

“Together – We Can and We Will”

ZGODA



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

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POLISH HERITAGE**

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Cover: Małgosia Cukierski, of the "Wici" Song and Dance Theatre, getting ready for her performance.
Photo by Dariusz Lachowski

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President's Corner

August 2016

Dear Members,

With fall quickly approaching, the lazy days of summer are coming to an end. For many of us, that means children or grandchildren going back to school and being active in many activities that keep us busy as well.

For most of us, it was an enjoyable summer. However, we have members that were and are ailing and some that have passed away. I need to mention three individuals that come to mind: Tom Wyszynski of Akron, Ohio, Hedy Rabiega of Milwaukee, Wisconsin and Antonia Mazewski of Houston Texas. All three were examples of fraternalism, unselfishness, and commitment. They contributed to the Polish American community by giving their time for many years. I had the pleasure of knowing and working with them, and I will miss their friendship, as I'm certain so will many others.

This past August, the Polish National Alliance held its 54th National Golf Tournament in Slovan, Pennsylvania. Thank you to Lodge 1870 for serving as host to this event, to the volunteers for all their help, and especially to all the golfers who participated, without you, there would be no tournament.

Being the largest Polish fraternal organization, we are proud of the fact that for more than 136 years PNA has promoted fraternalism and assisted its mem-

bers in meeting the contingencies of life by granting fraternal membership benefits.

For the first time in history, the Polish American Congress was invited as guest to attend the Forum of American Polonia in Rzeszow, Poland. The conference was sponsored by the Podkarpacie Voivodship at the invitation of Marszalek, Wladyslaw Ortyl. Approximately one hundred individuals from all parts of the United States were participants, as well as guests from other countries. Partaking in the discussions were elected officials of the government, including the President's administration. The issues addressed were business enterprises between Poland and US, political views, education, the importance of cultural exchange, etc.... The huge success of the conference can be attributed to the organizers, especially to Wladyslaw Ortyl, as the primary host and coordinator of the event.

In the last issue of Zgoda, I mentioned that 2016 looked promising and the first six months of 2016 proved that to be true, with growth in assets of approximately one million dollars. With these numbers, the surplus and assigned funds increased as well. We are optimistic that as we start this quarter, we will continue on the same path and show positive growth in both membership and financial position.

I would like to thank you for your membership with the organization, and encourage you to review your life insurance protection.

In closing, please remember that October is designated as Polish Heritage Month in the United States. We should recognize the success, achievements, and contributions that have been attained and made by Polish Americans.

Wishing you a safe and splendid fall season,

Fraternally yours,
Frank J. Spula, FLMI
President





From the Editor

August 2016

Dear Members,

The summer is coming to an end; kids are going back to school and parents can continue with their regular routines. The Polish National Alliance is continuously ready to serve the Polish American Community with its financial products and fraternal programs.

Thank you to those who submitted their articles, photos, and comments. I will continue to do my very best in improving this publication. Please let me know what is happening in your neck of the woods: share your personal story, send a few great photos, etc.

I hope you will enjoy this issue and read about activities that took place in different lodges and regions. Congratulations to our young artists participating in the first PNA Original Art Contest and to all of the scholarship recipients. We are very proud of your accomplishments and wish you the very best in your future endeavors.

Last July, I had the pleasure of participating in the First Forum of American Polonia in Rzeszow, Poland. The Podkarpacie Voivodship is ready for new business and cultural opportunities. It is such a beautiful region of Poland with breathtaking landscapes, diversified culture and unparalleled hospitality of their people. Life of Polonia, Poland Today and Taste of Poland sections of this Zgoda reflect my visit in Podkarpacie.

With fall just around the corner, please remember that October is Polish Heritage Month. Please make sure to reflect on the contributions of Americans of Polish descent to this great country that became a home for all of us. Express your Polish Pride!

Yours Truly,

Alicja Kuklińska
Editor-in-Chief



OCTOBER - POLISH HERITAGE MONTH

Since 1608 when the first Polish settlers arrived in Jamestown, VA, Polish people have been an important part of America's history and culture. In 2016, Polish Americans will mark the 35th 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. There is always something happening in the Polish American community across the United States. It's great to see that Polish American history and pride are well represented in the "Great Mosaic of America."

For You, Your Family and Friends Things to Do During Polish American Heritage Month

- Start your family tree and invite all the members of your family to get involved.
- Review a map of Poland and learn more about the town or city of your ancestors.
- Read a book on Polish history and share that information with family and friends
- Attend a Polish American event and invite others to attend with you.
- Display a Polish and American flag, a red and white bow, or a Heritage Month poster in your home or place of business.
- Learn more about Polish customs and share that information with others.
- Join a Polish American organization and get involved in some way.

Source:

www.polishamericancenter.org



From the Manager of Sales

August, 2016

To our PNA Members:

The school busses are already circling the neighborhood. It is the sign that school has started.

This year my son starts kindergarten, "The Big School" he says. My "little boy" is putting his first steps onto his way to education. I hope and pray, as all parents do, that our children will be successful.

With the new school year starting, I would like to encourage you to purchase life insurance for your children, grandchildren, and nieces and nephews. If you set aside between \$80-\$125* per year for life insurance premiums for 20 years, then your child could qualify for thousands of dollars in discounts from our Tuition Reward Program®. Also, they would be able to apply for our College Scholarship Award Program. Most of all a \$10,000 life insurance policy would be a lifetime gift received by your child.

All you need to do is call your agent or our main office at 773-286-0500, and we will expedite to you a life insurance application for a 20 Pay Life insurance plan. Let your money work for you.

Have a great finish to this beautiful summer. Until next time.

Jolanta Walaszek
Manager of Sales

*20 Pay Life Permanent Insurance Certificate, face amount 10,000 for kids age 0 to 16

18 lipca 2016

Szanowni Państwo,

Bardzo serdecznie dziękuję za przyznane mi stypendium. Jako studentka obecnie już II roku wymagającego bardzo dużego nakładu czasu i pracy Wydziału Medycyny Uniwersytetu Jagiellońskiego w Krakowie nie jestem w stanie pracować zarobkowo. Stąd każda pomoc finansowa jest dla mnie bardzo ważna. Cieszę się bardzo z przyznanego stypendium, bo pomoże mi ono kontynuować studia w dziedzinie, która bardzo mnie interesuje.

Gdy zostanę dyplomowanym lekarzem zamierzam pomagać ludziom najbardziej potrzebującym. Może uda mi się również popracować jakiś czas w organizacji "Doctors without Borders"?

Pozdrawiam bardzo serdecznie i raz jeszcze DZIĘKUJĘ!

Zosia Frączek



Zosia Frączek ma za sobą pierwszy rok medycyny na Uniwersytecie Jagiellońskim w Krakowie. Pochodzi z miejscowości Yucaipa, pomiędzy Los Angeles i San Diego. Rodzice, Joanna i Witold zapisali ją oraz jej starszego brata Tomasza do Związku Narodowego Polskiego, kiedy byli uczniami polskiej szkoły sobotniej w miejscowości Yorba Linda. Oboje są członkami Grupy 3259.

Good Start in Life

Some people would ask why buy life insurance for children?

We need to remember, while the immediate protection is worthwhile, the primary purpose is long range. A juvenile life insurance certificate carries over into adulthood, protecting the spouse, children, and the family financial situation. That insurance certificate can follow a member throughout his or her lifetime.

Why buy life insurance at an early age when the bulk of the protection will be needed as an adult?

First off is the cost. **The younger the insured, the smaller cost will be.** The permanent life certificate cost for children carried into the adult years is significantly less expensive than one bought in later life. Just review the quotes provided below:

20 PAY LIFE \$25,000		
Age	Boy	Girl
Monthly Payment		
0	\$13.95	\$12.22
5	\$16.18	\$14.13
10	\$18.92	\$16.40
15	\$22.14	\$19.10

Second, the chance of medical insurability looms greater as each year passes. There are many hazards in life and possibility of illness when we can become uninsurable. We need to remember that **once a permanent life certificate is issued, it cannot be affected by disease or accident afterward.**

Finally, your youngster qualifies for all the **fraternal benefits the Polish National Alliance provides.** This year the PNA awarded \$254,000 in scholarships not only to undergraduate but also to graduate students. We are proud of our students and their hard work. The Polish National Alliance is here to provide you a helping hand because we know that it takes a village to raise a child.

We also offer Tuition Reward Program®. Children registered in this program can collect points (dollars) that can be redeemed towards private colleges around the country. Please visit our website www.pna-znp.org and click on the Tuition Reward Program® to find out more about this great FREE benefit program to members.

We are here to help you by providing superior life insurance products and annuities as well as deliver to you fraternal benefits that not many insurance companies can offer.

*Jolanta Walaszek
Manager of Sales*




Gift that will last a lifetime

PNA SCHOLARSHIP PROGRAMS

In the last 10 years, PNA awarded \$2,779,000 in fraternal scholarship benefits to our college and graduate student members, so they could pursue higher education goals.

PNA initiated its scholarship program in 1973.

In addition, PNA offers a **TUITION REWARDS PROGRAM®** to all of its members, which could provide up to \$44,075 in financial assistance for students attending private colleges and universities.



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

BECOME A MEMBER OF PNA!

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

District VIII Annual Communion Breakfast

Pittsburgh, PA, West End Lodge 1052 held their annual Communion Breakfast with a celebrated Mass at St. Stanislaus Church followed by a catered breakfast at their lodge hall. Former Director Joe Kaminski as always acted as master of ceremonies and led all in saying grace. Lodge President Val Pawlos spoke to the crowd about fraternalism in the Pittsburgh area among all the fraternal societies and how proud he was of District VIII in being one of the leaders of the PNA.



PNA President Frank Spula addressing attendees at the annual Communion Breakfast in Pittsburgh, PA.

An honored tradition at Lodge 1052 is when the Raymond S. Twardy Scholarship is handed out to qualified college students of



Beautiful gift baskets were raffled to the children in attendance!

the lodge. This year four students received \$500.00 for the 2016/17 school year. The recipients were Josh Brooks, Alex Formosa, Lindsey Pawlos and Megan Schmid.

Honored guests Frank Spula, PNA President; Dave Sinclair, Commissioner of District VIII; and Tim Kuzma President of the Polish Falcons were in attendance along with City of Pittsburgh Councilwoman Teresa Kail-Smith. Special thanks go to Dana DePaolo owner of Rockefeller's Grille for a delicious catered breakfast. All shared a great morning of fraternalism!

*Submitted by: Jeff Twardy,
Fraternal Director, Region "B".*



(l-r) David Sinclair, Val Pawlos, Frank Spula, Lindsey Pawlos, Megan Schmid, Alex Formosa, Jeff Twardy, Josh Brooks.



World Youth Day is an international Catholic event focused on faith and youth.

2016 World Youth Day took place July 26 - 31 in Kraków, Poland. It was a great tribute to Saint Pope John Paul II, founder of the event, as Kraków was his home. About 3 million pilgrims celebrated the event.

The Bishops Conference of Poland has released the text of a letter sent by Pope Francis to thank the country for the reception he received. In the letter, Pope Francis said: "I am deeply moved by your strong faith and the unwavering hope that you have kept in spite of difficulties and tragedies, and by your fervent love, which animates your human and Christian pilgrimage."



The memory of the moving Eucharistic celebration at the Shrine of Czestochowa, for the 1050th anniversary of Poland's Baptism, and the moment of prayer in the concentration camp at Auschwitz is especially dear to me. I find great joy in remembering the encounter with the young people who came from different nations.

I assure you of my prayers so that the Church in Poland may continue advancing on its path with perseverance and courage, showing the Lord's merciful love to all. (...)"

POLISH NATIONAL ALLIANCE – 2016 ANNUAL PHOTO CONTEST

"I love my Polish Heritage."

(Polish event in your area, Polish name or flag displayed in a prominent or unexpected place, Polish tradition your family preserves - just look around you and have your camera ready!)

PNA PHOTO CONTEST 2016 ENTRY BLANK

PLEASE PRINT

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

CONTEST RULES

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

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



Welcome to our PNA Family



Violet Noelle Stach, born April 12, 2015 is a new member of Lodge 2879 of Chicago, IL. She is a daughter of Peter & Erin Stach and was signed up to the PNA by her grandparents Stanislaw & Barbara Stach.



Molly Therese Mazuchowski, born July 28, 2015, is a new member of Lodge 1547 of Troy, Michigan. Molly was signed up by her grandfather Stanley Beller. Molly and her siblings are all members and part of a 100% PNA family.

Submitted by: Janina Stanton, Sales Representative.



Kayla A. Jendzejec

becomes the sixth generation of PNA members. Born May 29, 2016 in Alexandria, Virginia, Kayla was signed up by her great grandfather, Stanley M. Jendzejec former Vice President of the PNA. First generation was Michael Jendzejec (Deceased), 2nd Frank Jendzejec (Deceased), 3rd Stanley M. Jendzejec great grandfather, 4th Mark Jendzejec grandfather, 5th Alex Jendzejec father. Picture from left to right: Grandfather Mark Jendzejec, great grandfather Stanley M. Jendzejec, father Alex Jendzejec holding Kayla at the Christening.



Ansel Joseph Buzzell,

born April 15, 2016, like his big brother Atticus John, is now a member of Lodge 1483. Atticus and Ansel are the sons of Gregory Buzzell and Dr. Jenn Mrozek-Buzzell. The boys were signed up by their great-grandmother Verna Mrozek, and grandparents John and Barb Mrozek.



Tucker John Darlington, born February 10, 2014, is a new member of Lodge 2416. His parents are Nathan and Meghan Darlington of Battle Creek, Michigan. His sister Olivia as well as his father are also PNA members. Tucker was

signed up by his loving great-grandparents, Herbert and Barbara Nichols of Battle Creek, Michigan.



William Maxwell Ray, born June 14, 2016 to Tony and KC Ray, was signed up to Lodge 128 by his grandparents John and Wanda Kotch-Ray of Bremond, Texas. He joins Bailey, Hunter, and AJ as a 100% PNA family. His grandmother is Wanda Kotch-Ray, Commissioner of PNA District V.



Hailey and Madison Crawley, born January 20, 2016 are new members of Lodge 750 in Glassport, Pennsylvania. On the photo, they are held by their parents; dad Nathan holds Madison and mom Trish holds Hailey. The twins are 3rd generation PNA members. Proud dad Nathan, uncles/godfathers Tyler and Richard Crawley are 2nd generation members, thrilled “Busha” and “Jajee”, Patricia and Richard have been PNA members since 1971.



Nathaniel Lubas, born on August 13, 2013, son of Peter and Patricia Lubas of Dearborn Heights, Michigan is a new member of Lodge 2525. His policy is a gift from his loving parents.

iPhone Photos of your Children

The main reason to take photos of your children is to document their childhood and capture special little adventures and moments that you want to remember. Have fun taking as many pictures as you wish – you can always delete those not so great!

Use the built-in camera app

The built-in camera app is the best option when taking photos of your children. It can be accessed very quickly by swiping up on the lock screen, so you don't miss the short-lived picture perfect moments.

Get down to the child's level

If you take the photo from your normal standing position, you'll get a distorted view from above. Taking a picture from a lower angle allows you to capture a more interesting background behind your subject.

Use burst mode to capture action shots

Children are always moving. Use the burst mode feature in the camera app. Hold your finger on the shutter button so the camera continues taking pictures. One of them should turn out great!

Capture candid moments

An undeniable advantage of the iPhone is that you always have it with you. You can get it out and get those natural, candid shots of your children just being themselves. The iPhone camera is far less distracting than a regular one.

Focus on the eyes

When shooting portraits of children, focus on the eyes, it will “lift” the photo and engage the viewer.

Use props and costumes

Children love to dress up and you will get an opportunity for an extraordinary photo.

Use simple compositions

Though props, costumes, and dramatic locations can be great accompaniments, sometimes its best to keep things simple. Uncluttered compositions can draw the viewer's attention directly to the subject.

Use black and white for dramatic results

Shooting in black and white can produce very dramatic results, especially in moody landscape shots that include children. Too many colors in an image can be distracting. By converting the image to black and white, you're able to remove the distractions and emphasize on the subject.

