

“Together – We Can and We Will”

ZGODA

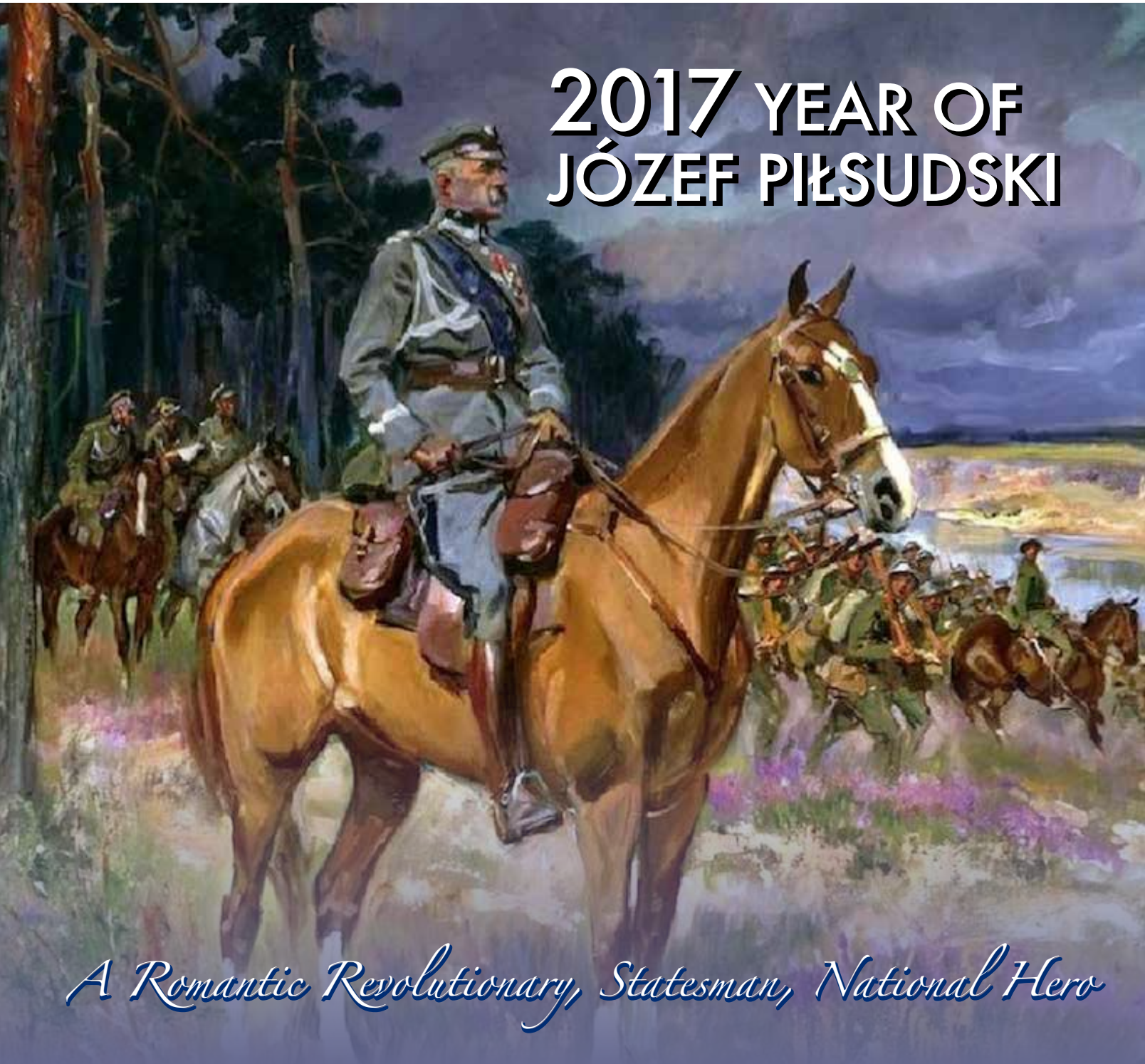


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2017 YEAR OF JÓZEF PIŁSUDSKI



A Romantic Revolutionary, Statesman, National Hero

3	Presidents' Corner
4	From the Editor
5	Official Announcement
6	From the Manager of Sales
8 – 41	Fraternal News & Activities
	<ul style="list-style-type: none"> • Flag Day Ceremony 2017 • Kids 4 Kids 2K Walk-N-Stroll • Region "H" Activities • Łowicz Dancers • Silver Legion of Honor for Jim Mislak • Scholarship Opportunities • 2017 Original Art Contest Results • It's Cool To Be in Polish School • Graduate Scholarships 2017 • District VIII News • Photo Contest 2017 • District XIII Activities • Camp Stanica in Action • Yorkville Camp • New Members • Fishing Derby • Wici Gala • We are Proud Of • Dożynki Festival in Yorkville
34	Kids Page – The Polish White Eagle
42 – 49	Life of Polonia
	<ul style="list-style-type: none"> • New Orchard Lake Schools Chancellor • In Memoriam • Polish School Graduation • Wianki in Washington
50	Did you know? Hand-Kissing
52 – 53	Destination Poland
	<ul style="list-style-type: none"> • Silver, Gold, and Arsenic
54 – 55	Taste of Poland – Breakfast Ideas
56 – 59	Living Well
	<ul style="list-style-type: none"> • Marijuana • Buckle Up!
60 – 61	Bulletin Board
62	PNA Regions & Districts



Wojciech Kossak
 "Józef Piłsudski on Kasztanka", 1928

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President's Corner

August 2017

Dear Members,

For many of us, it seems like summer just began, but the time is nearing again for us to prepare our kids to head back to school. Whether your children are just starting their first day of elementary school or entering their final year of high school, the big first day takes a lot of preparation and may be accompanied by stress.

As children return to school, the Polish National Alliance is featuring a plan of protection under a twenty payment life providing a bonus of 10% on the face amount without any additional cost. We know the importance of shielding our most valuable asset our children and grandchildren. For more information, please check page 6 & 7 of this current issue of *Zgoda* or our website at www.pna-znp.org

For many years, the PNA has made available scholarships to qualifying full-time college students. This past May, \$200,000 was awarded to 254 students. In June, \$54,000 was granted to graduate students pursuing their degrees. It is one of the numerous benefits available to members of the PNA.

On June 4th, the PNA held its first "Walk N Stroll Kids 4 Kids" event. It was a fundraiser organized in conjunction with the Sauganash Edgebrook Chamber of Commerce to generate funds for the Children's Shriners Hospital in Chicago. Children, their parents, and grandparents participated in a walk, as well as stayed for some fun, games, and pizza. Through donations and registration fees, \$2,825 was raised and donated to the

hospital. As a fraternal, PNA promotes and encourages charitable and community involvement in our communities. Volunteering as a family not only allows one to spend time with one another, but it fosters growth and awareness. Helping others is a great reminder what one has to be grateful for.

In May of this year, we were saddened to learn of the passing of former Director and Censor of the Polish National Alliance, Hilary Czaplicki. Hilary was a member for over sixty years. During this period he dedicated much of his time for the organization and the community in which he was involved. For individuals that knew him, they can always say, he always had time for people, helping them out and mentoring many. I knew Hilary for many years and was one of those that sought his advice and was mentored. I certainly miss him, and so do many that were touched by him.

Hilary's excellent work and dedication to the PNA and PAC is acknowledged and deeply appreciated. Our deep hearted condolences are extended to his wife Dolores of over fifty years, his son Hilary and family.

Recently, Mr. David Milcinovic resigned as Vice President of the Polish National Alliance. I appreciate his years of service for the Polish National Alliance and wish him all the best in his health and future endeavors. Due to his resignation, his position will be filled through election by the Business Board.

We're very excited and delighted to have one of our subsidiaries, the Polish Daily News or *Dziennik Związkowy*, come to the building of the Polish National Alliance. At the end of this month, they will relocate and share our spaces. The Polish Daily News is the oldest and now the only Polish daily newspaper in the country serving the community since 1908.

October is Polish Heritage Month providing us the opportunity to unite our efforts as Polish Americans. It's an excellent occasion to reflect on the contributions Poles and Polish Americans have made in the United States, world history, politics, music, and science over the years. We should be proud of our ancestry and what it represents.

Summer is a unique time, so try to take advantage of it by enjoying the weather, scenery, and friends!

Frank J. Spula, FLMI
President



From the Editor

August 2017

Dear Members,

The summer is almost over, and I hope you took some time to relax.

I'm taking my vacation as soon as this *Zgoda* is printed and sent, and going to explore Charleston in South Carolina with all its historic sites, and beautiful beaches.

I hope you will enjoy this issue with reports from the various PNA Regions, announcements, breakfast recipes, and history pages.

For most of the Polish people, Marshal Józef Piłsudski is a well-known true patriot and national hero. Since we are approaching 2018, and the Millennium of the Polish Statehood, I thought it would be appropriate to remind *Zgoda* readers the life story of Józef Piłsudski, the Father of Polish independence. He was truly a remarkable person with a larger than life personality and romantic bravery that led him to success through most tumultuous times in Europe's history.

For me, Piłsudski's story also has a personal meaning, since my maternal grandfather, Michał Turowski was in the Polish Army under his command in the early nineteen thirties.

Please share your stories, and ideas with me, and other *Zgoda* readers. Send your articles and beautiful photos, and note that the deadline for the next submission is November 10, 2017.

Wishing you the most pleasant end of the summer,

Most Sincerely,

Alicja Kuklińska
Editor-in-Chief



Kazimierz Sichulski: „Józef Piłsudski z Wernyhorą i Stańczykiem, 1917.

Marszałek Józef Piłsudski (1867-1935) to niezwykła postać w historii Polski zarówno ze względu na zasługi dla kraju, ale również na charakterystyczną i niebanalną osobowość.

