

*“Together – We Can and We Will”*

# ZGODA



THE OFFICIAL PUBLICATION OF THE **POLISH NATIONAL ALLIANCE** OF NORTH AMERICA

JULY/AUGUST/SEPTEMBER **2015** | [www.pna-znp.org](http://www.pna-znp.org)

1881-2015 Vol. 144; No. 3



**Your Family  
Your Future  
Protect it through PNA**

## 8 – 39 **Fraternal News & Activities**

- From the Censor of the PNA
- 47th Quadrennial Convention
- Wici Song and Dance Theatre
- Graduate Scholarship
- Results of 2015 Photo Contest
- Youth Day in Wallingford, CT
- District 3 Joint Convention
- Senior Meetings
- Amicus Poloniae
- Lajkonik Dance Group
- We are proud of
- New Members
- In Memoriam
- District 8 Golf Tournament
- District 12 Golf Tournament
- 53rd National Golf Tournament

## 44 – 49 **Life of Polonia**

- Miss Polonia Massachusetts
- October – Polish Heritage Month
- PAC in Washington
- Warsztaty biznesowe w ZNP
- Visa Waiver Summit

## 50 – 55 **Poland Today**

- UNESCO World Heritage Sites - Medieval town of Torun
- Torun Gingerbread
- Columbus Day

## 56 – 59 **Living Well – Vitamins**

## 60 **Bon Appétit – Feast of St. Martin's**



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

Cover: Syda Productions

**(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*

**Paul C. Odrobina**

*Vice President*

**David G. Milcinovic**

*Vice President, Union of Poles Division*

**Charles A. Komosa**

*National Secretary*

**Marian Grabowski**

*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 Wisniewska**

*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:

**sophie.gajda@pna-znp.org**



## From the Censor of the Polish National Alliance

September, 2015

**Dear Sisters and Brothers,**

I hope you will indulge me as I convey my thoughts and impressions on the recently completed 47th Quadrennial National Convention of the Polish National Alliance in Cleveland, Ohio during August. This was the tenth National Convention that I had the honor of attending as a delegate.

I think I am speaking not only for myself, but also President Frank Spula and the Executive Committee when I thank all the delegates and guests for taking time out from their busy schedules to attend the National Convention in Cleveland. This demonstrates the love and passion members feel for our great organization. The discussions and debate were spirited and heart-felt yet amicable which shows that people care about the PNA and its direction and future. Thank you again for coming and caring.

I want to congratulate and extend our sincerest best wishes and gratitude to Vice-President David Milcinovic, his staff and all the Committees for doing an excellent job in planning and then executing all the tasks, large and small, required to produce a Convention that ran as smoothly and seemingly effortlessly as could be expected. I want to thank PNA Districts IX and XVII for playing the gracious hosts to all the delegates, guests and staffers. Again, thank you all for a job well planned and done.

On behalf of President Frank Spula and myself, I would like to thank the delegates who gave up some of their time to serve on the various Pre-Convention Committees in Chicago during the early summer. Their ideas, suggestions and reports provide both a game plan and a sense of public sentiment from around the nation of what the members feel should be done to enhance the PNA.

Kudos to Convention Chairman Christopher Nowotarski, Vice-Chair people Christine McMullan, John Mailloux, Bozena Kaminski and all the Officers of the Convention for a job well done. I think they all demonstrated fairness and patience as they conducted the reports and debates at a pace which allowed the proceedings to adhere to the scheduled agenda and time frame.

One of the most interesting and important reports was given by Carol Stern, Chief Compliance Officer for a consulting firm. She spoke of Corporate Governance and how the new insurance laws and regulations are going to affect the PNA. Directors will have to possess certain qualifications to be eligible to be elected. They will be required to take a more hands on approach in setting the business plan which will guide the Administration in the day to day operations of the Alliance. We are beginning to see this in the



creation of the Business Board of the PNA. Also, do not be surprised if at the next Convention, there will not be an election for President. The task of selecting the President or Chief Executive Officer will fall to the Business Board. These are some of the trends emanating from the state insurance commissions. As regulators, they can impose measures such as these on any insurance corporation, including Fraternalists. It will be up to us to adapt to these laws and regulations in a timely manner.

Ladies and Gentlemen, a new day is dawning. Let us take advantage of present and future technology to make the PNA a stronger, more vital, more nimble organization so we can achieve our aims, goals and mission. I predict some Pre-Convention Committees will meet via teleconference or some other technological avenue. National Conventions will be shorter and perhaps even meet using Skype or whatever comes next. Change is coming faster and faster and we must adapt to survive.

Finally, I would like to thank the members and delegates for their support in re-electing me to another term as Censor. The Convention elected a team to lead the Polish National Alliance over the next four years. I hope you will give them your confidence and support so the PNA will continue to progress and thrive. Remember, we are all in this organization, which we love and respect, together.

TOGETHER WE CAN AND WE WILL.

Fraternally yours,

**Wesley E. Musial**, *Censor*

# 47<sup>th</sup> PNA Convention

## Top Sales Representatives

(By Annualized Premiums)

### **GOLD (\$250,000.00 & Up)**

Anna Burszczyk (\$429, 4444.41)

Zofia Pernak (\$ 331,164.47)

### **SILVER (\$100,000.00 & UP)**

Jadwiga Grcic (166,949.00)

Halina Kuczynski (\$139,658.62)

Elizabeth Rudzinski (101,303.23)

### **BRONZE (\$50,000.00 & UP)**

Teresa Struziak-Sherman (\$67,608.14)

Thomas Stephenson Sr (\$50,678.18)

### **SPECIAL RECOGNITION**

Wanda Kotch-Ray

Sandra Schuster

Joseph Magielski Sr

Ann Marie Gdula

Bernadette Zubel

Hedy Rabiega

Ewa Prządka

Joseph Samreta





## President's Corner

September 2015

**Dear Members,**

Greeting from the Home Office...

The last twelve months have been busy for the Home Office and its staff as we were preparing for the 47th Quadrennial Convention held in Cleveland, Ohio, the week of August 23rd. The numerous developments that occurred since the last convention helped to shape our challenges and goals at this conference.

One of the purposes of a convention is to renew our vows and commitment to the organization and most of all its members. The most important is to safeguard and protect our membership – YOU AS CERTIFICATE HOLDERS, and to make certain the life insurance you purchased is there when the time comes, and the annuities to supplement your income when you need it the most. As an organization, we have been safeguarding member's interests for over 135 years and will continue doing so.

The delegates at this convention had the opportunity to listen, ask and debate various issues presented. Many topics concerning the organization and its subsidiaries were addressed and reviewed.

With the industry imposed changes and concern about finances, the convention was conducted in a shorter duration of time. It commenced on Sunday afternoon and concluded Wednesday morning. All matters and concerns were addressed.

The convention was hosted by members of District IX and XVII in Cleveland, Ohio under the chairmanship of Vice President David Milcinovic and with the involvement of volunteers of both districts.

For approximately a year, they planned and worked to make certain the delegates would feel right at home in the traditional fraternal hospitality - They did an excellent job, a sincere thank you to them.

The success of a convention consists of several components, the host convention committee, pre-convention committees, employees who assisted at the convention, the delegates and of course the Officers of the Convention to make certain that the agenda is followed. Congratulations and a note of appreciation to the Chairman, Christopher Nowotarski with the assistance of Vice-Chairs, Christine McMullan, John Mailloux, Bozena Kaminski and Secretary Christine Tarchala, Sgt. of Arms, Wnada Kothc Ray and Doorkeeper, Wanda Juda all did an outstanding job.

This convention, just like the ones in the past, included amendments to the by-laws; one of the major changes was the elimination of a full time vice- president. Starting January 1, 2016, there will be a President, Secretary, Treasurer and a part time Vice- President, who will be overlooking fraternal programs. In addition, the number of Commissioner Districts was increased from 17 to 18, while the number of Commissioners of the Supervisory Council was reduced from 31 to 18. This reflects changes within the organization, a quantity of which are based on regulatory demands; some on demographic changes and a number of them are just sound business decisions.

The topic of corporate governance is of prominent importance and was also addressed as well as the affect it will have on doing business in the future. We need to be prepared to adapt to regulatory laws and changes and be able to implement them in a timely fashion. This is nothing new. Ever since the PNA's founding in 1880, we have been going through changes at every convention, whether it be internal or regulatory demands in order to be compliant.

With the convention over, it's time to focus on the future of the organization and how we can all contribute to it collectively.

Last week, in the company of Treasurer Grabowski, we attended the annual American Fraternal Alliance Meeting, the umbrella group of fraternal organizations. The topics discussed reinforced our position regarding the various programs the PNA sponsors for its members. With a newly elected Board of Directors and Commissioners taking office as of January 1, 2016, I expect new programs will be developed and introduced to our membership.

In order for us to be attractive to the prospective and existing members, we need to focus on our fraternal programs that are of value and have importance. With the multitude of generations we have within the organization, we need to tailor programs that have meaning to each particular group, being each generation has their own standards and outlooks.

The newly elected Officers, Directors and Commissioners were entrusted with leadership to guide the organization on a local and national level. Every elected officer has a responsibility associated with the position and will be held accountable. Each and everyone should be grateful for the trust bestowed to them as I am indebted to them as well I appreciate the delegates' input, congratulate all of the newly elected officers, directors and commissioners and assure all of the PNA members that our organization is standing strong. With your confidence and support, much can and will be achieved. Please stay involved, and make sure that new generations will be joining PNA and keeping our legacy alive.

Fraternally yours,

**Frank J. Spula, FLMI**  
President

## POLONIA ZNOSI WIZY!



**Kongres Polonii Amerykańskiej** zachęca do wspierania akcji i wysyłania listów do lokalnych polityków, by przyłączyli się do zainicjowania i poparcia ustawy H.R. 1401, znanej, jako JOLT (Jobs Originated through Launching Travel), w ramach której zostałby rozszerzony Program Ruchu Bezwizowego (VWP) – czyli możliwości przyjazdu do USA bez wizy w celach rekreacyjnych lub biznesowych na okres do 90 dni – korzysta obecnie 38 krajów.

Polska pozostaje jedynym krajem europejskim należącym do strefy Schengen nienależącym do programu. Za zmianą tej sytuacji przemawia nie tylko fakt, że 12 mln Amerykanów polskiego pochodzenia nazywających USA swoim domem miałyby ułatwiony kontakt z rodziną w Polsce. Włączenie Polski do VWP to zacieśnienie stosunków między obydwojema krajami, zapewnienie blisko 61 tys. miejsc pracy dla Amerykanów w branży turystycznej i większe bezpieczeństwo – m.in. poprzez lepszy przepływ informacji między krajami i lepszą współpracę w zakresie walki z terroryzmem i ochrony granic.

Ustawa H.R. 1401 to projekt ponadpartyjny – o jego zrealizowanie ubiegają się już republikański kongresman z Nevady Joe Heck oraz demokrat z Illinois Mike Quigley.

Instytut Piast uruchomił bardzo prostą aplikację internetową, dzięki której po wpisaniu naszego kodu pocztowego list popierający ustawę JOLT (H.R. 1401) zostanie automatycznie wysłany do reprezentującego nas polityka.

Link do aplikacji internetowej oraz wzór listu gotowy do podpisania można znaleźć w codziennych wydaniach lub na stronie internetowej Dziennika Związkowego.

**dziennikzwiazkowy.com**

**Zapraszamy Polonię Amerykańską do włączenia się w akcję zmiesienia wiz wejazdowych do Stanów Zjednoczonych dla Polaków.**



## From the Editor

September, 2015

### Dear Members,

It was a privilege attending the 47th Quadrennial Polish National Alliance Convention in Cleveland, Ohio in August. It was my second, and this time, being that it is my 6th year of employment, I really felt like I'm part of a great fraternal family.

I was very much impressed with the comradery amongst the delegates and genuine care for the organization and its future.

I was fascinated by delegates, who are second and third generation PNA members involved in the organization. I call them PNA dynasties and would like to start featuring them in the upcoming issues of *Zgoda*. There are so many individuals with extraordinary biographies. I would be delighted to listen to their stories, write them down, and share with the members. If you know of an individual that deserves to be recognized and written about, please let me know.

Summer came to an end and children went back to school, to their parent's content. Polish National Alliance subsidizes so many Polish language schools, dance and choral groups, not to mention a quarter of a million dollars given in scholarships every year. I think, it would be nice to feature them in our publication. There is so much going on and after all, they are the source of new membership and hope for the future.

Please, let me know what is happening in your Lodge, Council or Polish Community in your area. Take a picture and share it with me and the rest of our PNA fraternal family.

The due date for the materials for the next issue of *Zgoda* is November 16th, 2015.

Wishing you a splendid autumn!

*Yours truly,*

*Alicja Kuklińska, Editor*



### PAŹDZIERNIK - MIESIĄC DZIEDZICTWA POLSKIEGO

**Październik to Miesiąc Dziedzictwa Polskiego w Stanach Zjednoczonych.** Polonia, dumna ze swojego pochodzenia, stara się w tym czasie szczególnie zaznaczyć swą obecność w kraju, który stał się drugim domem dla milionów Polaków oraz podkreślić wkład w jego rozwój i sukces.

W Nowym Yorku oraz Philadelphii odbędą się Parady Pułaskiego, w których uczestniczyć będą tysiące Polaków. Wielkim Marszałkiem Parady w Philadelphii będzie w tym roku cenzor Związku Narodowego Polskiego, Wesley Musiał. W Chicago, Kongres Polonii Amerykańskiej organizuje coroczny Bankiet Dziedzictwa.

Zarówno duże uroczystości i przedsięwzięcia, jak i te organizowane przez polonijne szkoły, kluby i mniejsze organizacje mają ogromne znaczenie dla Polonii, podtrzymując jej poczucie tożsamości narodowej oraz przyczyniając się do budowania pozytywnego i silnego jej wizerunku w Stanach Zjednoczonych.

## Election 2015

# Newly Elected Officers, Directors and Commissioners of the Polish National Alliance

## EXECUTIVE OFFICERS

## PRESIDENT

Frank J. Spula  
Park Ridge, Illinois  
District XIII, Council 3, Lodge 257

## NATIONAL SECRETARY

Charles A. Komosa  
Chicago, Illinois  
District XIII, Council 120, Lodge 2993

## VICE-PRESIDENT

David G. Milcinovic  
Cleveland, Ohio  
District XVII, Council 215, Lodge 76

## TREASURER

Marian Grabowski  
Lemont, Illinois  
District XII, Council 80, Lodge 1824

## BUSINESS BOARD OF DIRECTORS

Irene T. Hercik  
Chicago, Illinois  
District XIII, Council 3,  
Lodge 694

Mark Orwat  
Stickney, Illinois  
District XIII, 120,  
Lodge 1450

Steve H. Tokarski  
Crown Point, Indiana  
District XV, Council 127,  
Lodge 2365

Anthony W. Nowak-Przygodzki  
Corona, California  
District XVI, Council 216,  
Lodge 3193

Teresa Struziak - Sherman  
Wilbraham, Massachusetts  
District 1, Council 62,  
Lodge 711

## FRATERNAL BOARD OF DIRECTORS

## REGION "A"

Walter W. Tokarz  
Pawtucket, Rhode Island  
District 1, Council 26,  
Lodge 677

## REGION "D"

Joseph M. Magielski  
Youngstown, Ohio  
District IX, Council 46,  
Lodge 827

## REGION "G"

Wanda Penar  
Niles, Illinois  
District XIII, Council 120, Lodge 2475

## REGION "B"

Jeff Twardy  
Pittsburgh, Pennsylvania  
District VIII, Council 145,  
Lodge 1052

## REGION "E"

Stella Szczesny  
Hamtramck, Michigan  
District X, Council 122,  
Lodge 1758

## REGION "H"

Jolanta Mazewski - Dryden  
Seabrook, Texas  
District XI, Council 18, Lodge 2336

## REGION "C"

Bożena Kamiński  
New York, New York  
District III, Council 217,  
Lodge 1903

## REGION "F"

Barbara Wesolowski  
Orland Park, Illinois  
District XII, Council 143,  
Lodge 2368

## REGION "I"

Teresa Jankowski  
District IX, Council 8, Lodge 3100

## REGION "J"

Greg G. Chilecki  
Orange, California  
District XVI, Council 73, Lodge 3259



## SUPERVISORY COUNCIL

## CENSOR

Wesley E. Musial  
Philadelphia, Pennsylvania  
District VI, Council 1, Lodge 342

## VICE-CENSOR

Irene Grabowy  
Bristol, Connecticut  
District II, Council 152, Lodge 441

## COMMISSIONERS

## District 1

Wanda Milecki  
Worcester, Massachusetts  
Council 111, Lodge 1063

## District 2

Marianna Koziol-Dube  
Unionville, Connecticut  
Council 58, Lodge 2612

## District 3

Marian Wiercioch  
Cohoes, New York  
Council 136, Lodge 1684

## District 5

Wanda Kotch-Ray  
Bremond, Texas  
Council 66, Lodge 128

## District 6

Zbigniew Wrzos  
Philadelphia, Pennsylvania  
Council 166, Lodge 3018

## District 8

David M. Sinclair  
Westmoreland City,  
Pennsylvania  
Council 32, Lodge 664

## District 9

Stanley Magielski,  
North Lima, Ohio  
Council 46, Lodge 827

## District 10

Thomas Schemanski,  
Hamtramck, Michigan  
Council 122, Lodge 1758

## District 11

John Baras  
Eureka, Missouri  
Council 30, Lodge 1134

## District 12

Jerry Hejna  
Palos Hills, Illinois  
Council 80, Lodge 1824

## District 13

Wanda Juda  
Chicago, Illinois  
Council 120, Lodge 669

## District 14

Gary Babinski  
Minto, North Dakota  
Council 195, Lodge 3043

## District 15

Jeff Wilenski  
Fort Wayne, Indiana  
Council 49, Lodge 3149

## District 16

Jaroslav Musial  
Upland, California  
Council 73, Lodge 3259

## District 17

Allan Szuflada  
Hinckley, Ohio  
Council 215, Lodge 16

## District 18

Anne Hicker  
Federal Way, Washington  
Council 57, Lodge 156

District 4 and 7 Commissioner  
Positions are vacant.

*Congratulations to the newly elected Executive Officers, Directors and Commissioners of the Polish National Alliance. May you lead the organization wisely, guided by the spirit of fraternalism and the trust bestowed in you by the Delegates of the 47th PNA Convention.*

## 47th PNA Quadrennial Convention in Cleveland, Ohio, August 23-26, 2015.

On August 23rd, 2015, the inaugural session of the 47th PNA Quadrennial Convention was called to order by Censor, Mr. Wesley Musial.

179 Delegates to the Convention, representing 17 Districts, learned about changes and new regulations in the industry, deliberated and voted on the most important issues concerning the Polish National Alliance. They accepted reports by the Pre-Convention Committees as well as the elected and appointed Officers of the PNA, deliberated on the changes to the by-laws and expressed their views and opinions on the present and future of the organization.

Officers of the 47th PNA Convention

Christopher Nowotarski – Chairman, Christine McMullan – 1st Vice Chairman, John Mailloux – 2nd Chairman, Bozena Kaminski – 3rd Vice Chairman, Christine Tarchala - Secretary, Sergeant of Arms – Wanda Koch-Ray, Doorkeeper – Wanda Juda.