Use apps to enhance your photos

Apps can be used to enhance photos, but no amount of editing will turn a bad photo into a good one. Always make sure that your original photo is well lit and well composed before you start editing it.

Kolonie letnie w Yorkville, Illinois

Ośrodek Młodzieżowy w Yorkville, IL, należący do Dystryktu XII i XIII ZNP, już od osiemdziesięciu lat służy Polonii chicagowskiej. Można tam miło spędzić czas na łonie natury, popływać w basenie, posmakować polskich potraw w kafeterii lub za przystępną opłatą zaplanować własną, prywatną imprezę na łonie natury. W tym sezonie letnim odbyło się w Yorkville aż 7 wesel poprzedzonych ceremonią ślubną w kaplicy ośrodka.

Największą jednak popularnością miejsce to cieszy się wśród dzieci i młodzieży, licznie przyjeżdżających do ośrodka na kolonie letnie. W tym roku, na sześciu turnusach przebywało w Yourkville ponad 400 dzieci w wieku od 6 do 15 lat. Była to głównie młodzież z okolic Chicago, ale również i z sąsiednich stanów, z Polski, Kanady i Szwecji.



Oprócz typowych zajęć sportowych, koloniści strzelali z łuków i wiatrówek, jeździli konno oraz wyjeżdżali do parku wodnego "Raging Waves". Przez cztery tygodnie gościł w Yorkville znany tancerz i choreograf - pan Robert Ślizewski, który prowadził warsztaty tańca współczesnego oraz hip hop. Wśród wieczornych zajęć największą popularnością cieszyły się dyskoteki, ogniska, karaoke oraz zabawa "capture the flag", czyli tzw. podchody.

Kolonie zaowocowały licznymi przyjaźniami, a nawet kilkoma wakacyjnymi miłościami, które mamy nadzieję przetrwają lata, jeśli nie rzeczywistości to przynajmniej w pamięci.

Informacje o Ośrodku Młodzieżowym Dystryktu XII i XIII i koloniach letnich można znaleźć na stronie www.pnayouthcamp.com

Zapraszamy serdecznie!

Agata Mściszk
kierownik Kolonii Letnich w Yorkville

Na zdjęciach: młodzież uczestnicząca w koloniach letnich w Yorkville.





PNA Lodge 841 Annual Scholarship \$1000

Available for a fraternal
members of **Lodge 841**,
Monaca, PA

Further info:

Martin Olshanski

308 Trafalgar Square,
Cranberry Twp., PA 16066

724 - 755 - 7460 • mariyo@zoominternet.net



2016 PNA ORIGINAL ART CONTEST RESULTS



To commemorate 1050 Years of Polish existence as a Christian, sovereign country in Europe, the Polish National Alliance announced its First Original Art Contest for juvenile members ages 5-12.



The theme of the contest was: "I am proud to be Polish".

Recently, the committee of three members: Monika Korczynska, Jacek Niemczyk, and Anna Wierzbicki met to review the submitted art work and choose the winners in each of the four age categories.

As difficult as it was, they chose 5 creations from each of the four age groups.

The results are as follow:

Age 05 - 06

- 1st Victor Kowalinski-Manalac, Los Angeles, CA
- 2nd Maria Kopec, Downingtown, PA
- 3rd Tyler Czyzewski, Milwaukee, WI
- 3rd Megan Dziadzio, Shelby Twp., MI
- 3rd Rafael Bernal, Burbank, IL

Age 07 - 08

- 1st Aleksandra Malak, Palatine, IL
- 2nd Katherine Suchowolec, Torrington, CT
- 3rd Thomas Suchowolec, Torrington, CT
- 3rd Bailey Ray, College Station, TX
- 3rd Emily Gzybowski, Mechanicsville, MD

Age 09 - 10

- 1st Eva Nemeth, Malvern, PA
- 2nd Isabel Owens, Erie, PA
- 3rd Lukas Bondyra, Perry Hall, MD
- 3rd Reyna Czyzewski, Milwaukee, WI
- 3rd Isabella Khoury, Poland, OH

Age 11 - 12

- 1st Maciej Malak, Palatine, IL
- 2nd Justin Spalek, Stevenson Ranch, CA
- 3rd Emily Mickelonis, Scappoose, OR
- 3rd Jordyn Czyzewski, Milwaukee, WI
- 3rd Jacob Navrocki, Swoyersville, PA

Congratulations to all of the budding artists!

This is just another way PNA supports its young members through a wide variety of fraternal programs.

We look forward to hearing from you in our next contest in 2017. For more information on this contest including profiles of the winners as well as the future contests and programs, please check the upcoming "Zgoda".

Photos by: Alicja Kuklińska

PNA *Art Gallery*



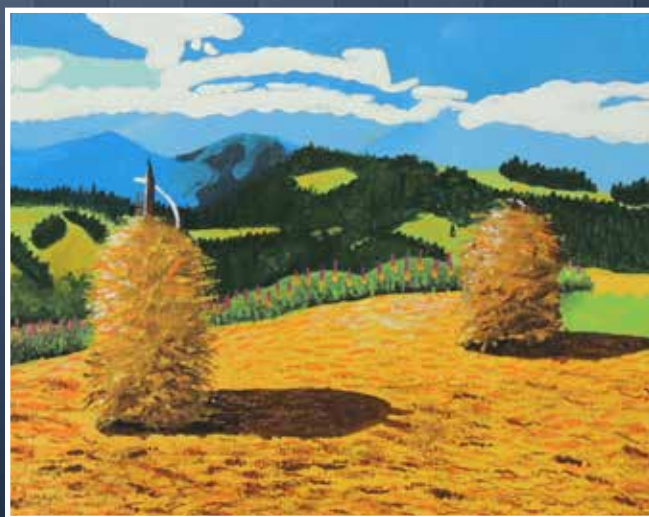
"The Spirit of Poland in Me"
Victor Kowalinski-Manalac (6.5),
Los Angeles, CA



"Piękna nasza Polska cała"
Aleksandra Malak (8),
Palatine, IL



"Polish Pisanki"
Eva Nemeth (10),
Malvern, PA



"Góralu czy Ci nie żal"
Maciej Malak (11),
Palatine, IL

It's COOL to be in Polish school

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

GNIEZNO- TAM GDZIE SIĘ RODZIŁA POLSKA

*Lekcja historii w Polskiej
Szkołe imienia Mikołaja
Kopernika w Niles.*

1050-lecie Chrztu Polski stało się okazją do ukazania uczniom urodzonym poza granicami ojczyzny ich Ojców historii polskiej państwowości.



W sobotni poranek 16 kwietnia rozpędzone koło historii wjechało do szkoły Kopernika, by zainicjować happening historyczny zatytułowany: Gniezno – tam gdzie rodziła się Polska!

Żywa, pełna dynamizmu lekcja historii zakończona wystawą pt. „Śladami historii Polski” na długo pozostanie w pamięci jej uczestników. Odrysowane, wycięte i naklejone ślady uczniowskich stóp wskazały kierunek zwiedzania wystawy, której autorami byli uczniowie klas zerowych, przez dwujęzyczne, aż po licealne. Po kolejnej doświadczyliśmy w naszej

szkole, że słowa Konfucjusza „Powiedz mi, a zapomnę. Pokaż mi, a zapamiętam. Pozwól mi zrobić, a zrozumiem” mają wartość nieprzemijającą.

Lekcja narodowej tożsamości zakończona inscenizacją przyjęcia chrztu przez pierwszego władcę Polski, Mieszka I, spełniła swoje cele. Uczniowie z zainteresowaniem podejmowali zadania wyznaczone przez nauczycieli, doskonalić umiejętności pracy w grupie, a także kształtować pojęcie poczucia wspólnoty i przynależności do polskiej grupy etnicznej.

Zapraszam czytelników do obejrzenia zamieszczonej fotorelacji.

Helena Sottys,

*Nauczyciel PS im. M. Kopernika w
Niles, Illinois, autorka scenariusza historycznego happeningu oraz członka Grupy
3250 ŻNP.*

*Na zdjęciach uczniowie Polskiej Szkoły
im. M. Kopernika uczestniczący w happeningu historycznym oraz ich nauczyciele.*



MISTRZ LITEROWANIA

W maju 2016 roku, w Ośrodku Polonijnym Św. Jana Pawła II w Yorba Linda, Kalifornia odbył się po raz pierwszy konkurs MISTRZ LITEROWANIA, polski odpowiednik popularnego w Stanach Zjednoczonych konkursu Spelling Bee. Konkurs zorganizowany został przez Polską Szkołę im. Heleny Modrzejewskiej z inicjatywy należącej do Związku Narodowego Polskiego Grupy 3259 - Piast.



Życiejkzyni konkursu Dominika Doran w trakcie literowania.



Uczestniczki konkursu przed ogłoszeniem wyników.

Uczestnikami konkursu byli uczniowie klasy czwartej: Alexandra Włodarczyk, Dominika Doran, Julia Globisz, Laurencia Chmielarski i Michelle Guerrero. W komisji zasiadli: dyrektor szkoły Kazimiera Kmak, Anna Kobylecki (przewodnicząca komisji), Elżbieta Rudziński oraz przedstawiciele ZNP: Marlena Hulisz i Jarosław Musiał. Wielkim profesjonalizmem na scenie wykazała się pani Bożena Lasunowicz, nauczycielka prowadząca konkurs oraz członkini ZNP.

Przebieg konkursu był bardzo dynamiczny. Część oficjalna, przedstawienie regulaminu zawodów i losowanie kolejności występowania, odbyła się bardzo sprawnie pozostawiając dużo czasu na główną część konkursową. Uczestniczki z niecierpliwością czekały

na swoją kolej i nieomal biegły na podium, aby stawić czoła kolejnemu, literowemu wyzwaniu.

Po zaciętej walce zwyciężczynią konkursu została Dominika Doran, która otrzymała główną nagrodę, czek na sumę \$50.00. Każdy z uczestników otrzymał pamiątkowy medal, dyplom i kartę na lody do „Baskin Robbins”, oraz bilet do kina. Fundatorem nagród była Grupa Piast.

Szkoła włożyła dużo pracy w przygotowanie tej imprezy. Poziom konkursu był bardzo wysoki. Doskonale bawiły się dzieci w nim uczestniczące oraz publiczność na widowni. Po zakończeniu konkursu słychać było głosy o chęci uczestnictwa w przyszłym roku. Wygląda na to, że Mistrz Literowania ma szansę stać się doroczną imprezą w życiu Polskiej Szkoły im. Heleny Modrzejewskiej w Yorba Linda.

*Materiał nadesłał: Jarosław Musiał,
Komisarz Dystryktu XVI ZNP*

PNA Supports Polish Heritage

Did you know that the Polish National Alliance provides subsidies for Polish Schools?

If you are Polish school principal, board member or a teacher please call our Fraternal Activities Department for more information at

773-286-0500 ext. 312



254 tyś. dolarów na stypendia dla członków ZNP

Związek Narodowy Polski przekazał ostatnio ponad 250 tyś. dolarów na stypendia dla studentów wyższych uczelni, członków organizacji.

ZNP posiada dwa odrębne fundusze, przeznaczone dla studentów szkół wyższych (undergraduate) oraz dla studentów szkół podyplomowych (graduate). W tym roku, z pomocy stypendialnej ZNP skorzystało 255 osób studiujących na uczelniach zarówno w Stanach Zjednoczonych jak i w Polsce, które otrzymały pomoc finansową w wysokości od 500 do 3,5 tyś. dolarów.

Przy rozpatrywaniu aplikacji brane były pod uwagę, oprócz wyników w nauce, zaangażowanie społeczne oraz działalność w organizacji. Aplikanci, którzy w tym roku otrzymali stypendia PNA, studiuje na kierunkach od medycyny poprzez muzykę po inżynierię i ochronę środowiska. Niektórzy studenci, swoim dorobkiem naukowym oraz zaangażowaniem społecznym, zasługują na najwyższe uznanie i napawają dumą z młodej Polonii.

Program stypendialny ZNP zapoczątkowano w 1973 roku. Złożone zostały wtedy tylko 2 aplikacje. W 1974 roku 6 studentów ubiegało się w Związku Narodowym Polskim o pomoc w dofinansowaniu studiów, a w roku następnym ich liczba wzrosła o 100%. Od tego czasu rośnie zarówno liczba aplikantów jak i kwota przyznawanej pomocy finansowej.

O kwocie przeznaczanej corocznie na pomoc stypendialną decyduje, obradujący co cztery lata, Sejm ZNP. Stypendia dla studentów szkół podyplomowych przyznawane są z dochodu ze specjalnego, inwestycyjnego funduszu edukacyjnego. Oprócz tych dwóch funduszy Związek Narodowy Polski oferuje swoim członkom program Tuition Rewards®, który skierowany jest do osób studiujących na uczelniach prywatnych w Stanach Zjednoczonych.

Tylko przez ostatnie 10 lat Związek Narodowy Polski pomógł finansowo ok. 6,500 studentom wydając na stypendia 2,650,000.00 dolarów.

Informacje dotyczące programów stypendialnych ZNP oraz programu Tuition Rewards znajdują się na stronie internetowej: **www.pna-znp.org**



Komisja stypendialna: (l-p) Magdalena Pantelis, dyrektor generalna Dziennika Związkowego, Halina Żurawski, zastępca dyrektora Polskiej Szkoły im. Św. M.M. Kolbe, Helena Sotys, wiceprezes Zrzeszenia Nauczycieli Polskich w Ameryce.



Komisja stypendialna rozpatrująca aplikacje na stypendia dla studentów szkół podyplomowych: (l-p) Magdalena Solarz, dyrektor artystyczna Teatru Pieśni i Tańca „Wici”, Ewa Koch, prezes Zrzeszenia Nauczycieli Polskich w Ameryce oraz Małgorzata Błaszczuk, redaktor naczelna Dziennika Związkowego.

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

\$54,000 Awarded in Scholarships to Graduate Students

Last June, the Polish National Alliance awarded scholarships to its graduate and doctorate student members. All candidates for PNA Graduate Scholarships demonstrated high academic achievements and strong involvement in the PNA, as well as local Polish-American communities.

The committee consisting of Ewa Koch, President of Polish Teachers' Association, Małgorzata Błaszczuk, Editor of Dziennik Związkowy and Magdalena So-

larz, Artistic Director of the "Wici" Song and Dance Theatre, evaluated 28 applications and expressed their respect for young applicants, who shared their accomplishments and life stories in submitted essays.

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

2016-2017 PNA Graduate Scholarship Recipients

- 1. Natalia Baran**
Governors State University, University Park, IL
- 2. Hannah L. Domaradzki**
Slippery Rock University of PA,
Slippery Rock, PA
- 3. Ellen Marie Dzierzak**
Nova Southeastern University,
Fort Lauderdale, FL
- 4. Zofia Anna Frączek**
Jagiellonian University Medical College,
Kraków, Poland
- 5. Ashley Lynn Grego**
The University of Pittsburgh at Johnstown,
Johnstown, PA
- 6. Nicolette Kathy Iwan**
Chapman University School of Law,
Orange, CA
- 7. Marcin Jaremek**
The University of Illinois at
Urbana-Champaign, Champaign, IL
- 8. Emily Paige Jendzejec**
Boston College, Chestnut Hill, MA
- 9. Emil Leon Klosowiak**
The University of Illinois at Chicago,
College of Medicine, Chicago, IL
- 10. Julian Klosowiak**
Northwestern University Feinberg School of
Medicine, Chicago, IL
- 11. Matthew Kobeszko**
Chicago Medical School at RFUMS,
Chicago, IL
- 12. Justin C. Kohan**
Carnegie Mellon University, Pittsburgh, PA
- 13. Kristine Joanne Kozak**
The University of Illinois School of Veterinary
Medicine, Urbana, IL
- 14. Paul Thomas Kozak**
Chicago College of Osteopathic Medicine,
Downers Grove, IL
- 15. Ewelina Zofia Musial**
Georgetown University Graduate School of
Arts & Sciences, Washington, D.C.
- 16. Brianna Ariel Musielak**
Florida Atlantic University, Boca Raton, FL
- 17. Danielle Renee Osmelak**
Olivet Nazarene University, Bourbonnais, IL
- 18. Agata Parfieniuk**
The University of Illinois College of Medicine,
Chicago, IL
- 19. Elaina Jo Polovic**
Jesuit School of Theology of Santa Clara
University, Berkeley, CA
- 20. Tara Nicole Slominski**
North Dakota State University, Fargo, ND
- 21. Hannah Rachel Sowinski**
The University of South Florida, Tampa, FL
- 22. Krzysztof Szymon Stopka**
Georgia Institute of Technology, Atlanta, GA
- 23. Elizabeth Evelyn Tribone**
Columbia University, New York, NY
- 24. Sara E. Waldron**
Bridgewater State University, Bridgewater, MA
- 25. Louise Katrina Wioncek**
American University, Washington, DC
- 26. Evelina Ann Wozniak**
Saint Louis University, St. Louis, MO

Activities of PNA Region “H”



August 14th, **Council 182 in Houston** held their quarterly meeting to make the plans for the next quarters. Featuring members from Lodges: Kosciuszko 165, Progressive 2336, and Polonia 2308. Council members include Willie Mae Maciejewski-Secretary; Lillian Worchesik, Marissa Bartkowiak, Patricia Maciejewski, Bruno Maciejewski, Brian Marshall, Marion Maciejewski, Margaret Kopczynski, Jimmy Kubeczka, Virginia Flechak Hill-Treasurer, Tammy Bartkowiak, Jolanta Mazewski-Dryden-Vice President, Ray Dendor, Larry Lockner, and Al Snider-President.