Nieugięty bojownik, przywódca, polityk i mąż stanu, słynął ze swych odważnych, często bardzo dosadnych wypowiedzi oraz sporego poczucia humoru, również na własny temat.

Piłsudski posługiwał się biegle kilkoma językami: polskim, rosyjskim, francuskim i niemieckim.

Przez bliskich i współpracowników nazywany był Dziadkiem, Ziukiem, Komendantem. Do tych, których lubił zwracał się Piłsudski per „dziecko”.

Trudne decyzje podejmował idąc na długie spacer, zwracając się o pomoc do Matki Boskiej Ostrobramskiej, ale również stawiając pasjanse. Nie lubił przyjąć, balów, rautów, wolał spędzać czas w zaciszu Belwederu i grając w szachy. Palił papierosy za papierosem, wszędzie gdzie był i nawet miał markę specjalnie dla niego produkowaną – papierosy „Marszałkowskie”.

Lubił zwierzęta, szczególnie psy i konie. Jego ukochana klacz Kasztanka przeszła do historii i została utrwalaona na obrazie Wojciecha Kossaka. W kondukcje żałobnym Marszałka, podążającym ulicami Krakowa, oficerowie prowadzili przykrytą kirem córkę Kasztanki, niezwykle do niej podobną – Merę, ku wielkiemu zadziwieniu zgromadzonego tłumu.

Zgodnie ze swym życzeniem, Piłsudski pochowany został w Katedrze na Wawelu, a serce spoczęło na Cmentarzu Na Rossie w Wilnie, w grobie jego matki. „*Nie wiem czy zechcą mnie pochować na Wawelu. Niech! Niech tylko moje serce wtedy zamknięte schowają w Wilnie, gdzie leżą moi żołnierze, co w kwietniu 1919 roku mnie, jako wodzowi Wilno, jako prezent pod nogi rzucili*” – napisał Marszałek na miesiąc przed śmiercią.

Notice of Vacancy for PNA Vice President

Notice is hereby given that the elective office of Vice President of the Polish National Alliance of the U.S. of N.A. has become vacant due to the vacancy caused by the resignation of Mr. David Milcinovic on June 23, 2017. By this announcement the vacancy is officially declared. Pursuant to the provisions as stated in section 91(15) of the By-Laws of the Alliance, the filling of the vacancy in the elective office of Vice President shall be by the means of an election by the Business Board of Directors. In order for an individual to be elected he or she must receive a majority vote of the members of the Business Board of the Alliance who are present and voting. Such vacancy shall be filled **NOT LATER THAN NINETY (90) DAYS FROM THE DATE** of this publication in the Zgoda.

In order to qualify a candidate for the elective office of Vice President must satisfy the all requirements as set forth in Section 71:

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

A. Elective Officers

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

1. At the time of application the candidate must be a Beneficial Premium Paying Member of the Alliance in good standing, uninterruptedly, for at least five (5) years, immediately preceding election to office.
2. Be a citizen of the United States.
3. Unless an incumbent Officer, the candidate must have, since the last Convention, served for at least three (3) years as a Lodge Officer or as a council delegate.
4. Such candidate must have knowledge of the membership products of the Alliance.
5. A candidate for the position of Business Board of Director must be either the incumbent for the position or demonstrate knowledge of insurance by passing the FMLI certification issued by LOMA

or be a certified public accountant, a chartered financial planner, hold a master's in business administration or public administration or be a chartered underwriter. Additionally, an individual can be eligible if such individual has passed at least the first two (2) LOMA exams concerning insurance products and insurance operations and agrees to pass at least one additional exam each quarter after his or her election. In the event such a candidate is elected and fails to pass the additional exams as specified herein, the Business Board of Directors shall declare a vacancy in the position to which such candidate was elected at its meeting immediately following such failure.

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

Any qualified member of the Alliance must submit an application to the Secretary of the Alliance in the form prescribed by the Business Board of Directors within thirty (30) days after the announcement of the vacancy in the official publication of the Alliance –“**ZGODA**” signed by at least twenty five (25) Beneficial Premium Paying Members of the Alliance.

Applications post marked later than **Monday, September 25, 2017** will **NOT** be considered.

For information or questions please call National Secretary Charles A. Komosa at 1-800-621-3723

A request for an application must be made in writing or electronically to: **charles.komosa@pna-znp.org**

Polish National Alliance
6100 North Cicero Avenue
Chicago, Illinois 60646-4385
ATTN: **Secretary Charles A. Komosa**



From the Manager of Sales

August 2017

Dear Members,

It's hard to believe summer is almost over. My son already started first grade. There will be more studying, homework, and much less playtime which he is not too happy about.

With the students in mind, I would like to present to you our current "Back to School with PNA" promotion. This special, limited time offer will continue only through October 15th, 2017 for applicants between ages of 0 to 18. We are offering our most popular product - 20 Pay Life with extra coverage at no additional cost. Please refer to the information provided on the subsequent page to this letter.

Take advantage of this promotion, and call your local Sales Representative or the Polish National Alliance Membership Department at 1-800-621-3723 Jolanta (330) or Halina (344) for additional information.

On another note, we are looking for motivated sales representatives in your area to sell our insurance products, and help expand our fraternal family. The Polish National Alliance offers handsome commissions. Please contact me for more information by calling 1-800-621-3723 ext. 330 or provide this phone number to any one that might be interested in earning extra income while being their boss.

I wish you a beautiful fall season.

Fraternally Yours,

Jolanta Walaszek
Manager of Sales



Dear Parents,

Are you ready for the new school year?
Did you sign up your child for after school activities, and get all the necessary supplies?

If so, now is the time to protect your child through the Polish National Alliance.

Please take advantage of the **"Back to School with PNA"** offer.

Until **October 15th, 2017** you can get more insurance for your money!

A \$10,000 coverage + \$1,000 bonus = total \$11,000

A \$15,000 coverage + \$1,500 bonus = total \$16,500

A \$25,000 coverage + \$2,500 bonus = total \$27,500

Example:

A boy 8 years old coverage amount of \$27,500 with a monthly premium amount of \$17.75.

The total savings amount of about \$362.

A girl 8 years old coverage amount of \$27,500 with a monthly premium amount of \$15.44.

The total savings amount of about \$304.

Please note, this offer will qualify your child for the PNA Scholarship Programs, Polish Language School subsidies, and many other fraternal benefits.

All you need to do is call your local sales representative or the PNA Membership Department at **1-800-621-3723** and ask for the PNA application.

Back to School with PNA

Special, limited time offer for students

August 15th - October 15th 2017

AGE	20 PAY LIFE PLAN					
	AMOUNT OF INSURANCE					
	\$10,000 \$11,000	\$15,000 \$16,500	\$25,000 \$27,500	\$10,000 \$11,000	\$15,000 \$16,500	\$25,000 \$27,500
	MONTHLY PREMIUMS					
	MALE			FEMALE		
0	7.33	9.64	13.95	6.66	8.64	12.22
1	7.49	9.88	14.33	6.80	8.86	12.56
2	7.67	10.15	14.76	6.95	9.07	12.92
3	7.85	10.42	15.21	7.11	9.32	13.30
4	8.05	10.72	15.68	7.28	9.57	13.70
5	8.25	11.03	16.18	7.45	9.83	14.13
6	8.46	11.34	16.70	7.62	10.08	14.54
7	8.68	11.66	17.21	7.79	10.34	14.99
8	8.90	12.00	17.75	7.98	10.62	15.44
9	9.14	12.35	18.34	8.17	10.91	15.91
10	9.38	12.72	18.92	8.37	11.21	16.40
11	9.63	13.10	19.53	8.57	11.50	16.90
12	9.89	13.49	20.16	8.78	11.83	17.42
13	10.16	13.89	20.81	9.00	12.15	17.96
14	10.43	14.30	21.47	9.23	12.49	18.52
15	10.70	14.70	22.14	9.45	12.83	19.10
16	10.99	15.13	22.82	9.70	13.20	19.71
17	11.27	15.55	23.51	9.96	13.59	20.34
18	11.56	15.98	24.21	10.23	14.00	20.99

Simple steps:

- Find the monthly rate
- Complete the Life Insurance Application
- Attach a premium check with the Application
- Mail to the PNA in the postage free envelope



Polish National Alliance

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

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

PNA Flag Day Ceremony 2017

PNA Headquarters - Chicago, IL - On a warm and sunny morning on Wednesday, June 14, 2017 the Polish National Alliance (PNA) hosted its annual Flag Day Observance at their home office located at 6100 North Cicero Avenue in Chicago, Illinois. PNA National Secretary Charles A. Komosa, serving as Master of Ceremonies, greeted the guests, and introduced Polish National Alliance (PNA) and Polish American Congress (PAC) National President Frank J. Spula who welcomed all the guests on a usually traditional celebratory day but mentioned the terrible tragedy and asked that the guests keep in their prayers United States House of Representative Steve Scalise and



State Representative Honorable Michael McAuliffe, Congresswoman from Poland Honorable Malgorzata Gosiewska, Chicago Alderman 36th Ward Honorable Gilbert Villegas, a United States Marine Corps Veteran and Chairman of the New Chicago City Council Veterans Caucus, and his Chief of Staff Ms. Magdalena Fudalewicz, Chicago Alderman 39th Ward Honorable Margaret Laurino, Chicago Alderman, 45th Ward Honorable John Arena, Attorney Mark Kupiec, Representatives of the Polish Teachers Association in America - Vice President Mrs. Urszula Gawlik and board members Mrs. Helena Zajac and Mrs. Halina Zurawski, Mrs. Barbara Halaszkiwicz, President of



the six other people that were shot earlier in the morning in Alexandria, Virginia, during a Republicans' early-morning practice ahead of a charity baseball game. National Secretary Charles A. Komosa then asked the guests to recite the Pledge of Allegiance and participate in the singing of the National Anthem followed by the raising of the American, Polish and PNA flags by Mr. John Wojciechowski, Specialist, United States Army, Mr. John Torchalski, Corporal, United States Army, and Mr. John Wantuch, Master Sergeant, United States Air Force, while a recording of Taps - a single bugle or trumpet tune played during flag ceremonies.