The full photo gallery of the 47th PNA Convention, as well as the special, electronic issue of ZGODA is available on the PNA website:

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









# *Resolutions of the 47th National Convention Cleveland, Ohio • August 23-26, 2015*

**Whereas, the 47th National Convention of the Polish National Alliance convened in Cleveland, Ohio, on August 23, 2015.**

Let it be resolved that:

1. We acknowledge and thank President Frank J. Spula and the Executive Board, and the elected officers for their leadership and management of the Polish National Alliance of North America, as the leading ethnic fraternal in the United States for the past four years, particularly in light of the changes taking place in the insurance industry.
2. We thank PNA District IX and XVII for hosting the 47th National Convention of the Polish National Alliance and especially thanks the Pre-Convention Committee members for their preparation, planning, and work for our Convention: David Milcinovic, Chairman, Allan Szuflada, Bernadette Zubel, Michael Lewandowski, Barbara Adams, Danuta Panfil, Jane Ptak, Monica Sochecki, Cathy Katrenich, Joseph Magielski, Andrea Cika-Heschmeyer, Ann Marie Gdula, Jason Semik, Edward Sobczynski.
3. We thank all Convention Representatives, National Officers, Directors, Commissioners, all Lodge and Council Officers, and Members, for their commitment and dedication to the Polish National Alliance.
4. We thank the Home Office employees of the Polish National Alliance for their dedication, hospitality, assistance and support of our members.
5. We support the continued promotion by the Polish National Alliance of Polish culture, heritage, history and language.
6. We continue to call for support of the "Visa Waiver Act" for all Polish citizens visiting the United States, still being discussed in the U.S. House of Representatives and the U.S. Senate and support the efforts of the Polish American Congress in this regard.
7. We encourage all members of the Polish National Alliance and Polonia in general, to participate in their local politics, as a matter of their citizenship and civic duties to their nation, state, county and communities in which they live.
8. We acknowledge the Canonization to Sainthood of Pope John Paul II, whose life of service to God and people throughout the world continues to be an inspiration.
9. We wish to remember all deceased Polish National Alliance members who have passed away during the past four years, since the 46th Polish National Alliance Convention.
10. We wish to commend all attendees to the 2015 Polish National Alliance Convention for their attentiveness to following the established Orders of the Day in order to facilitate the business of our organization.
11. We thank Rev. Eric Orzech for celebrating Mass with our Convention on Wednesday morning, August 26, 2015.
12. We recognize Teresa Abick Gold Legion of Honor recipient, for her many years of service to the Polish National Alliance and her dedication to our youth. We also acknowledge her title as "Honorary Lifetime Representative to the National PNA Conventions."
13. We acknowledge Vincent Knapczyk, Silver Cross Legion Honor recipient, for his years of service to the Polish National Alliance and for his presence as the oldest member attending this Convention.
14. We congratulate Robert Bronchard as the youngest member attending this Convention, representing our future leaders.
15. We encourage all members of the Polish National Alliance to engage in a collaborative effort to maintain the strength of the organization and in doing so; honor the wisdom and the dedication of those who came before us.
16. We congratulate all of the Sales Representatives recognized at the 2015 Polish National Alliance Convention for their extraordinary sales efforts.



17. We strongly encourage a re-dedication to insurance sales, as it is the lifeblood of our organization.
18. We strongly encourage the development of a marketing plan that will include the development of not only marketing materials and appropriate budgets, but also the establishment of benchmarks that will be able to evaluate the success or failure of the plan with appropriate action to follow.

Respectfully submitted,

**English Resolutions Committee:**

Irena Gadecki, *Chairperson Council 82*

Mark Pienkos, *Council 8*

Shirley Wass, *Council 143*

Irene Blair, *Council 39*

Kazimierz Chlebek, *Council 91*

## *Rezolucja 47. Sejmu Związku Narodowego Polskiego 23 – 26 sierpnia, 2015 • Cleveland, Ohio*

1. Reprezentantki i reprezentanci 47-go Sejmu ZNP zebrani w Cleveland, Ohio w dniach 23-26 sierpnia, 2015 roku, jako spadkobiercy wspaniałej idei powołania do życia Związku Narodowego Polskiego w Ameryce Północnej, ślubujemy wierność i lojalność Stanom Zjednoczonym i Polsce.
2. Nasza organizacja, Związek Narodowy Polski, popiera młodzież skupioną w polonijnych i amerykańskich szkołach oraz w zespołach kulturalnych i harcerstwie.
3. Kontynuujemy przesłanie Agatona Gillera, wielkiego działacza, który przyczynił się do założenia ZNP. "Ponieważ emigracja jest, i stanowi siłę wielką, której zaprzeczyć nie można, powinno, więc być zadaniem dobrze zrozumianego patriotyzmu tak nią pokierować, ażeby sprawa Ojczyzny największy z niej pożytek odnieść mogła".
4. Amerykańskim i Polskim weteranom obu wojen światowych dziękujemy za walkę na wszystkich frontach "za naszą i waszą wolność".
5. Apelujemy do Narodu Polskiego o zjednoczenie i pracę dla dobra kraju oraz dla rozwoju demokracji w Polsce.
6. Pragniemy, aby została wykorzystana dzisiejsza technologia, która stworzyła wspaniałe sposoby promocji naszej organizacji w języku polskim i angielskim.
7. Prezydium sejmowemu pod przewodnictwem mecenasa Krzysztofa Nowotarskiego, dziękujemy za sprawne przeprowadzenie obrad 47-go Sejmu Związku Narodowego Polskiego.
8. Delegatom i Delegatkom na 47. Sejm Związku Narodowego Polskiego wyrażamy szacunek i podziękowanie za ich rzeczowy wkład i troskę o rozwój Związku Narodowego Polskiego. Bóg Wam zapłać i szczęście Boże.
9. Nowo wybranemu zarządowi ZNP życzymy wielkich sukcesów i z prosimy o dalsze podtrzymywanie patriotycznych i narodowych tradycji kultury polskiej i jej rozwoju w Ameryce.
10. Niech żyje Związek Narodowy Polski. Niech żyją Stany Zjednoczone. Niech żyje wolna i demokratyczna Polska.

Z wyrazami szacunku,

**Komitet rezolucji w języku polskim:**

Anna Kokoszka, *Gmina 39*, przewodnicząca

Danuta Bronchard, *Gmina 217*

Elizabeth Gardyasz, *Gmina 166*

Wincenty Knapczyk, *Gmina 25*

Tadeusz Kutarba, *Gmina 9*





## PNA CONVENTIONS

- 47. Cleveland Ohio
- 46. Minneapolis, Minnesota
- 45. Jersey City, New Jersey
- 44. Denver, Colorado
- 43. Buffalo, New York
- 42. Providence, Rhode Island
- 41. Garden Grove, California
- 40. Chicago, Illinois
- 39. Orlando, Florida
- 38. Washington, D.C.
- 37. Milwaukee, Wisconsin
- 36. Pittsburgh, Pennsylvania
- 35. Detroit, Michigan
- 34. Philadelphia,
- 33. Hartford, Connecticut
- 32. Minneapolis, Minnesota
- 31. Buffalo, New York
- 30. Cleveland, Ohio
- 29. Boston, Massachusetts
- 28. Detroit, Michigan
- 27. Baltimore, Maryland
- 26. Scranton, Pennsylvania
- 25. Chicago, Illinois

- 24. Philadelphia, PA
- 23. Toledo, Ohio

- August 23-26, 2015
- August 18-21, 2011
- August 23-26, 2007
- September 6-10, 2003
- September 11-15, 1999
- August 19-23, 1995
- September 8-13, 1991
- September 13-18, 1987
- September 18-23, 1983
- August 26-31, 1979
- September 21-26, 1975
- September 19-24, 1971
- September 17-22, 1967
- September 15-20, 1963
- September 20-25, 1959
- September 18-23, 1955
- September 23-29, 1951
- August 24-30, 1947
- September 19-25, 1943
- September 10-16, 1939
- September 15-21, 1935
- September 20-26, 1931
- September 19-20, 1927
- & August 27-September 1, 1928
- August 25-30, 1924
- September 26-October 1, 1921

- 22. Pittsburgh, Pennsylvania
- 21. Schenectady, New York
- 20. Detroit, Michigan
- 19. St. Louis, Missouri
- 18. Milwaukee, Wisconsin
- 17. Baltimore, Maryland
- 16. Buffalo, New York
- 15. Wilkes Barre, Pennsylvania
- 14. Toledo, Ohio
- \* Chicago, Illinois
- 13. Grand Rapids, Michigan
- 12. Philadelphia, Pennsylvania
- 11. Cleveland, Ohio
- 10. Chicago, Illinois
- 9. Detroit, Michigan
- 8. Buffalo, New York
- 7. St. Paul, Minnesota
- 6. Bay City, Michigan
- 5. LaCrosse, Wisconsin
- \* Chicago, Illinois
- 4. Milwaukee, Wisconsin
- 3. Chicago, Illinois
- 2. New York, New York
- 1. Chicago, Illinois

\*Special Conventions

- September 16-21, 1918
- September 27-October 3, 1915
- September 15-22, 1913
- October 9-14, 1911
- October 11-16, 1909
- October 23-28, 1907
- October 23-28, 1905
- October 19-24, 1903
- October 14-20, 1901
- March 19-24, 1900
- October 16-21, 1899
- October 6-21, 1897
- September 9-14, 1895
- September 4-9, 1893
- September 21-29, 1891
- September 10-15, 1889
- September 12-15, 1887
- July 5-7, 1886
- February 14-17, 1885
- February 21-23, 1884
- September 21-24, 1883
- September 21-23, 1882
- September 21-24, 1881
- September 15-18, 1880



## CZYTAJ GAZETY, WYGRYWAJ TABLETY!

**Ułóż z nami puzzle i wygraj tablet Kindle Fire  
Losowanie raz w miesiącu**

W kolejnych weekendowych wydaniach „Dziennika Związkowego” publikować będziemy numerowane fragmenty układanki. Aby wziąć udział w losowaniu tableta należy przesłać pocztą komplet oryginalnych, wyciętych z gazety elementów, które stworzą całą grafikę. Pojedyncze puzzle przysyłane do redakcji nie będą brały udziału w losowaniu nagrody.



### Zapraszamy do wspólnej zabawy

„Dziennik Związkowy” dostępny jest w prenumeracie pocztowej na terenie USA i Kanady.  
Więcej informacji pod numerem telefonu 773-763-3343 lub [dziennik@zwiazkowy.com](mailto:dziennik@zwiazkowy.com)



Amazon, Kindle, Fire, and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

Z udziału w konkursie wykluczeni są pracownicy „Dziennika Związkowego” i ich najbliższe rodziny. Udział w konkursie oznacza akceptację regulaminu oraz zgodę na publikację danych osobowych w gazecie.

Promotion terms and conditions: The promoter is Alliance Printers & Publishers Inc. whose registered office is at 5711 N. Milwaukee Ave. Chicago, IL 60646. Employees of Alliance Printers & Publishers Inc. or their family members or anyone else connected any way with this promotion or helping to set up this promotion shall not be permitted to enter the contest. The retail value of the prize is \$139.00 plus all applicable taxes and shipping fees. There is no entry fee and no purchase necessary to enter or win this contest. A purchase will not improve your chances of winning. Odds of winning depend on the number of eligible entries received. The prize will be awarded 'AS IS' and WITHOUT WARRANTY OF ANY KIND, express or implied (including, without limitation, any implied warranty of merchantability or fitness for a particular purpose). You agree that our decisions related to the Contest are final. The Prize is nontransferable and cannot be substituted, assigned or redeemed for cash. Sponsor will not replace any lost or stolen Prizes. Amazon devices are given away on behalf of Alliance Printers and Publishers Inc. Amazon is not a sponsor of this promotion.



# Wici Conquers Balkans

Romania-Serbia-Bulgaria. This summer, the Wici Song and Dance Theater participated in the International Festivals that took place in these three European countries. Known to the world as the "Powder Keg of Europe", as well as



the „Balkan Powder Keg”, they consist of many diverse nationalities, cultures, and customs, all of which Wici had the opportunity to experience. The festivals offered cultural enrichment that was presented by countries such as Georgia, Korea, Spain, Mexico, as well as South American countries like Brazil and Columbia. The summer

festivals were extremely intellectually and artistically enriching for Wici. The group participated in two major festivals and five smaller ones. They traveled thousands of kilometers, starting in southeastern Romania, then traveling through all of Serbia and Bulgaria, and finally to the Black Sea and back.

First off was the 45th Inimi Festival in Timisoara, Romania. There were a dozen local and international dance groups, including Wici, representing American folklore. Viewers captured the exuberance and joy of American dances. The days were filled with parades, concerts, sightseeing the city known as Little Vienna, and finally leaving to Herkulanes, Romania, where the next festival awaited. The following festival destination was in Serbia, and once again, the audience was surprised by the power and beauty of the American folklore dancers. The second Serbian festival took place in Majdanpek. The experiences were lively: parades, dance pageants, concerts, and discos at

the end of the festival. The next destination was Veliko Tarnovo, a beautiful city, and once again, parades, concerts, and many attractions took place.

Next Wici left to tour the cities of Primorje, Nesebar, Razgrad and Trjawna. During the final day, Miss Festival was chosen and the decision was based on beauty, dance, and intelligence. So who was chosen to be Miss XVIII International Festival of 2015? Becky Lenart, a Wici soloist, choreographer, and future teacher. The victory caused Wici to go crazy with joy. After such an experience it was difficult to leave, but the dancers still had two days in Sofia, the capital of Bulgaria. While saying goodbye to the festival participants, Wici received official invitations to festivals in Brazil, South Korea and Indonesia, as well as great recommendations from the representatives of CIOFF. The three weeks full of memories, hard work, and fascinating sensations passed by very quickly. Wici received many standing ovations for their dances, which were choreographed by Anna Strojny, the main choreographer of this year's festival, and Magdalena Solarz. The supervisors were Mrs. Malgorzata Moskalis and the undersigned Lucja Szeliga, administrative director of the festival.

The company would also like to remind that classes for children, teens and adults have already begun.

Wici Song and Dance Company advertises the Polish National Alliance worldwide.



*Lucja Szeliga and Ewa Cwulina*







# \$47,000 Awarded in Scholarships to Graduate Students

## 2015 PNA GRADUATE SCHOLARSHIP RECIPIENTS

1. **Edyta Bula**, Okemos, MI – *Michigan State University, College of Veterinary Medicine*
2. **Natalia Baran**, Niles, IL – *Governors State University*
3. **Stefania Elizabeth Dudek**, Livonia, MI – *Schoolcraft College*
4. **Hannah L. Domaradzki**, Butler, PA – *Slippery Rock University of PA*
5. **Ellen Marie Dzierzak**, Perrysburg, OH – *Nova Southeastern University*
6. **Julia Syrek-Jablonowska**, Chicago, IL – *DePaul University*
7. **Barbara Jedruszczak**, Orange, CA – *Syracuse University*
8. **Christopher Tadeusz Kasia**, Glenview, IL – *Loyola Stritch School of Medicine*
9. **Angela Elizabeth Kinnunen**, Pittsburgh, PA – *University of Pittsburgh*
10. **Emil Leon Klosowiak**, Glenview, IL – *University of Illinois: College of Medicine*
11. **Julian Klosowiak**, Glenview, IL – *Northwestern University Feinberg School of Medicine*
12. **Matthew Kobeszko**, Wood Dale, IL – *Rosalind Franklin University*
13. **Ashley Marie Lenihan**, Washington, DC – *The George Washington University*
14. **Paweł Markiewicz**, Revere, MA – *Uniwersytet Jagielloński*
15. **Anna Mikulski**, Addison, IL – *Northwestern University School of Law*
16. **Elissa Monica Moll**, Munster, IN – *Erikson Institute*
17. **Paul S. Miszczyszyn**, Prospect Heights, IL – *National College of Natural Medicine*
18. **Tara Nicole Slominski**, Fargo, ND – *North Dakota State University*
19. **Veronika Opalka**, Mount Prospect, IL – *Midwestern University*
20. **Katarzyna Anna Orlowska**, Madison, WI – *Wisconsin School of Business*
21. **Teresa J. Paczuska**, Weymouth, MA – *Wentworth Institute*
22. **Elaina Jo Polovic**, South Bend, IN – *Jesuit School of Theology at Berkeley*
23. **Emily V. Polovic**, South Bend, IN – *Saint Louis University*
24. **Brian James Rodriguez**, Chicago, IL – *University of Mary*
25. **Hanna Rachel Sowinski**, Sarasota, FL – *University of South Florida*
26. **Sarah Diane Schuster**, Minto, ND – *University of South Dakota*
27. **Christopher Edward Szmurlo**, Chicago, IL – *The University of Illinois*
28. **Sharon E. Tylenda**, Bloomfield Hills, MI – *Walden University*
29. **Maximilian I. Tokarsky**, Dayton, OH – *Wright State University School of Professional Psychology*
30. **Ann Marie Zielinski**, Wallingford, CT – *Sacred Heart University*

In June 2015, Polish National Alliance awarded its graduate and doctorate student members with financial support. Candidates for PNA Graduate Scholarships demonstrated high academic achievements and strong involvement in their local Polish-American communities.

The committee that evaluated 30 applications consisted of: Ewa Koch, President of Polish Teachers' Association, Małgorzata Błaszczuk, Editor of *Dziennik Związkowy - Polish Daily News*, and Alicja Kuklińska, Editor of „Zgoda”.

Polish National Alliance supports its member's objectives to pursue higher education goals and looks forward to see them as future leaders in Polish-American communities. Congratulations to all recipients!



(l-r) Małgorzata Błaszczuk, Alicja Kuklińska, Ewa Koch



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



## Coloring Contest Results

### **\$4,000.00 Awarded**

Recently a committee of three members: PNA Sales Manager Anna Kozusko, General Manager of WPNA radio station Jacek Niemczyk and Chief Underwriter Frank Jozefiak met to pick winners of PNA's 2015 coloring contest. As difficult as it was, they chose 10 drawings from four age group.

Congratulations to all of the promising artists! We look forward to hearing from you in our next contest in 2016, just follow the announcements in the upcoming issues of Zgoda.

This is just another way PNA supports the youth through many of our fraternal programs.

### 2015 COLORING CONTEST WINNERS

#### **AGES 11 & 12**

Heather Belitskus, Middletown, DE  
Nickolas Bondyra, Perry Hall, MD  
Lindsey Cave, College Station, TX  
Rowan Jones, Cranberry Twp., PA  
Darron Kanyok, Tunkhannock, PA  
Luke Nemeth, Malvern, PA  
Timmy Novak, Orland Park, IL  
Julia Powell, Ballwin, MO  
Aislynn Soos, St. Clairsville, OH  
Zachary Zimmerman, Camp Hill, PA

#### **AGES 9 & 10**

Lukas Bondyra, Perry Hall, MD  
Ian Campbell, Lower Burrell, PA  
Andress Cave, College Station, TX  
Jordyn Czyzewski, Milwaukee, WI  
Izabella Gwizdak, Cypress, CA  
Collin Kanyok, Tunkhannock, PA  
Eva Nemeth, Malvern, PA  
Nadia Nemeth, Malvern, PA  
Ariana Powell, Ballwin, MO  
Olivia Surowiec, Chicopee, MA

#### **AGES 7 & 8**

Adeliah Blaskiewicz, Brownstown, MI  
Reyna Czyzewski, Milwaukee, WI  
Matthew Galich, Pickerington, OH  
Nicholas Krauze, Bethesda, MD  
Sophia Lukacski, Delaware, OH  
Bailey Ray, College Station, TX  
Derek Stitt, New Kensington, PA  
Katherine Suchowolec, Torrington, CT  
Thomas Suchowolec, Torrington, CT  
Dante Taliani, New Kensington, PA

#### **AGES 5 & 6**

Ainsley Campbell, Lower Burrell, PA  
Tyler Czyzewski, Milwaukee, WI  
Nicholas Galich, Pickerington, OH  
Grace Hercik, Itasca, IL  
Adrian Jasinski, Bridgeview, IL  
Mary Cecilia Michalak, Plymouth, MI  
Samantha Rekiel, Oil City, PA  
Olivia Stolarz, St. Louis, MO  
Olivia Szarek, Brownstown, MI  
Bryce Thompson, Bremond, TX





# Youth Day 2015

## WALLINGFORD, CT –

District 2 celebrated its annual Youth Day at Lodge 513 PNA Park on Sunday, June 21. This important occasion was a day to reinvigorate our Polish cultural heritage and recognize the academic achievements of our Youth.