August 14, 2016 - **Kosciuszko Lodge 165** held their quarterly meeting to plan activities for the next two quarters; Christmas, cultural events and fundraisers. Currently working on plans for a major fundraising benefit for James and Cherry Smock, October 4th at St. Mary's Catholic Church (another great Polish Community), Plantersville, TX. James and his wife are huge supporters of the Polish Community and PNA for the last decade documenting Polish history in Texas. In attendance: Brian Bartkowiak, Brian Marshall - Financial

Secretary, Tammy Bartkowiak, Marissa Bartkowiak, Margaret Kopczynski, Virginia Flechak Hill, Ray Dendor, Larry Lockner, Al Snider- President, Michael Kurtin - Secretary, Bruce Maciejewski. Guest: Jolanta Mazewski-Dryden, Fraternal Director Region H.



August 14th, **Polonia Lodge 2308** in Houston held their quarterly meeting to make the plans for the next quarters. Featuring members of the Lodge: Willie Mae Maciejewski, Patricia Maciejewski- Secretary, Bruno Maciejewski - President, Marion Maciejewski, Bruce Maciejewski and Jimmy Kubeczka.



Brian Marshall, Kosciuszko Lodge 2336, great PNA member, promoter, and supporter since his teens have recently become our newest Sales Representative in Texas. Welcome aboard Brian! He is an excellent addition to the sales group, and his fiddle playing is pretty impressive, too!



During the Memorial Weekend **Progressive Lodge 2336 member Shaun Dryden**, an active PNA member, a graduate of IPFW continues to play

professional volleyball!! He plays libero with Team Pineapple who is managed by Lloyd Ball, Olympic Gold Medalist. This year, his team once again won the Gold at the Men's Nationals held in Orlando - back to back win!



Marissa Bartkowiak is a member of Kosciuszko Lodge 165 and an upcoming graduate student of Texas A & M. She is a current student working on a BA in Accounting and a Masters in Management Information Systems and will be graduating in May 2017. She is also a treasure of the dynamic University Association

- Texas A & M Polish Associating of College Station Texas. This outstanding organization focuses on culture, education, and the bringing together of students of Polish descent.



Kosciuszko Lodge 165 member Dr. Jim Mazurkiewicz recently received Poland's highest honor for a person living outside Poland: the Medal of Merit was presented to him by President Andrzej Duda at the Presidential Palace in Warsaw! Dr. Mazurkiewicz, Regents Fellow and Director of the Texas Agricultural Lifetime Leadership program for the Texas A & M AgriLife Extension Service, is a huge part of the Polish Community in Texas. This award recognizes his leadership in building an international, agricultural cooperation between Poland and the US and efforts to promote the Polish economy and partnership development domestically. Mazurkiewicz' Polish decent traces back to his great-grandparent who came to the US 130 years ago and settled in Chappell Hill, Texas. Photo: President Andrzej Duda with Mr. & Mrs. Mazurkiewicz.

Polski Dzień & Polish Pickle Run 2016

June 23 - 25 in the Small town of Bremond, Texas that was once the largest Polish settlement in Texas the **29th Annual Polski Dzień** was celebrated. The event featured live music, street dance, games, and a downtown parade - something for everyone. Houston's Polish Folk Dance Group Wawel that features some PNA members danced at this year's festival once again to thunderous applause! The pickle run had over 800 runners, and yes you got a pickle for your efforts.



Wawel ensemble performing at the Polish Festival in Bremond, Texas.



Progressive Lodge 2336, **Katie Kubiak** performing with the Wawel dancers.



Brian Marshall, the Polish Fiddler (Kosciuszko Lodge 165) once again entertaining the visitors.



Dr. Jim Mazurkiewicz entertaining at Polski Dzień.

Dożynki Polish Festival in Houston, Texas September 16-19, 2016

The PNA, Progressive Lodge 2336, Kosciusko Lodge 165 and Polonia Lodge and Council 182 will once again be represented at the Festival with a spectacular exhibit representing PNA with information and a colorful cultural display. Jolanta Mazewski - Dryden, Fraternal Director Region H and local PNA members will be on hand to talk with PNA members and prospective members.

This year Dożynki Polish Festival will feature the Wawel Dance group (that includes PNA members). The performers will be wearing the original Polish nobles costumes from the 17th century.

Dożynki, Polish harvest festivals, will begin to be celebrated around the middle of August. It's a tradition that dates back centuries to the times of nobles, manors, and landed gentry who prepared a feast at the conclusion of the harvest for the workers. Nearly every township and county now manage the events, although sometimes even parishes and individual villages get involved today.



2013 Dożynki Festival photo featuring Wiesława Breski, Antonina Mazewski and Jolanta Mazewski-Dryden (Progressive Lodge 2336)

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

Fraternal Sunday at District XVII

District XVII spent a busy day Sunday, August 14th. It started with a Mini Golf Tournament for our junior members. The participants were excited to be out on the course and had a splendid time.

The afternoon was spent at a banquet to honor our scholars. Thanks to the money raised in our Night at the Races and Reverse Raffles, we were able to award three College and 9 High School scholarships.

*Submitted by: David Milcinovic, Vice President
Photos by: Eric Ptak*



Young participants of the District XVII Mini Golf Tournament with Jane Ptak, PNA Commissioner Allan Szuflada, Vice President David Milcinovic.



Recipients of the 2016 District XVII scholarships with Commissioner Allan Szuflada, Vice President David Milcinovic, and Jane Ptak.

Lodge 1224 Family Picnic and Dance

Rockford, IL Sunday, June 26, Lodge 1224 held our annual Family Picnic and Dance.

With our hard working officers, help from the many volunteers and great weather, this year's picnic was again a great success. Every youngster, 12 years and under, received toys, watermelon, and pop. Adults enjoyed a sausage and sauerkraut dinner, traditional paczki, well-stocked bar, raffles, and dancing.



Marian Grabowski, PNA Treasurer, together with our out of town friends and lodge officers.

Our Lodge would like to thank people for their efforts to make this event such a success. Scholka Bielawska spent all day with ticket sales. Stan Wawioroko took care of our bar supplies. Irena and Arnold Dyer worked all day behind the bar. Irena Dyer also handled the little raffle. Jadwiga Bielawski handled the BIG raffle. Joe Wojewodzki cut and distributed watermelons and children's toys. Henry Bielawski and Victor Osipczuk worked our adult games. Thanks to Marian and Henry Bielawski with Victor Osipczuk for cleaning up the park.

The hardest work was done by a group of ladies, led by Teresa Bulka with help from Mary Gwardys, Scholka Bielawski, Ela Miziniak, Helen Czackowski and Margaret Borowski in our kitchen. These women cooked and served over 125 dinners and countless sandwiches throughout the day.

THANK YOU to all the members, friends, and out of town guests, for coming and making this annual family event such a great success.

Submitted by: Joe Wojewodzki

St. Joseph Lodge 664 Scholarship

Westmoreland City, PA. St Joseph Lodge 664 Lodge awarded a \$2000 scholarship to Tyler D'Ascenzo, who qualified as this year recipient. Tyler is in his second year at the University of Pittsburgh and plans to major in Accounting.

The Lodge has an in-house Scholarship for Fraternal Lodge members of 664 each year in addition to what the National Office offers to Collegiate PNA members. Good luck to Tyler and all of the past Scholarship Awardees.

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



Pictured from left to right: Tony D'Ascenzo (Tyler's Father), Tyler D'Ascenzo, Recipient of Scholarship Jim Sinclair, Lodge President Edward Martin, Scholarship Committee Member Luke Braverso, VP of Lodge and Head of Scholarship Committee (Rear) David Sinclair, District VIII Commissioner and Scholarship Committee Member.

Send all articles, pictures and
correspondence to:
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2016 Flag Day Celebration at the PNA

On Tuesday, June 14, 2016, members and friends of the Polish National Alliance (PNA) Fraternal Life Insurance Organization commemorated US Flag Day at their corporate office located on Cicero Avenue in Chicago, Illinois. PNA National Secretary Charles A. Komosa, event emcee, welcomed the guests and briefly spoke on the importance of the United States Flag in honor of a symbol dear to our hearts and importance to our Nation – the Flag of the United States of America. It has been a symbol of our country since 1777. Charles Komosa then called upon PNA & PAC President Frank Spula who offered inspiring remarks about the US flag and the importance in the United States. Charles Komosa then called upon three United States Veterans who raised the American, Polish, and PNA



(l-r) Charles Komosa and Frank Spula opening 2016 PNA Flag Day Ceremony.



Flags that fly in front of the PNA building. Raising the American Flag was Romuald ‘Ro’ Matuszczak, U.S Marine, WWII, Staff Sergeant, the Polish Flag was Richard Piasecki, Corporal, US Army, Korean War, and the PNA Flag was John Wantuch, US Air Force, Master Sergeant, and a moment of silence was given in memories of those who gave up their lives defending our country with the playing of the Military Taps melody. After the flags were raised, all the guests recited the Pledge of Allegiance.

Charles Komosa then recognized the guests in attendance and called upon Illinois State Senator, 10th District, Honorable John Mulroe, Illinois State Representative Michael P. McAuliffe, Clerk of the Circuit Court, Cook County Honorable Dorothy Brown, Office of the Comptroller, Honorable Leslie Geissler Munger’s representative John Cieslik, City of Chicago Alderman Margaret Laurino, and Candidate for Circuit Court Steve Kozicki who all offered encouraging remarks about Flag Day and its importance in America. The program concluded with the playing and guests singing of “God Bless America”. After the official program convened, PNA National Secretary Charles Komosa, on behalf of President Frank Spula and PNA Treasurer Marian Grabowski and himself, invited the guests to stay for a delicious luncheon reception in the PNA cafeteria.

*Submitted by Charles A. Komosa
Photos by: Alicja Kuklińska*

Dzień Flagi w ZNP

We wtorek 14 czerwca, z okazji amerykańskiego Dnia Flagi, na maszty przed budynkiem Związku Narodowego Polskiego wciągnięte zostały flagi Stanów Zjednoczonych, Polski oraz gospodarza uroczystości.

Mistrzem ceremonii był Charles Komosa, sekretarz krajowy ZNP. W krótkich wystąpieniach głos zabrali prezes ZNP i KPA Frank J. Spula, senator stanowy John G. Mulroe, poseł stanowy Michael P. McAuliffe, sekretarz sądu okręgowego powiatu Cook Dorothy Brown, radna 39 okręgu miejskiego Margaret Laurino oraz przedstawiciel rewidenta stanowego Leslie G. Munger, John Cieslik. W uroczystości uczestniczyli również: kandydat na sędziego Steve Kozicki, przedstawiciele organizacji polonijnych oraz zarządu i pracowników Związku Narodowego Polskiego.

Flagę amerykańską wciągnął na maszt Romuald „Ro” Matuszczak, weteran II wojny światowej i sierżant korpusu amerykańskiej piechoty morskiej, flagę polską Ryszard Piasecki, weteran wojny wietnamskiej i kapral armii amerykańskiej, sztandar Związku Narodowego Polskiego, jego pracownik i starszy sierżant lotnictwa w stanie spoczynku, John Wantuch.

Błękitne niebo i powiewające na wietrze flagi oraz zagrane hymny, skłoniły zebranych do refleksji na temat patriotyzmu oraz wdzięczności za poświęcenia tych, którzy zginęli broniąc ojczyzny i wolności, których symbolem jest flaga.

Raising the flags, (l-r) Ryszard Piasecki, Romuald Matuszczak, and John Wantuch



(l-r) John Wantuch, John Cieslik, John Mulroe, Romuald Matuszczak, Dorothy Brown, Margaret Laurino, Richard Piasecki, Michael McAuliffe



Honorable guests, former and current PNA officers.



Dożynki 2016

On Sunday, August 7, 2016

the Youth Camp Association of Districts 12 and 13 PNA located in Yorkville, Illinois hosted the annual Dożynki celebration.

Dożynki is a Slavic harvest festival which originated in pre-Christian times and was usually celebrated on the autumn equinox. In Poland, Dożynki has been celebrated after the harvest since the time of the feudal systems. In modern times it is usually celebrated on one of the Sundays following the end of the harvest season, which fall on different days



Children from the Whispers Center for Artistic Expressions, Rev. B. Chmiel, Mr. & Mrs. Krzyminski (center), Marian Grabowski, Edward Mika (left top row).



Performers of the Whispers Center for Artistic Expressions.



Rev. Bruno Chmiel, Maria and Leszek Krzyminski.

in different regions of Europe. In the vicinity of Kielce in Central Poland and Kraków in Southern Poland, Dożynki was traditionally celebrated on the Feast of the Assumption of Mary, August 15.

Initially, it was associated with the pagan cult of plants, trees, and agriculture. In the 16th century in Central and Eastern Europe, the festival gained a Christian character and started to be organized by the landed gentry and more affluent peasants as a means to thank the reapers and their families for their work, both during the harvest and during the year.

While there are many regional varieties and traditions, most have some aspects in common. Often the peasants or farmers celebrating Dożynki gather in the fields outside their village, form a procession and bring back a sheaf or the last batch of cereal reaped from nearby fields. The women then turn it into a wreath and offer it to the guest of honor (usually the organizer of the celebration: a local noble, the richest farmer in the village, or in modern times, a representative of the authorities).

The wreath symbolizes a rich harvest, the prospect of wealth, and the power of new life vested in the grain gathered during the summer. In many regions, the grain from the wreath is used as the first

batch of grain threshed and set aside for next year's sowing. Originally, the wreath was a decorated sheaf of grain, decorated with field flowers, ribbons, and braided straws. The sheaf or the wreath is usually brought back into the village by a ceremonial procession. It is often blessed with holy water by a priest. Such wreaths were



Performers of the Whispers Center for Artistic Expressions caring traditional Polish Dożynki wreath.

still being made in Poland in the 1930's. However with time, other forms of wreaths became more popular, including the now-typical round wreath. Crown-shaped, oval or rectangular wreaths are also popular in various regions.



Youngest performers of the Whispers Center for Artistic Expressions.

At the PNA Youth Camp in Yorkville, Illinois, this year's celebration of Dożynki began with a procession to the beautiful outdoor chapel led by the guests of honor, Marie and Leszek Krzyminski, who carried the bread and

fruits. Youngsters of different ages dressed in Polish costumes from the Whispers Center for Artistic Expressions from Streamwood, Illinois carried the wreath, followed by the Kapela Musical Folk Ensemble "Horyzonty". The Mass in the Polish language was celebrated by Rev. Bruno Chmiel from St. Pancratius Church in Chicago. A beautiful liturgy with over 150 people in attendance prayed and sang beautiful hymns during and after Mass.