After the raising of the flags, National Secretary Charles A. Komosa introduced the esteemed guests, elected officials, PNA officers and dignitaries including Illinois State Representative Illinois 20th District



the Legion of Young Polish Women, PNA Business Director Mrs. Irene Hercik, PNA Fraternal Director Mrs. Wanda Penar, PNA Fraternal Director Ms. Barbara Wesolowski, PNA District XIII Commissioner Ms. Wanda Juda, Former PNA National Directors Ms. Anna Wierzbicki and Mrs. Stanislaw Rawicka, also vice president of the Illinois Division of the Polish American Congress, Mrs. Anna Kokoszka representing the Polish Veterans and Ladies Auxiliary and also a former PNA District XII Commissioner,





Mr. Zygmunt Golinski of the Polish Veterans Association, Members of Edge brook & Sauganash Chamber of Commerce – Mr. Bob Smith, Mr. Jay Smith, Mr. Alfred Klairmont, Mrs. Harriet Luden, Mrs. Joanne Kloepher.

PNA National Secretary Charles A. Komosa also thanked PNA employees Mrs. Mary Srodon, Fraternal Events Coordinator for organizing the event, PNA Zgoda Magazine Editor Ms. Alicja Kuklinska for the media coverage, IT employees Victor Modlinski and John Benedetti, Mr. Adam Maj for set up, Mrs. Halina Kuczynska, cafeteria set up, and Mrs. Monika Korczynska for various important tasks.

PNA National Secretary Charles A. Komosa concluded the program by asking Polish National Alliance (PNA) and Polish American Congress (PAC) National President Frank J. Spula for closing remarks and thanked and invited all the guests and PNA employees for a special luncheon in the PNA Cafeteria. PNA National Secretary Charles A. Komosa thanked the guests and asked to stand and participate in the singing of **God Bless America!**

*Story by Charles Komosa
Photos by Alicja Kuklińska*



The Chicago Society Foundation, affiliated with the Chicago Society of the Polish National Alliance, Lodge 1450 of the PNA, announces that it will be funding up to three **\$7500.00** scholarships annually through its **James and Lillian Kulze Scholarship Fund.**

These scholarship awards are available to Illinois residents of Polish descent with financial need who are pursuing academic studies in college, graduate or professional school.

Initial applications will be accepted through **January 22, 2018**. Selections will be made in April 2018 for the subsequent fall academic term. Forms, dates and other information regarding selection criteria and requirements will be found on the Chicago Society's website, **www.chicagosocietypna.org**.

Please email Mr. Walter Pieciewicz for further information at **wpieciewicz@immaculaw.com**

2017 Kids 4 Kids – 2 K Walk-N-Stroll



On a sunny Sunday morning June 4th, 2017 close to 100 children and their parents gathered at the PNA Gardens to participate in the 1st Annual Kids 4 Kids, 2 K Walk-N-Stroll organized by the Polish National Alliance in partnership with the Sauganash Edgebrook Chamber of Commerce in support of the Shriners Hospital for Children in Chicago.



2017 Kids 4 Kids Walk-N-Stroll was opened by local Chicago Alderman Margaret Laurino and PNA President Frank Spula. It was a very special family event filled with fun and comradery while teaching children the importance of helping

others and staying in shape.

Thanks to the generosity of the sponsor, young participants of the 1st Kids 4 Kids Walk-N-Stroll received free t-shirts. There were snacks, drinks, face painting, and bouncy jumping to everybody's content.

The following week, PNA President Frank Spula, Executive Director of the Edgebrook Sauganash Chamber of Commerce Jennifer Herren Gatesman, and PNA Fraternal Activities Coordinator Mary Srodon delivered **\$2,825 as a donation to the Shriners Hospital for Children in Chicago.**

Thank you to sponsors of the 2017 Kids-4-Kids Walk-N-Stroll:

PLATINUM LEVEL: Morris Lazar, Royal Savings Bank, Advantus Capital Management, Smith-Corcoran Funeral Home, Polish National Alliance, Edgebrook Sauganash Chamber of Commerce

GOLD LEVEL: Griffith, Ballard & Co., Network Microdesign Corp., Frank J. Baker Co, LTD, Liberty Bank for Savings, Frank J. Spula

SILVER LEVEL: Anthony Nowak-Przygodzki, Tarpey Pharmacy, R & M Auto Leasing, Inc., State Representative John D. D'Amico, K. Hovnanian Homes, PNA Lodge 2244, Independent Litho & Design, Elevator Industries of Illinois Inc., Michael H. Erde, P.C., Teresa N. Abick

BRONZE LEVEL: Barbara Wesolowski, Eugene & Cindy Kirejczyk, Peter Golucki, PNA Lodge 3279, PNA Lodge 433, Jeffrey & Alicja Kalinsky, Beata Bochenek & Lukasz Kosala, Opyd Family, Charles & Agata Komosa, PNA Lodge 257



Thank you to all of the participants and their families for your bigheartedness. We hope to see you next year!

Photos by Artur Partyka & Mary Srodon



Greeting from Region H

Summer has been hot, but we are still out and about!

Navasota, Texas May 23, 2017

Folk Dancers need time to relax – Texas Style Special thanks to PNA Member Michael Kurtin who opened his home to Wawel Group to have a weekend event and relax after a hectic spring session of performances!



50th Annual Texas Folklife Festival San Antonio, Texas June 9–11, 2017

Texas Folklife Festival has been going on for 50 years in San Antonio, Texas and the Polish Community has been supporting the event from all over Texas. The San Antonio Polonia has been essential in keeping the Polish Community front and center at the festival with a booth and Polish Folk Dancers. Our thanks to the Polonia in San Antonio.



Genny Krause, a PNA member, has been performing and been an active supporter of the festival since 1972. Seen here with another member of the dance group.



Volunteers and Visitors to the Polish booth at the Texas Folklife Festival in San Antonio.

Copernicus Polish School from Houston, Texas visited Poland June, 2017

The Polish School in Houston – Copernicus School, recently send a delegation of children for a trip to Poland, accompanied by Dr. Piotr Przybylski, as well as Progressive members, Teacher Aneta Odolski and her two children Christopher Odolski, Victoria Odolski. The group made trips to the seaside, visiting Malbork and its famous Medieval Teutonic Castle. Special thanks to Dr. Jim Mazurkiewicz, Kosciuszko Lodge member who had a huge hand in this project.



Polish School Trip to Poland

Bremont Polish Festival Days - 30th Anniversary Polski Dzień & Polish Pickle Run June 23 – 24, 2017

For over 30 years, the Polish community of Bremond, Texas gets together and organizes a great Polski Dzień Festival with delicious food, drinks, entertainment, traditional Polish Dance, music, parades, contests and of course, the Polish Pickle Run. Polonia from all around Texas come down to carry on the Polish Tradition. Thank you to this Polish community for holding firm in our traditions!



Bremond Polski Dzień 30th Anniversary Festival. Jim Mazurkiewicz and Brian Marshall playing together again 30 years later! Brian's son Michal Marshall played with them!



Dr. Jim Mazurkiewicz, entertaining the crowd at the Festival singing and playing his music box. Dr. Jim Mazurkiewicz has been playing at Bremond Polish Festival Days since the FIRST Year! He started on a sidewalk, and now he brings lots of friends to share the stage with him!



Only at a Polish Festival in Texas will you find a Horse from Texas meeting with a Horse from Poland (Lajkonik).



PNA members Maryann Zawada Ciaston, Michael Kurtin, and the lovely Krozel ladies taking a ride on the city's fire engine between performances.



In every Polish Festival, there is a little Krakowiak, and Polski Dzień has its own – little Mr. Kubiak!



PNA Member Dennis Kubiak hosted the entertainment stage and assisted our Polish Fiddler Brian Marshall as he entertained the crowd with great Polish folk music.



The Polish Community from Houston came out to support and entertain at the Bremond Festival group with tradition Polish Folk Dances – Group Wawel featuring Michael Kurtin, Ashley Sobota, Alex Marzec, Maryann Zawada Ciaston, Lukas Bielecki, Aneta Krozel, Katie Kubiak, Thaddeus Dryden and Yessica Patrycja Anna Krozel) and friends.



Leading off the performances with the traditional Polonaise are PNA members Katie Kubiak and Thaddeus Dryden.

Visit of the Honorable Piotr Calbecki, Marszałek (Marshal) of Kujawsko– Pomorskie Voivodship in Texas June, 2017

Texas was recently honored with a trip from the Marshal of Kujawsko – Pomorskie Voivodship, from Torun, Poland. The trip in Texas gave the Governor an excellent introduction to the Polonia in Texas and great presentation to potential business opportunities between the two areas.



Marshal Piotr Calbecki, and his family receiving the Polish Tradition of „bread and salt” as a symbol of friendship and hospitality from Dr. Jim and Kathy Mazurkiewicz & Dr. Piotr Przybylski and his children on behalf of Texas Polonia.



Governor Calbecki with PNA members and friends. Fraternal Director Region H – Jolanta Mazewski Dryden, Dr. Jim Mazurkiewicz (who organized the visit), Aneta Odolski, Larry Jurka, Virginia Falchuk – Hill, Mr. Wisnowski, and Dr. Przybylski.



Governor Calbecki with PNA Fraternal Director, Jolanta Mazewski Dryden, Progressive members Thaddeus and Erica Dryden at the Polonia Restaurant in Houston discussing opportunities and networking



Dr. Stanislaw Burzynski, a nationally and internationally recognized physician/investigator, pioneered the use of biologically active peptides for the treatment of cancer. Featured here with PNA member Erica Dryden and Fraternal Director, Jolanta Mazewski-Dryden.