The day's events featured traditional Polish foods including pierogi, placki, gołąbki, kiełbasa sandwich, naleśniki, and pączki. For the American appetites, hot dogs and hamburgers were also served.



*Grazyna Krupa, Irene Grabowy, Don Dube, and Marianna Koziol Dube pose with several scholarship recipients*



*The Kreciglowa twins from Lodge 441, Natalie (l) and Nadia (r), both scholarship recipients, help out in the kitchen*

Live music was provided by the Happy Travelers Reunion Band featuring Lodge 513's own Ed Zolkiewicz and his fellow musicians. Members of the Orleńa Dance Group from Lodge 315 in Bridgeport, CT, sang and danced to traditional Polish music. Vicki Zolkiewicz-MacInnis of Lodge 513 organized children's games and activities.

Grazyna Krupa of Lodge 441, Chairperson of the Scholarship Committee, announced the scholarship awards for the 2015-2016 academic year. Assisting in the awards presentation were Irene Grabowy, Vice Censor, and Marianna Koziol Dube and Don Dube, Commissioners of District 2. Scholarship recipients are: Natalie Kreciglowa of Lodge 441 attending Smith College; Jessica Fretto of Lodge 1061 attending the University of Hartford; Cynthia Bukowski of Lodge 441 attending Worcester Polytechnic Institute; Sabrina Xiao Chun Brown of Lodge 2612 attending Meredith College; Nadia Kreciglowa of Lodge 441 attending the University of Pennsylvania; Shannon McCauley of Lodge 1061 attending Hofstra University; Jeremy Klepacki of Lodge 684 attending the University of Rhode Island; Maja Laska of Lodge 513 attending Quinnipiac University; Kacper Laska of Lodge 513 attending Fairfield University; Claudia Gorniak of Lodge 315 attending the University of Connecticut; and Carolina Gorniak of Lodge 315 attending the University of Michigan. Council 152 and Lodge 441 also presented scholarship awards to their members.

*Submitted by: Commissioner Donald Dube*



*The Orleńa Dance Group from Lodge 315 in Bridgeport*



## CONVENTION DRAWING WINNER

Congratulations to Ms. Agata Mscisz of District 12, on winning the pre-convention sales contest drawing.

Ms. Mscisz did not attend the 47th Convention of the Polish National Alliance so President Frank J. Spula and Halina Kuczynski of our Membership Department congratulated Ms. Mscisz and presented her with the award at the Home Office on September 9th, 2015.





poniedziałek - piątek 11.00 - 15.00



Marczewska | Niemczyk | Zieliński

# STACJA CHICAGO



[facebook.com/stacjachicago](https://facebook.com/stacjachicago)

## SALES SEMINAR HELD FOR PNA DISTRICT 1

**Willimansett, MA.** In order to increase sales in PNA District 1, Commissioners Frank Wolanin and Jeannie Zapala asked the PNA Membership Department to organize and conduct a sales seminar. They agreed and the seminar was held at Pilsudski Park in Holyoke, MA on June 12, 2015. The main presenter was newly hired, Anna Kozusko, Sales Manager for PNA. To everyone's surprise our PNA President, Frank J. Spula also attended and took part in the Sales Seminar presentation. There were 21 participants who attended the seminar and had a light dinner courtesy of the commissioners and catered by PNA Lodge President, Edward Bernat from Bernat's Polish Meat Products and Deli in Chicopee, MA. The audience ranged from well experienced sales reps to new individuals who had never attended a prior sales seminar.

The content of the seminar

included a review of the PNA portfolio, a review of successful PNA sales approaches, identifying and contacting prospects and overcoming fears of client rejection. The second part of the program consisted of scheduling an appointment, preparing for the appointment, the actual appointment, closing the sale/obtaining referrals, PNA updates and contests. Questions and answers included use of PNA Lifibase software and joining the PNA Agent's page. As a result, District 1 participants have a new and renewed commitment to enroll at least one new member before the end of the Pre-Convention Contest, or at least by the end of 2015. At the conclusion of the program, all attendees responded favorably to having been part of the seminar and look forward to future seminars.



**Holyoke, MA.** Attending the PNA District 1 Sales Seminar are standing left to right: Commissioner PNA District 1, Frank Wolanin; Sales Manager, seminar presenter, Anna Kozusko; Teresa Struziak Sherman, Financial Secretary/Sales Rep. PNA Lodge 711 and former PNA National Director Region "A"; Commissioner PNA District 1, Jeannie Zapala, and surprise guest presenter, PNA President, Frank J. Spula.

## Remembering Henry Rackowski, Philip Pawlisz and Edward Pawlowski

At the Knights of Columbus hall in Silver Spring, MD on April 12, 2015 the Polish Legion of American Veterans Washington, D.C. Post 191 held its annual reception. The post, consisting of several PNA Lodge 848 members, remembered long time (848) president Henry Rackowski who passed away earlier this year as did fellow revered members Philip Pawlish and Ed Pawlowski. The three fallen comrades were remembered in tribute with the playing of Taps.

*Submitted by: Ben Filipczyk,  
Recording Secretary, Lodge 848*



*Reception photo includes (left to right) Steve Pawlikowski, Henry Rackowski Jr., Margaret Rogoyski, Sandy Zachariasiewicz, Paul Konopka, Karl Klonowski, Romuald Lipinski, Jack Marczynski, Connie Rackowski Donnelly, Walter Zachariasiewicz, Steve Donnelly, Bozenna Buda-Ortins, Brad Ortins, Edwards Buda-Okgreglak, Gene Pawlikowski, Richard Okreglak, Yolanda Cornett, Czeslaw Sternicki, Joyce Garner, Teresa Urman Buckoski, Brian Buckoski and Ben Filipczyk.*



## Lodge 2511 Helps with College Book Expenses

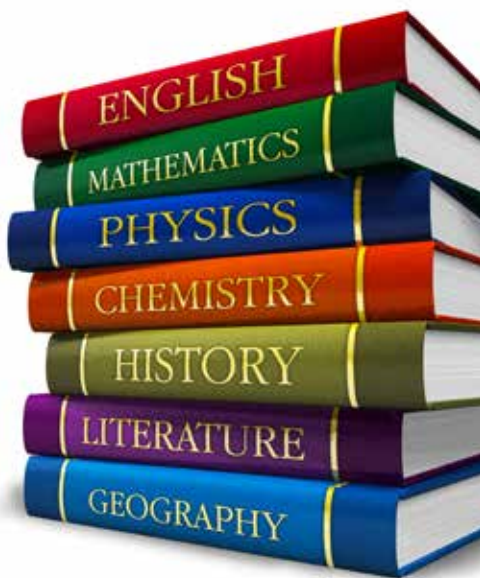
In memory of Anna and Stanley Dzierzak, Lodge 2511 decided to hold a \$100 book drawing for five lucky college bound students. Flyers explaining the rules and requirements were mailed out in January 2015 to all eligible active members of Lodge 2511 (including of all merged Lodges) between the ages of 17 and 25. The drawing took place at a get-together held on July 4, 2015.

The lucky college students are:

- Alexander J. Denno
- Thomas Dzierzak
- Dana Handley
- Marisha Meijer
- Robert Lemiesz

*Thanks to all  
participating members.*

*Submitter by: Christine Dzierzak,  
President Lodge 2511*



## Camp Stanica Welcomes PNA District 1 Winners

**Bondsville, MA.** The Polish Alliance Youth Camp (PAYC), Camp Stanica, welcomed the two winners of the PNA District 1 camperships. Names of campers, who were members of Lodges in District 1 PNA, were put in a hat and randomly selected to be the 2015 winners of a free week at Camp Stanica. The delegates at the PNA District 1 Convention in April 2015 voted that the District should award two camperships for the 2015 season. This year's winners were Mea Gale, of Cheshire, MA, and Shaleigh Levesque of Adams, MA. Both campers were looking forward to the Camp Stanica active programs and meeting new friends.

Kevin Aldrich, Camp Director for the past 10 years, has been responsible for many campers returning to the excellent camping program year after year. Camp Stanica was very fortunate to have Agata Komosa on staff again this year. She travelled to MA with her husband, Charles Komosa, PNA National Secretary, from Chicago, IL with their two sons, Charlie, age 11, and Alex, age 10 who enjoyed the camping season as well.

The camp is located in Bondsville, MA on 60 acres of grassy fields and woods with the Swift River and Browns Pond/Crystal Lake providing for fishing, swimming, and hiking. There are facilities for games, gymnastics, dancing, and arts and crafts. The campers sleep in cabins on metal frame cots with mattresses. Camp Stanica is a co-educational overnight camp for children ages 6-14. The fee includes the cost for field trips and Canteen snacks. Camp Stanica not only welcomed campers from neighboring communities

in Massachusetts, but also children came from New York, New Jersey, Connecticut, New Hampshire and Illinois. Begin preparing for the next year camping season.

For more information or a brochure please contact Eugene Kirejczyk at 48 Szetela Drive, Chiscopee, MA 01013, or by phone: **413-592-0227**, or E-mail **Terry-sherm@aol.com**

*Submitted by:  
Teresa Struziak-Sherman*



*Pictured at the camp are: left to right: PNA District 1 Commissioner, Jeannie Zapala; Mea Gale, from Cheshire, MA, age 13, campership winner, member of PNA Lodge 1365, Adams, MA; Shaleigh Levesque, age 13, campership winner, member of PNA Lodge 1365, Adams, MA, and Teresa Struziak Sherman, former PNA National Director Region "A".*



# District 3 Joint Convention

It seems like yesterday ... The District 3 Joint Convention was held on Sunday, April 26th at Our Lady of Czeszochowa/St. Casimir's school hall in Brooklyn, NY. We were very lucky. God blessed us with beautiful weather and the delegates from near and far had excellent driving and flying conditions. Just a week prior we were covered with snow and ice.

Delegates started to arrive at 8:15am and were greeted by an elaborate continental breakfast provided by the hosts, Council 84. Since Marian Wiercioch couldn't attend (his driver was ill) and Censor Wesley Musial was running late (on the way he went to Newark Airport to meet Marian Grabowski, Treasurer of the PNA and the official representative from the Home Office), I opened the convention.

Barbara Blyskal, President of Jutrzenka Singing Society and past Commissioner of District 3, led the delegates in



singing Piesn Poranna. We had a moment of silence for all members who passed away since our last gathering. At this time I spoke dearly about Joe Pawlik who passed away in 2014.



Joe Pawlik embraced the ideals of the PNA. He was President of his lodge and council and bought insurance for all his grandchildren. He always desired that Polonia in America keep their traditions alive, share Poland's contributions with this country and continue to bridge the strong bond between Democratic Poland and the United States. It was obvious that Joe loved both countries and wasn't shy about sharing those feelings.



All those present went to O.L. of Czeszochowa/St. Casimir's RC Church for 9:30am Mass. Administrator, Father Janusz Dymek spoke to the congregants about the PNA and wished us fruitful deliberations.



After church we returned to the hall to resume our session. At this time Adele Iwachow, President of Council 84, greeted the delegation. The delegates were sworn in, committees met and Paul Ochal read the minutes from the last convention. He also read greetings from President, Frank Spula and Vice President, Paul Odrobina.

The attendees were: Leszek Gensiorski (Council 17), Maria Jurewicz Babik, Eugeniusz Zych, Helena Bajor and Christina Bandi (Lodge 30), Adele Iwachow and Edward Blyskal (Council 84), Paul Iwachow (Lodge 52), Barbara Blyskal, Frances Gates and Helen Pater (Lodge 2366), Paul Ochal (Council 113), Edward Swiderski, Donna Joachim and Richard Joachim (Lodge 1291) and Grazyna Michalski (Lodge 1903).

Our main speaker, Censor Wesley Musial spoke to the delegates emphasizing the need for all to sign up new members. He made comparisons of other districts and answered inquiries from the delegation. Treasurer Marian Grabowski shared the limelight with the Censor. He spoke of the happenings in the Home Office. Delegates asked various questions. If he was not able to respond because some questions referred to issues before he became Treasurer, Censor Musial helped out.

Following our delicious lunch (Jubilat Caterers) we continued with our session and listened to the reports of our committees. Helena Bajor (Lodge 30) was chosen as Woman of the Year and Leszek Gensiorski (President of Council 17) as Man of the Year.

Ed Blyskal, Chairman of the Resolutions Committee, did a stellar job, as usual. He was assisted by Leszek Gensiorski, Christina Bandi and Helena Bajor. Ed read the resolutions and you can too by going to the PNA Website ([www.pna-znp.org](http://www.pna-znp.org)).

In closing, all agreed that the Home Office has to be more transparent with us and not keep us in the dark regarding major changes.

Barbara Blyskal led the delegates in the singing of God Bless America and Boze Cos Polske. The delegates departed with their "goodie" and "doggie" bags and bid farewell until next year.

Council 84 will host the District 3 Convention in Brooklyn, NY next year.

*Helen Pater, Commissioner, District 3*





## ANNUAL PNA NORTH SIDE CHICAGO SENIOR MOM AND DAD LUNCHEON

Chicago, Illinois - The Polish National Alliance North Side Senior Group celebrated Mothers Day and Fathers Day on Wednesday, June 10, 2015.

The small group gathered at Teresa 2 Restaurant in Chicago. As the seniors entered and checked in, they were given a gift. At noon they were served a delicious lunch.

PNA Vice President Paul Odrobina was emcee and led with a prayer. He introduced PNA Director Wanda Penar and Fraternal Coordinator Mary Srodon, and asked how can we keep the Seniors program strong and grow in numbers for attendance.

After lunch, a Mom of the Year was selected who was Stella Wierzbicki. She received a beautiful bouquet of flowers in a crystal vase. Father of the year was Ted Terlikowski who received a bottle of spirits.

This is the last meeting for the summer. The next time the North Side Seniors will meet will be in September. Vice President Odrobina thanked the Seniors for their attendance and support throughout the year.

*Story and Photos by  
Robert M. Jadach*



## SOUTH SIDE CHICAGO SENIORS CELEBRATION OF MOTHERS AND FATHERS DAY

Chicago, Illinois - The Polish National Alliance South Side Senior Group celebrated Mothers Day and Fathers Day on Wednesday, June 23, 2015 with a luncheon at the Mayfield Banquet hall. All Ladies were greeted with a rose, a gesture to all mothers.

PNA Vice President Paul Odrobina was emcee, welcomed and introduced all the guests, amongst them President Frank Spula and Treasurer Marian Grabowski. Father Wacław Lech led us in prayer before lunch.

Before lunch was served we chose the Mother of the year Ludmila Pietraszek, who was presented with beautiful bouquet of flowers in a crystal vase. Father of the year was Arthur Trybek who received a bottle of spirits.

A thank you to „Joe Pat Orchestra” who entertained our guests.

This was the last meeting for the summer.

*Photos by Robert M. Jadach.*



# Letni koncert Wici

W czerwcu, na scenie Guerim Audytorium, Franklin Park, IL wystąpił na swym corocznym, letnim koncercie zamykającym sezon, Teatr Tańca i Muzyki Wici.

Wystąpiły wszystkie grupy wiekowe tancerzy; od trzylatków po dorosłych.



Obie części koncertu rozpoczęły się polonezem, a w ponad dwugodzinnym programie znalazło się 15 tańców w choreografii Magdaleny Solarz, dyrektora artystycznej zespołu Agnes Kuleszy, Becky Lenart, Kingi Wojdyły-Podstawskiej i Anny Strojny.

Zespół zaprezentował polskie tańce ludowe, narodowe, klasyczne oraz tańce amerykańskie, wśród których clogging zdobył sobie szczególną przychylność i gorący aplauz publiczności. Jak zawsze, najmłodsi tancerze zespołu wzruszyli serca widzów swoim popisem wokalnym i tanecznym, choć już samo ich pojawienie się na scenie rozczula publiczność.

Interesującym i edukacyjnym punktem koncertu był pokaz strojów ludowych. Kostiumy prezentowane przez tancerki i tancerzy Wici



były szczegółowo opisane: materiał, zdobnictwo i kolory charakterystyczne dla poszczególnych regionów Polski.

Koncert zakończył imponujący taniec z udziałem wszystkich grup wiekowych.

AK

*Zdjęcia: Dariusz Piłka*

**Wici** – starodawny sposób wezwania wojowników i rycerzy na wyprawę wojenną.

Początkowo były to pęki tożyny lub powrozów rozsyłane przez króla do najważniejszych urzędników w regionie (wojewodów, starostów, kasztelanów), którzy dalej przekazywali je swoim podwładnym za pomocą posłańców. W późniejszym okresie wici zostały zastąpione pisemnym listem zwołującym pospolite ruszenie.

Obecnie, używane, jako przenośnia, oznacza komunikat o ważnych sprawach





## The 28th Annual Dożynki in Bethlehem, PA

The 2015 Dożynki Festival was presented by Council 171 of Bethlehem, PA on July 19, 2015.

The Holy Mass was preceded by a procession of young adults from Lodge 2286 presenting the harvest and wearing authentic Polish costumes. The harvesters carried the symbolic wreaths and the food to be blessed.

When the mass was finished guests were served traditional Polish favorites including Gołąbki, Kiełbasa, Kapusta and of course pierogi, as well as American delights such as roast pork. The festivities continued with lots of traditional Polish folk music and dancing.

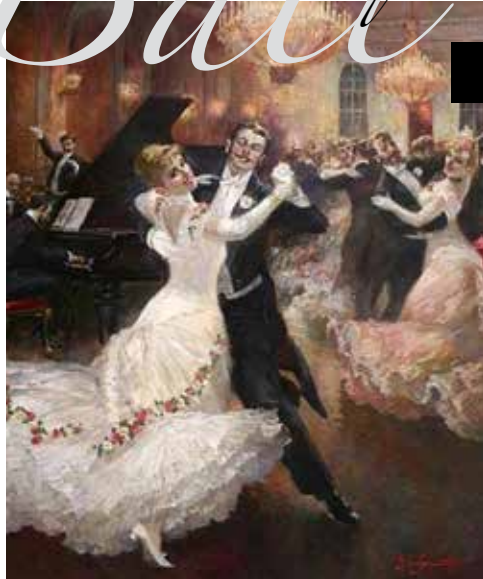
A portion of the funds raised at this event are proudly donated to an orphanage in Poland. Every year!

*Submitted by: Antoinette Sharetzsky,  
Council Secretary.*



## PNA of INDIANA DISTRICT XV ANNOUNCES

### Debutante and Squire Scholarship Ball



October 17, 2015

#### Blue Chip Casino

Michigan City, Indiana

District Directors and Commissioner Mary Wozniak set the date for the District XV Debutante and Squire Scholarship Ball for Saturday October 17, 2015 at the Blue Chip Casino Ball Room. Personal announcements are being sent out to all PNA District XV Fraternal young adult members through out Indiana from ages 16 to 22 years. Also, we are asking

if any junior Debs and Squires from the ages of 13 to 16 who would like to assist in the presentation at the Ball to contact your lodge or email Commissioner Wozniak as well.

For Ad donation, tickets and information on the Ball will be sent out to all fraternal members of PNA to join us on this Special occasion. Anyone wishing to request any information in advance may contact using the email and phone numbers below. We hope to make it a great success for our young people of PNA. Please help in keeping our tradition of our Polish Heritage alive and in the hearts of everyone who participates in this Gala event by participating or calling for information.