After the guests had time to enjoy a delicious dinner in the dining room, a Harvest Festival program featured students from the Whispers Center for Artistic Expressions directed by business manager, Ewa Tyrawa. The children comprised of different age groups performed many different dances and songs from various regions of Poland. This beautiful outdoor setting provided an enjoyable afternoon for everyone to share in the traditions of their Polish heritage.

*Submitted by: Barbara Wesolowski,
Fraternal Director of Region "F"*
Photos submitted by: Agata Mscisz



THE AUTUMNAL EQUINOX

This year, the autumnal equinox falls on **September 22, 2016, at 10:21 A.M. EDT.** This equinox occurs when the Sun appears to cross the celestial equator from north to south. The celestial equator is the circle in the celestial sphere halfway between the celestial poles.

The word equinox means "equal night"; night and day are about the same length of time. This event occurs two times each year: Vernal in late March and Autumnal in late September.

In addition to the (approximately) equal hours of daylight and darkness, the equinoxes are times when the Sun's apparent motion undergoes the most rapid change. Variations in the position on the horizon where the Sun rises and sets can be noticed from one day to the next by alert observers. From here on out, the temperatures begin to drop and the days start to get shorter than the nights.

Source: almanac.com



Golden Polish Autumn (Złota Polska Jesień)

Złota Polska Jesień (Golden Polish Autumn) is the phrase commonly used in Poland to describe this most beautiful season of the year. Summer is gone, winter is approaching, but the weather is still great. It is time to enjoy the colors. Forests cover 30% of the area of Poland and in the fall they change color into gold, rusty orange and dark red, with a green background. The weather can still be pleasant, and without the summer vacation crowds, it is a splendid time for tourism.

District VIII Golf Tournament

The 36th Annual District VIII Golf Tournament was held on June 17 and June 18, 2016, at the Venango Valley Golf Course in Venango, PA. A total of 135 golfers from 12 Lodges participated in this successful tournament.

The competition was managed by Stacy Mott, the granddaughter of Ted Haluch, who died in February. She was assisted by many who volunteered their services. Stacy is to be congratulated for her effort to make this tournament a success as was taught to her by her grandfather.

Before releasing the golfers to their assigned tees, Val Pawlos, PNA Business Director requested a minute of silence in memory of Ted Haluch. He also had a banner displayed that showed a picture of Ted Haluch with a picture of the Polish eagle in the background



Team Lodge 325 (l-r): Phil Mattich, Ronald Rys (3th Place Flight Champ), Joseph Pici, Dean Marraccini



Flight A (l-r): Phil Mattich, George Gonzalez, Joseph Pici

with the inscription "Ted Haluch PNA District VIII Memorial Golf Tournament". This banner was donated by West End Pulaski Society PNA Lodge 1052, and it will be displayed at an arranged location each day of future tournaments.

Before announcing the winners of the tournament at the banquet,



Flight B II (l-r): Eugene Cindric, Kevin Pawlos

Val Pawlos introduced District VIII Commissioner David Sinclair, PNA Fraternal Director Jeff Twardy, former National Director Joe Kaminski, and former District VIII Commissioner Richard Tyszkiewicz. He also indicated that representatives of PNA were present, namely PNA Vice President David Milcinovic. Commissioner Sinclair announced that the District VIII Bowling Tournament will be hosted by Lodge 664 in Westmoreland City in October.

The acknowledgment was given to Mary Srodon, Fraternal Activities Coordinator for the PNA, for the plaques and monetary contribution. Thanks to District VIII for their donation and to the many sponsors for their tee ads.

For the list of winners of the District VIII Golf Tournament, visit: www.pna-znp.org

Submitted by: Joseph A. Kaminski



Flight C (l-r): Bob Alvarez, Stacy Mott



(l-r) Stacy Mott, Joe Kaminski, John Biros, Josephine Haluch, Val Pawlos



Flight F (l-r): Joseph Baran, James O'Donnell, Patrick Adamson



Women (l-r): Tusia Mott, Kathy Sluk, Terry Viskovicz

poniedziałek - piątek 11.00 - 15.00



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PNA Silver Legion of Honor for Tadeusz Kutarba

Passaic, New Jersey. Council 9 PNA held an Annual Meeting on February 21 – 2016 at the Polish American Cultural Center in Passaic, NJ.

Council President Sophie Dul welcomes all delegates and special guest Censor PNA Wesley Musial. Censor Musial administered the oath to elected Delegates and newly elected Officers for 2016. Increasing membership within our Lodges was also discussed with those in attendance.



(L-R) Anna Bednarz,
Tadeusz Kutarba, Wesley
Musial, Sophie Dul

Towards the end of the meeting, Censor Musial awarded Tadeusz Kutarba with a Silver Legion of Honor Cross sponsored by PNA Home Office for his hard work and dedication to PNA. Mr. Kutarba served eight years as a Commissioner of District 5 PNA and eight years as a National Director – Region B.

Czesława Buczkowski was also given a bronze medal for her four years as a Commissioner of District 5 PNA. Czesława was not able to attend the meeting.

Council 9 PNA officers for 2016

Sophie Dul – *President*

Tadeusz Kutarba – *Vice President*

Anna Bednarz – *Secretary*

Teresa Kutarba – *Treasurer*

Bogusia Maciag & Stanley Dul – *Auditors*

Submitted by: Anna Bednarz, Recording Secretary, Council 9

(Standing L-R) Eugenia Sliwowska, Wesley Musial-Censor PNA, Teresa Kutarba, Tadeusz Kutarba, Stanley Dul, Bogusia Maciag, Adam Sviatek, Anna Bednarz, Danusia Buron, Roman Geza, Jola Dlugosz, (seated) Sophie Dul & Joseph Lewandowski



Zespół „Wici” zachwyca świat



Grupy Reprezentacyjne Wici

**Niechaj Wici zachwyci..., lecz tym razem
nie w Chicago!**

Teatr Pieśni i Tańca Wici czeka bardzo pracowite lato. Małe Wici, czyli tancerze w wieku 10-13 lat wyjeżdżają and Międzynarodowy Festiwal Folklorystyczny do South Lake City w stanie Utah, gdzie będą prezentować polski folklor.

Młodzieżowa Reprezentacja, czyli grupa wiekowa (14-17 lat) jedzie do Włoch na bardzo prestiżowy Festiwal, jako reprezentacja Stanów Zjednoczonych. Zaplanowali również zwiedzanie Rzymu, Florencji, Sieny oraz Padwy.

Grupa reprezentacyjna Wici została zaproszona na festiwal do Brazylii, do miejscowości Passo Fundo na południu tego ogromnego kraju. Grupa ta również oficjalnie reprezentuje Stany Zjednoczone prezentując tańce amerykańskie. Tancerze pragną również zwiedzić San Paulo, Rio de Janeiro oraz słynne Wodospady Iguassu.

Wici, będące członkiem organizacji CIOFF, działającej przy ONZ i promującej folklor na świecie, już od wielu lat biorą udział w festiwalach na całym świecie, zdobywając nagrody i wzbudzając ogólny zachwyt swoimi tańcami.

54th National Golf Tournament



The Polish National Alliance's 54th National Golf Tournament was held on August 5-6, 2016 in Slovan, PA.

PNA Lodge 1870 in Slovan, PA served as the host Lodge and tournament organizer. Officers and volunteers including Lodge President Chuck Couch, Ron and Terry Viskovicz, Bob Alvarez, Jim O'Donnell, Larry Sayer, Jason Snider, Betty Patterson, Ed and Sherry Wonsevicz, and a few more not mentioned welcomed 98 PNA golfers to their PNA Club to register for golf and enjoy a hos-



pitality night including delicious Polish food, libations, and fraternal camaraderie.

The PNA golfers battled hot and humid conditions at the Ponderosa Golf Course for the two tourna-

ments on Friday and Saturday but enjoyed the challenging and scenic golf course in Western Pennsylvania's rolling hills of Beaver County in Hookstown, Pennsylvania.

The competition culminated with an awards banquet with a delicious buffet dinner followed by the presentations of golf trophies and plaques for the multiple winners. The PNA Home Office was represented by National Secretary Charles A. Komosa, National Business Board Director Val Pawlos, and Fraternal Activities Coordinator Mary Srodon, Fraternal Director Jeffrey Twardy, District VIII Commissioner Dave Sinclair, former National Director Joseph Kaminski, and former District VIII Commissioner Richard Tyszkiewicz.

On behalf of the Polish National Alliance Officers, we thank each and every one of you who attended or assisted in any way with the 54th Annual Polish National Alliance National Golf Tournament in Slovan, PA. We had an outstanding tournament filled with fraternalism, a great game of golf, friendship and fun! I can't thank you enough for your support by participating in this year's tournament.

For the list of the PNA 54th National Golf Tournament winners as well as the full photo gallery visit: **www.pna-znp.org**

*Submitted by: Mary Srodon,
Fraternal Activities Coordinator*

*On the photos: 2016 participants of
the PNA National Golf Tournament.*



We are proud of

Dr. Christine Szczech Moser Faculty Laureate Award



Dr. Moser, member of PNA Lodge 1474, is this year's recipient of the Concordia University Wisconsin Ronald L. Berg Faculty Laureate award. This award is an honor bestowed by the Concordia faculty on one of its own in recognition as the Outstanding Faculty Member of the Year. The recipient exemplifies Concordia

as a way of life, is a model of Christian life, excels in teaching, engages in scholarship, and supports the community life of the campus.

Dr. Moser is a Full Professor of Occupational Therapy in the Department of Health Professions. She serves as the faculty advisor to Pi Theta Epsilon, the OT National Honor Society, responsible for establishing a chapter on Concordia's campus in 2015. Before her role as faculty advisor of Pi Theta, she worked with students to establish a Student Occupational Therapy Association (SOTA) on campus in 1994 and served as faculty advisor for 20 years.

Dr. Moser's academic preparation includes a Bachelor of Science degree in Occupational Therapy from Mount Mary College (now Mount Mary University) in Milwaukee; a Master's degree in Educational Psychology and a Ph. D. in Urban Education/Exceptional Education from the University of Wisconsin, Milwaukee. Additionally, she completed a specialty certification in Sensory Integration and is certified to administer the Sensory Integration and Praxis Test.

Her research interests include sensory integration, processing, and handwriting. She currently writes a quarterly column known as Reviews, Tools, and Resources in the peer-reviewed Journal of Occupational Therapy, School & Early Intervention. For the past six years, she has invited students to write with her which has resulted in over 30 students becoming published authors. Her professional background includes serving as a school based therapist for 20 years, working in early intervention, and hospital-based therapy. Dr. Moser has taught in Occupational Therapy Department for 22 years. Her specialty is pediatrics. She has

designed and taught a variety of pediatric courses over the years, and this fall will add teaching pediatrics at the doctoral level to her accomplishments. She has been active on campus serving on the Faculty Senate, Futures Committee, Faculty Development Committee, graduation marshal, and currently on the Rank and Promotion Committee.

Submitted by: Irene M. Szczech

Natalie Wolanski Miss Polonia Massachusetts 2016



Natalie Wolanski of PNA Lodge 525, was crowned Miss Polonia Massachusetts 2016.

Miss Polonia Massachusetts Pageant, organized by the Polish National Alliance Lodge 525 and the Polish American Congress of Western Massachusetts has been recognizing young women

of Polish descent for 14 years and this year, a total of five women, all from Western Massachusetts, competed for the title.

Natalie Wolanski (20), a pre-med student at Quinnipiac College in Connecticut was crowned Miss Polonia and selected by the audience as „People's Choice". She is a runner, a member of the nutrition club, and is working on creating a Central European Club where students can learn more about and celebrate cultures of different countries, including Poland. Natalie will compete for the Miss Polonia America title, and then hopefully, for the title of the Miss Polonia World.

Past Miss Polonia contestants included PNA member Sabina Gadecki of Chicopee, as the pageant helped launch her modeling and movie career.

Photo: Connor Brennan

Dr. Jim Mazurkiewicz, Medal of Merit



Dr. Jim Mazurkiewicz receiving the Medal of Merit from Republic of Poland President Andrzej Duda. (Republic of Poland photo)

Dr. Mazurkiewicz, member of PNA Lodge 165, Regents Fellow and Director of the Texas Agricultural Lifetime Leadership program for the Texas A&M AgriLife Extension Service, has been awarded the Medal of Merit from the Republic of Poland.

Mazurkiewicz was presented the highest honor given to a non-citizen by Poland's President, Andrzej Duda, during the Agro-Gala ceremony held June 14 in the gardens of the Presidential Palace in Warsaw. The award recognizes his leadership for building international agricultural cooperation between Poland and the U.S., and efforts to promote the Polish economy and partnership development domestically.

Mazurkiewicz, who speaks conversational Polish, has organized several key visits the past six years to Texas and Texas A&M University involving U.S. and Poland politicians, entrepreneurs, farmers and scientists to learn more about agricultural production and its economy in the Lone Star State and nationally. Participants included representatives in government, academia and industry, as well as elected officials, university administrators, professors, researchers, students, businessmen, women and farmers.

Mazurkiewicz is also president of the Polish American Council of Texas, a non-profit organization that furthers the knowledge of Polish culture, traditions, history and statewide events in Texas.

"I am most honored and humbled to receive the highest recognition a non-citizen can receive," Mazurkiewicz said. "It is with great pride to continue to further my Polish heritage through agricultural education, developing business relations as well as forming partnerships and friendships between the Republic of Poland and the Texas agricultural industry. We all play an important role in producing enough food and fiber to feed the world. We can learn a lot from each other in addressing the challenges that lie ahead."

Mazurkiewicz' Polish descent traces back to his great-grandparents, who came to the United States 130 years ago and settled in Chappell Hill. Mazurkiewicz continues the family farming operation raising beef cattle in addition to his work with AgriLife Extension.

Mazurkiewicz has worked for the Texas A&M University System for 38 years. In addition to serving as the director of the Texas Agricultural Lifetime Leadership, or TALL, program, one of the premier agricultural enhancement programs in the U.S., according to organizers, he also oversees the San Antonio Livestock Exposition Leadership Extension program. He is a national and state approved beef cattle judge and has judged over 350 shows in 10 states, including every major livestock show in Texas.

He holds a bachelor's degree in animal science from Texas A&M, a master's degree in agriculture education from Texas Tech University and a doctorate in animal science from Texas A&M. He and his wife, Kathy, have three children: James, Kathy Ann, and Stephanie.

Blair L. Fannin, Texas A&M AgriLife Communications



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In Memoriam

TOMASZ WYSZYNSKI (1920 -2016)



Tomasz Wyszynski, passed away on June 10, 2016 after a battle with cancer at the age of 95.

He was born to Bronislawa and Franciszek Wyszynski in Poland on September 22, 1920. At the age of 19, he was sent to a Russian labor camp in Siberia which

he endured for 22 months. Upon his release, he joined the Polish Army, and then was shipped to England where he served with the 316th Squadron Spitfires of the Polish Air Force attached to the Royal Air Force until 1945.

In 1948, Wyszynski settled in Akron, Ohio. He opened a barber shop which he operated until 1965.

Tomasz joined the Polish National Alliance in 1949 and began a lifetime career with the organization. He served as Lodge 1099 Financial Secretary from 1962 to 2009. He was Council 134 Treasurer from 1968 to 1991 and 2010 to 2016. Furthermore he was a Commissioner from 1983, Delegate to the National Conventions, and PNA National Director from 1991 to 1999.

He was also a member of the Polish Roman Catholic Union, Alliance of Poles, Polish Legion of American Veterans Post 32 in Akron and Post 203 in Cleveland, United Polish Council of Summit County, and the Polish American Citizens Club. He worked tirelessly for Polonia and received many honors for his dedication.

Tomasz loved hunting, fishing, and working with wood. He always had time for family and friends which he loved dearly.

ANTONINA MAZEWSKI (1935-2016)



It is with great sadness that the family of Antonina Mazewski (Mikulicz) of Houston, Texas announced her passing, on Saturday, July 23rd, 2016, at the age of 82.

