western Pennsylvania	David Sinclair	sinapp@comcast.net /412-427-9173
District IX	West Virginia, Ohio	Stanley Magielski	smagielski@gmail.com /330-549-0911
District X	Michigan	Thomas Schemanski	tomschemanski@gmail.com /313-980-1104
District XI	Colorado, Nebraska, Missouri	John Baras	barasja@yahoo.com /636-938-4641
District XII	Chicago South	Agata Mscisz	agata.pna@gmail.com /708-925-6917
District XIII	Chicago North	Wanda Juda	dziuszka@aol.com /773-895-0278
District XIV	Wisconsin, North Dakota, Minnesota	Gary Babinski	gbabin@ruralaccess.net
District XV	Indiana	TBD	
District XVI	California, Arizona, Nevada	Jaroslav Musial	jwmusial@gmail.com /909-919-0743
District XVII	Ohio/UP	Allan Szufłada	aldi333@aol.com /216-798-0181
District XVIII	Washington, Oregon	Anne Marie Hicker	Jjhicker@comcast.net /253-839-4529



Dlaczego potrzebujesz ubezpieczenia na życie?

0
18
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



Life Happens in a heartbeat.

In one moment, one heartbeat—your life changes.

You meet your soulmate ... and find yourself on a lifelong journey. But, have you considered what would happen if you were no longer there to take care of your loved ones?

While nothing can replace you, having life insurance means that if something happened to you, your loved ones would be OK financially.

Life insurance is a gift of love. Learn more at www.lifehappens.org.

Polish National Alliance
1-773-286-0500
info@pna-znp.org



This piece has been reproduced with the permission of Life Happens, a nonprofit organization dedicated to helping consumers make smart insurance decisions to safeguard their families' financial futures. Life Happens does not endorse any insurance company, product or advisor. © Life Happens 2015. All rights reserved.

The Polish National Alliance

is the largest
Polish - American
Fraternal Benefit
Society in the United
States providing
a broad range of
life insurance and
annuity products,
and supporting its
members through
fraternal benefits.

The PNA Product Portfolio is designed to protect its members' financial futures. Its Fraternal Programs support member's wellbeings through civic activities, scholarships, and sports programs, orphan's benefit program and more.

The PNA is a proud owner of the "Polish Daily News" (Dziennik Związkowy) the oldest, and only Polish daily newspaper in the United States, as well as the WPNA Radio Station.

**Founded in 1880,
the Polish National
Alliance operates
solely for the benefit
of its most valuable
asset – its members.**