If you do not receive a letter, contact your lodge Officers for the information or contact Commissioner Wozniak, 219-778-2001  
**dpwozniak@comcast.net** or request by Fax # **219-778-3133**



*Wici*

Join WICI Song & Dance Theater of the Polish National Alliance

Portraying the opulent beauty of Polish culture, the WICI Song and Dance Company has been enriching the American culture with ethnic and classical art for over twenty years.

*Become part of the finest group of Polish dancers in America*

Artistic Director: Magdalena Solarz • WICI Song and Dance Theatre

**773-777-8800**

wici.songanddance@yahoo.com • **wicisonganddance.com**

# Amicus Poloniae – 25 Years of Helping People!

In the fall of 1990 an attorney met with PNA President Edward Moskal and they started to discuss an idea on how to provide help to Chicago's Polonia that normally would not have access to legal advice and representation. That meeting was 25 years ago and this October, the Amicus Poloniae - Friend of Polonia – Volunteer Free Legal Clinic celebrates its Silver Anniversary. Thousands of people have been given legal help through the initiative of our fraternal.

Since the first day, the Amicus Poloniae volunteer attorneys have been meeting at 5711 North Milwaukee Avenue on Chicago's northwest side in the Alliance Building, also the editorial offices of the Dziennik Zwiazkowy. On the third Saturday of each month, a large group of attorneys and other volunteers gather for a quick breakfast and then a long day of greeting, meeting and advising people on their legal problems.

The simple idea came from observing other ethnic groups throughout Chicago that provided

legal help to individuals that would normally not be able to afford to hire an attorney for legal work, whether just advice or to a court room. One of the first attorneys to volunteer was Jane Kaminski Simers who said the inspirations was just to make sure that people in the Polish American community had help in court or with paperwork that sometimes was complicated even for a native born American.

Throughout the legal clinic's history many of the attorneys not only did not speak Polish but many were not of Polish origin. The last decade has seen attorneys such as retired judge James Shapiro and now Illinois State Senator John Mulroe volunteer. Over the years Zygmunt "Ziggy" Sokolnicki and Richard Zabelski have spoken to hundreds of clients and fixed many problems.

Attorneys Robert Groszek and Alexander Fiedotjew serve as co-chairs of Amicus Poloniae. Mark Dobrzycki directs day to day operations and administrates

the monthly meetings of attorneys, interpreters, clerks and clients. On average 10-20 attorneys show up to help up to 60 clients. At one monthly meeting not long ago 33 attorneys volunteered their time and services. Aid is given on civil matters that include immigration, probate, elder law, social security, housing, employment, foreclosure and retirement among other type cases.

It is not an easy job because helping those without the means to get legal help sometimes leads to the frail and ill in the most desperate situations. Recently a local hospital social worker called asking to help one of their patients who was in a critical state and soon to die. The patient's spouse had died earlier and was basically left abandoned. The patient had some property and more importantly wanted to have prepared guardianship papers for an elementary school child to ensure that the child would be taken care of by a friend and not become a ward of the state because there was no family. Attorney Marcy Labeledz went to the hospital to meet the patient, prepare all the required documents and follow through in court.

Another case involved child custody. One parent took the child overseas, the parent remained in Chicago. Attorney Steven Rakowski had not only to work within the Cook County Courts but also to follow European Law through the Brussels International Law Courts. The case lasted over a year but the result was that the child was returned to the United States.

Amicus Poloniae has partnered with Chicago Volunteer Legal



**CVLS Award Winners:** Vice Consul Joanna Skupiewska Murawska, Legal Department, Attorney Mark Douglass, Vice Consul Joanna Michalec, Attorney Michele Hendrickson & Mark Dobrzycki, Clinic Administrator.





*Year 2011 - Attorneys George Alex (L) and Ziggy Sokolnicki (R) discuss a case.*



*Judge Jesse Reyes, former President of the Chicago Public School Board, is joined by the clinic attorneys for a group photo after teaching a CLE legal class at the clinic.*



*Judge Marty Moltz (far right rear with tie) lectures during a CLE (continuing legal education) class with the many volunteer attorneys of Amicus Poloniae before the start of the clinic and meeting with clients.*

Services Foundation since the start and CVLS provides critical support to our staff including guidelines for interviews, income qualification information and malpractice insurances for all our volunteers. Amicus Poloniae is one of the busiest, if not the busiest of the 25 legal clinics that are part of the CVLS group. CVLS is the largest Pro Bono legal providers in the state of Illinois and last year they helped more than 17,000 people, Amicus Poloniae caseload was a part of that total.

In recognition of the tremendous work we do our Amicus Poloniae volunteers are recognized by CVLS. Attorney Marcy Labedz and Andrzej Maczek were awarded the Distinguished Service Award in 2015 and the newest award recipients for the upcoming year are Attorney Anthony M. Slawniak, Ursula Matelski and Mark Dobrzycki.

Over the past quarter century many attorneys have served to help the many people seeking legal advice. From the late Les Kuczynski, PNA Legal Counsel, to Joan Smuda, who works at the Illinois Attorney General's Office have volunteered. Even the legal department of the Polish Consulate General of Chicago has offered their services. Currently 150 lawyers, judges, law students, translators and other volunteers are registered in the clinic's volunteer book and even if they don't show up they still offer their advice and help.

To register for the Amicus Poloniae Legal Clinic, please call (773) 763-8520. The first 60 people who make an appointment will be able to meet with an attorney.

*Story and photos by  
Mark Dobrzycki, 2015*

**Since 1990 Amicus Poloniae - Volunteer Free Legal Clinic is sponsored by the Polish National Alliance.**



# Mały Lajkonik na festiwalu i w podróży po Polsce

Podróż pełna niespodzianek rozpoczęła się już na lotnisku w Chicago. Dowiedzieliśmy się, że samolot, którym mieliśmy lecieć do Polski będzie pilotował słynny kapitan Wrona. Świadomość, że dzieci polecą pod dobrą opieką uspokoiła żegnających nas i jak zawsze w takich chwilach, trochę zdenerwowanych rodziców.

W lipcu b.r. **Mały Lajkonik** po wielomiesięcznych przygotowaniach, reprezentując Związek Narodowy Polski oraz Polską Misję Trójcy Św. w Chicago, po raz trzeci wziął udział w **9 Polonijnym Festiwalu Dziecięcych Zespołów Folklorystycznych w Iwoniczu Zdroju**. Zanim rozpoczęły się festiwalowe zmagania tancerze, co praktykujemy od wielu lat, mieli okazję poznać piękno naszego ojczystego kraju. Wycieczki dla młodzieży i poznanie różnych zakątków Polski to



*Mały Lajkonik na festiwalowej scenie - Foto: Halina Misterka*



*Spotkanie z Premier Polski Ewą Kopacz - Foto: Dorota Ochwat*



*Mały Lajkonik na festiwalu w Iwoniczu Zdroju - Foto: Halina Misterka*

ogromna skarbnica wiedzy. Niezapomniane przeżycia, zdobyte wiadomości poparte mnóstwem zdjęć, z sukcesem wykorzystywane są przez naszych tancerzy podczas zdawania egzaminów maturalnych w polskich szkołach.

Na początek zwiedziliśmy **Warszawę** – m.in. Łazienki Królewskie, Belweder, pomnik Fryderyka Chopina, Amfiteatr... Widzieliśmy zmianę warty przy Grobie Nieznanego Żołnierza. Traktem Królewskim, zapoznając się po drodze z ważnymi zabytkami architektury, dotarliśmy na Plac Zamkowy. Tam chwila historii płynnie łącząca się z czasami współczesnymi, pamiątkowe zdjęcia...

Kolejnym etapem naszej wycieczki był **Toruń**. Wiele uciechy mieli wszyscy podczas „terminu cukierniczego”, gdy poznawali tajniki wyrobu i pieczenia pierników. Ciekawy i humorystycznie poprowadzony pokaz wprawił wszystkich w dobry nastrój a własnoręcznie zrobione pierniki będą pamiątką z naszego pobytu w Muzeum Piernika.

W **Bydgoszczy** zwiedziliśmy Muzeum Mydła i Historii Brudu. Tam każdy miał możliwość uczestniczenia w warsztatach i własnoręcznego stworzenia unikalnego mydełka.

Pełen przygód i nowych doświadczeń był pobyt w **Brodniczy** – Gro-



*Grunwald- młodzież Lajkonika przed pomnikiem - Foto: Dorota Ochwat*



dzie Foluszek (średniowieczny Gród Rycerski). Strzelanie z łuku, kuszy, pojedynki na maczugi, struganie drewna, praca w kuźni, bicie monet, lepienie garnków, mielenie zboża w żarnach, czy wreszcie pieczenie podpłomyków, to tylko część z umiejętności, które młodzież mogła posiadać podczas kilkunastogodzinnych zajęć w grodzie.

Na trasie naszej wycieczki znalazł się **Grunwald** – miejsce zwycięskiej bitwy wojsk Władysława Jagiełły z Krzyżakami. Prosto z pól grunwaldzkich udaliśmy się w kierunku Warmii i Mazur. Punktem docelowym było Giżycko. Zakwaterowani w pięknym hotelu mieliśmy okazję cieszyć się pysznym jedzeniem, miłą obsługą i niewiarygodną gościnnością właścicieli i ich sąsiadów. Pozwalała nam ona korzystać z oddzielnej sali, w której mogliśmy w wolnej chwili urządzić sobie próbę, czy też (ku uciechu tancerzy) dyskotekę. Boisko do siatkówki z widokiem na jezioro pełne przycumowanych łodzi, obok ognisko było wymarzone miejsce na wieczorny relaks i odpoczynek. Zwiedzaliśmy Giżycko (Twierdza Boyen) i okolice. Niespodzianką dla nas było przypadkowe spotkanie z burmistrzem miasta oraz premier Polski, która w tym czasie odwiedzała miasto. Były szanty, rejsy statkiem, napawanie się urokiem **Mikołajek**. Mieliśmy okazję odwiedzić **Gierłoż – Wilczy Szaniec** – największą polową kwaterę Adolfa Hitlera, zjeść obiad w gotyckim, **Zamku Reszel** oraz zwiedzić barokowy kościół i wysłuchać koncertu organowego w **Świętej Lipce**.

Mnóstwa przeżyć dostarczył nam spływ rzeką Krutynia. Było to kilka godzin relaksu wśród urokliwych zakątków wzdłuż nurtu rzeki. Niektórzy pierwszy raz płynęli kajakiem; nie obyło się bez kilku wywrotek i zmo-

czenia ubrań, ale wszyscy szczęśliwi i uśmiechnięci dotarli do końca szlaku. U ujścia Krutyni, w centrum Puszczy Piskiej leży kraina historycznego plemienia Galindów. Zostaliśmy „napadnięci” przez członków tego plemienia przyodzianych w skóry, zaopatrzonych w broń z tamtej epoki. Zaskoczeni, ale pełni ciekawości zwiedzaliśmy **Galindię**. Były to pełne wrażeń chwile, które z pewnością pozostaną długo w pamięci.

**Festiwal w Iwoniczu Zdroju** rozpoczęła msza św. a później roztańczony, barwny korowód oklaskiwany i witany przez mieszkańców uzdrowiska, wczasowiczów i przyjezdnych gości. Nie zabrakło tam również naszych rodzin. Później odbyło się uroczyste otwarcie festiwalu, przywitanie zespołów chlebem i solą (*chleb odbierał m.in. tancerz Matego Lajkonika*). Wieczorem tego dnia Koncertem „*Folklor nas potączył*”, w którym uczestniczyło 19 przybyłych z różnych krajów zespołów rozpoczęła się kilkudniowa przygoda z polskim folklorem. Każda z grup przywiozła ze sobą do Polski tańce z kraju swojego zamieszkania, które prezentowała podczas koncertów „*Kalejdoskop Folkloru Świata*”. Próby, koncerty w Iwoniczu i innych miejscowościach regionu (*Mały Lajkonik wspólnie z grupą Gaik z Rosji wystąpił przed publicznością w Dukli*) wypełniały nam dni. Ale znalazł się też czas na dyskotekę i wspólną zabawę z nowo poznanymi przyjaciółmi, wypicie kubka bogatej w sole mineralne wody w Pijalni uzdrowskiej, czy wspólne wyjście na lody. Festiwal zakończył Koncert Galowy „*Folklorem malowane*”, po którym nasza młodzież wyjechała do swoich rodzin.

*Małgorzata Łyda  
Instruktor i choreograf ŻPiT Lajkonik*

**Zespół Pieśni i Tańca „Lajkonik” dziękuje serdecznie  
Parafii Św. Trójcy, Związkowi Narodowemu Polskiemu,  
Konsulatowi RP w Chicago oraz fanom i sponsorom,  
za dostrzeganie i popieranie naszych działań przez ostatnie 25 lat.**



*Uczestnicy wycieczki przed spływem kajakowym - Foto: Beata Kamiński*



*Mały Lajkonik z opiekunami: Dorota Ochwat, Beata Kamiński i Małgorzata Łyda przed kościołem w Świętej Lipce  
Foto: Archiwum zespołu*



*Warszawa - Plac Zamkowy  
Foto: Beata Kamiński*



*Żwizyta w Galindii-Foto: Dorota Ochwat*

# We are proud of



## Matthew Scislowski

Lodge 2475. In May 2015 he was voted by Chicago Tribune High School Athlete of the Month. Matthew, a senior at Buffalo Grove High School, won the pommel horse for the

second year in a row with a career-best 8.85 at the Mid-Suburban League East conference championships. He earned all-conference honors for Buffalo Grove, which finished sixth at the meet.

Matthew is a grandson of Region "G" Fraternal Director Mrs. Wanda Penar.

Congratulations!



## Robert Bronchard

District 3, Council 217, Lodge 1903, the youngest Delegate to the 47th PNA Convention.



## Vincent Knapczyk

District 2, Council 25, Lodge 315, the oldest Delegate of the 47th PNA Convention and recipient of the Bronze Legion of Honor Award.



## Teresa N. Abick

former Vice President and recipient of the highest PNA Award: Gold Legion of Honor.





## Christopher E. Szmurlo

member of Lodge 1532, with the help of scholarships from the Polish National Alliance was able to obtain dual degrees in Bachelor of Arts in Geography and Geographic Information Science; and Bachelor of Arts in Urban Planning from the University Of Illinois at Urbana-Champaign.

Chris has achieved highest University Honors, the highest award granted

to undergraduate for academic excellence and graduated with Summa Cum Laude. He was named Alumni Association 2015 Senior 100 Honoree, James Scholar, received James D. Fellmann Scholarship and Howard Roepke Undergraduate Research Scholarship.

In the fall of 2015, Chris will continue his studies at the University of Illinois at Urbana-Champaign pursuing Master of Urban Planning degree.

Congratulations!

*Submitted by: Peter Biernat, Council 75 President*



## Zofia Toth

Member of PNA 156, is Valedictorian of Eastside Catholic High School in Sammamish Washington. She gave the Valedictory address in the graduation ceremony in Benaroya Hall in Seattle Washington.

To become the Valedictorian at ESHS, you must complete at

minimum ten AP or Honors courses while maintaining a perfect 4.0 GPA. Zofia will attend the University of Washington in their Honors Program as a Pre-Physical Science major. Congratulations Zofia!

*Submitted by: Christoph Toth*

## 100% PNA Family Mr. and Mrs. James A. Hicker



celebrate 60 years of marriage on November 12, 2015. Mrs. Jean Sliva, lifelong member of 100% P.N.A family, married Mr. James A. Hicker on November 12, 1955 at

St. Peter and Paul Catholic Church in Tacoma, Washington. A reception was held at PNA Lodge 156's Polish Hall in Tacoma, Washington. Mr. James Hicker joined PNA and their four children became members as well. Their six grandchildren are also PNA members.

Today, both James and Jean serve as officers for Lodge 156 and Council 57. Both have served as commissioners for District 16, and have served as delegates to the national conventions. Their daughter, Ms. Anne Hicker is newly elected Commissioner of District 18.

Sto lat! Mr. & Mrs. Hicker.

*Submitted by: Michelle Toth*



We are proud of

# Welcome to our PNA Family



## Luiz Felipe

Keeping a 100% PNA family, Luiz Felipe pictured with his older brother Julian became a PNA member last June. Luiz is the son of Fernando and Helen Donnelly Guerrero and grandson of Constance Rackowski (Financial Secretary) and Stephen Donnelly, all member of PNA Lodge 848, Washington, DC.

*Submitted by: Connie Donnelly, Financial Secretary of PNA Lodge 848, Washington, DC*



## Aubrey Grace Hughes

Born 3-6-2015 to Sabrina and Jayson joins her brothers-Nathaniel and Matthew as a member of Lodge 128 Bremond, TX. She was signed up by her loving great grandmother Otylia (Tillie) Kubiak.

*Submitted by: Wanda Kotch Ray, Financial Secretary Lodge 108*



## Alexander Mozdzierz

of Harwood Heights, Illinois was born December 16, 2014. He is a new member of Lodge 3241. His policy was a gift from his loving grandmother, Ms. Grazyna Mozdzierz.

*Alexander was signed up by Zofia Pernak.*



**Madeleine Rose Johnson**, born January 10, 2015, was proudly sponsored by her great aunt and uncle Patricia Doyle - Chatelle and Dennis Chatelle of West Warwick, Rhode Island.

*Sales Representative was John Mailloux.*

Send all articles, pictures and correspondence to:

**zgoda@pna-znp.org**

or mail to: Alicja Kuklinska  
Zgoda Magazine  
6100 N. Cicero Avenue  
Chicago, IL 60646

## Henry S. O'Connell

(Born October 04, 2014)  
son of Jessica and Michael O'Connell of Chicago, IL is the newest member of Lodge 2993.

He was signed up by his loving great grandfather Mr. Raymond R. Mayer.  
*Submitted by: Mr. Raymond R. Mayer*





# *Gift that will last a lifetime*

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

Let's celebrate these special family milestones  
with a thoughtful and invaluable gift that is a  
Single Premium Whole Life policy available  
through the Polish National Alliance.

AGE	AMOUNT OF INSURANCE			
	BOY		GIRL	
	\$10,000.00	\$25,000.00	\$10,000.00	\$25,000.00
ONE-TIME PAYMENT				
0	906.50	2,221.25	813.00	1,987.50
7	1,102.50	2,711.25	991.80	2,434.50
14	1,314.20	3,240.50	1,171.90	2,884.75
18	1,498.70	3,701.75	1,344.40	3,316.00

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



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

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

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

**1-800-621-3723 | [www.pna-znp.org](http://www.pna-znp.org)**

# In Memoriam

## **TERESA A. BUCKOSKI** **(1950-2015)**



Born August 1950 and died July 15, 2015 in Washington, DC. Graduate of Crossland High School, Camp Springs MD (1968) and Alliance College, Cambridge Springs, PA (1972). She retired from U.S. Federal service after 38 years in 2010. In 1979 she

was promoted as the first female supervisor of personnel investigations in the history of the OPM investigations division. She was active in the Polish National Alliance holding National and Local offices. Additionally she was a lifetime advocate of Polish causes and events in the greater National Capital region.

Teresa was a warm, gracious person who was active in the Polish American community since her youth and contributed greatly to many of our organizations, while also holding a responsible position in the U.S. Government. At time of her death, Teresa was an elected member of the Board of Directors of the Washington Metro Division of the Polish American Congress, a National Director of the Business Board of Polish National Alliance, and President of PNA Lodge 848, The Polish American Society of Washington, DC, which was founded in 1907 and is the oldest extant Polish-American organization in the DC metro area. Teresa's entire family has been deeply engaged in the Washington Metro Polonia, including her husband Brian who is President of PNA Council 203, her late parents Wally and Anne Filipczyk Urman, her late uncle and aunt Helen and Henry Rackowski, Sr., and her cousins, Constance Donnelly, Ben Filipczyk, Jr., and Henry Raczkowski, Jr., among others.