Antonina Mazewski was born in Wilno (Vilnius), on February 7, 1935, the oldest of seven children.

She survived World War II, graduated from a University in Poznań, Poland, with a Masters in Economics, and spoke seven languages. She married the love of her life, Adam Z. Mazewski in 1958, and immigrated to Houston, Texas with her daughter in 1962 to rejoin her husband in Texas and followed by the birth of her son in 1964.

She was active in the Polish National Alliance, Polish American Congress, and Polish Catholic Mission for over six decades was promoting Polish culture and heritage locally, nationally and internationally. Her heart and soul will always be with her home country of Poland, but loved the United States the country that gave her opportunities to thrive

Antonina and her husband created the Polish Eagle Dance group that performed tradition Polish folk dances all over the State of Texas for over three decades. She has received many awards and accolades over the years from PAC, PNA, Texas Heritage, St Cyril and Methodius, City of Houston, State of Texas and the Medal for Merit to Culture awarded by the Ministry of Culture and National Heritage of the Republic of Poland.

Antonina was an amazing designer/seamstress and has draped many well-known people quietly with her designs. "Babcia" or "Bobby" as known to her grandkids and great grandkids; Pani Mazewska or Tosia to her friends and Mama to her children loved to cook, bake, and entertain friends and dignitaries that visited her home. She also loved to dance, smile and enjoyed a rational conversation. She always made sure Polish traditions were kept and practiced in her family!

Antonina will be forever remembered by her lovingly family as well as the Polish Community of Texas.

In Memoriam

HEDY RABIEGA (1939-2016)



Hedy (Jadwiga) Rabiega (Nee Zablocki) of Greenfield, Wisconsin walked into the Lord's Arms on Thursday, August 4, 2016, at the age of 77.

Jadwiga Henryka was born in Warsaw, Poland to Henry and Maria Zablocki. She was five months old when war broke out, and her father

left to fight for Poland, eventually as a mechanic in the famous 303rd Squadron of the British Air Force. Hedy lived through the war years with her mother and had many vivid memories of those horrific years of trying to survive, especially the bombing during the Warsaw Uprising.

In December of 1945 Hedy's father, then stationed with the Polish squadron in Germany, hired a man to come to Poland and let her mother know he was alive, and to get his family out to join him. After spending a little over a year in Germany, followed by five years in England where her younger sister Elizabeth was born, the Polish squadron was disbanded, and Zablocki family came to the USA in March 1952.

After graduating Pulaski High School, Hedy married Mitchell "Mietek" Rabiega in August 1957. Marrying into a Polish family made her even more determined to make Polish the primary language in their home, by exposing their three children to anything Polish that was going on in town and later taking their children to see the land of their heritage.

Hedy's family became members of Polish National Alliance in 1962. The children attended the Lodge Christmas parties, they sang in a small PNA choral group, and took part in a Youth Jamboree at Alliance College, which Hedy enjoyed as much as they did! In 1977 she accepted the position of Financial Secretary for her Lodge. She attended her first National PNA Convention in 1979 in Washington, D.C., and numerous ones after. She was elected Commissioner of District XIV and then National Director for that Region, both for two consecutive terms.

Polonia Sports Club was always a part of her life as her father was a great supporter, and she married a soccer player.

As a young wife and mother, she was a supporter of the New Life men's Chorus - Chor Nowe Zycie, to which her husband belonged for over 40 years. She became a member for 25 years when it opened up to ladies and was proud that all three of her children sang in the chorus. Hedy was recognized for her efforts by the Polish Singers Alliance as an Honorary Member at a Convention in New York.

For many years Hedy had been a member and Director for Pulaski Council, the Polish American Congress Wisconsin Division, also the Polish Heritage Alliance, and supporter of Polanki, as well as Syrena & Syrenka dancers. She was named to represent Polonia on the first Board of Polish Fest.

Despite her challenges with limb girdle muscular dystrophy, she always lived her life to the fullest.



Polish Heritage Night at the US Cellular Field White Sox vs. Twins

On Tuesday, June 28th; the Polish National Alliance participated in a night of music and dance as we celebrated Polish Heritage Night at US Cellular Field in Chicago as the Chicago White Sox battled the Minnesota Twins. Although the White Sox were outscored by the Twins, a packed stadium was filled with proud Polish American fans, wearing the Polish white and red colors. Many PNA members with their family and friends, enjoyed an energetic and fun filled evening supporting our Chicago White Sox!

Regardless of the score, measured by the smiles, laughs, and energetic enthusiasm of the Polish American children, parents, grandparents, and friends enjoying the game, festivities, and Polish food including kielbasa, pierogi, and potato pancakes, the PNA Polish-American fans hit a grand slam that night!

A sincere thank you (dziękujemy!) to all the PNA members and friends who supported the Polish National Alliance's Polish Heritage Night with the Chicago White Sox!

Please join us for our next game – the Chicago Cubs vs. Pittsburgh Pirates on Wednesday, August 31, 2016.

For information, please contact Fraternal Activities Coordinator Mary Srodon at **773-286-0500**, ext. **312**.





Konkurs „Spelling Bee” w Okręgu XVI



W sobotę, 5 marca 2015 roku w Ośrodku Polonijnym w Yorba Linda, Kalifornia odbył się konkurs „Spelling Bee” Okręgu XVI ZNP.

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



(l-p) Grzegorz Chilecki, Marlena Hulisz, Barbara Jarosławski, Elżbieta Rudzińska, Jarosław Musiał, Stefanie Martin, Ania Karwan, Olga Kajdas i Michael Mierzwa.

Grupę 700 z Los Angeles reprezentowała Stefanie Martin, a Grupę 3259 „Piaś” z Orange County, Olga Kajdas i Michael Mierzwa. Podczas konkursu obecni byli również rodzice uczestników.



Komisarz Jarosław Musiał przekazuje nagrodę zwyciężczyni konkursu - Stefanie Martin.

Komisja w składzie: komisarz Okręgu XVI, Jarosław Musiał, dyrektor Regionu J Grzegorz Chilecki, Barbara Jarosławska, Elżbieta Rudzińska i Marlena Hulisz czuwała nad prawidłowym przebiegiem konkursu. Za wypowiedzanie słów odpowiedzialna była Ania Karwan.

Zwyciężczynią konkursu została Stefanie Martin (Grupa 700), która z rąk Jarosława Musiała,

Komisarza Okręgu 16, otrzymała

czek na \$200. Wszyscy uczestnicy dostali od swoich grup prezenty w formie „Gift Certificate” o wartości \$25 oraz pamiątkowe dyplomy uczestnictwa.

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

Grzegorz Chilecki, Dyrektor Region 7

Zachwycające „Wici”

21 maja, 2016 na scenie Guerin College Preparatory High School w River Grove blisko trzystu tancerzy i tancerek Teatru Pieśni i Tańca „Wici”, członków Związku Narodowego Polskiego, zaprezentowało swoje umiejętności i kunszt podczas dorocznego wiosennego koncertu.

Dwuczęściowy koncert rozpoczął występ grupy reprezentacyjnej, która zaprezentowała licznie zgromadzonej publiczności tańce śląskie. Zaraz po nich na scenę wkroczyły „Małe Wici” z bogatym programem tańców, przyspiewek i



zabaw muzycznych. Pierwszą część popisów „Wici” również zakończyła grupa reprezentacja piękną aranżacją mazura kompozycji Wojciecha Kilara.

Drugą część koncertu rozpoczęli walcem wiedeńskim najstarsi tancerze zespołu, zaraz po nich, w różnych tańcach polskich, ale również w charlestonie i polce, zaprezentowały się inne grupy wiekowe. Koncert zamknęli tancerze grupy reprezentacyjnej dostojnym wykonaniem kujawiaka i berka.

Zachwycona publiczność gorącymi brawami dziękowała tancerzom, którzy na koniec pojawili się na scenie jednocześnie, tworząc wielką, piękną, wielobarwną grupę.

“Wici” powstały w roku 1972, by promować polską kulturę zarówno wśród społeczności polskiej, jak i amerykańskiej. Jako zespół reprezentacyjny, od roku 1983 pozostają pod opieką Związku Narodowego Polskiego. Przez 44 lata istnienia przez zespół przewinęło się ponad 8 tys.

miłośników tańca i polskiej tradycji. Do Teatru Pieśni i Tańca „Wici” należy ponad 300 osób w wieku od 3 do 70 lat, zebranych w trzech grupach reprezentacyjnych, grupie młodzieżowej oraz ośmiu grupach dziecięcych. Wici występują rocznie w ponad 60 różnych przedstawieniach w Stanach Zjednoczonych i na świecie. Teatr Pieśni i Tańca od ponad 30 lat prowadzony jest przez Magdalenę Solarz.

Źdjęcia: Dariusz Lachowski





Women's Division of District XII

The Women's Division of District XII PNA held its May meeting in the school cafeteria of St. Jane de Chantal Parish in Chicago, Illinois on Tuesday, May 24, 2016 beginning at 6:30 p.m. The meeting was chaired by Fraternal Director of Region „F” Barbara Wesolowski. Twenty-six delegates were in attendance. After discussion on a number of issues, cash awards were presented to the delegates who sold PNA membership policies during 2015. Awards were presented to Agata Czerwosz, Lodge 1824, Council 80 for 5 policies, Barbara Wesolowski, Lodge 2368, Council 143 for 4 policies, and Anna Zalinska, Lodge 3244, Council 39 for 1 policy.

The delegates also voted on a \$100 contribution to be made to Dar Serca (Gift of the Heart) which arranges medical services, transportation and housing for children and their families from Poland and other Eastern European countries.



Mildred Calka & Anna Kokoszka

Next on the agenda was the election of officers. Vice-President Irene Spiewak, Lodge 1577, Council 143, Secretary Halina Krzyminski, Lodge 1824, Council 80, and Treasurer Elizabeth Kaminski, Lodge 1824, Council 80 were unanimously re-elected to a second

two-year term. Following the general meeting, a May Crowning and Prayers Service was celebrated. At that time, Mildred Calka, Lodge 825, Council 55 was randomly selected in a drawing to crown our Blessed Mother. The Mother of the Year was Anna Kokoszka, Lodge 2927, Council 39. Both ladies received a dozen roses. After prayers, Marian songs in English and Polish and the crowning of Mary, all the delegates and guests enjoyed a light buffet and had time for socializing with friends.

The Women's Division meets four times each year and is comprised of delegates representing the lodges and councils of District XII PNA.

*Submitted by: Barbara Wesolowski,
Fraternal Director Region of „F”*

100 Years of Wisła Society – PNA Lodge 1919



Officers and members of Wisła Society, PNA Lodge 1919

On June 12, 2016 Wisła Society, PNA Lodge 1919 began their celebration of 100 years of existence with a 10:30 a.m. Mass at St. Camillus Church in Chicago, Illinois. Following the liturgical celebration, members and guests proceeded to the New Warsaw Restaurant on 63rd Street in Chicago for a short program and a delicious luncheon. Walter Piekarczyk has served as President of Lodge 1919 for twenty years. The Lodge was actually founded by one of his uncles in 1916. The lodge Vice-Presidents are Anna Bucon and August Juryta. Barbara Gembala is the Recording and Financial Secretary, and Roman Bucon is the Treasurer.


Lodge 1919 is a member lodge of Council 143 in District XII, Region „F”. Guests included Barbara Wesolowski, Fraternal Director of Region „F” and President of Council 143 along with Irene Spiewak, Council 143 Vice-President. Former District XII debutante and lodge 1919 member Alexandra Lyewski and her family were also in attendance.

President Walter Piekarczyk welcomed everyone and shared some of the history of the lodge with the guests in the Polish language. Barbara Gembala also shared a reflection and served as a translator. A toast was offered for another „STO LAT” by Fraternal Director Wesolowski. An afternoon of fraternal sharing was enjoyed by all!

*Submitted by: Barbara Wesolowski,
Fraternal Director of Region „F”*

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Ognisko w Huntington Beach



Już po raz 22. Grupa 3259 ZNP „Piaś” zorganizowała ognisko na plaży w Huntington Beach, Kalifornia. W sobotę, 30 lipca ponad sto osób uczestniczyło w imprezie, która jest na stałe wpisana się w kalendarz Polonii południowej Kalifornii.

Na ognisko licznie przybyli członkowie ZNP wraz z całymi rodzinami. Obecni byli członkowie zarządu Grupy „Piaś”, komisarz Okręgu 16 Jarosław Musiał i Dyrektor Regionu „J” Grzegorz Chilecki. Swoją obecnością zaszczyli również organizatorów pan Konsul do Spraw Polonii w Los Angeles, Ignacy Żarski.

Pieczenie na ognisku polskich kiełbasek oraz wspólne śpiewanie przy akompaniamencie gitar trwało do późnych godzin nocnych. Wszyscy uczestnicy rozjechali się do domów zadowoleni z mile spędzonego popołudnia i wieczoru.

Greg Chilecki, Dyrektor Regionu „J”.



Maj, 2016

Polski orzeł

*Na związkowej polanie usiadł orzeł biały.
Nie z korona na głowie, ale taki nasz,
od gór – zwyczajny.*

*Zmęczony był, bo obleciał świat cały
Szukając miejsca swego,
gdzie by się poczuł bezpiecznie.*

*I znalazł je tu, w naszej polskiej,
związkowej rodzinie.*

*Tu wykupił polisę,
zabezpieczając swoją przyszłość.
Wierząc, że nie zginie.*

57,119 International Students in Poland

There are 57, 119 international students from 157 countries studying in Poland, 10.000 more than a year ago (23% increase). Currently international students make up 4.1% of the total student body in



the country (ten years ago the figure was only 0.6%, in 2015 - 3.1%). Increase of the internationalization factor is due not only to the growing number of foreigners, but also to the decrease of the total number of students in Poland

Source: studyinpoland.pl



*Irene A. Śpiewak
Willowbrook, IL Grupa 1577*

Forum of American Polonia in Rzeszow, Poland



Led by President Frank Spula, a delegation of 44 members of the Polish American Congress (PAC) traveled to Poland for a first-ever meeting outside of the U.S. borders. PAC was participating in the historic, 2016 Forum Polonii Amerykańskiej (Forum of American Polonia) held July 25-30, in Rzeszow, Podkarpackie Region. Other members of the PAC Executive Committee included Maria Szonert-Binienda, VP for Polish Agenda, Dr. Mark Pienkos, VP for Public Relations, and Hubert Cioromski, VP for Financial Developments. The PAC delegation included National Directors, representatives of 13 PAC Divisions and seven national member organizations as well Dr. Barbara Andersen, Executive Director of the Washington D.C.

Office, acted as an organizational liaison.

Organized by Wladyslaw Ortyl, Marshall of the Podkarpackie Voivodeship, the Forum involved a very intensive program that included meetings, presentations by high-level speakers, and panel discussions explaining the opportunities for business, educational, and cultural partnerships. Several tourist-oriented venues the region offers were also presented. One site for the meetings was the newly opened convention center in Jasionka, across the street from the Rzeszow International Airport.

In addition to PAC, several representatives from the American business community joined Polish counterparts to listen to the growing opportunities the region has to offer. Other participants included representatives of Polonia communities worldwide, including those of Canada, England, Spain, Italy, and Lithuania, to name a few. Representatives from Poland's



Marshall of the Podkarpackie Voivodeship Wladyslaw Ortyl and PAC President Frank Spula

local, regional, and national governments at various levels were also in attendance. Among the many who addressed and/or hosted the group was:

From the Podkarpackie region (Hosts):

- Wladyslaw Ortyl, Marshall of the Podkarpackie Voivodeship (Marszalek Wojewodztwa)
- Bogdan Romaniuk, Deputy Marshall of the Podkarpackie Voivodeship (Wice Marszalek)
- Jerzy Cyprys, Chairman of the Local Parliament (Przewodniczacy Sejmiku Wojewodztwa)
- Tadeusz Ferenc, the Mayor of Rzeszow (Prezydent miasta Rzeszow)
- Wieslaw Kapel, Lubaczow Munity Executive (Wojt Gminy Lubaczow)
- Lucjusz Nadberezny, Mayor of Stalowa Wola (Prezydent miasta Stalowa Wola)
- Tadeusz Pioro, Mayor of Sanok (Burmistrz miasta Sanoka)
- Roman Konieczny, Foreman of Sanok County (Starosta Powiatu Sanockiego)

From the government of Poland (organizing partner and sponsor):

- Minister Adam Kwiatkowski, Chief of the Office of the President of the Republic of Poland
- Minister Jan Dziedziczak, Secretary of State, Ministry of Foreign Affairs of Poland
- Stanislaw Karczewski, Marshall of the Senate of the Republic of Poland
- Senators of the Republic of Poland Janina Sagatowska, Artur Warzocha, and Anna Maria Anders
- Parliamentarian Malgorzata Wypych



PAC Executive Committee Members presented the American flag to Marshall Stanislaw Ortyl. (l-r) Frank Spula, Hubert Cioromski, Maria Szonert-Binienda, Stanislaw Ortyl, Mark Pienkos.