**150 Year of founding of Parish
& 100th Anniversary of the St
Stanislaus Kostka Catholic
Church in Anderson, Texas
August 6, 2017**

Recently, Anderson, a unique, beautiful, and charming town in Texas, celebrated an amazing anniversary and many achievements of the Polish Catholic community.



Cardinal Daniel Nicholas DiNardo blessed the church and the new marker and is featured here with Wawel and friends of St. Stanislaus Kostka Catholic Church. The new marker recognizes the establishment of the parish in 1866. Photo by Stan Aponiuk



Cardinal Daniel Nicholas DiNardo speaking with PNA member Mike Kurtin and, Maryann Zawada Ciaston.



PNA members and Wawel Dancers of Houston joining in on the celebration in Anderson. Fraternal Directors Jolanta Mazewski-Dryden, Erica Dryden, The Maciejewski family, and many others were out to support the community.



Joining in on the celebration, Fraternal Director Jolanta Mazewski-Dryden, Thaddeus Dryden – new member to Wawel, and Erica Dryden.



The Polish Fiddler Brian Marshall, Dr. Jim singing old Polish folk song, and Brian's son are once again entertaining the community.

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

PNA at the Polish FM Picnic

Recently, the Polish National Alliance was represented at the Polish FM Radio Picnic in Yorkville, Illinois. The event attracted a few thousand people to the beautiful grounds belonging to the PNA District XII & XIII, for an afternoon of live music, great Polish food, and fun. Those, who stopped by the PNA booth had a chance to participate in a drawing for a Visa Gift Card prizes. Congratulations to the lucky winners – Violetta K., Wojciech B., and Mark K.

Please, look for the PNA stand at future events.

*Jolanta Walaszek,
Manager of Sales*



Jolanta Walaszek & Violetta K.



Exciting Year of the Łowicz Dancer's

The Łowicz Dancers became a part of the Polish National Alliance Lodge 1758 and Council 122 in September of 2016. The group started the year with September performances at St. Anne's Sausage Festival and St. Louise Fall Festival both in Warren, Michigan.



In March, they performed at the City of Sterling Heights Cultural Exchange Program. In addition, they participated in the Annual Blessing of the Dancers Mass at St. Hyacinth Parish in Detroit, Michigan. April found the group performing at the District X Women's Division Swieconka.

In May, the group performed in the pre-game festivities at the 47th Annual Polish Night with the Detroit Tigers. District X Commissioner Thomas Schemanski and Region E Fraternal Director Stella Szczesny were also introduced at the pre-game program. The highlight of the year was their 12th Annual recital held in May. The Dancers also participated in the Sterling Heights, Michigan Memorial Day Parade. In June the group participated in the Jimmy Johns Field Polish Heritage Night.

The Łowicz Dancers had a very busy and enjoyable year. Wherever they performed, they were well received and represented PNA with enthusiasm, dedication, and great performances.

In December the group performed at the Holly, Michigan Dickens Festival which is the oldest Dickens festival in the United States.



*Photos:
"Polish Night with the Detroit Tigers"*

*Submitted by Stella Szczesny,
Fraternal Director Region "E"*

Jim Mislak Awarded High PNA Honor

BALTIMORE, MD – The successful surprise tribute remained so until the very last second for an astonished James ‘Jim’ Mislak – Past President of Polish National Alliance Council 21. On June 10, 2017, he was honored with the PNA’s prestigious Silver Legion of Honor Award in appreciation for his „Many Years of Dedicated Service as a PNA Commissioner and Council 21 President.” It augmented the Council 21 Recognition Plaque for his „25 Years of Dedicated and Faithful Service as President of Council 21, 1991 -2016,” during which Jim also served as President of Lodge 238. Jim began his PNA membership in 1987 during which time he was elected as Lodge 238’s Financial Secretary for eight years, in addition to being an on-going Delegate.

PNA National Secretary Charles Komosa traveled from the PNA national headquarters in Chicago to personally present the award, co-signed by President Frank J. Spula. Komosa recounted his years of friendship and cooperation with Jim on many different important issues.



PNA Council 21 Building in Baltimore, MD

Council 21’s President Maksymilian ‘Maks’ Bondyra, and V.P. Richard Poremski, both voiced many accolades in recounting Jim’s „dedicated and faithful service” to the PNA.

In the main, it was much appreciated how Jim’s steady hand was able to stabilize, and then gradually increase over the years, the Council’s then-precarious finances. Another major coup was Jim’s adroit maneuvering and almost-miraculous success in preserving and improving the Council’s massive 4-stories tall masonry building for the benefit of the present and future PNA fraternity.



Maksymilian Bondyra, Charles Komosa, Jim Mislak, Richard Poremski.

Eighty family members, friends, and guests attended the celebration and dinner in the Council’s Great Hall, with much merriment and comradery, and danced the afternoon and evening away to the music of the Lenny Adam’s Polka Band.

The entire affair was a most fitting tribute to Jim – a noted PNA luminary - who is a man that garners our utmost gratitude and respect, being of unimpeachable character and integrity ... and to whom we salute with a heartfelt „Sto Lat James E. Mislak”!

*Story & Photos by Richard P. Poremski
– V.P. PNA Council 21 & Lodge 238*



National Secretary Charles Komosa presenting PNA Silver Legion of Honor Certificate to Jim Mislak.

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

Lodge 1224 Family Picnic

Lodge 1224 Family Picnic

Rockford, IL. On Sunday, June 25, 2017, Lodge 1224 held its annual Family Picnic. With our hard working officers, help from the many volunteers, and great weather, this year's picnic was again a great success.

Everyone enjoyed a sausage and sauerkraut dinner, traditional pączki, well-stocked bar, and raffles.

Our Lodge would like to thank the following people for their hard work to make this event such a success: Scholka Bielawska, Henry Bielawski, and Marian Bielawski with ticket sales. Stan Wawioro took care of the bar. Irena Dyer and Joe Wojewodzki sold raffle tickets. Victor Osipczuk worked our adult outdoor games.

The hardest work was done by a group of ladies working in the kitchen. At 8:00 am they started preparing food that was ready to serve at noon. Big Thank You to Mary and Stan Gwardys, Scholka Bielawski, Jadwiga Bielawski, Helen Czackowski, Sherry Lynn McDonald, and Ann Wojewodzki. These ladies cooked and served over 130 dinners, and many hot 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



(l-r) Wanda Juda, Wanda Penar, Anna Wierzbicka, PNA Treasurer; Marian Grabowski, Joseph Lisak, Ann Wojewodzki, Victor Osipczuk, Joe Wojewodzki, Irene Dyer, Leszek Krzyminski and Stan Wawioro

District XII Youth Home Corporation Scholarship 2017



The PNA District XII Youth Home Corporation is happy to announce it has awarded ten scholarships for the 2017-2018 school year. Six students with a grade point average of 3.5 or higher each received \$1000. The remaining four students each received \$500. The recipients are Julianna Bochnak, Marianna Bochnak, Jake DeBosschere, Cassandra Fuks, Nicole Kosinski, Hunter Lane, Faith Most, James Most, Rachel Papiernik, and Tim Papiernik.

The officers of the Youth Home Corporation District XII are Director of Region "F," Barbara Wesolowski, President, Arthur Trybek, Vice President, Anna Kokoszka, Vice President, Shirley Wass, Secretary, and Judith Trybek, Treasurer.

The Scholarship Committee members are Judith Trybek, Chairperson, Barbara Wesolowski, Arthur Trybek, Anna Kokoszka, Shirley Wass, and Gail Bialas.

Since 1987, District XII Youth Home Corporation has awarded 869 scholarships for a total of \$423,500.00.

*Judith Trybek,
Secretary of District XII Scholarship Committee*

2017 ORIGINAL ART CONTEST RESULTS



A distinguished committee of three members – Teresa Struziak Sherman Business Director, Wesley Musial Censor and Jolanta Walaszek Manager of Sales – selected winners of 2017 Original Art Contest.

The theme of the contest was **“Tadeusz Kosciuszko – Freedom Warrior”** to commemorate the 200th anniversary of the death of the Polish-American hero.

As difficult as it was, the committee selected 3 pictures from each of the 3 age categories. There was no eligible art submitted in the 5-6 age category. Winners were awarded respectively \$300 (1st place), \$200 (2nd place), and \$100 (3rd place), all participants received minor incentives.

Congratulations to all of our young, talented artists!