*Susanne S. Lotarski, Ph.D., President of the Washington Metropolitan Area Division of the Polish American Congress*

## **JOHN MIDURA** **(1939-2015)**



Holyoke, MA. John Midura, age 76, passed away on July 12, 2015. He was born in 1939 in Ziempiowa and immigrated to the United States after serving in the Polish Army. In 1965 he was united with his parents and siblings. In 1966 he married Christina Midura (Haczynski)

and they settled in Holyoke, MA where they raised two children, Grace and Mark. John enjoyed a very successful 33 year career as machinist for Westfield Gauge and Tool Company.

John never forgot his Polish roots. He became a Polish National Alliance, (PNA), and member of PNA Lodge 525 a year after arriving in the USA. In 1972 he was elected a trustee of Pilsudski Park, an entity owned by PNA Lodge 525 in Holyoke, MA. In 1988 John was elected President of Lodge 525, Delegate to PNA Council 82 and Representative to the PNA National Convention in 2003. He received the PNA District 1 "Man of the Year" award in 2008 and in 2014 was awarded the PNA distinguished Bronze Legion of Honor Cross Award. The PNA was always in his heart and he promoted it consistently.

John was very instrumental in growing Pilsudski Park, which thanks to the leadership of John Midura, is a source of pride for Lodge 525 members and Polonia in New England.

John also served as President of the Polish Youth Circle, and organized the first Miss Polonia Massachusetts Pageant in 2004, serving as its Director until 2015.

John volunteered his services to Mater Dolorosa Parish supporting fundraisers and as lector. John was a likable, fun-loving, respected man who made everyone in his presence smile. He was a special person who will be missed by his family and many friends.

*In memory of a great leader of western Massachusetts Polonia,  
Teresa Struziak - Sherman*



# In Memoriam

## **“T. RON” JASINSKI-HERBERT (1938-2015)**



Thomas Ronald Jasinski – Herbert born November 1, 1938; passed away on August 17, 2015 Beloved son of the late Leona “Lee” Jasinski Herbert and the late Thomas H. Herbert, left behind a myriad of lifelong friends in Chicago and around the world.

T. Ron earned a Bachelor of Arts degree from DePaul University, and LLB and JD degrees also from De-

Paul University and remained an active alumnus. T. Ron celebrated life and embraced every effort to improve his community. Among his many accomplishments: T. Ron was President of Ameripol, Corporation, Inc.; President of Polonia Media Network; Publisher and Editor-in-Chief of “Polonia Today”; President of the Polish Arts Club of Chicago; past President and current Advocate of the Chicago Society PNA; founding President and current member of the Board of the Chicago Society Foundation; Director of the International Polka Association; Director of the Polish American Congress; former Director of Public Relations of the Polish National Alliance; founder, along with his mother Lee Herbert, of the Heritage Club of Polish Americans; past President of the Advocates Society; past Director of the Polish National Alliance; past Director of the Polish American Congress, Illinois Division.

He practiced law in his office on Milwaukee Avenue; founder and president of ETC (Ethnic Television Channel), the first and only English-language television cable channel; candidate for Clerk of the City of Chicago; active member of various Democratic Party organizations; led tours to Poland, Germany, and Russia, since he was fluent in those languages; producer of several documentaries on Polish topics; television, print and on-line journalist; social and political commentator.

T. Ron dedicated himself to anything he became involved with, often readily taking a leadership role, captivating everyone with his infectious laugh. He was a friend and mentor to many generations, a strong defender of all things Polish, and great friend of Polonia.

*Source: Chicago Tribune Media Group*

*Do not stand at my grave and weep  
I am not there. I do not sleep.  
I am a thousand winds that blow.  
I am the diamond glints on snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not stand at my grave and cry;  
I am not there. I did not die.  
Mary Elizabeth Frye*



# District VIII Golf Tournament

The 35th annual District VIII Golf Tournament was held on June 19-20, 2015, at the Venango Valley Golf Course in Venango, Pennsylvania. This successful tournament included 134 golfers from 13 lodges, plus two national officers from the Polish Falcons of America – President Tim Kuzma and Secretary – Treasurer, John Kuzmirek.

The success of this tournament is the result of dedicated management by Ted Haluch and the help of his family, namely Josephine, Tusia, and Stacey, who volunteer to make this tournament great. A special thanks is given to the Ladies of Lodge 1540 for distributing the delicious food provided by the gracious management and employees of the Venango Valley Golf Course.

Prior to announcing the winners of the tournament, Mr. Haluch introduced PNA Secretary, Charles Komosa and his friend Mark Orwat from Chicago, Illinois. Also introduced were National Director Val Pawlos, District VIII Commissioner David Sinclair, and former Commissioner Rich Tyszkiewicz. Special recognition was given to Denny Jones from Lodge 352 who had a hole-in-one on Friday at the 13th hole.

Acknowledgement was given to PNA Vice President Paul C. Odrobina, chairman of the PNA Sports and Youth Department, for providing plaques and monetary contributions for the winners. Thanks to District VIII for their donation and to the many sponsors for their tee ads, without their support this tournament would not be a success.



## Golf Tournament Winners

### Championship Flight

1 <sup>st</sup> Place – Dean Marracini	47	Lodge 352
2 <sup>nd</sup> Place – John Hricik	152	Lodge 1013
3 <sup>rd</sup> Place – Ron Blatt	155	Lodge 1746

### “A” Flight

1 <sup>st</sup> Place – Eric Pawlos	153	Lodge 1052
2 <sup>nd</sup> Place – Mark Pawlos	155	Lodge 1052
3 <sup>rd</sup> Place – George Gonzalez	162	Lodge 1327

### “B-I” Flight

1 <sup>st</sup> Place – Ray Ruszkoski	162	Lodge 750
2 <sup>nd</sup> Place – Jim Keppel	162	Lodge 1013
3 <sup>rd</sup> Place – Ron Viskovich	164	Lodge 1870

### “B-II” Flight

1 <sup>st</sup> Place – Mike Kanai	160	Lodge 750
2 <sup>nd</sup> Place – Scott Petak	171	Lodge 1327
3 <sup>rd</sup> Place – Ronald Gregg	173	Lodge 352

### “C” Flight

1 <sup>st</sup> Place – Denny Jones	174	Lodge 352
2 <sup>nd</sup> Place – Brian Jones	180	Lodge 352
3 <sup>rd</sup> Place – Dale Myers	184	Lodge 664

### “D” Flight

1 <sup>st</sup> Place – Adam Galaski	181	Lodge 352
2 <sup>nd</sup> Place – Rick Gilmour	187	Lodge 1746
3 <sup>rd</sup> Place – Rick Callihan	193	Lodge 1327

### “F” Flight

1 <sup>st</sup> Place – James O’Donnel	182	Lodge 1870
2 <sup>nd</sup> Place – Joseph Baran	184	Lodge 1013
3 <sup>rd</sup> Place – James Malardie	189	Lodge 1746

### “Women’s Flight”

1 <sup>st</sup> Place – Terry Viskovich	183	Lodge 1870
2 <sup>nd</sup> Place – Tusia Mott	199	Lodge 1540
3 <sup>rd</sup> Place – Rose Konsec	210	Lodge 1540

### Team Champion – Lodge 1052 – Pittsburgh

Denny Urban – 143
Eric Pawlos – 153
Mark Pawlos – 155
Jeff Finnerty – 163

**TOTAL: 614**

*Submitted by: Joseph A. Kaminski*





*Championship Flight Winners: Dean Marraccini, Ron Blatt, John Hricik*



*"C" Flight Winners: Brian Jones, Dale Myers*



*"D" Flight Winners: Adam Galaski, Rick Callihan*



*"B-I" Flight Winners: Jim Keppec, Ray Ruszkoski, Ron Viskovich*



*"F" Flight Winners: James O'Donnell, James Malardie, Joseph Baran*



*"A" Flight Winners: Mark Pawlos, George Gonzales, Eric Pawlos*



*Women Winners: Terry Viskovich, Tusia Mott, Rose Konsel*



*"B-II" Flight Winners: Ronald Gregg, Scott Petak, Mike Kanai*



*Team Champions – Lodge 1052, Jeff Finnerty, Denny Urban, Mark Pawlos, Eric Pawlos*





# DISTRICT XII 2015 GOLF TOURNAMENT

On Wednesday, September 9, in Woodridge, Illinois District XII held its 4th Annual Golf Outing. Commissioner Jerzy W. Hejna was able to assemble 14 teams, total of 56 players.

The tournament is growing each year bigger and better. We had incredible weather, sunny 76 degrees day without wind for all players' enjoyment. A perfect golf weather! Bogumila Hejna once again coordinated the golf outing day starting at 7:30 AM till late afternoon.

**1<sup>st</sup> place** took Team from Northside Chicago with score of 61; **Stanley Jendrzec, Tommy Pawelko, Henry Ziembra** and his young son **Michael Ziembra**.

**2<sup>nd</sup> place** had also score 61 and it was team from Podhale Golf Club; **Stanley Lukanos, Andy Zeglon, Stanley Strama** and **Gary Peksa**

**3<sup>rd</sup> place** took new to our tournament team with score of 62; **Bob Madej, Darryl Hardline, Alex Nakis**, and **Jeff Handley**.

**Closest to the pin** winners were; **Tom Tomecki** and **Ben Tutka**

**The longest drive** winner on hole 3 and 11 was **Stanley Krawczyk**

PNA Treasurer Mr. Marian Grabowski helped during award ceremony, when trophies and gifts were handed over to the winners. All players and guests enjoyed very tasty dinner and drinks. Team of ladies organized raffle. Commissioner Barbara Wesolowski, Irene Spiewak, Shirley Was, PNA Director Wanda Penar and Bogumila Hejna sold large number of raffle tickets. We had plenty of items to choose from and our raffle is always a big success. Big thank you goes to all who help to make this happen.

Congratulations to all winner and players. Thank you to all who attended and made this year tournament a success. Gratitude goes to all of the sponsors for their financial help.

**Looking forward to the next year tournament!**

*Submitted by Bogumila Hejna*





## IMPORTANT-To all PNA Sales Representatives and Financial Secretaries!

In order to stay in touch with the Home Office, receive latest news, promotions and leads, please, update your contact information and provide us with your current e-mail address.

Call the Membership Department at:

**1-773-286-0500**  
ext. 344.



## Zespół Pieśni i Tańca "Lajkonik" zaprasza.

**Zespół Pieśni i Tańca "Lajkonik"**, działający przy Misji Świętej Trójcy w Chicago pod patronatem Grupy 3241 Związku Narodowego Polskiego, we wrześniu rozpocznie jubileuszowy 25. rok swej artystycznej działalności.

Zajęcia taneczne połączone ze śpiewem, w sezonie 2015-2016 prowadzone są w kilku grupach wiekowych i odbywają się w podziemiach Kościoła Św. Trójcy pod adresem 1118 Noble St., Chicago, IL oraz w sali gimnastycznej Szkoły Św. Trójcy (przy kościele).

Rejestrację prowadzi kierownik administracyjny zespołu Maria Grzebień - informacje można uzyskać pod numerem telefonu:

**847 8097628**  
lub na stronie:  
[www.lajkonikchicago.us](http://www.lajkonikchicago.us)



**Zatańcz z nami – Zapraszamy!**

## Casino Trips for Seniors

**Potawatomi Hotel & Casino**, Milwaukee, WI  
Wednesday, October 21, 2015.

Northside Chicago Bus will leave at 8:00 am from the PNA Home Office, 6100 N Cicero Ave., Chicago, IL.

**Four Winds Casino Resort**, New Buffalo, MI  
Tuesday, October 27, 2015.

Southside Chicago Bus will leave at 8:00 am from the Mayfield Banquet Hall 6072 S. Archer Ave. Chicago, IL

### Deadline for reservations - Friday, October 16th

Reservations are on first come, first serve basis.

Please make your reservations early.

No refunds after deadline date.

For more information and reservations please contact:

Mary Srodon (Fraternal Activities Coordinator)

**1-773-286-0500 ext. 312**  
[mary.srodon@pna-znp.org](mailto:mary.srodon@pna-znp.org)



## PNA Welfare Association Women's Division of District 13

Cordially invites to a

**Recitation of the Rosary**  
**Thursday, October 1, 2015**  
**7:00 P.M.**

PNA Home Office  
6100 N. Cicero Avenue  
Chicago, Illinois 60646

**Zapraszamy na wspólną modlitwę.**

Wanda Juda, Commissioner, District XIII





# 53<sup>rd</sup> National Golf Tournament, Dayton, Ohio

**53<sup>rd</sup> PNA National Golf Tournament** hosted by Lodge 1935 was held August 7th and 8th at the Kittyhawk Golf Course in Dayton Ohio.

Golfers and their guests were greeted August 6th with a hospitality night at the Polish Club, in which they were treated to food, beverages, music and fraternalism. The Kittyhawk Golf Course offers three separate courses, so the golfers had a shot gun start Friday morning on the Hawk Course that was led off by the blasting of the horn by Whitey Wysinski. Golfers teed off Saturday morning on the Eagle Course. Saturday evening a banquet was offered for fellowship and awards. Although the club was experiencing some Air Conditioning issues, everyone seemed to have a great time at all of the events. The golfers couldn't

have asked for better golfing weather. There were some great scores shot, but there were even better stories ... and laughs.

A special thanks to Donna Barker, Beth Goodin, Sig's Catering and the Polish Club for their tireless hours of cooking and preparation.

## LOCAL ORGANIZING COMMITTEE:

Henry Martin – *Chairman*  
 Bonnie Martin – *Food & Entertainment chairman*  
 Herb Barker and JT Townsend – *Golf chairman*  
 Frank Tokarsky – *Raffle chairman*  
 Denise Gerhard – *Advertising chairman*  
 Tom Pietrzak – *Finance chairman*  
 Seamus Nicholson – *Master of Ceremony*

## RESULTS OF THE 53<sup>rd</sup> PNA NATIONAL GOLF TOURNAMENT

### Women's "A" Flight

1. Ashley St Amand – 184
2. Terry Viskovicz – 193
3. Alyson St Amand – 209

### "F" Flight

1. Vincent Maiolo – 216
2. Larry Mageau – 237
3. Kenneth Pratt Sr – 242

### "C" Flight

1. Rick Schiffhaur – 176
2. Jerry Townsend – 178
3. Paul St. Amand – 178

### Women's "B" Flight

1. Monica Letta – 220
2. Patricia Smithers – 234
3. Sherry Wonseviar – 239

### "E" Flight

1. William Elliot – 197
2. Jim Wysinski – 199
3. Biel Pendleton – 202

### "B" Flight

1. Joe Navaroli – 171
2. Michael Swejk – 173
3. Ron Viskoviez – 175

### Senior Flight

1. James Odonnell – 189
2. Richard Draves – 191
3. Walter Biros – 195

### "D" Flight

1. Edward Blais – 178
2. Tom Pietrezak – 186
3. Thomas Jackson – 190

### "A" Flight

1. Fred Smallhoover – 168
2. Carl Plastco – 172
3. Joe Esbert – 173
4. Mark Deckert – 173

### Championship

1. Dean Marraccini – 154
2. Joshua Strawins – 160
3. Eric Pawlos – 164

*Submitted by: Bonnie Martin-President,  
 PNA Lodge 1935, Dayton, OH*



# District VIII Annual Junior Golf Outing

**July 12, 2015, Irwin, Pennsylvania**

The children of District VIII dusted off their clubs and participated in the District's Annual Junior Golf Outing held at Kerber Farms near Irwin, PA. All the children received a Tee-shirt and after the 18 holes, the young duffers enjoyed pizza and ice cream while receiving their trophies and awards. A good turnout of children keeps this a very popular fraternal activity.

*Submitted by: David Sinclair, Commissioner, District VIII*



## PNA Accepts Credit and Debit Card Payments Online

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

The following payments are being accepted online now:

- Insurance Premium Payments.
- Policy Loan Payments.
- Registration & Fees for Seniors Events like luncheons, casino trips, etc.
- Registration Fees for Sporting Events like golf, bowling, etc.
- Payments for the PNA Gift Cards program.
- Educational Department payments for trips, book purchases, special events, etc.
- Convention Registration and other related events.
- Charitable Donations.

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

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

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

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

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



**We hope that you will take advantage of this exciting new and timesaving way to pay with the PNA!**

# Natalie Wolanski – Miss Polonia Massachusetts 2016

**HOLYOKE, MA.** The Miss Polonia Massachusetts Pageant 2016 was held at Pilsudski Park, Holyoke, MA on Sunday, August 2, 2015. The Polish National Alliance Lodge 525 and the Polish American Congress of Western Massachusetts organized the thirteenth annual event.

Judges for the pageant were: Attorney Victor M. Anop, Assessor, Chicopee MA; Ms. Ewa Lupa, Controllor, NL Construction Company, Ludlow, MA; Ms. Aneta Sucharski, Miss Polonia MA 2014; Mr. Frank Wolanin, Commissioner PNA District 1, Holyoke, MA, and Mr. William Stetson, owner of Collegian Court Restaurant, Chicopee, MA. The band "RHYTHM" under the direction of Kazimierz Pabisiaik provided live music that entertained the audience of more than 250 people. Urszula Stetson and Edward Bernat introduced the contestants. A special tribute was made in memory of the late John Midura who passed away on July 12, 2015. It was John who was the organizer of the first Miss Polonia Massachusetts Pageant in 2004 and served as Director until 2015. We all miss you, John!

During breaks in the competition, a Junior Miss Polonia Pageant 2016 was held. Five girls ages 7-10 competed on stage in casual wear and fancy dress wear. Elzbieta and Wacław Szymczakiewicz introduced the Junior Miss Polonia contestants. Julia Swiatlowski, from Chicopee, MA age 9, won the Junior Miss Polonia 2016 title. She loves to dance and hopes to own a small boutique in New York when she grows up.



**Holyoke, MA.** Congratulating the 13th Anniversary winner of the 2016 Miss Polonia Massachusetts Pageant with great pride are left to right: Frank Wolanin Commissioner PNA District 1; Commissioner of PNA District 1, Jeannie Zapala; Natalie Wolanski, winner Miss Polonia Massachusetts 2016 and "People's Choice" award, and Teresa Struziak Sherman, former PNA National Director Region "A".

Of the five contestants, Natalie Wolanski, age 20, of Southwick, MA won the title of Miss Polonia Massachusetts 2016. She also won the "People's Choice" award. Ms. Jessica Sudyka, who currently holds the title of Miss Polonia MA 2015, presented Natalie her crown. Ms. Wolanski attends Quinnipiac University, Hampden, CT, and is a student in the Master's Physician Assistant program. She hopes to specialize in Pediatrics. Her outside interests include running and she is the President of the school's Running Club and has completed two half-marathons. Natalie hopes to establish a Central European Club on campus to promote

Polish customs, history and food to the campus community. Born in the United States to Polish immigrants, Natalie reads, writes and speaks fluently in Polish and English. Natalie and the first runner-up will next compete for the Miss Polonia USA 2016 title later in the year, in New York City. The winner of that competition will vie for the title of Miss Polonia World 2016. Natalie's mother is a PNA member of PNA Lodge 3276 and is interested in an insurance plan for Natalie.

First runner-up and also winner of the "Miss Personality" award was Paulina Matusik, age 23, of Ludlow, MA. Second runner-up was Kinga Galecki, age 18, of Chicopee, MA, who also was the winner of the "Glamour" award. Rachel Larkin, 21, of Southwick, MA won the "Swimwear" award, and Anna Florczak, age 19 of Chicopee, MA, won the "Photogenic" award. Karol Makusiewicz and Michael Pierzchalski, both members of PNA Lodge 525, served as escorts for the contestants.