From Stowarzyszenie Wspólnota Polska (organizing partner and sponsor):

- Longin Komolowski, President
- Dariusz Bonislawski, Vice President
- Marek Rozycki, Secretary General

The organizers of the 2016 Forum prepared an impressive, activity-packed agenda that in addition to meetings, presentations, and discussions also included visiting several places in the region to gain an up-close and personal view of this beautiful area. Lancut Castle, Sanok, Lubaczow, Krosno, Przemyśl, were just a few places that the group visited. Participants were able to sample the local atmosphere including its people, music, traditions, cuisine, cultural attractions, but above all – the famous Polish hospitality.

A particular and reflection-provoking visit was paid to the Ulma Family Museum of Poles Saving Jews in Markowa. The museum commemorates not only the tragic story of the Ulma family – parents and seven children including one unborn – who were murdered for harboring Jews during WWII. The story presented

in the Museum goes beyond the story of one family and highlights the heroism of Polish people in the face of the horrors of war and who, despite the great risk to themselves and their loved ones, decided to help their Jewish compatriots.

The Polish American Congress has begun preliminary discussions with its leaders as to how to assist Poland in its desire to attract business and tourism. Another important element is supporting young people in the

U.S., specifically Polish Americans, in learning about the many opportunities Poland has to offer. One possibility to be discussed at the next meeting of the PAC Council of National Directors to be held in Chicago in September is the developing of programs and initiatives to enable young people to travel and study in Poland.

*Dr. Mark Pienkos
PAC, National VP for Public Relations
Photos by Alicja Kuklińska*



Mayor of Sanok Tadeusz Pioro, PAC President Frank Spula, and President of the Polish American Medical Society, Kornelia Krol.



Participants on the panel discussion: (l-r) Moderator, Minister Jan Dziedziczak, Speaker of the House of the Republic of Poland Stanislaw Karczewski, PAC President Frank Spula, and President of the "Wspólnota Polska" Longin Komolowski.



Visit at the Ulma Family Museum



Group photo in Rzeszow

Stowarzyszenie Dziennikarzy Polskich w Ameryce

Blisko 40 przedstawicieli polonijnych mediów w Chicago znalazło się w grupie założycielskiej Stowarzyszenia Dziennikarzy Polskich w Ameryce. 28 czerwca stowarzyszenie wybrało swój zarząd.

Pomysł wypłynął podczas spotkania zorganizowanego w redakcji „Dziennika Związkowego” w ramach inicjatywy fundacji Chicago Community Trust. 10 maja w różnych punktach miasta lokalne, sąsiedzkie, etniczne lub zawodowe grupy siadały przy stole, by podyskutować o kwestiach nurtujących daną społeczność. W pierwszym spotkaniu wzięli udział przedstawiciele różnych polonijnych mediów. Wśród wielu kwestii jedna okazała się dominująca – brak stowarzyszenia reprezentującego bardzo znaczne środowisko zawodowe.

W ciągu zaledwie 1,5 miesiąca odbyły się dwa kolejne organizacyjne spotkania, na których przyjęto nazwę, nakreślono pierwszy projekt statutu, ustalono cele działania, by 28 czerwca spotkać się na wyborach zarządu.

Prezesem stowarzyszenia został Zbigniew Banaś, dziennikarz i krytyk filmowy, współpracownik mediów w Chicago i w Polsce. Na wiceprezesów wybrano: Jacka Zielińskiego, dziennikarza programu Stacja Chicago na falach radia WPNA 1490 AM i Andrzeja Baraniaka, dziennikarza Radia Deon i współpracownika wielu polonijnych mediów. Małgorzata Koryś, dziennikarka Radia 1030, 1300 AM została wybrana na skarbnika, sekretarzem została Alicja Otap, dziennikarka „Dziennika Związkowego” i współpracownica Radia Chicago WPNA 1490.

W skład komisji rewizyjnej weszli: Grażyna Lippert-Zajączkowska, redaktor „Głosu Polek”, Krystyna Cygielska, emerytowana dziennikarka współpracująca z „Dziennikiem Związkowym” oraz

Grzegorz Dziedzic, dziennikarz „Dziennika Związkowego”.

Wśród celów Stowarzyszenia Dziennikarzy Polskich w Ameryce jest integracja środowiska zawodowego ponad wszelkimi podziałami (redakcyjnymi, politycznymi, biznesowymi itp.), reprezentacja

tej grupy zawodowej w środowisku amerykańskim i polskim w Polsce, stworzenie branżowego networku, który stałby się platformą wymiany fachowych informacji, spostrzeżeń i problemów, rozwój i kształcenie zawodowe, akcje społeczne, pomoc emerytowanym dziennikarzom, etc.

Stowarzyszenie nie jest afiliowane przy żadnej organizacji ani żadnej redakcji. Jest demokratyczną, autonomiczną organizacją otwartą na nowych kolegów po fachu.

Kontakt e-mailowy ze stowarzyszeniem: dziennikarzeusa@gmail.com

*Małgorzata Błaszczuk, redaktor naczelna Dziennika Związkowego
fot. Andrzej Baraniak*

Pielgrzymka do Merrillville

Okolo 8 tysięcy uczestników wzięło udział w 29. Pieszej Polonijnej Pielgrzymce z Chicago do Merrillville w stanie Indiana. Tegoroczna pielgrzymka odbyła się pod hasłem „Bądź miłosierny” i przyciągnęła rekordową liczbę pielgrzymów, którzy pokonali dystans 32 mil (54 km).

Pielgrzymka odbyła się pod hasłem „Bądź miłosierny” i w sobotę 13 sierpnia wyruszyła spod kościoła św. Michała w Chicago. Pierwszy dzień zakończył się w klasztorze o. Karmelitów w Munster, Indiana. W niedzielę 14 sierpnia polonijni pielgrzymi dotarli do Sanktuarium Matki Bożej Częstochowskiej w Merrillville w stanie Indiana. Uroczystej mszy św. przewodniczył biskup Józef Zawistowski z Łowicza.

O bezpieczeństwo i komfort pielgrzymów dbało 250 wolontariuszy. Służba medyczna składająca się z 62 lekarzy i pielęgniarek dbała o zdrowie pielgrzymujących. Oprawę muzyczną zapewniła młodzież z Diakonii Muzycznej.

Oprócz mieszkańców metropolii chicagowskiej i sąsiadujących z Illinois stanów, wzięli w pielgrzymce udział Polonusi z dalszych zakątków USA, z Kanady, Polski, Ameryki Południowej i Australii.

Pielgrzymka do Merrillville jest z roku na rok popularniejsza. Idą w niej dorośli i dzieci, niosąc przed oblicze Matki Boskiej Częstochowskiej prośby o zdrowie, miłość w rodzinie i pokój na świecie.

Zdjęcie: Darek Lachowski





Baseball in Poland

This year, the Polish National Youth Baseball Foundation celebrates its 25th Anniversary as a 501-c-3 non-profit organization promoting Baseball in Poland.

The organization was founded in January of 1991 by Stanley Kokoska of Willimantic, CT and a group of baseball enthusiasts. They collected used baseball equipment and shipped it to Poland. Then Stan would go to Poland in the summer to teach the children the sport, traveling between several towns.



Today Stan is retired, and Al Koproski is its new President. We still collect used and new baseball and softball equipment, which we send to several towns and coaches throughout Poland, free of charge. We have now partnered with the Polski Związek Baseballu, which is affiliated with the Ministry of Sports in Poland. This organization, together with the PNYBF hopes to expand Baseball and Soft-

ball in Poland, which has Soccer as its national sport.

Mr. Tom Krajewski of Boston, NY has been our Poland representative for many years and Mr. Raymond Rolak of Canton, Michigan has organized baseball in summer camps run by the Kosciuszko Foundation of New York City. The PNYBF has supplied the equipment for these summer camps each year.

If you would like to volunteer to collect equipment for the children, teach baseball or softball, conduct clinics in Poland or obtain more information on how to support PNYBF, please contact Al Koproski at 203-323-9944.

The organization not only provides equipment but also builds baseball fields, free of charge to the children and community where they live.

We thank all who have donated and supported in the past.

Al Koproski

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

2016 NATO Summit in Poland

"The NATO summit in Warsaw had been a success for the North Atlantic Alliance and Poland; the summit conclusions were good for both our country and NATO", Polish President Andrzej Duda stated last July in Warsaw.



The 2016 Warsaw Summit of the North Atlantic Treaty Organization (NATO) was the 27th formal meeting held at the National Stadium in Warsaw, Poland, July 8-9 2016. During the Summit, the Warsaw Declaration on Transatlantic Security was adopted.

The Alliance sealed decisions related to the military adaptation on the eastern flank. Its most important element will be the presence of four allied multinational battalions with extended military tasks in relation to the presence established after the Summit in Newport. The battalions will be coordinated by the so-called member nations (USA, Great Britain, Germany, and Canada). They will be supervised by the command of the division, which will be created by the Polish unit. The presence will be part of new, regarding quality, deterrence and defense measures of the Alliance. The USA battalion will be stationed in Poland, which was announced in Warsaw by the President of the USA, Barack Obama. This confirms the strategic nature of the Polish-American relations.

House of A Thousand Faces

CHICAGO - The tree-lined street of Wellington Avenue in Chicago's original Northside Polish Village neighborhood is the site of a Victorian-style house, which accommodated thousands of Polish World War II displaced persons and enabled them to experience "true freedom at last." The house was once owned by two compassionate Polish Americans, Charles and Wanda Rozmarek. Today, it is home to their grandson, Charles Komosa, National Secretary of the Polish National Alliance and his family. If the walls could talk, what stories they could tell!



Charles Rozmarek (far right) in the Oval Office with President Franklin Delano Roosevelt during WWII.

Charles Rozmarek was the son of a Polish immigrant Pennsylvania coal miner, a graduate of Harvard Law School, a co-founder and president of the Polish American Congress (PAC) from 1944-1968, and President of the PNA from September 1939-1967. Mr. Rozmarek served as a delegate-at large for the 1944 Democratic convention and a member of the Illinois and Chicago Bar Associations. He helped to obtain food loans for Poland during the 1950s and spoke at the United Nations regarding the Yalta Conference.

Wanda Rozmarek, nee Blinstrub, arrived in the United States at

the age of 5 or 6 from Lithuania. This immigrant child, who grew up in the Boston area, became a savior for thousands of World War II displaced Polish refugees who had immigrated to Chicago. As the "Mother of Displaced Persons," Wanda would stand at Union Station, checking to make sure that if refugees' sponsors were not there to meet them, she would greet each and every one of them. First, Pani Wanda would take the Polish immigrants to a restaurant and then to her home on West Wellington. Women and girls were housed in the five upstairs bedrooms, while the men and boys found sleeping quarters in the Rozmarek's basement, filled with sleeping cots. She gave adults a copy of the local newspaper and told them to look for jobs. Mrs. Rozmarek often helped them find those jobs. She demanded that each person, who accepted a place in her home, would learn English and become a proud American. To her, the United States was first, and Poland was secondary. "My grandfather really loved his fellow Poles. He would always let people live there. ... They felt it was their moral duty and responsibility to house as many refugees as possible," Komosa said. The live-in tradition continued for decades. Even after Charles Rozmarek died in 1973, Wanda continued to help immigrant-widowed women well into the 1980s. She was tireless, in every sense of the word. All these "Polish guests" were eager to start a new life, and usually stayed but a few weeks in the Rozmarek home.

Wanda had graduated from Boston College with a bachelor's degree and master's degree in Romance Languages. She became

proficient in French, Spanish, Italian, and Polish and taught French and Spanish at Boston College, where she would meet her future husband. She taught Polish at Columbia University, University of Scranton, and Alliance College Summer School. In Chicago, she taught Polish at Madonna High School, St. Hyacinth Elementary School, and the Polish Saturday School of the Polish American Congress, Illinois Division, Wright College, and Daley College. She even had time to write two textbooks, "Polish for Americans", Parts I and II. Her unique method of teaching Polish was through song. It was like being in magic land for her students, who personally connected with her.

Wanda's husband, Charles Rozmarek, travelled around the United States on behalf of the PAC and

PNA, and spoke throughout the country, warning of the communist takeover of nations, especially

Poland. At the request of the White House, Mrs. Rozmarek met with Eleanor Roosevelt to discuss the plight of Poland during World War II. She was very straight forward in her feelings about how "Roosevelt sold Poland down the Volga." Even though Wanda was raising two daughters, helping Polish immigrants, and teaching, she never missed a PNA or PAC convention. Mrs. Rozmarek passed away in 1994.

*By Geraldine Balut Coleman, Ph.D
Photos courtesy of National Secretary,
Charles Komosa*



Na ratunek kościołowi św. Wojciecha w Chicago

Społeczność polonijna zabiega o zachowanie kościoła św. Wojciecha w Chicago, który, jak zdecydował arcybiskup Blase Cupich, ma zostać zamknięty.



Powstał Komitet Ratowania Kościoła św. Wojciecha. W przygotowanie niezbędnych dokumentów zaangażował się m.in. nowojorski prawnik Brody Hale ze stowarzyszenia ratującego kościoły katolickie w USA przed zamknięciem (The Catholic Church Preservation Society). W czerwcu komitet miał swoje spotkanie w siedzibie Związku Narodowego Polskiego. Jego członkowie, prezes ZNP Frank Spula, konsul RP Robert Rusiecki, a także grono osób, którym bliski jest los świątyni starają się znaleźć sposób na ocalenie tego zabytkowego i ważnego dla Polonii kościoła.

Dzięki apelom i zbiórkom komitetowi udało się dotychczas zdobyć na remont kościoła 1,5 mln dolarów. Mimo zabiegów, intensywnej korespondencji, a nawet protestu, który odbył się w maju, Archidiecezja Chicago milczy.

Informacje i artykuły na temat ratowania przed zamknięciem kościoła św. Wojciecha – **www.dziennikzwiazkowy.com**

Senator Murphy Honored on Polish Constitution Day

WASHINGTON, D.C. – A few hundred guests descended upon the Residence of the Ambassador here on May 20, 2016 at the invitation of former Ambassador Ryszard Schnepf to celebrate the 225th Anniversary of Poland's historic May 3rd Constitution of 1791 – Konstytucja Trzeciego Maja.

Ambassador Schnepf's remarks centered on the NATO alliance and its upcoming summit in Warsaw this July, noting that the summit will determine Europe's security and that of all its member states, adding that "America's presence in Europe is vital for our future and security." The Ambassador thanked the American Administration and Congress for undertaking decisions to bolster NATO's eastern flank and deploying the U.S. military Poland, adding that "We must make NATO stronger in regards to threats from the East as well as from other directions." He also expressed his pressing disappointment that Poles continue to have to obtain visas to travel to the United States. "We will not cease from our efforts (to right the wrong) especially since many members of the U.S. Administration and Congress support our efforts." He emphatically underscored that "Poles deserve equal treatment."

Proudly wearing his just awarded Order of Merit U.S. Senator Chris Murphy (D-CT) expressed his heartfelt gratitude to the government and people of Poland. "My mother is going to cry when I bring it back home ... Although my name is Murphy I have much more Pol-

ish blood than Irish. My maternal great-grandparents came from a very small town in southern Poland and eventually settled in New Britain, Connecticut. My Polish paternal great grandparents also settled there ... I am the story of Poland, and I am the story of Polonia" Murphy proudly proclaimed.