Winners of the 2017 PNA Original Art Contest

Age 7 - 8

- 1st Gabriela Stopka, New Lenox, IL
“Polish American Hero”
- 2nd Jacob Owens, Fairview, PA
“Kosciuszko Collage”
- 3rd Jonah Kos, Gansevoort, NY
“Thaddeus Kosciuszko Shaping a Certain Victory at Saratoga”

Age 9 - 10

- 1st Aleksandra Malak, Palatine, IL
“For Our Freedom and Yours”
- 2nd Katherine Suchowolec, Torrington, CT
“Bitwa Pod Saratoga”
- 3rd Thomas Suchowolec, Torrington, CT
„Tadeusz Kosciuszko at Bemis Heights”

Age 11 - 12

- 1st Maciej Malak, Palatine, IL
“There is a time when you have to sacrifice everything to have everything saved”
- 2nd Jordyn Czyzewski, Milwaukee, WI
“We thank you for our Freedom”
- 3rd Isabella Khoury, Poland, OH
“Kosciuszko - A Hero”

PNA Art Gallery



Gabriela Stopka
“Polish American Hero”



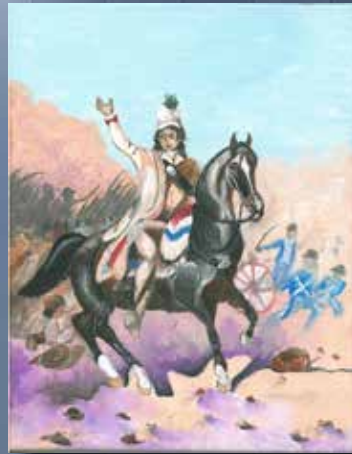
Jacob Owens
“Kosciuszko Collage”



Jonah Kos
“Thaddeus Kosciuszko Shaping a Certain Victory at Saratoga”



Aleksandra Malak
"For Our Freedom and Yours"



Maciej Malak
*"There is a time when you have to sacrifice
 everything to have everything saved"*



Katherine Suchowolec
"Bitwa Pod Saratoga"



Jordyn Czyzewski
"We thank you for our Freedom"



Thomas Suchowolec
„Tadeusz Kosciuszko at Bemis Heights"



Isabella Khoury
"Kosciuszko - A Hero"

It's COOL to be in Polish school

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

MATURZYŚCI ZAKOŃCZYLI NAUKĘ W POLSKIEJ SZKOLE IM. GEN. KAZIMIERZA PUŁASKIEGO

20 maja, 2017 uroczystym bankietem maturalnym abiturienti zakończyli naukę w polskiej szkole im. gen. Kazimierza Pułaskiego w Harwood Heights, która współpracuje ze Związkiem Narodowym Polskim od 1986 roku.



Pamiątkowe zdjęcie maturzystów z gośćmi bankietu, kierownictwem szkoły i wychowawczynią. (na zdjęciu od lewej stoją): prezes Agata Woźny – prezes szkoły, Frank Spula, prezes Kongresu Polonii Amerykańskiej i Związku Narodowego Polskiego, Anna Sokolowski – absolwentka Polskiej Szkoły im. gen. K. Pułaskiego oraz Ewa Koch – prezes Zrzeszenia Nauczycieli Polskich w Ameryce, (od lewej siedzi) Urszula Knapik – wychowawczyni klasy

Dziwięciu maturzystów - Karolinę Biskup, Karolinę Blachowską, Karola Cieślukowskiego, Konrada Garbacza, Nicole Gołębiowski, Jake'a Kawę, Oliwię Nowak, Daniela

Puczko i Jakuba Starczyńskiego - do egzaminu dojrzałości przygotowała Urszula Knapik, wychowawczyni klasy III liceum.

Gośćmi, oprócz nauczycieli i rodziców byli: Frank Spula, prezes Kongresu Polonii Amerykańskiej i Związku Narodowego Polskiego, Ewa Koch - prezes Zrzeszenia Nauczycieli Polskich w Ameryce, Anna Sokolowski - absolwentka polskiej szkoły Pułaskiego, Zofia Biernadski - od kilkunastu lat przygotowująca uczniów do szkolnych przedstawień oraz ojciec Marcin Mikulski OSP-PE - odpowiedzialny za edukację religijną.

Na pożegnalny wieczór złożyły się część oficjalna i program artystyczny przygotowany przez maturzystów.

W części oficjalnej okolicznościowe przemówienia wygłosili: Agata Michałkiewicz dyrektor szkoły, Agata Woźny - prezes szkoły, wychowawczyni klasy - Urszula Knapik oraz goście: Frank Spula i Ewa

Koch.

Wychowawczyni – Urszula Knapik w emocjonalnym przemówieniu wyraziła nadzieję, że wychowankowie zapamiętają na zawsze wszystkich z polskiej szkoły, którzy o nich dbali i nauczali polskości.

Ewa Koch - prezes Związku



Bankiet maturalny rozpoczęła prezentacja maturzystów

Nauczycieli Polskich w Ameryce, oprócz gratulacji złożyła maturzystom „gorące życzenia wytrwałości w zdobywaniu wiedzy i wielu sukcesów w dorosłym życiu”.

Prezes Związku Narodowego Polskiego, Frank Spula zwracając się do uczniów i rodziców podkreślił, że współcześnie umiejętność posługiwania się drugim językiem otwiera



Bankiet maturalny zakończył się wspólnym zdjęciem maturzystów z rodzicami i wychowawczynią



Część artystyczną przygotowali maturzyści

przed młodymi ludźmi szersze spektrum możliwości oraz wyraził podziękowanie za ukończenie nauki w polskiej szkole: - Jestem z Was dumny. Dziękuję za waszą ciężką pracę przychodzenia, co sobotę do szkoły. To zasługa waszych rodziców, że was mobilizowali, przywozili do szkoły.

Świadectwa ukończenia szkoły wspólnie wręczyły maturzystom Anna Sokolowski, Agata Michałkiewicz i Urszula Knapik. Pamiątkowe zdjęcia i wspólny obiad zakończyły bankiet maturalny.

Kierownictwo szkoły skierowało do obecnych na bankiecie uczniów i rodziców wakacyjną ofertę kolonii i obozów organizowanych przez Związek Narodowy Polski.

Dzięki kilkudziesięcioletniej kooperacji Związku Narodowego Polskiego i polskiej szkoły gen. Kazimierza Pułaskiego polisą ubezpieczeniową objęci są wszyscy uczniowie, nauczyciele, a także rodzice. Uzyskana przez szkołę od związku pomoc finansowa zaowocowała powstaniem zespołu muzycznego „Słoneczka”, który występuje na szkolnych i polonijnych uroczystościach.

*Tekst: Jola Plesiewicz
Zdjęcia: Dariusz Piłka*

MISTRZOWIE LITEROWANIA Z YORBA LINDA

„Lato, lato, lato czeka...”, tą znaną wszystkim piosenką dzieci z Polskiej Szkoły im. Heleny Modrzejewskiej w Yorba Linda, Kalifornia zakończyły rok szkolny 2016/17.

Był to rok bardzo dla wszystkich pracowity. Szkoła jak co roku, zorganizowała, jasełka, akademie jak również wiele ciekawych konkursów. Jednym z nich, po raz drugi był konkurs Mistrz Literowania w języku polskim w klasach 3-8. Zwycięzynią tegorocznego konkursu została członkini Związku Narodowego Polskiego, uczennica klasy 4, Julia Machon.



Dzieciom z klas 1-2 tak spodobał się pomysł konkursu, że też wyraziły chęć wzięcia w nim udziału. Ich panie nauczycielki, Bożena Lasunowicz (długoletni członek ZNP) i Edyta Pietrzak, ostro zabrały się do przygotowania wyrazów. Konkurs ogłoszono i zgłosiło się 24 dzieci. Każde z nich dostało karteczki z wyrazami, które będą na konkursie, aby mogły się troszkę pouczyć. Data została ustalona na 29 kwietnia, po zakończeniu zajęć szkolnych.

W komisji zasiadli członkowie ZNP: Kazia Kmak - kierownik szkoły, Jarosław Musiał - komisarz Okręgu XVI, Marlena Hulisz - wiceprezes Grupy 3259 „Piast” oraz sekretarz finansowy Grupy 3259 „Piast” Barbara Jarosławski.

Każde dziecko dostało mały notesik i ołówek do zapisywania wylosowanego wyrazu. Panie nauczycielki losowały wyraz i dzieci miały za zadanie go przeliterować. Przygo-



towane było 89 wcale niełatwych wyrazów takich jak: przyjaciel, koleżanka, rzeka, marchewka. Nauczycielki zużyły wszystkie wyrazy, a niewiele dzieci odpadło z konkursu, więc te same wyrazy poszły do ponownego losowania. Na koniec zostało 4 dzieci i komisja zdecydowała, aby dzieci nie zapisywały wyrazów na karteczkach tylko literowały z pamięci. Po 2 rundach nie odpadł nikt. Pani kierownik szkoły przyniosła zeszyt ćwiczeń do klasy pierwszej i wrywkowo czytała wyrazy, które dzieci bezbłędnie literowały. Komisja doszła do wniosku, że nie może wyłonić jednego mistrza, tak więc 4 dzieci zasłużenie zostało mistrzami!



Mistrzowie literowania z Polskiej Szkoły im. Heleny Modrzejewskiej to: Izabela Janiszewska, Nelly Matusik, Emilia Zolnierkiewicz oraz Lukasz Michal.

Dzieci dostały dyplomy oraz karty na lody. Grupa „Piast” wręczyła im karty na zakupy do sklepów Target.

Jesteśmy dumni z naszych polskich dzieci, że tak pilnie się uczą i praktykują nasz ojczysty język, co nie jest łatwe w rodzinach, w których często obydwój rodzice nie są Polakami. Czasem nawet w jednej rodzinie mówi się w trzech językach.

*Barbara Jarosławski, Sekretarz
Finansowy Grupy 3259 „Piast”*

ZAKOŃCZENIE ROKU SZKOLNEGO W POLSKIEJ SZKOLE IM. GEN. WŁADYSŁAWA ANDERSA.

20 maja 2017 roku odbyło się uroczyste zakończenie roku szkolnego w Polskiej szkole im. Generała Władysława Andersa w Chicago. Uroczystość ta tradycyjnie rozpoczęła się mszą świętą w kościele św. Tekli, podczas której nastąpiło symboliczne przekazanie sztandaru uczniom klasy II liceum przez opuszczających szkołę uczniów klasy III.



Następnie uczniowie, rodzice i nauczyciele przeszli do budynku szkoły, gdzie wychowawcy wręczyli uczniom świadectwa, dyplomy i nagrody książkowe, a rodzicom listy gratulacyjne i podziękowania.

Była to szczególnie ważna uroczystość dla uczniów klasy ósmej, kończących szkołę podstawową oraz żegnającej się ze szkołą klasy maturalnej. Uczniowie, ubrani w piękne togi, otrzymali świadectwa ukończenia szkoły, dyplomy oraz pamiątkowe albumy.