Mr. Edward Bernat, President of PNA Lodge 525 and Ms. Ursula Stetson served as Masters of Ceremony and Committee members. Other committee members included Irena and Richard Gadecki, Wacław and Elzbieta Szymczakiewicz, Lech Sadkowski; Commissioner PNA District 1, Frank Wolanin and Mary Wolanin and Joseph M. Kos. Special guests attending were: former PNA National Director Region "A" Teresa Struziak Sherman; PNA Commissioners District 1, Frank Wolanin and Jeannie Zapala, and many current PNA Council and Lodge officers who offered congratulations to the pageant winners.

## CROWNING OF MISS POLONIA MASSACHUSETTS 2016



**Holyoke, MA.** Natalie Wolanski of Southwick, MA is shown being crowned Miss Polonia Massachusetts 2016 at the Pageant held at Pilsudski Park, Holyoke, MA on August 2, 2015 by Jessica Sudyka, Miss Polonia 2015. Standing in the background is contestant, Anna Florczak, who won the title of most "Photogenic" at the Miss Polonia Massachusetts 2016 Pageant. The event is sponsored by PNA Lodge 525 of Holyoke, MA and the Polish American Congress of Western Massachusetts.

*Congratulations to the Miss Polonia  
Massachusetts 2016 Winner!*



# Celebrate Your Polish Heritage!

## October – Polish American Heritage Month



October, 2015

Dear Polish Americans,

*Since 1608, when the first Polish settlers arrived at Jamestown, VA, Polish people have been an important part of America's history and culture. In 2015, Polish Americans will mark the 34th Anniversary of the founding of Polish American Heritage Month, an event, which began in Philadelphia, PA, and became a national celebration of Polish history, culture and pride.*

*During 2015, Poles will mark the 407th Anniversary of the First Polish Settlers who were among the first skilled workers in America. We, therefore, will also Salute All American Workers and urge people to purchase the products and services offered by American workers.*

*Polish Americans will also mark the 236th Anniversary of the death of General Casimir Pulaski, Father of the American Cavalry.*

*For additional information about these historic events and Polish and Polish American history, visit the Museum's Internet site at: [PolishAmericanCenter.com](http://PolishAmericanCenter.com). Information about ways to celebrate Polish American Heritage Month can be obtained by visiting the Polish American Heritage Month Committee's site at [PolishAmericanHeritageMonth.com](http://PolishAmericanHeritageMonth.com). On this site you will find a list of "Things to Do during Polish American Heritage Month", the 2015 coloring contest artwork for schools, and Heritage Month posters that can be downloaded and printed. Copies of the coloring contest artwork can also be obtained by calling the Heritage Month Committee, Monday through Friday between 9 A.M. and 5 P.M. at 215-922-1700.*

Sincerely,

Michael Blichasz  
Chairman

Polish American Cultural Center Polish • American Heritage Month Committee  
Museum 308 Walnut Street • Philadelphia, PA 19106  
Telephone: (215) 922-1700 • Internet: [PolishAmericanCenter.com](http://PolishAmericanCenter.com)

Polish American Heritage Month is an annual event celebrated in October by Polish American communities. It was first celebrated in 1981 after organization by Michael Blichasz, President of the Polish American Cultural Center in Philadelphia. Originally it was celebrated in August at various gatherings, travel events, and culturally-significant locations in Pennsylvania. The Polish American Cultural Center and the Polish American Congress lobbied politicians at the state and national level to make August the month for Polish heritage.

An official Proclamation was made by Presidents Ronald Reagan in 1987 officially recognizing Polish Americans, their accomplishments and importance for the United States.



# Polish American Congress Meets in Washington D.C.

The Polish American Congress (PAC) held its annual Council of National Director's Meeting in Washington, D.C. on July 20-23. More than 60 delegates representing PAC State Divisions and member organizations were in attendance.

The purposes of the meeting were:

1. To conduct the business of the organization, including hearing officer reports and debating by-law changes,
2. To meet with high-ranking governmental officials, who presented briefings on the security of Poland and the Visa Waiver Program (VWP), and
3. To personally meet and discuss with Members of U.S. Congress issues related to Poland's security in light of the Russian aggression in Ukraine and Poland's inclusion in the U.S. Visa Waiver Program.



noon of July 22, the PAC directors were briefed on the inner workings of the U.S.-Poland relationship by Brittany Boulieu of the U.S. Senate Foreign Relations Committee, Kyle Parker and Philip Bednarczyk of the House Committee on Foreign Affairs, as well as by H. Martin McDowell, the Deputy Director in the Office



“On the threshold of the 2016 presidential election, PAC leaders and activists came to Washington to learn and to educate in a bipartisan fashion about many of the issues held most dear by American Polonia and by our friends and relatives living in one of the strongest and most vibrant democracies in Europe,” said Frank Spula, PAC president. “We are as one with those of both political parties who maintain that our best years are still ahead of us.”



for Central Europe in the Bureau for European and Eurasian Affairs at the Department of State

Senator Charles Schumer (NY) addressed the group regarding his strong and continuing support for Poland and Poland's admission into the VWP. In addition, Congresswoman Marcy Kaptur (OH), Congressman Mike Quigley (IL), and Congressman Daniel Lipinski (IL) offered their insights to

As Poland has been a strong ally of the United States, PAC members engaged more than 50 Congressmen and U.S. Senators in their offices on July 22 as part of Polonia's effort to gain assurances for the security of Poland by the U.S. and NATO Alliance - the latter in which Poland has been a member since 1999.

During a conference in the after-







the PAC regarding these issues. Schumer, Kaptur, and Quigley were recognized with the organization's highest recognition – the Polish American Congress Medal of Freedom – for their many efforts on behalf of Poland and Polish American community.



On the final day of the meeting, Dr. Michael Carpenter, special advisor to Vice President Biden, addressed the group and among his comments Carpenter unequivocally stated that

“the United States will defend Poland and the U.S. will use all of its tools to defend its Allies.” Carpenter's remarks were followed by those of Mark Koumans, Deputy Assistant Secretary for International Affairs at the Department of Homeland Security, who briefed the group on the details and mechanism of U.S. Visa Waiver Program.

In addition to spending an advocacy day on Capitol Hill, PAC members had the opportunity to visit the Polish Embassy to hear the latest information on Poland's efforts to ensure its security, as well as to continue to strengthen its economy. Developing

ways to increase Polish exports was of particular interest.

**The Polish American Congress was established in 1944 and is a national umbrella organization representing more than 10 million Americans of Polish descent and origin. With 28 State Divisions and 18 National Member Organizations, the PAC has a presence nationwide.**

*Dr. Mark Pienkos, Polish American Congress National Vice President for Public Relations*



## PNA GIFT CARD PROGRAM



### New fundraising agenda for our organization!

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

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

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

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

**[www.pna-znp.org](http://www.pna-znp.org)**  
or call the Sport and Youth Department of the Polish National Alliance:  
**1-800-621-3723 ext. 316**

We hope you will take advantage of this great opportunity.

Please, note:

**Gift card orders are filled every 15<sup>th</sup> and 30<sup>th</sup> of each month.**

**Please allow up to one week for the mailing.**

# Warsztaty biznesowe w ZNP

Z udziałem przedstawicieli Polonii i reprezentantów polskiego samorządu terytorialnego oraz świata biznesu w Chicago odbyły się **Polsko-Północnoamerykańskie Warsztaty Biznesowe**. Obradom towarzyszyło hasło: „Rola regionów w inkubacji międzynarodowej ekspansji lokalnego biznesu”.



Liczną delegację z Polski oficjalnie powitał Frank Spula, prezes Związku Narodowego Polskiego i Kongresu Polonii Amerykańskiej, który wyraził zadowolenie z możliwości goszczenia w siedzibie ZNP przedstawicieli władz politycznych

i samorządowych z Polski oraz biznesmenów zainteresowanych pogłębianiem współpracy gospodarczej Polski i Ameryki. – To jest dobry rok dla Polonii i dla Polski. Jestem przekonany, że w nadchodzących miesiącach wyniki wymiany gospodarczej między naszymi krajami będą jeszcze lepsze – mówił prezes ZNP i KPA.

Anna Kuczevska, wicekonsul ds. handlu i inwestycji z Konsulatu RP w Nowym Jorku odczytała list od polskiego ministra gospodarki, w którym Janusz Piechociński składał KPA wyrazy uznania dla osiągnięć w dziedzinie promocji polskiej gospodarki i polskich produktów w Stanach Zjednoczonych. Polscy samorządowcy przedstawiali walory swoich miast i regionów, zachęcając do inwestowania, co niewątpliwie przyniesie korzyści wszystkim zainteresowanym stronom. – W ciągu 15 lat potroiliśmy liczbę mieszkańców. Zajmujemy pierwsze miejsce w Polsce pod względem przyrostu naturalnego. Warto u nas inwestować, bo klimat gospodarczy jest wyjątkowo sprzyjający – zachęcał burmistrz miasta

Ząbki Robert Perkowski.

Chicagowska konferencja gospodarcza została zorganizowana w rocznicę 25-lecia samorządu terytorialnego w Polsce oraz 25-lecia Stowarzyszenia „Wspólnota Polska”. Dyplomami uznania za 25 lat zacieśniania współpracy Polonii z Polską został uhonorowany prezes Frank Spula i prezes Zrzeszenia Nauczycieli Polskich w Ameryce Ewa Koch.

*Andrzej Kazimierzczak  
Dziennik Żwiązkowy*

## Professor Maria Siemionow and students from Poland in Polish Consulate in Chicago.

Doctoral students of medical sciences from Poland interning in Chicago were guests of the Polish Consul General Paulina Kapuścińska in August 2015. During the meeting young Polish scientists shared information on education and development prospects during internships in the United States and Poland. The internships have been facilitated also thanks to the help and direction of Professor Maria Siemionow. The knowledge they earn in the United States will likely prove invaluable and could be used for the benefit of Polish science and patients in Poland. Professor Maria Siemionow has for years been actively involved in supporting Polish medicine.

Professor Maria Siemionow is a world-renowned surgeon who performed the first face transplant in the United States.





# Visa Waiver Summit at Polish Embassy



*General Edward Rowny (Ret.), Ambassador Ryszard Schnepf, Counselor Monika Lipert, Congressional Liaison Artur Orkisz.*

## WASHINGTON, D.C. – Lots of Hard Work Lies Ahead.

Inclusion in the U.S. Visa Waiver Program (VWP) means that citizens from the included countries can travel to the U.S. without first securing a travel visa (limited legal permission) from a U.S. Embassy/Consulate abroad. To date, Poland has not been able to secure the coveted status despite being a staunch, dependable ally of America in every respect. Entry into the VWP has become a top priority of the Polish government in Warsaw in recent years. Poland has the full backing of President Barack Obama, but it is up to the U.S. Congress to pass the enabling legislation for Poland's inclusion. Ambassador Ryszard Schnepf and the Polish American Congress were - and are - very proactive in lobbying both Houses of Congress regarding the VWP.

At the Embassy of the Republic of Poland on April 20, 2015 Ambassador Ryszard Schnepf conveyed an imperative Visa Waiver Summit, with co-Chairman General/Ambassador Edward Rowny (Ret.) – President of the American-Polish Advisory Council. Present at the hours-long meeting was 50 leaders/representatives of the multifaceted national Polish-American organizations, businessmen, politicians and news media, including Consul General Piotr Kornowrocki and 21 Honorary Consuls of Poland from across America.

The purpose of the conclave was to lay the exacting groundwork for passage of the Jolt Act starting with energizing the grass roots of Polonia and growing on to fruition in the Congress. The American-Polish Advisory Council (APAC) will coordinate these efforts. Presentations by aforementioned Co-

unselor Lipert and Advisor Orkisz, as well as from Margaret Lawrynowicz – American Polish Forum, all exhibited an excellent and in-depth command of the situation, dispensing expert recommendations and distributed an actual blueprints portfolio of effective actions to undertake.

The resulting Visa Waiver Action Group (VWAG) was established. Polonia was encouraged to hold nation-wide focused VWAG meetings during the last week of May. It was also encouraged to use all forms of ubiquitous social media (Tweet, Twitter, Facebook, etc.) in support of the issue, and by using the dedicated hashtag #VWP4PL as applicable. (Hashtag = “Visa Waiver Program for Poland.”)

The legislative ship has sailed once again. Let's hope it reaches safe harbor in Washington with its critical JOLT cargo successfully delivered.

Poland deserves no less.

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



*Members of the Summit.*

## Poland's new President – Andrzej Duda

**On August 6, 2015, Andrzej Duda, who won presidential elections in May, assumed the office of the President of the Republic of Poland.**



The ceremony inaugurating Andrzej Duda's presidency began with the taking of the oath before the National Assembly sitting in a joint session of the two houses of Polish parliament – the Sejm and the Senate.

Addressing parliamentarians, President Duda pronounced himself in favor of Poland's greater engagement on the world stage, and for building a strong and well-equipped army, which – as he underscored – is the cornerstone of independence, sovereignty and security of citizens.

In his address to the Sejm, President Duda made frequent references to the Polish diaspora and Poles abroad. While emphasizing the need to intensify cooperation with them, he announced plans to set up an office at the Chancellery of the President of the Republic of Poland that will deal with their issues.

The official inauguration ended in Warsaw's Piłsudski Square, where the newly-elected President assumed supreme command of the Armed Forces of the Republic of Poland.

Andrzej Duda (born 1972) comes from Krakow. He holds a

Master's degree and a PhD in law from the Jagiellonian University. He served as deputy justice minister in 2006-7, responsible for legislation, the computerization of courts and prosecutor's offices, and international cooperation. In 2008, he was appointed undersecretary of state at the Chancellery of President Lech Kaczyński. In 2011, he was elected deputy to the Sejm of the Republic of Poland, and three years later he won a seat in the European Parliament.

## Medals for Polish Soldiers



*Charge d'affaires of the US Embassy in Warsaw John Law (L) with Major Zygmunt Sabik. Photo: PAP M. Walczak*

**Four Polish soldiers were awarded medals by the United States Army on Tuesday in Kielce, south-central Poland.**

The honors for „their contribution to and participation in” the mission in Afghanistan were handed out by the charge d'affaires of the US Embassy in Warsaw, John Law.

Major Zygmunt Sabik was awarded the Medal of Merit for Service (Meritorious Service Medal), while Cpt. Leszek Wierzbicki, Cpt. Marian Orzechowski and St. Cpl. Łukasz Janus received medals of recognition (Army Commendation Medal) awarded by the Army of the United States.

American diplomat stressed the „courage and commitment” of Polish soldiers during an operation in Afghanistan. „Military relations

between Polish and US are stronger than ever. Poland stood shoulder to shoulder on the battlefields of Afghanistan and Iraq, we are very grateful”.

John Law, who himself was in Afghanistan, pointed out that Polish soldiers had distinguished themselves with professionalism and good training.

## Poland's reputation



**Poland's international reputation is almost on a par with that of the US and higher than South Korea's, the Czech Republic's and China's.** That is according to the US-based Reputation Institute's 'Reputation Ranking' of 55 countries.

Using a sample 48,000 internet users and reputation criteria consisting of levels of security, openness to tourists, government effectiveness and, inter alia, the beauty of the landscape, the survey found the top spots went to: Canada (78.1), Norway (77.1), Sweden (76.6), Switzerland (76.4) and Australia (76.3).

The lowest points went to Iraq (22), Iran (29.8), Pakistan (31.5) and Russia (35.1).

Poland was in the middle of the rankings with 56.6, just behind the US (57) and just before the Czech Republic (56.5).



## Digital Poland



**Internet services will be available to everybody in Poland, wherever they live,** announced Deputy Administration and Digitalization Minister, Bogdan Dombrowski. In recent days, fiber optical networks of the Podlaskie were connected to the Lubelskie province in north-eastern and eastern Poland respectively, with the systems of two other regions also being connected.

Some smaller projects will follow, to cover areas void of internet on the map of Poland, and ensure online access in individual households. According to the 'Digital Poland' project, by 2020 every citizen is to have access to the internet, with bandwidth of at least 30 Mb/s. All IT infrastructure development expenditures for Poland by that time are estimated to cost around PLN 10 billion (EUR 2.4 bln).

## Groundbreaking Operation



*Reconstructive surgeon, Prof. Adam Maciejewski (L) and his 37 years old patient Michal (R), during a press conference in Gliwice. Photo: PAP/ Andrzej Grygiel*

The world's first composite transplantation of neck organs was carried out by a Polish team led by prof. Adam Maciejewski of the Institute of Oncology in Gliwice. The groundbreaking operation by the Silesian surgeons is their latest high-profile success story, following a life-saving face transplant completed in 2013.

The pioneering operation by the team of surgeons from Gliwice was performed on a 37 year-old patient on 11 April, however news of its success has only now been made public. „This is the first ever complex organ transplant involving the larynx, trachea, throat, esophagus, thyroid and parathyroid, hyoid bone as well as short muscles on the front wall of the neck coating,” said prof. Adam Maciejewski, the head of a team of reconstructive surgeons from the Marie Skłodowska-Curie Institute of Oncology branch in Gliwice.

The seventeen-hour long operation of a team of 25 doctors involved removing scar tissue from neck coatings, preparing vascular structures, as well as extracting the donor's larynx organs, trachea, pharynx, esophagus, thyroid and parathyroid, hyoid bone and neck coating. The doctors then transplanted material from the donor and carried out a microsurgery of nerves and vessels. Surgeons proceeded to reconstruct the patient's oral and respiratory tracts.

The patient, who earlier had to breathe through a tracheostomy tube and take in food through a tube connected to his stomach, can now eat and breathe independently. He also regained his voice merely three weeks after the operation.

[scienceinpoland.pap.pl](http://scienceinpoland.pap.pl)

## Study in Poland



Starting this academic year, students from abroad can study in Poland on better terms. On August 22 came into force the Regulation of the Ministry of Science on taking up and participating in studies and training by foreigners, and their participation in research and development work.

The provisions coming into force were announced on Friday on the Ministry of Science and Higher Education website.

Until now, students coming to Polish from abroad had to pay college fees for the entire course of study in advance. In the case of undergraduate student had to pay for three years before he could begin studies in Poland. Less well-off people could not afford studying in our country.

Meanwhile, starting this academic year, an international student will pay separately for each semester, and not have to pay a large fee at once. In addition, the cost of study for foreigners at Polish public universities will fall - rectors will set tuition fees. Universities will compete with each other to attract even more foreign students in Poland with lower fees.

Currently more than 46 thousand foreigners study in our country. Over the last year, their number grew by 10 thousand.

[scienceinpoland.pap.pl](http://scienceinpoland.pap.pl)

# UNESCO World Heritage Sites in Poland

## Medieval Town of Toruń



Toruń is a small historic trading city that preserves to a remarkable extent its original street pattern and outstanding early buildings, providing an exceptionally complete picture of the medieval way of life.

**Toruń** is situated in the region known in the Middle Ages as the Land of Chelmno (*Terra Culmensis*). It was granted a town charter in 1233. A fort had been built in the early medieval period to the south-east of the town, facing the river, and rebuilt in the mid-13th century by the Teutonic Order. The original function of Toruń was a base for the conquest and colonization of Prussia. The Old Town had quickly developed as a major commercial center for trade between the Baltic and Eastern Europe. The New Town developed

from 1264 to the north of the castle and the east of the Old Town as a center for crafts and industry. Toruń was one of the most important artistic centers with many architectural masterpieces, which were to exert a powerful influence on the Teutonic state and neighboring countries. The Swedish wars and the crisis in Poland in the 17th century brought the town's prosperity to an end.