Coastal Heritage Society Drum, Fife & Musket Team.

Senator Murphy agreed that the U.S. Visa Waiver Program's exclusion of Poland is "discriminatory treatment" and not a point of pride for the U.S., and that as a friend of Poland he will continue to undertake efforts to change this current state of affairs. At the conclusion of his remarks, and referencing the imminent critical NATO summit in Warsaw, Senator Murphy stated that "America is committed to NATO's future and we will strive to protect it from those who would undo it from the inside or outside."

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

Poland in the Pacific

Kiritimati, also known as Christmas Island, is one of the Northern Line Islands of Kiribati located in the South Pacific Ocean. It is the largest coral atoll in the world and by itself represents the majority of the land area of Kiribati. The entire island is a wildlife sanctuary with a huge number of birds. Kiritimati's beaches are white, long, and exquisite with sands full of unique, light, "fluffy" rocks, shells and crabs. The ocean water is warm and almost crystal clear. Because of its position just west of the International Date Line, Kiritimati is the first inhabited island to begin each new day and year.

Poland is a village of about 400 people in the Isle of Kiritimati. It was named after Polish explorer and engineer **Stanisław Pełczyński**, who arrived on the island at the end of XIX century with an American merchant vessel that was pursuing the copra trade. Clever Pole aided the villagers solving the problem with watering palm trees in the dry season by suggesting a modified irrigating system. Consequently, the village was renamed to its present-day name in his honor. Also, a church was built there and dedicated



under the auspices of Saint Stanislaus, and a bay in the lagoon was named Saint Stanislaus Bay.

Today, the island of Kiritimati is best known for bone fishing, surfing, and scuba diving. There are very limited tourist facilities on the island with a few small hotels, very few restaurants, just a couple of stores and one dive shop. There are only 5,000 people living on this island. They are very hospitable

and friendly, living their lives free of the stress brought by modern civilization. Unfortunately, due to global warming, there is a real threat of this island disappearing under the rising ocean by the end of this century.



Poland – daleko od Polski

Na leżącej na Oceanie Spokojnym, niewielkiej wyspie Kiritimati (Wyspie Bożego Narodzenia), w państwie Kiribati, znajduje się wioska o nazwie Poland. Zamieszkuje ją nieco ponad 400 mieszkańców spokojnie łowiących ryby w Zatoce św. Stanisława i modlących się w kościele św. Stanisława.

Styl życia mieszkańców Poland nie zmienia się od lat. Mężczyźni zajmują się rybołówstwem, dzieci zbierają kokosy, z których wybiera się i suszy miąższ lub produkuje cenny olejek (specjalność kobiet). To Brytyjczycy zaczęli uprawiać na wyspie Kiritimati palmy kokosowe by uzyskiwać z nich wiórki do produkcji oleju. Nawadnianie drzew słoną wodą morską doprowadziło do tego, że duża część palm uschła.

Podobno, na przełomie XIX i XX wieku na wyspę przybył na amerykańskim statku mechanik okrętowy Stanisław Pełczyński, który założył na wyspie nową plantację kokosów, jak również pokazał tubylcom jak wydajnie nawadniać drzewa. W podzięk za zasługi Polaka, osada, która stworzył została nazwana Poland a zatoka, przy której jest położona zatoką św. Stanisława. Ze względu na położenie geograficzne, mieszkańcy Poland, jako pierwsi na świecie obchodzą Boże Narodzenie.

Poland, to miejsce gdzie nie ma wysokich budynków i mało jest samochodów. Droga do wioski biegnie przez wyschnięte słone jezioro. Rozrzucone między palmami, strzechą kryte domki budowane są na palach, które mają chronić mieszkańców w przypadku przyptywu. Zamiast ścian mają maty, które można opuścić, gdy dokucza równikowe słońce. Posiłki, opierające się na lokalnych owocach, warzywach, rybach i drobiu, gotowane są w wykopanych w ziemi paleniskach, spożywa się siedząc na ziemi, na rozłożonych matach. Z elektryczności korzysta się tylko od szóstej wieczorem do szóstej rano. Ze światem zewnętrznym można kontaktować się jedynie drogą radiową. Ludzie żyją tam jak w raju, z dala od cywilizacyjnego zgiełku i być może, dlatego właśnie są pogodni i życzliwi.

Wyspa Kiritimati to raj na ziemi, największa wyspa koralowa na świecie położona w strefie klimatu równikowego łagodzonego przez passaty. Nizinna, porośnięta częściowo lasami tropikalnymi jest domem dla 74 gatunków ptaków.

Niestety, z powodu globalnego ocieplenia i podnoszenia się poziomu oceanów jest zagrożenie, że do końca tego stulecia będzie rajem utraconym, znikając na zawsze pod wodą.

AK



St. Stanislaus church in Poland, Kiritimati



Poland Goes to the Działka

So, just what is a “działka,” anyway? Well, it translates into English as an allotment, plot or parcel of land. But to the Poles it is much, much more than that. The działka (pronounced ‘jowl-ka’) occupies a very special place in the psyche and soul of the Polish people. During the languid summertime it becomes a quiet and relaxing idyllic refuge, providing needed relief from the dark, cold winter, as well as an escape from the crowded city apartment blocks ... and all the stress and strains of everyday life. The działka also functions somewhat clinically as a very welcome and easily accessible retreat conducive to recharging and renewing one’s self.

A działka is typically a small holding located in a rural setting near, or ideally next to, a protected forest or nature preserve, lake, stream, river, farmland, or in a mountainous or seashore area. Normally, the basic dwelling is not large, being cabin-like in size. But, lately with more prosperous times afoot, some działki are now much larger and more elaborate in style and



comfort, with the added advantage of becoming a year-round residence. Flowers, vegetables, fruits and fruit trees are grown in abundance, no matter the circumstances of the dwelling.

The działki people amuse and enjoy themselves by preparing light meals, lounging around, napping in a hammock, reading various publications, listening to the radio (and now watching some TV!), chatting and conversing, socializing with the neighbors, taking strolls, et cetera. Various adult libations are savored and consumed in moderation (the women folk make



sure of this). The more energetic działki denizens may engage in a full spectrum of available outdoor recreational activities. It’s also a blessing that the działki children enjoy their own loosely managed freedom with a full agenda of playful things to do, resulting in their almost never being bored or whiney.

During the era of imposed communism (1945-1989) it is notable that every worker had the right to a personal działka. The worker could use this state land but never own it. Vast “działka towns” were established on the immediate fringes Warsaw and other cities. These so-called towns were subdivided into numerous checkerboard-style plots, usually with a simple shed type of shelter on them. The Poles visited there for summer R&R and mainly grew vegetables for canning, pickling, and immediate eating. With the ouster of communism ownership of these działki flowed to the people. Many of the now-retired workers are trending to sell these very desirable prime location lots to proactive real estate developers. However, many działka towns of various sizes are still to be seen in and around all Polish cities.

The działka concept, suffice it to say, has always existed in some form or fashion, and still remains an exceedingly important and integral part of Poland’s culture and social fabric – much akin to the Russian dacha.

Lucky you, if on your next visit to Poland your hosts say to you “czy chciałbys odwiedzić naszą działkę?” Advisedly, please answer with an enthusiastic ‘tak’ to the gracious invitation and quickly proceed to their działka. Then just kick back, relax, and watch the grass grow.

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

Podkarpacie Culinary Trip

Podkarpackie Voivodship is located in Southern-East Poland sharing its borders with Ukraine and Slovakia and it is one of the most popular tourist regions in Poland because of the beauty of the landscape and its rich culture. Up until the times of the Second World War, the Podkarpackie region was a multi-cultural ethnic mosaic. After the II world war, the area became almost ethnically homogenous.

The region has a specialty starter called the proziaki, delicious little breads baked with the addition of baking soda and cultured milk, on a stove top. The specialties of the Podkarpackie region also include whey soups, pork knuckles, buckwheat cabbage rolls, and much more.

I hope you will decide to test the proziaki and golonka (pork knuckle) recipes. Enjoy!

Proziaki

Ingredients:

- 3 cups of flour
- 1 cup of cultured milk (or plain kefir)
- 1 tsp. of salt
- 1tsp. of baking soda
- 1tsp. of sugar



Preparation:

Sieve all loose ingredients into a bowl. Gradually add sour milk and knead the dough with your hands until it is thick but elastic. Roll the dough until 1/2 inch thick, cut into squares or circles and fry in a thick and dry skillet over low heat for approx.. 4 minutes on each side. Serve it as bread with butter, cream, fruit preserve or honey.

Golonka

Ingredients:

- 1 fresh golonka (pork knuckle)
- 1 tbsp. of salt
- peppercorns
- 6 cloves of garlic
- Onion (chopped)
- parsley root (sliced)
- carrot (sliced)
- 1-3 bay leaf
- 1 cup of beer
- 1/4 cup of honey



Preparation:

Fill a large pot with water. Add the golonka, salt, peppercorns and other ingredients except for the beer and honey. Simmer until the meat is almost soft, then transfer the golonka into an oiled baking dish, cut its skin in a pattern and glaze with the mixture of beer with honey. Bake at 400 F for about 20- 30 minutes frequently coating with the pan juices. Golonka is best served with mustard, sauerkraut, potatoes cold beer.

UNESCO World Heritage Sites in Poland

Wooden Tserkvas of the Carpathian Region in Poland



The Tserkva of St. Paraskevia in Radruż,



In 2013, sixteen wooden tserkvas (Orthodox and Greek Catholic faiths churches) of the Carpathian Region in Poland and Ukraine were inscribed on the UNESCO list, eight of them in Polish territory.

Constructed between the 16th and 19th centuries by communities of Orthodox and Greek Catholic faiths, the tserkvas bear testimony to a distinct building tradition rooted in Orthodox ecclesiastic

design interwoven with elements of local tradition. Built in a characteristic horizontal-log construction technique, mostly from coniferous wood on a stone foundation, with roofs of wooden shingles, and three-section interiors covered with domes, such tserkvas are unique to the Carpathian region. Integral to tserkvas are iconostasis screens and interior polychrome decorations. Essential elements of some tserkvas include wooden bell towers, churchyards, gatehouses, and graveyards. Ages of regional transformations did not alter their original, traditional style, and ongoing restorations continue the ancient methods.

Eight tserkvas on Polish territory:

- Tserkva of St. Michael the Archangel in Brunary Wyzne
- Tserkva of the Birth of the Blessed Virgin Mary in Chotyńiec
- Tserkva of St. Paraskevia in Kwiaton
- Virgin Mary's Care Tserkva in Owczary
- St. James the Less Tserkva in Powroźnik
- Tserkva of St. Paraskevia in Radruż
- St. Michael the Archangel Tserkva in Smolnik
- St. Michael the Archangel Tserkva in Turzańsk

**Marked green are tserkvas of the Carpathian region.*

The Tserkva of St. Paraskevia in Radruż, built in 1583, is one of the oldest and best preserved wooden church buildings in Europe. It is on both the UNESCO World Heritage List and the World Monuments Fund list.

Drewniane cerkwie Podkarpacia

W czerwcu 2013 roku, decyzją Komitetu Światowego Dziedzictwa UNESCO, podkarpackie, drewniane cerkwie w Chotyńcu, Radrużu, Smolniku nad Sanem i Turzańsku zostały wpisane na Listę Światowego Dziedzictwa UNESCO. Na tej prestiżowej, ważnej liście znajdują się również położone w Małopolsce, drewniane cerkwie w Powroźniku, Owczarach, Kwiatoniu, i Brunarach Wyżnych a także cerkwie z terenu Ukrainy.



Cerkiew Narodzenia Przenajświętszej Bogurodzicy w Chotyńcu pochodzi z około 1600 roku i jest obecnie filialną cerkwią grekokatolicką. Jest to budynek o konstrukcji zrębowej. Ściany nawy, sanktuarium i górnej kaplicy zdobi figuralno-ornamentalna polichromia z połowy XVIII wieku, a pięciokondygnacyjny ikonostas datuje się na rok 1671. Cerkiew w Chotyńcu jest jedną z najstarszych drewnianych świątyń grekokatolickich w Polsce i reprezentuje rzadko spotykany rodzaj cerkwi z galerią wokół kaplicy. Obok cerkwi znajdują się również pozostałości dawnego cmentarza oraz drewniana dzwonnica.



Cerkiew pw. Św. Paraskiewy w Radrużu została wzniesiona około 1583 roku i jest to najstarsza i najlepiej zachowana drewniana cerkiew w Polsce, stanowiąca część zabytkowego zespołu, w skład którego wchodzi również drewniana dzwonnica, kamienny mur z bramami oraz stary cmentarz z kościścią. Cerkiew otacza przydaszek, a wnętrza nawy oraz sanktuarium pokryte są figuralną polichromią. Cały ten zespół cerkiewny położony jest na rozległym wzniesieniu, pięknie wkomponowanym w malowniczy krajobraz Podkarpacia. Obecnie, w Cerkwi Św. Paraskiewy w Radrużu mieści się filia Muzeum Kresów w Lubaczowie



Cerkiew pw. Św. Michała Archaniola w Smolniku pochodzi z 1791 roku i jest obecnie filialnym kościołem rzymskokatolickim. Jest to trójdzielnia świątynia malowniczo położona na wzgórzu, w opuszczonej wsi. Otoczona przydaszkami i częściowo odrestaurowana w 1969 roku stanowi przykład klasycznej cerkwi bojkow-

skiej. W górnej części ikonostasu zachowana jest część oryginalnej polichromii, ale carskie wrota i inne obiekty sztuki cerkiewnej pochodzą z różnych świątyń. Elementy pierwotnego wyposażenia cerkwi znajdują się w muzeach we Lwowie, Łańcucie, Sanoku.



Cerkiew pw. Św. Michała Archaniola w Turzańsku to cerkiew grekokatolicka wzniesiona w latach 1801-1803, a obecnie filialna cerkiew prawosławna. Pięciokopułowa świątynia zbudowana jest na planie krzyża. Przed cerkwią stoi trójkondygnacyjna zwieńczona cebulastym hełmem dzwonnica. Trójstrefowy ikonostas pochodzi z pierwszej połowy XIX wieku, ołtarze boczne z początku XIX wieku. Polichromie prezentują obrazy związane z początkami chrystianizacji Rusi. Sceny Ewangelii zawierają motywy lokalne – krajobraz okolic Turzańska, jako tło dla sceny Męki Pańskiej, Chrystus odwiedzający obejście łemkowskie. Zespół cerkiewny wraz z dzwonnica, cmentarzem i kamiennym murem stanowi integralną część górskiego krajobrazu. Świątynia użytkowana jest przez lokalną łemkowską społeczność, która powróciła tu w 1957 roku po wysiedleniu w roku 1947 w ramach akcji „Wiśła”.

AK

Wici



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The Importance of Table Salt

Introduction. In chemistry there are many varieties of salts. Some dissolve at room temperature, some do not. Solutions containing dissolved salts, such as sodium chloride in water, are called electrolytes because they are able to conduct electricity. These electrolytes can be found in our body's cells, blood, urine, plant saps and mineral waters. This article is concerned only with table salt, chemically known as sodium chloride. Your body needs some sodium to work properly. Salt, or sodium chloride, helps with the functioning of muscles and nerves, keeps the necessary balance of your body's fluids and is controlled by your kidneys. If you have too much salt in your body, the kidneys are unable to get rid of it, so it builds up in your blood. The result of too much salt in your body can cause high blood pressure which can lead to other health problems. It becomes a vicious cycle with damage to vital body organs such as your kidneys, heart, brain and blood vessels. Twenty-seven percent of the body's salt is in your bones which are also twenty- two percent water. If you don't take in enough salt or water, the body will take it from your bones which can cause osteoporosis. Too much sodium in your diet may also cause a serious build-up of fluid in people with congestive heart failure, cirrhosis of the liver or kidney disease.

Most people in the United States consume much more sodium in their diets than is needed. Doctors recommend that you eat less than 2.4 grams (or 2,400 mg) of sodium per day, which equals about 1 teaspoon of table salt. Reading food labels can help you to know how much sodium is in a prepared food item before you purchase it.