Polska Szkoła im. gen. Władysława Andersa powstała w 1978 roku przy parafii św. Tekli w Chicago. Szkoła przynależy do Grupy 2475 Związku Narodowego Polskiego w Chicago, prowadzi ją od ponad 25 lat pani Wanda Penar, dyrektor Regionu „G” ZNP.

Zajęcia prowadzone są w klasach od przedszkola do klasy III liceum. Szkoła oferuje lekcje religii przygotowujące dzieci do Sakramentu Pierwszej Komunii Świętej i Bierzmowania. Po lekcjach, dla zainteresowanych, odbywają się zajęcia artystyczne (teatralne i taneczne).



Wielawa Dziedzic



\$52,500 Awarded in Scholarships to Graduate Students

The Polish National Alliance awarded scholarships for academic year 2017/2018 to its graduate and doctorate student members. Candidates for PNA Graduate Scholarships demonstrated high academic achievements and strong involvement in the PNA, as well as local Polish-American communities.

The ad-hock committee consisted of Ewa Koch, President of the Polish Teachers Association in America, Małgorzata Błaszczuk, Editor-in-Chief of the Polish Daily News (Dziennik Związkowy), and Alicja Kuklińska Editor-in-Chief of the Zgoda magazine, thoroughly reviewed and evaluated 29 applications. A total of \$52,500 was awarded in scholarships to all eligible applicants.

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!



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

2017-2018 PNA Graduate Scholarship Recipients

1. Kamila G. Barnak,
DePaul University, Chicago, IL
2. Jeremy Ryan Briggs
The University of Texas at Arlington, Arlington, TX
3. Christine Marie Bruno
The Ohio State University College of Veterinary Medicine, Columbus, OH
4. Katarzyna S. Clarke
The University of Queensland, Herston, QLD, Australia
5. Krzysztof Cupial
Lamar University, Beaumont, TX
6. Veronica Michele Cwalina
Duquesne University Pharmacy School, Pittsburgh, PA
7. Justina Henryka Danilowski
Texas Tech University, Lubbock, TX
8. Hannah L. Domaradzki
Slippery Rock University of PA, Slippery Rock, PA
9. Ellen Marie Dzierzak
Nova Southeastern University, Fort Lauderdale, FL
10. Sylwia M. Greczek
The UIC College of Pharmacy, Chicago, IL
11. Emily Paige Jendzejec
The Boston College School of Theology and Ministry, Brighton, MA
12. Alicja Nicole Kennedy
ATSU-Arizona School of Dentistry & Oral Health, Mesa, AZ
13. Emil Leon Klosowiak
The University of Illinois in Chicago, Chicago, IL
14. Timothy Georg Mlak
The California State University, Long Beach, CA
15. Elissa Monica Moll
The University of Michigan C.S. Mott Children's Hospital, Ann Arbor, MI
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. Philip David Poltorak
Lewis University, Romeoville, IL
21. Tara Nicole Slominski,
North Dakota State University, Fargo, ND
22. Magdalena Oliwia Smolecka
Concordia University Wisconsin, Mequon, WI
23. Krzysztof Szymon Stopka
Georgia Institute of Technology, Atlanta, GA
24. Matthew J. Tanhauser
Lincoln Memorial University College of Veterinary Medicine, Harrogate, TN
25. Elizabeth Evelyn Tribone
The London School of Economics, London, UK
26. Austin Michael Vitaliano
New England Conservatory of Music, Boston, MA
27. Louise Katrina Wioncek
American University, Washington, DC
28. Natalie Anna Wolanski
Quinnipiac University, North Haven, CT
29. Mateusz J. Zapotoczny
Northwestern University Feinberg School of Medicine, Chicago, IL

News from District VIII

DISTRICT VIII CHILDREN'S GOLF OUTING

North Huntingdon, PA. The annual District VIII Children's Golf Outing was held at Kerber's Farm this past June with the sun as



(l-r) Bryce Granny, Addy Granny, and Danny Markovich



(l-r) Gavin Wigfield, Madelyn Wigfield, and Sammy Pearson.



(l-r) Jada Sinclair, Angelina Desalvo, Mya Polski, and Lucy Kucinic

bright and shining as the children's eyes who participated. Twenty-two young golfers gathered for an afternoon of miniature golf, pizza, and ice cream with their parents and family. An enjoyable Sunday afternoon of Fraternalism.

TED HALUCH ANNUAL GOLF TOURNAMENT

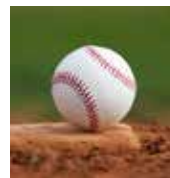
Cambridge Springs, PA. A host of Golfers converged into to this rural Pennsylvania town to kick up some sand, turf and compete for the district's annual tournament. Since the passing of "Coach" Ted Haluch, his granddaughter, Stacy Mott with the help of the newly installed officers of Lodge 1540, has kept up the fine tradition of hosting the Tournament at Ve-



(l-r) David Sinclair, Tusia Mott, Stacy Mott, Josephine Haluch, Val Pavolos, Jeff Tiwady

nango Valley Golf Course. After the tournament, the players were treated to a grilled steak dinner, and the winners were awarded the trophies and cash prizes. A lot of participants elected to donate their cash prizes back to Lodge 1540 to help support the tournament for next year.

LODGE 1327 PONY LEAGUE WORLD SERIES



Johnstown, PA. Moxam PNA Lodge 1327 was the proud sponsor of their local baseball Team that made it to

the final round of the Pony League World Series that was held in Whittier, California this year. The team was 2nd runner up losing to the Korean team by a score of 9-4. Moxam's officers and member along with the Johnstown Community are proud of their effort to send a group of exceptional young children to represent the fraternalism that the Polish National Alliance demonstrates throughout the country.

LODGE 664 YEARLY SCHOLARSHIP AWARD

Jacob Braverso was this year's Lodge 664 St. Joseph Benevolent Society recipient of the annual Scholarship Award. Jacob, 19, attends Penn State University and is majoring in Environmental Sciences. He maintains a GPA of 3.2 and also works in his spare time at The Home Depot. Congratulations to Jacob on his \$2500 award.



The Scholarship Committee (l-r): David Ridenger, Luke Braverso, (Jacob's Father), Jim Sinclair, Jacob, David Sinclair and Edward "Corky" Martin.



POLISH NATIONAL ALLIANCE – 2017 ANNUAL PHOTO CONTEST

"My Everyday Hero"

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

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

PNA PHOTO CONTEST 2017 ENTRY BLANK

PLEASE PRINT

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

CONTEST RULES

1. Participants must be members of the Polish National Alliance
2. Photos may be of any person, place or object by the entrant during 2017.
3. Duration of the contest is **JUNE 1, 2017 – SEPTEMBER 30, 2017.**
4. Each contestant is limited to **ONE (1)** Photo entry.
5. No restricted age limit for contestant.
6. Entries of photos can be either in color or black and white.
7. Photo size must be a **8" X 10" ONLY.** Do not mount any photo. Do not write on, deface the front or back of photo. Any photo mounted or defaced will be disqualified.
8. Photos must be submitted in a **PRINT FORM** on photo paper.
9. Each entry must have the photo title, your full name, address, e-mail, phone number and PNA Lodge number (use entry blank).
10. All entries become property of the Polish National Alliance and will not be returned.
11. Ten (10) Winners will receive prizes (\$100 each) and an Award Winners Plaque with their photo mounted on it. All contestants will receive a Certificate of Appreciation.
12. Judges decisions will be final. Winners will be asked to submit a digital copy of their photo so it could be published in the Zgoda and on the PNA Website.
13. Only **AMATEUR** photographers are eligible.
14. All entries must be postmarked no later than **SEPTEMBER 30, 2017** & mailed to:

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



The Łowicz Dancers Recital 2017

The Łowicz Dancers presented their 12th annual dance recital on Saturday, May 13, 2017. The recital opened with the coronation of this year's Queen, Miss Isabella Maria Szyndlar.

Isabella is the daughter of Gerard and Samantha Szyndlar of Warren, Michigan. She and her brother Alexander began dancing with the Łowicz Dancers in September of 2009 after seeing the group perform at St. Louise Festival in Warren, Michigan.

Isabella was attended by her court of honor composed of 3rd class members, Meredith Bayus, Loren Karschnia, Emily Madziuk, Maya Pelshaw, Sabina Sawicki, Alexander Szyndlar and 4th class members, Hannah DeWalt, Kevin Hejka, The-



PNA Łowicz Dancers 2017



Isabella Maria Szyndlar – 2017 Łowicz Queen

resa Hejka, Camillia Matyszewski and Matthew Matyszewski. Isabella's Flower Girl was Hannah Palion, her crown bearer was Adrianna Palion, her sash bearer was Angela Hejka and her scepter bearer was Abigail Fogarty.

Lesley Charland and Michael Matyszewski, Queen and King for 2016 took their final salute and the coronation began. Queen Isabella performed her Royal Waltz and was escorted by her father Mr. Gerard Szyndlar, her mother Mrs. Samantha Szyndlar, and her brother Mr. Alexander Szyndlar.

The theme for this year's recital was "Reminiscing the 80'S". The 4th Class opened the program with "Everybody Get Down Tonight" followed by the 3rd Class dancing to "Tainted Love" Lesley Charland and the 2016 Queen and Michael Mryszewski

the 2016 King rocked it to "Dancing on the Ceiling" and had the audience moving. The 2nd Class performed to "Sweet Dreams" and the 3rd Class had lots of people moving to "Foot-loose". The 4th Class wrapped up the first part of the program with "Hungry Like the Wolf".

The second portion of the recital is dedicated to the celebration of our Polish Heritage, in which the dancers performed both the regional and national dances of Poland. When the curtains opened, all the dancers were standing on stage in their brightly colored Polish costumes and the audience was asked to join them in singing the Polish National Anthem. The 4th class dancers wore their beautiful Łowicz costumes from Poland and performed a lovely Łowicz suite to begin the second half of the program. They also performed a medley of dances from Opoczno and the region of Cieszyn.