**The Old Town**, which forms the western part of the complex, is laid out around its central Market Place. The main feature of the Market Square is the imposing Old Town Hall, built in 1391-99. The Parish Church of St John (Cathedral of Toruń since 1992) was built in stages. The Church of the Assumption of the Blessed





Virgin Mary, formerly the church of the Grey Friars (Franciscans), contains 14th-century wall paintings, as well as some fine Baroque furnishings. The Old Town was fortified progressively between 1250 and 1300 with a double wall strengthened by bastions; these fortifications were reconstructed in 1420-49 and partly dismantled in the 19th century, but most of the southern sector facing the river survives intact, with gates and towers.

In the **New Town**, the Parish Church of St James is another fine building in late Gothic style. Its interior contains many Baroque furnishings. The Black Friars (Dominican) Church of St Nicholas was demolished in the 19th century. However, the remains of the church and its cloister have been excavated and laid out as a public park. Most of the Castle of the Teutonic Order was destroyed during the uprising of 1454. The remains have been excavated and laid out for public presentation as a museum.

Famous Polish astronomer Nicolaus Copernicus was born in Toruń in 1473 and spent his youth there.

The Medieval Town of Toruń was listed among UNESCO World Cultural and Natural Heritage sites on December 4th, 1997.

Source: [whc.unesco.org](http://whc.unesco.org)

## Toruński zabytkowy średniowieczny zespół miejski

jest jednym z najpiękniejszych i najcenniejszych architektonicznie miejsc w Europie i na świecie. Pomimo zniszczeń z 1703 r. i późniejszych XIX-wiecznych centrum Torunia jest prawdziwym skarbem architektury gotyckiej, jak również wielu innych, późniejszych stylów. Założone w 1231 roku przez zakon krzyżacki miasto było punktem wyjścia do podboju plemion pruskich i tworzenia państwa krzyżackiego.

Położony na skrzyżowaniu szlaków handlowych między zachodnią i wschodnią Europą Toruń szybko rozwinął się pod względem gospodarczym, odgrywając ważną rolę w średniowiecznej Europie. Ta silna gospodarcza pozycja polskiego miasta wpłynęła później na jego unikatowość, przejawiającą się w gwarantowanych przez króla wolnościach obywatelskich, uprawnieniach polityczno-ustrojowych, tolerancji wyznaniowej, a także ogólnej zamożności mieszkańców. Światowa wartość kulturowa Torunia opiera się również na fakcie, iż jest to miejsce urodzenia wielkiego astronoma Mikołaja Kopernika.



**Anioł** jest elementem wyróżniającym herb Torunia spośród znaków heraldycznych innych polskich miast. Sylwetka anioła pojawiła się w toruńskim herbie po zakończeniu wojny trzynastoletniej w XV wieku i przetrwała do naszych czasów. Dzięki temu anioł jest jednym z najważniejszych symboli Torunia.

Pierniki toruńskie to Najśłynniejszym produkt wytwarzany w tym mieście.. Tradycja wypieku w mieście Kopernika tych aromatycznych ciastek jest niemal tak długa jak historia

Toruń. Do ich wyrobu używana jest mąka najwyższej jakości, wyjątkowy w smaku miód w które obfitują jedynie nadwiślańskie lasy i pola wokół Torunia oraz orientalne przyprawy korzenne.



**Flisak Iwo** przybył do Torunia w czasie, gdy miasto opanowane było przez plagę żab. Nikt z mieszczan i odwiedzających ich gości nie zdołał przegnać płazów. Iwo chciał tylko na toruńskim rynku zarobić trochę pieniędzy swoją grą na skrzypkach i zdziwił się bardzo, gdy na dźwięk jego melodii otoczyły go tysiące żab, które wyszły ze swych kryjówek i otoczyły flisaka wsłuchując się w grę prostych, drewnianych skrzypiec. Grając, Iwo przesunął się kilka kroków i zobaczył, że zauroczone żaby podążają jego śladem. Sprytny flisak,

nie przerywając gry, odchodził coraz dalej i dalej aż znalazł się poza bramami miasta, w pobliżu dużego stawu. Szybko wrzucił do niego skrzypce, a zasłuchane żaby wskoczyły za nimi i nigdy już nie powróciły na toruński rynek. Iwo otrzymał od burmistrza Torunia zapłatę, a wdzięczni mieszkańcy na pamiątkę wydarzeń, wybudowali studzienkę przedstawiającą flisaka otoczonego przez żaby, które podobno mają szczególną moc spełniania marzeń. Wystarczy pomyśleć życzenie i dotknąć grzbietu żabki...

*Flisak - chłop zajmujący się sezonowo sławem towarów rzeką.*

# Torun Gingerbread – Pierniki Toruńskie

Toruń gingerbread, instantly recognizable as part of Toruń heritage, tradition and legend, is undoubtedly the city's trademark and pride. Its peculiarity and uniqueness lies in its unusual taste, outstanding quality and sophisticated artistic form.

The first gingerbread cakes in Toruń were baked as early as the 13th century.

They were first made by ordinary bakers, sometimes referred to as pastry cooks, who eventually came to be termed gingerbread cooks. The very word 'Piernik' in Polish ("gingerbread") originates from the old Polish term describing spice known as "pierna", added to flour and honey to make gingerbread batter. The spice arrived in Europe with the crusades, which initiated trade development between Europe and the Middle East.



Toruń gingerbread recipes differed from baker to baker. All of them were well-guarded secrets and the recipe exchange between bakers was limited. Just as was the case with wines produced in the best French or Italian vineries: one needed only to try gingerbread to instantly recognize which Toruń bakery it came from, judging by its elaborate taste.

The present-day gingerbread manufacturing methods are based on the old recipes and technologies going back to the 16th-century tradition. Toruń gingerbread is made of the highest quality flour and honey, which owe their unique taste to the forests and fields located along the Vistula River, as well as the oriental spices: ginger, clove, cinnamon, cardamom, nutmeg, etc.

The development of Toruń gingerbread manufacturing reached its apogee in the 17th and 18th centuries. Because of their durability, the cakes accompanied merchants on long-distance trips, even war expeditions; no significant visitor was allowed out of the city without them. They were everybody's favorite after-dinner snack complementing wines, meads or vodka.

Toruń gingerbread is also famous for its beautiful forms. Woodcarvers and bakers worked together and laid much significance on gingerbread appearance developing gingerbread making into a new form of art. The most common gingerbread motifs included Kings and Queens of Poland, angels, Mother and Child, St. George fighting with a dragon, soldiers of the Swedish war period, Adam and Eve in the Garden of Eden, a variety of genre scenes, animals, or the famous ornamental horse-drawn carriage.

The first gingerbread factory was established by Jan Weese in 1763. Today its heir and continuator is Confectionary Factory "Kopernik".

Visiting Poland you simply must try them, and don't forget to take one or two for the road.



**Pierniki toruńskie** to najśłynniejszy produkt wytwarzany w tym mieście. Tradycja wypieku w mieście Kopernika tych aromatycznych ciastek jest niemal tak długa jak historia Torunia. Do ich wyrobu używana jest mąka najwyższej jakości, wyjątkowy w smaku miód w które obfitują jedynie nadwiślańskie lasy i pola wokół Torunia oraz orientalne przyprawy korzenne. Obecnie jedynym bezpośrednim spadkobiercą i kontynuatorem wielkiej toruńskiej tradycji piernikarskiej jest założona w 1760 roku Fabryka Cukiernicza "Kopernik". Współczesne technologie wyrobu pierników opierają się na starych recepturach i metodach. Oryginalne pierniki z Torunia sprzedawane są między innymi we wszystkich krajach Unii Europejskiej, Kanadzie, USA, Kuwejcie, Izraelu i Japonii. Ze względu na ich szczególny smak i jakość już od średniowiecza odnotowuje się zwyczaj obdarowywania znamienitych gości, specjalnie na tę okazję zaprojektowanymi i wypieczonymi piernikami.



# Dzień Kolumba

**Dzień Kolumba** (Columbus Day) obchodzony jest w Stanach Zjednoczonych w drugi poniedziałek października. Święto to upamiętnia podróż Krzysztofa Kolumba, który 2 października 1492 roku, po paru miesiącach podróżowania i poszukiwania morskiej drogi do Chin i Indii, dopłynął do wybrzeży Ameryki.



Pierwsze obchody Dnia Kolumba miały miejsce w 1792 roku w Nowym Jorku. W 1937 roku prezydent Franklin D. Roosevelt, pod wpływem nacisków ze strony katolickiej organizacji Knights of Columbus, ogłosił Dzień Kolumba świętem narodowym. Początkowo obchodzone ono było 12 października, ale w latach późniejszych tę stałą datę zamieniono na drugi poniedziałek października.

Szczególnie hucznie obchodzony jest Dzień Kolumba w Nowym Yorku. Ulicami miasta przechodzi wielka parada, w której corocznie uczestniczy około miliona ludzi. Uroczystości odbywają się również przy grobie Kolumba w Faro a Colon i w katedrze w San Domingo (Dominikana). Rocznice przybycia Krzysztofa Kolumba do Ameryki jest również oficjalnym świętem w niektórych państwach Ameryki Łacińskiej (Día de la Raza), na wyspach Bahama (Discovery Day), w Argentynie (Día del Respeto a la

Diversidad Cultural) czy Urugwaju (Día de las Américas).

Odkrycie Ameryki przez Kolumba to powód do radości, ale również źródło kontrowersji. Szczególnie w ostatnich dekadach słyszeć coraz więcej głosów protestu, zwłaszcza ze strony Indian, którzy uważają, że wydarzenie to spowodowało kolonizację Ameryki oraz śmierć milionów ludzi. Przeciwnicy Dnia Kolumba przypominają, że Europejczycy przywieźli do ich kraju choroby zakaźne, takie jak ospa czy grypa, oraz wojny, w których zginęło wielu rdzennych mieszkańców. Odkrycie dokonane przez słynnego włoskiego żeglarza dało również początek niewolnictwu w Stanach Zjednoczonych, gdyż Kolumb na zdobytych przez siebie wyspach niehumanitarnie traktował tubylców zmuszając ich do niewolniczej pracy w kopalniach, a jego żołnierze dopuszczali się na nich wszelkich okrucieństw.



Dzień Kolumba jest również traktowany, jako ważna część włosko-amerykańskiego dziedzictwa. Niektóre miasta traktują to święto alternatywnie, jako formę uczczenia pamięci rdzennych mieszkańców kontynentu, odbywają się tradycyjne tańce, indiańskie zjazdy plemienne i lekcje poświęcone amerykańskim tradycjom.

Krzysztof Kolumb był bez wątpienia odważnym podróżnikiem i wielkim odkrywcą geograficznym, który zapoczątkował nową erę kolonialnych podbojów mocarstw europejskich.

AK

## October 12 - Columbus Day

### Did you know this facts about Christopher Columbus?

#### Christopher Columbus wasn't his given name.

'Christopher Columbus' is an Anglicized version of the explorer's Italian name, Cristoforo Colombo. Columbus, who was born in Genoa in either 1450 or 1451, went by Cristóbal Colón.

#### Columbus never set foot in North America.

Columbus made four trips between Spain and the Americas between 1492 and 1503, and he never once set foot in North America. He explored various Caribbean islands, including what is now Cuba and the Bahamas, as well as the island of Hispaniola, now home to the Dominican Republic and Haiti, and parts of Central and South America.

#### Columbus was convinced he had landed in Asia.

Columbus never meant to 'discover' a new continent on his voyages; he had intended to find a westward route to the East Indies with the hopes of giving Spain the upper hand in the lucrative Asian spice trade. According to many accounts, Columbus never acknowledged the possibility that he had encountered another continent entirely.

# Why Vitamins are Important?



Vitamins are a group of substances that are found in foods and are necessary for your body to grow properly, to be healthy and develop normally. Vitamins are needed for normal cell function. Each vitamin has a specific important job in the body. A vitamin deficiency can occur if you do not get enough of any one of the necessary vitamins for good health. Vitamin deficiencies can lead to many different health problems. If you do not eat enough fruits, vegetables, whole grains, lentils and vitamin fortified dairy foods, you may put yourself at great risk for many health problems including heart disease, cancer and poor bone health such as osteoporosis.

**Essential Vitamins:** There are thirteen (13) essential vitamins that your body needs to function properly. They are: Vitamin A, C, D, E, K, B1, (thiamine), B2, (riboflavin), B3, (niacin), B5 (Pantothenic acid), Vitamin H (Biotin), Vitamin B6 (Pyroxidine), B12 and B9 (Folate or folic acid).



**Categories of Vitamins:** Vitamins are grouped into two categories, fat-soluble and water-soluble. The four fat-soluble vitamins, A, D, E and K, are stored in the body's fatty tissue. The nine water-soluble vitamins, which include all the B vitamins, C, and Biotin must be used by the body immediately. Any remaining water-soluble vitamins in your body are removed through the urine. That is why if you take these vitamins as supplements, you will notice that your urine may have a darker yellow color, and possibly a different odor several hours later compared to other times of

the day. Vitamin B12 is the only water-soluble vitamin that may be stored in the liver for many years.

**Side Effects:** Many people think that it is good to take high potency vitamins because more is better. That is not always true. You must be cautious, especially about taking too much of the fat-soluble vitamins. A vitamin overdose can occur and can be poisonous. Check with your health care provider to help you with what the proper doses of vitamins are for you. Do NOT take more than 100% of the Recommended Dietary Allowances (RDAs) unless prescribed by your health care provider.

## Vitamins, Actions and Good Vitamin Food Sources

**Vitamin A:** Is needed for vision, helps your body fight infections and keeps your skin healthy. It also helps to form and maintain healthy teeth, bones, soft tissue and mucous membranes.

Good food sources include: kale, broccoli, spinach, carrots, squash, sweet potatoes, liver, beef, fish, eggs, whole milk, cream, cheese, butter, yogurt and dark colored fruit.

**Vitamin B1 (Thiamine):** Helps your body use carbohydrates for energy, (needed especially during pregnancy and breast feeding), for a healthy nervous system and essential for heart function.

Good food sources include: Yeasts, ham and other types of pork, liver, peanuts, whole-grain and fortified cereals, breads and milk, peas, eggs, nuts and seeds, lean meats and legumes, (dried beans).

**Vitamin B2 (Riboflavin):** Works with other B vitamins to help your body use proteins, carbohydrates and fats, and helps to keep your skin healthy. It is important for body growth and for the production of red blood cells.

Good food sources include: liver, eggs, cheese, milk, leafy green vegetables, peas, navy and lima beans and whole grain breads.

**Vitamin B3 (Niacin):** Helps your body use proteins, carbohydrates and fats. Niacin also has cholesterol lowering effects, and helps to keep skin and nerves healthy.

Good food sources include: liver, yeast, bran, peanuts, avocado, eggs, enriched breads and fortified cereals, legumes, potatoes, lean red meat, fish (tuna and salt-water fish) and poultry.

**Vitamin B5 (Pantothenic acid):** Helps your body use carbohydrates and fats and make red blood cells.



It also is involved with the production of hormones and cholesterol.

Good food sources include: beef, chicken, lobster, milk, eggs, peanuts, peas, beans, avocado, lentils, broccoli, kale, cabbage family vegetables, yeast, mushrooms, white and sweet potatoes and whole grains.

**Vitamin B6 (Pyroxidine):** Helps your body use proteins and fats; keeps your nervous system functioning properly; helps make red blood cells and helps blood to carry oxygen to all your cells and maintains brain function. Eating too much protein can reduce Vitamin B6 levels in the body.

Good food sources include: liver, whole grains, egg yolk, peanuts, bananas, carrots, yeast, avocado, meat, legumes, nuts and poultry. The milling and processing of whole grains removes much of this vitamin.

**Vitamin B9 (Folic acid or Folate):** Helps your body to make and maintain new cells, and prevents some birth defects. It works with Vitamin B12 to help form red blood cells, and is needed for the production of DNA, which controls cell function and tissue growth. This vitamin is important for pregnant women. Low levels of folate are linked with birth defects such as spina bifida. Many foods are fortified with folic acid.

Good food sources include: asparagus, broccoli, beets, yeast, cooked pinto, navy, kidney and lima beans, fortified cereals, green, leafy vegetables (spinach and romaine lettuce), lentils, oranges and orange juice, peanut butter, wheat germ.

**Vitamin B12:** Another name for Vitamin B12 is Colbalamin or Cyanocobalamin. It is important for metabolism, helps form red blood cells and maintains the central nervous system. Low levels of Vitamin B12 can cause anemia, loss of balance, numbness and tingling of the arms and legs and weakness. Vegetarians, or people on a vegan diet, should be aware that they may not be getting enough Vitamin B12 in their diet. Many times your doctor may prescribe Vitamin B12 supplements or injections. Vitamin B12 is now available in a form that dissolves under the tongue (sublingual) or as a nasal gel.

Good food sources include: milk, eggs, liver, meat, poultry, clams, sardines, flounder, herring, blue cheese, cereals, nutritional yeast, foods fortified with vitamin B12, including cereals, soy-based beverages and veggie burgers. Animal sources of vitamin B12 are

better absorbed by the body than plant sources.

**Vitamin C (Ascorbic acid):** An essential antioxidant that promotes healthy teeth and gums. It also helps the body absorb iron, maintain healthy body tissue, bones and skin, and promotes wound healing.

Good food sources include: broccoli, green and red peppers, spinach, brussels sprouts, oranges, grapefruits, tomatoes, tomato juice, potatoes, papayas, strawberries, cauliflower and cabbage.

**Vitamin D:** Is needed for healthy teeth and bones. Vitamin D helps the body absorb calcium, and help the body maintain proper blood levels of calcium and phosphorus. It is known as the “sunshine vitamin” since enough of Vitamin D is made by the body after you are exposed to 10 to 15 minutes of the sun three times per week, or 5-30 minutes at least twice per week. For people who are not exposed to enough sun, may not make enough Vitamin D and may need a supplement. It is difficult to get enough Vitamin D from food sources alone.

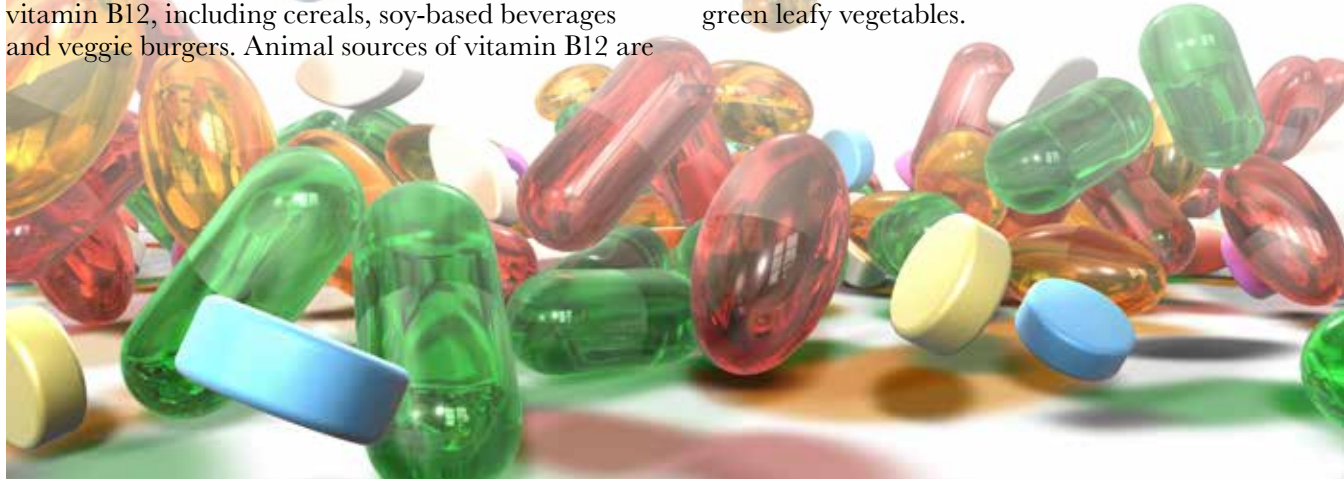
Good food sources include: fish liver oil, fatty fish such as salmon, mackerel, herring and orange roughy, fortified milk and dairy products, such as cheese, yogurt, butter and cream and cereals fortified with Vitamin D.