What are the important functions of salt in the body?

Salt, or sodium, has many vital functions in the body. Sodium is used in the body for:

- Stabilization of irregular heartbeats and regulates blood pressure. It is a problem when we consume too much salt;
- Extracting excess acids from body cells, particularly in brain cells;
- Balancing blood sugar levels, very important for people with diabetes;
- Generating hydroelectric cell energy;
- Nerve cell communication and information processing from the moment of conception to death;
- Absorbing food through the intestinal tract;
- The process of clearing the lungs of mucus and

sticky phlegm, especially in people with asthma and cystic fibrosis;

- The clearing of sinus congestion and is a strong antihistamine;
- Preventing muscle cramps;
- Preventing excess saliva production, such as when sleeping or during the daytime;
- Making bone structure firm. Osteoporosis can be a result of salt and water shortage in the body;
- Regulating sleep, and is a natural hypnotic;
- Treating diabetes;
- Treating dry coughs when applied to the tongue;
- Preventing gout and gouty arthritis;
- Maintaining sexuality and libido, and
- Preventing varicose veins and spider veins on legs and thighs.



What are some good food sources for sodium?

Sodium is found naturally in most foods. Milk, beets and celery naturally contain sodium. Depending on the source, drinking water may also contain sodium. Sodium is added to many food products and may be in the form of monosodium glutamate (MSG), sodium nitrate, sodium saccharin, baking soda (sodium bicarbonate) and sodium benzoate. Items that may contain these forms of sodium are Worcestershire sauce, soy sauce, onion salt, garlic salt and bouillon cubes. Processed meats (bacon, sausage and ham), canned soups and vegetables all contain added sodium. Check labels for amounts. You may be shocked at the high amounts of added sodium in these products. Generally, fast foods are also very high in sodium.

Why reduce sodium in your diet?

Most of the sodium we consume is in the form of



salt, about 75% in processed foods and restaurant food. It is wise to limit the use of table salt while cooking and at the table. Only a small amount of the sodium that we consume each day comes from the salt shaker. Your body only needs a small amount of sodium to function properly. Nearly nine in ten, or 90%, of United States children eat more sodium than recommended, and one in six children has high blood pressure, a major risk for heart disease and stroke. By lowering sodium intake in your child's diet, you may prevent heart disease in your child in the future. Small changes in dietary habits can make a big impact on your child's daily sodium intake.

Quick Tips for Eating Less Sodium

- **Know your sodium limit.** Your doctor can tell you how much you should eat. Healthy adults and teens generally need no more than 2,300 mg of sodium per day, or 1 teaspoon. If you have high blood pressure, you may be limited to 1,500 mg of sodium per day. Children do not need more than 1,500 to 2,200 mg of sodium per day, depending on age. By cutting back little at a time, your taste for salt will change, and you will not want as much.
- **Check food labels.** Review the Nutrition Facts label to check for the sodium amounts in foods. Choose products that have a 5% or less of your Daily Value (DV). Consider a DV of 20% or higher as very high. Buy products that are labeled "low sodium", "reduced sodium" or "no salt added".
- **Shop for foods low in sodium.** Good choices of foods low in sodium include fresh, frozen or dried vegetables, fruits, beans and peas. Compare the sodium content in such foods as bread, soup and frozen meals, choosing the lower sodium

choices. Limit your consumption of processed meats, such as those salted, smoked or cured, for example, hot dogs, bacon and deli meats.

- **Prepare meals with less salt.** If the foods you purchased were not low sodium, rinse them before cooking or eating them, to wash away some of the salt. Purchase unsalted margarine or spreads with no Trans fats. Avoid adding salt when cooking pasta, rice or potatoes. Try food preparation with herbs and spices to flavor foods instead of salt. Remove the salt shaker from the dinner table.
- **Ask for no salt to be added when eating out.** Order meals to be prepared without added salt, such as baked potatoes and other foods that are soaked in salt. Choose dishes that are steamed, broiled or grilled as low sodium options.
- **Add more potassium to your diet.** Foods high in potassium can help lower your blood pressure. Some good sources of potassium are potatoes, cantaloupe, bananas, beans, milk and yogurt.

What is the difference between sea salt and table salt?

The main differences between sea salt and table salt are in their taste, texture and processing. They both have the same basic nutritional value, even though sea salt is often promoted as being a more healthy choice. They both contain the same amount of sodium by weight. Sea salt is produced through evaporation of ocean water or water from saltwater lakes. This process can leave behind trace minerals and elements which add flavor and color and differences in coarseness. Table salt is generally mined from underground salt deposits, is more heavily processed to eliminate

minerals and contains an additive to prevent clumping. Most table salt contains added iodine to help maintain a healthy thyroid.

The role of the United States Food and Drug Administration (FDA).

The FDA has a goal to reduce sodium levels in our food supply. Some companies have complied with this goal and have reduced the sodium content, but many foods still continue to be very high in sodium. Salt added to foods extends their shelf life. Salt is a food preservative. The FDA wants to work with food companies and restaurants to lower sodium levels. The FDA is targeting certain areas and is seeking cooperation to address this public health concern. More information can be found on the Web regarding the plans of the FDA in their efforts to reduce sodium levels in our restaurant and processed food industries.

Conclusion. On average, Americans consume nearly 50% (3,400 mg) more sodium than needed per day (2,300 mg is recommended). Most children and teens eat about 2,900 – 3,700 mg of sodium per day. By reducing daily sodium intake there is the potential to prevent hundreds of thousands of premature deaths and illnesses in a ten year period. Sodium eating habits are formed during childhood, thus parents play an important role in shaping these habits. Sodium is necessary for our survival, but taking control of the amount that we eat is the key to a healthier life.



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Think twice; too much salt is a threat to your health. The human body needs sodium for proper nerve and muscle function, but too much salt increases the risk of osteoporosis, kidney stones, gastric ulcers, and high blood pressure.

Salty tastes activate pleasure receptors in the brain, and it may be habit forming. As we get used to saltier foods, we need more and more of them to satisfy our cravings. Salt is an adapted taste, and we can halt ourselves off it.

Reading nutrition labels is important. Sodium is often added during the food production process. Some of the worst offenders are blended coffee drinks (app.240 mg in a 16 oz. cup), cheese (248 mg in a 1 oz. slice of provolone), and baked goods (255 mg in a blueberry muffin). Often, low-fat and low-calorie foods have more sodium added to compensate the flavor.

The best way to cut back on salt is to avoid processed foods. Cook your meals at home so you can control the salt level and don't be afraid to use herbs and spices to enhance your meals.

A low-sodium diet doesn't have to be a bland one. Below are some salt-sparing food and seasoning union ideas:

Greens and other veggies – olive oil and balsamic vinegar

The sweet richness of balsamic vinegar pairs nicely with bitter greens.

Potatoes or pasta – roasted garlic

Roasting garlic tempers its tanginess and creates a deep, slightly sweet flavor that livens up carbs.

Eggs – low-sodium salsa

Spicy tomatoes pair brilliantly with eggs.

Chicken and other lean meats – curry

The rich flavors of Indian and Thai seasonings add punch to mild meats.

Fish and seafood – dill or Old Bay

These classic seafood seasonings bring out delicate flavors without overpowering them.

AK

Sól

Żadna potrawa bez soli nie nadaje się do zjedzenia, ale wyobraźmy sobie, że mielibyśmy się żywić wyłącznie solą...

Sól, chlorek wodoru (NaCl), jest minerałem i artykułem spożywczym stosowanym, jako przyprawa, dzięki której potrawy nabierają charakterystycznego smaku.

Zwykle mamy do czynienia z czterema rodzajami soli: kuchenną, kamienną, morską i smakową. Ostatnio bardzo popularne są sole pochodzące z różnych zakątków świata, jak himalajska, hawajska, peruwiańska. Wszystkie są słone a różnią się zabarwieniem, krystalizacją i przede wszystkim zawartością dodatkowych pierwiastków i składników mineralnych, które stanowią również o ich wartościach zdrowotnych.

Sól kuchenna (warzona), najbardziej popularna sól spożywcza, to drobny, biały proszek produkowany poprzez odparowanie wody z solanek w próżniowych wyparkach. Poddawana jest oczyszczaniu chemicznemu, m.in. za pomocą kwasu siarczkowego, na skutek czego jest pozbawiona składników mineralnych. Zawiera ok. 40% sodu oraz antyzbrylacz (E536), czyli żelazocyjanek potasu. Sól kuchenna jest jodowana, by zapobiegać niedoczynności tarczycy głównie w terenach gdzie brakuje jodu.

Sól kamienna jest wydobywana w postaci brył z naturalnych złóż, w kopalniach, a następnie mechanicznie kruszona i mielona. Sól kamienna, drobno lub gruboziarnista może być lekko zabrudzona, dzięki zawartości składników mineralnych takich jak potas, chrom, wapń, mangan, miedź czy też magnez.

Sól morska, podobnie jak sól warzona, jest uzyskiwana w naturalnym procesie odparowania wody z dna mórz i oceanów. Zawiera cenne mikroelementy: magnez, jod, cynk, potas, selen, lit. Charakteryzuje się bardziej wyraźnym smakiem, więc, z korzyścią dla zdrowia, potrzeba jej do przyprawiania potraw mniej. Sól morska zawiera ok. 35% sodu i jest dużo zdrowsza niż sól kuchenna (warzona).

Sól smakowa powstaje poprzez wymieszanie soli kamiennej oraz przypraw i ziół (pieprzu, czosnku, suszonych warzyw). Często zawiera również substancje wzmacniające smak, (np. glutaminian sodu) oraz konserwanty, aromaty i syntetyczne barwniki.

Sól himalajska, dzięki zawartemu w niej żelazu i wielu innym minerałom ma delikatny różowy odcień. Wydobywa się ją ręcznie, na głębokości 400-600 m, u podnóża wschodniego pasa Himalajów. Występuje w postaci drobno i gruboziarnistej i uznawana jest za najczystsza na świecie.

Sól hawajska dzięki unikalnym warunkom geologicznym i klimatycznym występuje w odmianach czerwonej, czarnej i różowej. Czerwona i najbardziej popularna (Alaea Hawaiian Sea Salt) zawiera żelazo, czerwony pył wulkaniczny i ma charakterystyczny smak określany często jako musujący. Czarna sól hawajska (Hiwa Kai Hawaiian Sea Salt) zawiera sporo minerałów i często używana jest często do kąpieli.

Sól francuska (Fumee de sel), jest gruboziarnistą, matową solą pochodzącą z Guerande w Bretanii. Jest ona suszona na słońcu i aromatyzowana dymem z palonych, dębowych beczek po winie Chardonnay.

Sól peruwiańska (Maraska), wypłukiwana przez gorące źródła spływające do dolin ze szczytów Andów, ma różowy kolor i zawiera wiele cennych minerałów: magnez, żelazo, wapń, miedź i cynk.

Sól indyjska (Kala Namak), charakteryzuje się ciemno-różowym zabarwieniem i gorzkawym posmakiem siarki. Surowa sól indyjska jest prażona w wysokiej temperaturze z dodatkiem węgla drzewnego. Przy jej produkcji używa się również suszonych owoców, kory i popiołu. Sól podgrzana do temperatury powyżej 800°C topi się i następuje reakcja chemiczna powodująca utrwalenie koloru i smaku.

Sól Maldon pochodząca z angielskiego hrabstwa Essex ma krystalicznie czysty smak. Miękkie płatki w kształcie piramidek uzyskuje się za pomocą tradycyjnych metod odparowywania wody morskiej, dzięki którym zachowuje ona wartościowe składniki mineralne takie jak magnez i wapń.

Dzienne spożycie soli nie powinno przekraczać ok. 6 gramów (płaska łyżeczka). Nadmiar soli w diecie może prowadzić do nadciśnienia, chorób serca i zatrzymywania w organizmie wodę.

Ze względu na wysoką zawartość sodu oraz brak składników mineralnych należy wystrzegać się soli kuchennej(warzonej) i wybierać sole grubo mielone, krystaliczne, z dużą zawartością minerałów.

Aby ograniczyć ilość używanej soli należy solić potrawę pod koniec gotowania lub bezpośrednio na talerzu oraz dodawać przyprawy i zioła, które podniosą wartości smakowe potrawy bez uczynienia jej niezdrową.

AK

Henryk Sienkiewicz – Patron of 2016

This year is officially dedicated to Henryk Sienkiewicz (1846-1916), Poland's first author to receive the Nobel Prize in Literature.



Henryk Sienkiewicz was born May 5, 1846 in Wola Okrzejska in Podlasie to an impoverished noble family. Sienkiewicz's family traveled from place to place for several

years, only to settle in Warsaw in 1861. In middle school, the future writer did not distinguish himself, though showing the most aptitude for the humanities. To help provide for his family, Henryk found employment as a governor.

At his parents' request, Sienkiewicz passed the exams for medical studies at the Warsaw Central School. After some time, he abandoned those studies to pursue a legal education, ultimately transferring to the department of literature and history.



In 1869, he made his debut as a journalist, publishing in *Przegląd Tygodniowy*, among others. He wrote under the pseudonym Litwos. Sienkiewicz's first works were short stories: "In Vain", "A Humoresque from the Files of Woroszyła", "The Old Servant", and "Selim Mirza". In this period he made regular appearances in

Warsaw's salons, including Helena Modrzejewska's.

It was with Modrzejewska and her friends in 1876-78 that Sienkiewicz traveled to the United States. His travels to the USA inspired the "Letters from a Journey" and "Charcoal Sketches", "For Bread", "The Lighthouse Keeper" and more.

Sienkiewicz returned to Europe, and visited London, later he spent a year in Paris, where he became acquainted with a new literary movement – Naturalism. After some initial enthusiasm, he took a critical stance toward it. While traveling, Sienkiewicz met Maria Szetkiewiczówna, who was to become his wife in 1881. They had two children, but after four years of marriage, Maria died of tuberculosis.

In 1882 the writer became affiliated with the *Stowo* magazine, where he published "With Fire and Sword" in 1883-84, a significant success with the readers. The first installment of "The Deluge" was released by Krakow's *Czas* magazine as a Christmas present for readers. Over the following two years, the novel appeared in magazines in installments, at short intervals.

Since he was accompanying his ailing wife through Europe's sanatoriums, the various segments of "The Deluge" were created in hotels and pensions, written out on suitcases. The writer always traveled with a trunk full of books, historical studies, and documents he needed to work. Much of the novel Sienkiewicz wrote in deep mourning after his wife, in a state of crisis and mental exhaustion.

Some writers and critics disapproved of the novel as being

superficial and for failing to analyze the events it described. Readers on the whole, however, were delighted. The last part of "The Trilogy" – "Pan Wołodyjowski" was printed in 1887-88. In the years that followed Sienkiewicz also published "The Połaniecki Family" and "The Teutonic Knights".

In 1895 the "Quo Vadis" was released, and it was a major success both in Poland and abroad.

In 1904, the writer married his niece, Maria Babska, and a year later became the first Pole to be honored with the Nobel Prize in Literature for his "outstanding accomplishments in the field of the epic" and, as one member of the Nobel committee stressed, "A rare genius for incarnating the spirit of the nation."

Upon receiving his award, Sienkiewicz said: *"This honor, so vaunted by all, could only be that much more valuable for a son of Poland! Our nation has been declared dead, and here is one of a thousand pieces of evidence that it lives on! It has been declared unfit to think and to work, and here is proof that it works! It has been declared defeated, and here we have proof that it can triumph!"*

The "In Desert and Wilderness" came out in installments in 1910. After the outbreak of World War I, Sienkiewicz went to Switzerland, where he joined Ignacy Paderewski in founding the Swiss General Committee for Aiding the Victims of War in Poland. He died on November 15, 1916, in Vevey, where he was buried. In 1924 his ashes were ceremoniously carried to St. John's Cathedral in Warsaw.

*Based on article on
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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.

*Participants of PNA
District 12 & 13 Summer Camp
in Yorkville, Illinois.*

*Photo: [www.facebook.com/
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