This year, the 3rd class performed the “Hello Everybody Polka”, and the Kujawiak. The 2nd class performed one of the national dances of Poland: the Krakowiak. Queen Isabella chose to perform dances from the region of Kaszuby accompanied by Michael Matyszewski the 2016 King. The 2nd class stole the show performing to “The Clarinet Polka”. Closing the recital, each group returned to the stage one last time to perform our traditional closing dance the “Monopol Polka”.

After the performances, medals were presented to the students with Perfect Attendance and certificates for Good Attendance. Maya Pelshaw of the 3rd class was presented with a trophy for completing 5 years of dance. Lesley Charland and Michael Matyszewski the 2016 King and Queen were each presented with a trophy for completing their reign.

Special thanks were given to Choreographer and Director Mrs. Donna Skurski, and Director Stella Szczesny for their dedication and commitment to the group and making it all work during the past year. Ms. Sophie DeWalt was also recognized for her excellent costuming skills.

The recital was a success due to the dedication and commitment of not only the dancers but also their parents, family, and friends who supported the group in various ways throughout the year. The Łowicz Dancers ended the year with a fantastic recital and look forward to the 2017-2018 dance year.

*Submitted by Stella Szczesny,
Fraternal Director Region “E”*

PNA Lodge 841 Annual Scholarship

\$1,000

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



Further info:

Martin Olshanski

308 Trafalgar Square
Cranberry Twp., PA 16066
724 – 766 – 7460
martyo@zoominternet.net

District XIII Activities

During the past quarter, many lodges and councils in District 13 PNA had social parties, fundraisers and got together to promote PNA activities, fraternalism and camaraderie in the District.

The District itself hosted a trip to The American Passion Play in Bloomington Illinois on Sunday, April 9, 2017. Fifteen people enjoyed the show with luncheon and had a great time. Thanks to Commissioner Wanda Juda who hosted this event.

On Saturday, June 24, 2017, Council 41 hosted their annual Night at the Races at Hawthorne Race Course in Stickney Illinois. There were over 70 people present including National Secretary Charles Komosa, Fraternal Director Wanda Penar, and Commissioner Wanda Juda.

On Sunday, June 25, Lodge 1224 held their annual picnic in Rockford. This year it took place in a new location, and everyone had an enjoyable time.

Once again this year, the District will be giving out a scholarship to students. More information will be forwarded at a later date.

*Submitted by Commissioner Wanda Juda and
District XIII Secretary Anna Wierzbicki*



Camp Stanica in Action

Bondsville, MA. The Polish Alliance Youth Camp (PAYC), Camp Stanica, welcomed campers for its 2017 season. The campers were looking forward to the Camp Stanica active programs and meeting new friends. Some of the events and activities included soccer, volleyball, capture the flag, hiking, swimming, and arts and crafts. Special guests and attractions such as evening campfires, singing, and dancing were enjoyed by campers and counselors.



Pictured at the camp are: left to right back row: Jacob Chartier and Raphael Litwin, counselors; middle row: campers, Alexandra Malejko; Stephanie Kozlik, holding the PNA poster; Claire Czupryna, displaying a PNA pamphlet; Helena Jalbert, Chairman of the Camping Committee and Dan Kaz, Assistant Camp Director. Front row: campers, Kaylee Sanchez, showing the PNA donated carry-all bag; Addison Petrashewicz; Mateusz Cornejo; Leon Litwin, holding the recent copy of PNA magazine, Zgoda, and Teresa Struziak Sherman, PNA National Business Board Director.

Sandy, the Camp Director, provided such an exciting program that many of the unregistered campers from the first week returned and registered for the second week.

Camp Stanica has very qualified staff who take their responsibilities very seriously. There are also many volunteers who help make the programs run smoothly.

The camp is located in Bondsville, MA on 60 acres of grassy fields and woods with the Swift River and Browns Pond/Crystal Lake providing for fishing, swimming, and hiking. There are facilities for games, gymnastics, dancing, and arts and crafts. The campers sleep in cabins on metal frame cots with mattresses. Camp Stanica is a co-educational overnight camp for children ages 6-14. The camping fee of \$275.00 per week is reduced to \$225.00 per week for PNA members. The fee includes the cost for field trips and Canteen snacks. Camp Stanica not only welcomed campers from neighboring communities in Massachusetts but also children coming from New York, New Jersey, Connecticut, New Hampshire and Illinois. Begin preparing for next year's camping season. For more information or a brochure, please contact Eugene Kirejczyk at 48 Szetela Drive, Chicopee, MA 01013, or by phone: 413-592-0227, or E-mail Terrysherm@aol.com.

A Girl's Cabin



There are ten cabins with beds and mattresses for campers, a counselor in training and a counselor. Campers may request to stay in a cabin with siblings/friends as appropriate. Camp Stanica staff makes every effort to accommodate requests.

Lucky Fisherman



Two campers are shown, one being a lucky fisherman who was able to catch an 18-inch fish in the camp's Brown's Pond/Crystal Lake.

Operating a Fire Extinguisher



Firemen from the Bondsville, MA Fire Department, spoke to the campers about fire safety and what to do in case of fire. Pictured is a fireman with a group of campers as he allows a camper to safely operate a fire extinguisher.

Polish Folklore Storytelling



Camp Stanica campers and staff were entertained with Polish folklore stories by Stas Rodosz, the Executive Director of the Polish Center of Discovery and Learning at Elms College in Chicopee, MA. Stas is pictured wearing the authentic dress from the seventeenth century Poland.

Working Police Dogs in Palmer



Other visitors of interest were police officers from the Ludlow, MA and Palmer, MA Police Departments. They spoke about safety and remaining law abiding citizens. They also talked about how crimes are investigated by using K-9 dogs, and how they are trained for their job. The dogs used by police departments are mainly German and Dutch shepherds. Pictured are campers reaching out to the shepherd who was trained to remain calm.

Campers Looking for Wildlife



The Swift River runs behind the open area where the cabins are located. It is not too deep in this area and fish can also be caught there. It is moving, refreshing water and campers enjoy the adventure of nature in the Swift River. Pictured are campers discovering nature and looking for what lives in the water.

An Evening of Volleyball



After a busy day, campers enjoy a game of volleyball before campfire activities begin. The field at Camp Stanica is large enough to include at least four soccer fields and a volleyball court. Pictured are teams of campers and counselors vying for the ball as the competition heats up.

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

PNA GIFT CARD PROGRAM



New fundraising agenda for our organization!

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

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

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

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

www.pna-znp.org

or call the Fraternal Department of the Polish National Alliance:

1-800-621-3723 ext. 312

We hope you will take advantage of this great opportunity.

Please, note:

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

Please allow up to one week for the mailing.

Kolonie letnie w Yorkville

Dobiega końca sezon letni w Ośrodku Młodzieżowym w Yorkville, należącym do Dystryktu XII i XIII Związku Narodowego Polskiego.

Tego lata szczególną popularnością cieszyły się kolonie letnie, w których na pięciu turnusach uczestniczyło przeszło 450 dzieci w wieku od 6 do 15 lat. Bogaty plan zajęć oraz wspierająca kadra instruktorów pod okiem kierownik kolonii pani Agaty Mścisz sprawia, że do Yorkville, z roku na rok, przybywa coraz więcej dzieci.

Podczas pierwszego turnusu dzieci mogły skorzystać z zajęć jazdy konnej, a od drugiego tygodnia kolonii uczestniczyć w lekcjach tańca prowadzonych przez znanego tance-

rza i choreografa pana Roberta Śliżewskiego. Żona Pana Roberta, pani Anna Śliżewska prowadziła zajęcia plastyczne oraz lekcje śpiewu. Nad kondycją fizyczną kolonistów czuwał trener piłki nożnej p. Robert Sempoch.



Dodatkowymi atrakcjami kolonii było strzelanie z łuków i wiatrówek, pływanie w basenie oraz cotygodniowy wyjazd do parku wodnego, który uważany jest za największy taki obiekt w stanie Illinois. Wieczorami dzieci bawiły się w dyskotecę



lub przy ognisku, zając się pysznymi, polskimi kiełbaskami.

Specjalny koncert dla rodziców wieńczył każdy turnus. Koloniści popisali się umiejętnościami zdobytymi na zajęciach dając wspierające popisy tańca. Rozdawane też były nagrody z różnych dziedzin oraz wybierany król i królowa kolonijnego turnusu.

Do przyszłego sezonu zostało jeszcze wiele miesięcy, ale już dzisiaj należy zaplanować udział dziecka w koloniach 2018. Informacje znajdują się na stronie internetowej Obozu Młodzieżowego Dystryktu XII & XIII w Yorkville - www.pnayouthcamp.com





Kolonie w Yorkville

*Nasza kolonia jest wspaniała
Pani Agacie za to chwata!
Nasze opiekunki i opiekunowie
robią wszystko na nasze zdrowie.
Dziewczynki chodzą spać spokojnie,
a u chłopaków jak na wojnie.
Dziewczyny dużo punktów zbierają,
a chłopaki niezbyt się wysilają.
Kiedy dziewczyny już śpią,
chłopaki jeszcze biegają.
Nasze panie kucharki
są jak dla nas podarki.
Jemy pyszności wiele
na co dzień, nie tylko w niedzielę.
W basenie mamy zimną wodę,
ale niektórzy moczą się po brodzie.
Tańczymy z panem Robertem aż pot z
nas leci,
bo my jesteśmy utalentowane polskie
dzieci.
Z panią Anią dziewczyny śpiewają
i przez to dobre humory mają.
Super kolonie mamy
i za rok znów przyjeżdżamy!*

Wierszyk autorstwa dziewcząt z turnusu drugiego napisany pod okiem opiekunki pani Małgorzaty Belcik.