**Vitamin E:** Is an antioxidant, also known as tocopherol, helps to prevent cell damage, maintains proper blood flow, plays a role in the formation of red blood cells, helps the body use Vitamin K and repairs injured body tissues.

Good food sources include: avocado, wheat germ and wheat germ oil, margarine made from safflower, corn and sunflower oil, or the oils themselves, fortified cereals, egg yolk, beef liver, fish, milk, vegetable oils, seeds and nuts, fruits, papaya, mango, dark green vegetables, such as, asparagus, peas, beans, turnip greens, broccoli and spinach.

**Vitamin H (Biotin):** needed for the growth of many cells, and helps the body use carbohydrates and fats. It is necessary for the body to metabolize proteins and is used in the production of hormones and cholesterol which are necessary for cell function.

Good food sources include: chocolate, cereal, egg yolk, legumes, milk, nuts, pork, yeast, organ meats (liver, kidney), soy flour, peas, beans, tomatoes and green leafy vegetables.





**Vitamin K:** often times it is not listed among the essential vitamins, but without Vitamin K, blood cells would not stick together, or clot. It is essential. It is also helps in bone formation.

Good food sources include: fish, liver, beef, eggs, cereals, alfalfa, dark green and dark leafy vegetables, spinach, collards, turnip greens, cabbage, cauliflower, asparagus, cheese, broccoli, brussels sprouts, kale, tomatoes and plant oils. Your body can make all the Vitamin K you need.

**Recommendations:** The Recommended Dietary Allowance (RDA), for vitamins indicates how much of each vitamin the average person should receive on a daily basis. Food labels usually have this information on the item's label, as well as the amount of a vitamin that is supplied in that food item. Always check labels on all foods being purchased if available. How much of each vitamin **YOU** need depends on your age and gender, whether you are pregnant or breast feeding, or whether you have an illness that may require more of a certain vitamin. People over age 50 may have difficulty absorbing Vitamin B12. Ask your health care provider what amount of each vitamin is best for you. The best way to get all the daily vitamins you need is to eat a well balanced diet that consists of a wide variety of fruits, vegetables, fortified dairy and milk products, legumes (dried beans), lentils, whole grains and nuts.

#### References:

1. MedlinePlus. NIH/US National Library of Medicine [July 28, 2015]. Vitamin B12. <http://www.nlm.nih.gov/medlineplus/ency/article/002403.htm>. Printed Aug. 7, 2015. p. 1-4.
2. MedlinePlus. NIH/US National Library of Medicine [July 28, 2015]. Vitamins. <http://www.nlm.nih.gov/medlineplus/ency/article/002399.htm>. Printed Aug. 7, 2015. p. 1-9.
3. Vitamins/Womenshealth.gov. [June 17, 2008]. Fitness and nutrition vitamins. <http://womenshealth.gov/fitness-nutrition/nutrition-basics/vitamins.html>. p. 1-3.



Teresa Struziak Sherman, R.N, BSN, MS  
PNA Business Board Elect, Thank you!



## Witaminy

**Witaminy** to związki organiczne wchodzące w skład enzymów niezbędne do zachowania zdrowia oraz prawidłowego przebiegu procesów metabolicznych zachodzących w organizmie.

Przedawkowanie, niedobór lub brak jakiegś z witamin, po wyczerpaniu zapasów organizmu, prowadzi do jednostek chorobowych, które w zależności od zaawansowania, nazywamy hiperwitaminozą lub awitaminozą (całkowity brak witaminy) lub hipowitaminozą (niedobór częściowy).

Witaminy należą do różnych grup związków organicznych, a jedynie ich znaczenie dla organizmów żywych pozwala opisywać je pod wspólną nazwą. Z tego też powodu witaminy dzieli się na:

**Rozpuszczalne w wodzie:** C, B1, B2, B3, B5, B6, B11, B12, B15, B17, H, N, P

**Rozpuszczalne w tłuszczach:** A, D, E, K, F

Witaminy rozpuszczalne w tłuszczach mają zdolność gromadzenia się w tkankach, natomiast witaminy rozpuszczalne w wodzie nie kumulują się w organizmie, a ich nadmiar jest wydalany z moczem.

**Najzdrowsze są witaminy i minerały zawarte w żywności**, pod warunkiem, że jest ona jak najmniej przetworzona technologicznie. Świeże warzywa i owoce, gruboziarniste kasze, pieczywo razowe, tłuszcze roślinne i ryby to źródła cennych składników odżywczych. Z witamin zawartych w produktach spożywczych organizm czerpie więcej korzyści niż z ich chemicznych odpowiedników. Właściwa dieta jest o wiele bezpieczniejsza niż tabletki. Witaminy syntetyczne można przedawkować, co w przypadku naturalnych związków jest niemożliwe. Dotyczy to zwłaszcza witamin rozpuszczalnych w tłuszczach: A, E, D i K., brane na czczo, mogą kumulować się w organizmie i zaszkodzić.

Przy prawidłowym odżywianiu nie ma powodu, do zażywania preparatów. W sytuacjach, kiedy poziom witamin i mikroelementów w organizmie obniży się znacznie albo zapotrzebowanie gwałtownie wzrośnie należy sięgnąć po witaminy syntetyczne.



# Discoverer of Vitamins



**Dr. Kazimierz Funk** (1884-1967), Polish born biochemist is generally credited with being the first to formulate the concept of vitamins. His research advanced humankind's understanding of nutrition and revolutionized the way people looked at their health.

Kazimierz (Casimir) Funk was born in 1884 in Warsaw,

Poland, the son of a dermatologist, he studied organic chemistry at Switzerland's University of Berne, from which at the young age of 20 he received his Ph.D. He worked at the Pasteur Institute in Paris, then at the University of Berlin.

In 1910 he accepted an offer to work at London's Lister Institute of Preventative Medicine and his career as a scientist truly began. He was assigned to research beriberi, a common illness in the Far East that causes peripheral nerve damage and eventually heart failure. Scientists thought that the disease might be due to insufficient dietary protein, but Funk dis-



regarded this notion and began experiments to determine what was absent in the typical Far Eastern diet of polished rice. In 1911 he discovered that the bran, the partly ground husk of the rice grain that was usually thrown out in Far Eastern cultures, contained a vital substance called thiamine that prevents beriberi. Later that year, he isolated a substance now

known as niacin (vitamin B1), but he stopped researching it when he realized it did not prevent beriberi. He named thiamine and niacin "vitamines" after the Latin word for "life" and "amine" because he believed (incorrectly) that all these vital ingredients contained nitrogen. The word later became "vitamins." When he published his findings in 1912, Funk immediately became well known in the scientific world, while people around the world soon began asking about these seemingly miraculous substances. Funk's book *The Vitamines* was published in 1913.

That same year he became head of the Biochemistry Department at the Cancer Hospital Research

Institute in London where he remained for two years. Accepting a better paying job he moved to the United States and worked as a chemical cancer researcher at the New York's Cornell Medical College. A few years later Funk became head of research at H. A. Metz and Company, where he remained until 1921. While at Metz, he developed Oscodol (a vitamin A and D concentrate) and Salvarsan (an arsenic-based treatment for syphilis).

After working as a biochemistry associate at Columbia University's College of Physicians and Surgeons from 1921 to 1923, Funk decided to return to his native country, Poland. He took a post in Warsaw as director of the State Institute of Hygiene's Biochemical Department, where he became interested in the function of hormones.

Funk left Poland for France again in 1927, as the country's political climate worsened. At his own private research institute called Casa Biochemica in Paris, he discovered that the sex hormones estrogen and testosterone are effective in treating some diseases. Despite the progress he was making, at the outbreak of World War II he returned permanently to the United States. He began a job in New York as a consulting scientist for the U.S. Vitamin Corporation, and in 1940 became president of the Funk Foundation for Medical Research.

Dr. Casimir Funk died in Albany, New York in November 1967.



## Feast of St. Martin

**November 11 is the day of St. Martin of Tours**, who started out as a Roman soldier. He was baptized as an adult, became a monk and led a quiet and simple life. The most famous legend of his life is that he once cut his cloak in



half to share with a beggar to save him from dying from the cold. That night he dreamed that Jesus was wearing the half-cloak. Martin heard Jesus say to the angels, „Here is Martin, the Roman soldier who is not baptized; he has clothed me. St. Martin was known as friend of the children and patron of the poor.

St. Martin's Day holiday, also known as the Feast of St. Martin originated in France, then spread to Germany, Scandinavia, and Eastern Europe. It celebrates the end of the agrarian year and the beginning of harvesting.

The goose became a symbol of St. Martin of Tours because of a legend that when he was trying to avoid being ordained as a bishop, he had hidden in a goose pen, where he was betrayed by the cackling of the geese. St. Martin's feast day falls in November, when geese are ready for killing. St. Martin's Day was an important medieval autumn feast, and the custom of eating goose spread to Sweden from France and also Poland.

## Goose Tastes Best on St. Martin's Fest

*Gęsina na św. Marcina*



Poland is Europe's largest producer and exporter of goose meat, though Polish people do not consume much of it. Polish goose meat can be regarded as an organic product because in most farms the birds are fed natural feed, grains, grain

mixtures and grass. The goose meat, free from biological or chemical contamination, contains up to 23 percent protein and less than 4 percent fat, while the fat content of pork is almost 30 percent. It is recommended by dietitians and physicians, especially for people weakened by disease. It contains many vitamins: A, B1, B2, D, E and PP as well as phosphorus, iron and magnesium.

Geese have been bred in Poland for a long time, enjoying the greatest popularity in the 17th and 18th century. They were mostly served at Christmas and family celebrations. The meat if prepared properly, it is juicy, aromatic and tender. It was a traditional dish on royal and nobility tables from the 16th century. Goose with apples, goose with red

## Goose Stuffed with Buckwheat Groats and Apples.

This recipe calls for buckwheat groats, but the most important ingredients are goose and apples, which add an unmistakable flavor to this typical dish.



### Ingredients:

- 1 whole goose
- 2 teaspoons of dried marjoram
- Salt, black pepper
- Stuffing:
  - 2-3 glasses of lightly boiled buckwheat groats
  - 6 medium-sized apples (Granny Smith)
  - 1 teaspoons of sugar
  - 2 tablespoons of butter
  - 1/2 glass of raisins
  - A few sprigs of fresh marjoram
  - Salt, black pepper

### Preparation:

Clean the whole goose thoroughly, cleanse it under water and leave to dry. Rub it with marjoram, salt and black pepper, and place in the fridge for 2-3 hours. Peel the apples, cut them in eighths and mix them with sugar. Cook them slowly in butter together with raisins and fresh marjoram. Season them with salt and pepper to taste. Mix them with buckwheat groats. Stuff the goose with the stuffing and sew it up in order to prevent the stuffing from coming out. Place in the oven preheated to 170°C for 3-4 hours. In the meantime pour the melted fat over the goose from time to time – this will make it crisper. After the goose is ready, keep the goose fat, you can use it, for instance, for frying.



cabbage, famous smoked goose breasts and goose paté were classics of old Polish cuisine. Soup made of goose blood, called czermina, was another important dish on Polish tables for many years. Goose liver is a delicacy in many countries, including the famous French foie gras. It is one of the world's most expensive dishes. At present, geese are mainly associated in Poland with St. Martin's Day on November 11. This feast day came to Poland from the Alsace region. In Germany, goose plays a similar role on St. Martin's Day to turkey at Thanksgiving in the United States, marking the end of the harvest season. The forgotten tradition is being revived in Poland, goose is returning to Polish tables. There are marketing campaigns designed to promote the consumption of goose meat, especially in Kujawy - Pomerania region. It is in this province, in the village of Kołuda Wielka, that Poland's leading goose research and breeding center is located. One of the most highly valued regional products in Poland is smoked goose breast from Kujawy-Pomerania. The product is made of boneless goose breast, pickled in brine, then rolled and sewn carefully into a spindle like shape covered with goose skin. The goose pieces are then smoked for a long time in cold smoke produced by deciduous wood. The smoked product is the perfect ingredient for carpaccio dishes and salads.

Send all articles, pictures and correspondence to:

**zgoda@pna-znp.org**

or mail to: Alicja Kuklinska  
Zgoda Magazine  
6100 N. Cicero Avenue  
Chicago, IL 60646



## St. Martin's Croissants

The people of Poznań on St. Martin's Day buy and eat considerable amounts of rogale marcińskie, locally produced croissants with almonds and white poppy seed filling, made especially for this occasion. Quite often bakeries proudly display a certificate of compliance with authentic, traditional recipes to attract customers. I hope you will try this recipe:

### Ingredients:

#### Dough:

- 2 1/4 teaspoons instant yeast (not rapid rise)
- 1 cup lukewarm milk
- 1 tablespoon sugar
- 3 large egg yolks, beaten
- 1 cup confectioners' sugar
- 4 ounces (1 stick) melted lukewarm butter
- 4 cups all-purpose flour

#### Filling:

- 1 (12-ounce) can poppy seed filling
- 1 (12-ounce) can almond filling

#### Glaze:

- 3 cups confectioners' sugar
- 2 tablespoons water, more or less
- 2 ounces toasted sliced almonds



### Preparation:

In the bowl of a stand mixer combine yeast, milk, and 1 tablespoon sugar until yeast has dissolved. Add egg yolks, confectioners' sugar and butter to bowl and mix. Add flour and knead thoroughly until dough is smooth and starts to blister, 8-10 minutes. Transfer to a greased bowl, cover and let rise until doubled. Turn dough out onto a lightly floured work surface and divide in half. Working with one dough half at a time, roll each into a 1/4-inch thick circle. Using a pizza wheel or pastry cutter, cut into 8 pie-shaped wedges. In a medium bowl, thoroughly combine poppy seed and almond filings. Place 1 tablespoon filling at the wide edge of the triangle and roll away from you. Place, point side down, on a parchment-lined baking sheet forming into a crescent shape. Repeat with the remaining triangles. Repeat with remaining half of dough. Cover with plastic and let crescents rise until doubled. Heat oven to 375 degrees. Bake croissants about 20 minutes or until golden brown. Cool completely. Combine confectioners' sugar and enough water to make a runny glaze. Frost crescents and sprinkle with toasted sliced almonds.

*You can use 1 pound sweet roll dough, thawed, instead of making your own dough.*



## The World Knew: Jan Kariski's Mission for Humanity

The tour of The World Knew: Jan Kariski's Mission for Humanity traveling exhibition is organized by the Jan Kariski Educational Foundation. The exhibition was created by the Polish History Museum with major support from the Polish Ministry of Foreign Affairs. Additional funding was provided by the National Endowment for the Humanities.

### September 24 - November 1

**Pius XII Memorial Library, Level 2 Gallery  
St. Louis University  
3650 Lindell Blvd  
St. Louis, MO 63108**

A panel discussion will be held on October 1 and will feature Andrew Nagorski, an award winning journalist and interviewer of Kariski, and Slawomir Grunberg, creator of a newly released documentary *Karski and the Lords of the Humanity*.

### September 29 - October 14

**Oak Park Public Library  
834 Lake St.  
Oak Park, IL 60301**

An opening reception will be held on Thursday, October 1, from 6:30 to 8:30 pm, with guest speakers, including Bozena Nowicka McLees of the Loyola University Chicago and Leonard Kniffel of the PALA. The exhibit will be in the lobby area of the Main Library and will be accessible during the library regular hours.

### October 15, 2015

**Polish Museum of America  
984 N. Milwaukee Ave.  
Chicago, Illinois**

Karski Graphic Novel-Comic Book Launch

### November 1-15

**Lindenwood University  
St. Charles, MO**

This exhibit is organized in collaboration with St. Louis Polonia Inc. and co-sponsored by Lindenwood University's Liberty and Ethics Center and the Center for International and Global Studies. Tom Wood, the co-author of an English-language biography of Kariski, will speak on November 12.

### November 1-December 5

**Iona College  
New Rochelle, NY**

The exhibit will be in on display at the Iona College Art Gallery with a scheduled opening for Sunday, November 1, 2015.

For more information visit: [www.jankarski.net](http://www.jankarski.net)

## Historia dla Polonii



Historia dla Polonii to nowa platforma edukacyjna poświęcona nauce historii Polski. Powstała z myślą o polskich dzieciach i młodzieży, mieszkających za granicą, którzy zamierzają w przyszłości powrócić do kraju i kontynuować naukę w polskiej szkole. Skierowana jest do nauczycieli polonijnych oraz uczniów zainteresowanych poznawaniem dziejów Polski.

Projekt pod nazwą Historia Polski na Multimedialnej Platformie Edukacyjnej dla polskich dzieci i młodzieży zamieszkałych za granicą został zrealizowany przez Fundację Dziecięcego Uniwersytetu Ciekawej Historii ze środków finansowych przyznanych przez Ministerstwa Spraw Zagranicznych w ramach konkursu „Współpraca z Polonią i Polakami za granicą 2015”.

Platforma, [www.historiadlapolonii.pl](http://www.historiadlapolonii.pl), została uruchomiona z dniem 1 września i znajdują się już na niej materiały do pobrania zarówno dla nauczycieli jak i lekcje e-learningowe dla uczniów. Dostęp do strony jest bezpłatny.



Uczeń samodzielnie poznaje kolejne zagadnienia dzięki platformie e-learningowej. Za-  
warte tu lekcje

pozwalają na uczenie się w dowolnym czasie i dowolnym tempie. Materiały opracowane zostały na dwóch poziomach: dla uczniów z klas 4 – 6 polskich szkół podstawowych (9-13 lat), oraz dla młodzieży gimnazjalnej (13 – 16 lat). Na każdym poziomie umieszczono po 15 lekcji. Każda z nich opatrzona jest bogatym materiałem filmowym i ikonograficznym. Zakończenie kursu historii Polski na danym etapie edukacji potwierdzone jest certyfikatem Znamcy Historii Polski.

Nauczyciel otrzymuje bogaty materiał do przeprowadzenia zajęć: scenariusz lekcji, prezentację i/lub film edukacyjny, zadania dla uczniów oraz wskazówki, w jaki sposób dodatkowo urozmaicić lekcje.

[www.historiadlapolonii.pl](http://www.historiadlapolonii.pl)



# Open the door to opportunity



We're looking for sales representatives and the sky is the limit

If the prospect of earning extra income, being your own boss and setting your own hours appeals to you, Polish National Alliance would love to hear from you. We are looking for both licensed and non-licensed sales representatives to promote and sell our insurance products.

PNA offers certificates which help individuals and families reach their financial goals. We will train you and set you on a path to attractive commissions. Leads are provided, training costs are reimbursed and you can earn on-going income for renewal business.



**Call us today!**  
**1-800-621-3723**

**Frank J. Spula**  
*President*



**Polish National Alliance**

Protecting Families Since 1880



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

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

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



*WICI – Song & Dance Theatre  
at the Chicago Venetian Night.  
Downtown Chicago, September 12th, 2015.*

*Photo: Kasia*

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

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

**Now is the  
time for you,  
your family and  
friends to take full  
advantage  
of the PNA's  
insurance and  
annuity programs**

**CIVIC ACTIVITIES  
SCHOLARSHIPS  
ORPHAN'S BENEFIT PROGRAM  
YOUTH PROGRAMS  
SPORT ACTIVITIES  
PRESS PUBLICATIONS  
WPNA RADIO STATION**

Listen to our WPNA 1490 AM radioprogram (24 hours every day, all over the world) via internet: [www.wpna1490am.com](http://www.wpna1490am.com)

**PNA BANK**