*Nadstąpiła Agata Mścisz,
kierownik kolonii letnich w Yorkville oraz
komisarz Dystryktu XIII*

*Zdjęcia:
Agata Mścisz & Alicja Kuklińska*



Welcome to our PNA Family



Vivien Zephyra Ziemlo, born August 27, 2013, daughter of Aleksandra and Zack Ziemlo of Wood Dale, IL recently became a new PNA Member. Her certificate was a gift from her loving grandmother Barbara Ziemlo.



Ava Mae Wierzbicki, born December 28, 2016, daughter of Brittany and Michael Wierzbicki of Knoxville, TN, and granddaughter of Kathleen and George Wierzbicki of Western Springs, IL is a new member of Lodge 1474 in Chicago, IL. The certificate was a gift from her loving great-grandmother Stella Wierzbicki. She was signed up by her great-aunt, Anna Wierzbicki.



Olivia Grace Evans, born June 13, 2017, is a new PNA member from Westchester, PA. Her parents are John Evans and Crystal E. Wydler. The certificate was a gift from her loving grandmother Lucyna J. Wydler.



Joseph Samuel Roland, born April 10, 2017, is a new member of Lodge 1770 West Warwick, Rhode Island. He is the son of Kimberly and Dr. Andrew Roland. Joseph was signed up by his Babcia and Dziadzia Linda and Joe Chrostowski through Financial Secretary John Mailloux.



Tomasz Joseph Belzek, born May 27th, 2017 is the new member of Lodge 3241, Council 120. He is a son of Annette and Luke Belzek, of Lake Villa, Illinois, brother of Jacob and Olivia, grandson of Jolanta and Zenon Belzek and Mary and John Srodon. The PNA Membership was a gift from her loving grandparents John and Mary Srodon. They are 100% PNA Family!

Harper Ann Fitts, born May 26, 2017, is the newest member on PNA Lodge 1912. Her parents are Jillian L. Ksiadz and Jason D. Fitts of Utica, NY. The PNA membership was a gift from her loving grandparents Jack and Peggy Ksiadz.

One of the Heart's Musketeers

By Emily Sujka

*I have been told that your heart is acting out.
It's intentions were always known to be fairly fickle,
finally faltering
sensing a cloudier world, less lively streams.
Whether they were good or not never mattered,
your heart supported your outward mischievous child,
not crafted to be worn on your sleeve but branded into your chest.
It wouldn't be yours otherwise.
It smirked and shirked, playing pranks all the while,
letting the third of the musketeers be forgotten.
Anything and everything could be done with just the two of them.
The weight only a half's bit heavier for each,
they carried, they funneled,
adequately enough to satisfy life.
But stresses have a way of resurfacing,
the rusty valves have gotten tired of the pressure.
Don't lose hope,
the greatest of heroes grow old too.
And these fortunate, as is customary, notice their disguised fortune,
the mechanism through which they survived -
the third musketeer, who kept them pushing on,
hosing down the larger fires,
tightening the pipes that interweave through the house.
They split his weight,
unaware that he was the ground they built on,
A beautiful soul,
more than the proper set-up.
The brief gust that was the swinging of your blade,
they made it out alive because of you,
richer even.
And now it's time to return the favor,
listen to the rebel that chants:
Don't lose heart...*

This poem was written by Emily Sujka, a young PNA Member from Florida, who now is studying in Krakow, Poland. Emily wrote the "One of the Heart's Musketeers," as a birthday present for her father, as a response to his heart condition, and surgery that repaired his bicuspid aortic valve. Her father, Stan was born in Jaslo, Poland and moved to Poland, OH when he was seven. Emily didn't grow up in a Polish household, but with her dad being a PNA member they were always receiving the Zgoda publication. While in Krakow she also translated it to the Polish language.

Thank you, Emily, for sharing your story and poem with us. Best wishes to you, your dad, and the whole family.

\$200,000 Awarded in Scholarships

Every four years, PNA allocates approximately one million dollars for scholarships for its student members. This year, 288 applications were submitted for the review by the special ad-hock committee consisted of Vice President of the Polish Teachers association Helena Sołtys, former PNA Director Anna Wierzbicki, and Vice Principal of the Kolbe School of Polish Language in Chicago America Halina Żurawski.



Each application was thoroughly evaluated based on a point system; GPA, PNA Membership, Activities within the PNA, Community Service, and Polish/Slavic language studies were taken into consideration.

Scholarships were awarded only to students with points ranging between 110 and 50 points. Amounts ranged from \$2,500.00 to \$200.00.

Students, whose score was below 50 points (low GPA scores, incomplete application, lack of an official transcript, etc.) were denied PNA scholarships.

All scholarship applicants were informed via mail about the committee's decision.

The Polish National Alliance is very proud that so many members aspire towards higher education. We wish each recipient continued success in their future endeavors.

For the full list of 2017-18 PNA Scholarship recipients visit: www.pna-znp.org



2017-18 PNA Scholarship Committee members (l-r): Halina Żurawski, Helena Sołtys, Anna Wierzbicki



The Polish White Eagle

Lech Czech and Rus Legend



A thousand years ago, or perhaps even more, there lived three brothers: Lech, Czech, and Rus. For many years they had been content in their villages, but as their families grew larger and larger, they needed more area to live. The brave brothers decided to look for the new lands on which to build their homes.

Lech, Czech, and Rus traveled with their troops for many days. They rode their horses over the mountains, rivers, and many wild forests. There was not a town or even tiny village; there were no people to be found anywhere. On the crest of a mountain top, they separated, each going in a different direction. Czech went to the left, Rus went to the right and Lech, and his team rode straight ahead, down the mountain and across vast plains.

One day, Lech saw a marvelous sight. He and his troops had come to a place where a grazing land surrounded a small lake. They stopped at the edge of this beautiful meadow just as a great eagle flew over their heads. It flew around in great swooping circles, then perched on its nest, on the highest tree. As the eagle spread its wings and soared into the sky again, a ray of sunshine from the red setting sun fell on the eagle's wings and beak, so they appeared tipped with gold, while the rest of the bird was pure white.

Lech observed this beautiful sight with great admiration. "Here is where we will stay!" he declared. "Here is our new home, and we will call this place GNIEZNO "... (the eagle's nest). Lech and his people built many houses, and it became the center of his new territory. They called themselves Polonians, which means "People of the Field." They made a banner with a white eagle on a red field and flew it over the town of Gniezno, which became the first capital of Poland.

The White Eagle resting on a red shield became Poland's coat of arms.



Dziecięce zawody wędkarskie



W upalną niedzielę 11 czerwca, po raz dziewiętnasty, Polish Fishing & Hunting Club zorganizował dla najmłodszych zawody wędkarskie - Fishing Derby for Children.

Od początku istnienia tych zawodów Związek Narodowy Polski jest jednym z głównych ich sponsorów, jako że większość organizatorów należących do klubu to członkowie Grupy 2514 „Towarzystwa Giewont”, a i wielu młodych wędkarzy należy do organizacji.

W tym roku, nad jeziorem w Wood Dale Grove Forest Preserve, w trzech kategoriach wiekowych, rywalizowało 86 młodych wędkarzy. Na

imprezę przybyło około 300 osób, przyjętych gościnnie przez gospodarzy kielbaskami z różną, kiszonymi ogórkami domowego wyrobu oraz chłodnymi napojami.

Doświadczeni sędziowie skrupulatnie mierzyli każdą złowioną przez



młodych zawodników rybkę, jako że liczyła się wielkość, a nie ilość.

W grupie do lat 5, największą rybę (19,5 cali) złowił Szymon Golonka. Na drugim miejscu uplasował się Daniel Lubarda z rybą długości 10,75, na trzecim Philip Mirecki, którego ryba mierzyła 7 cali. W kategorii dzieci od 6 do 10 lat zwycięzca został Jakub Marzec, któremu udało się złowić rybę długości 19,5 cala, drugie miejsce zajęła Karolina Niemiec z rybą mierzącą 13,5 cala, a trzecie Kacper Kaminski z 8,5 calową rybą. W kategorii od 11 do 16 lat pierwsze miejsce zajął Karol Niemiec z 12 calową rybą, drugie



Adam Wojciechowski z 7 calową, a trzecie Olivia Wciśło, której ryba mierzyła 5,4 cala.

Zwycięzcy dostali puchary, nagrody i medale, pozostali wędkarze otrzymali egzekwo czwarte miejsce i upominki, a złowione ryby odzyskały wolność w jeziorze.

Bogdan Olejniczak, honorowy prezes Polish Fishing & Hunting Club, inicjator i wieloletni organizator zawodów wędkarskich wyraził zadowolenie z imprezy i nadzieję, że w roku następnym zgromadzi jeszcze większą grupę młodych wędkarzy i ich rodziców.

*Zdjęcia: Jerzy Krawczyk,
Włodzimierz Gancarz*

Koncert galowy Teatru Pieśni i Tańca Wici



Tegoroczny, wiosenny koncert galowy Teatru Pieśni i Tańca Wici stał się dobrą okazją do udowodnienia, dlaczego młodzi tancerze i soliści zasługują na miano zespołu reprezentacyjnego Związku Narodowego Polskiego. Był to także bardzo odpowiedni moment na przedstawienie owocnej pracy choreografów oraz wielkiego wysiłku i talentu tancerzy.

Tegoroczna edycja galowego koncertu odbyła się w sobotę, 20 maja na scenie Guerin College Preparatory High School w River Grove. Podczas występu oklaskami nagrodzono prezesa Legionu Młodych Polek Bożennę Haszłakiewicz, która wręczyła zespołowi Wici czek w wysokości 5 tys. dolarów. Na scenie

pojawił się również, zwracając się do młodzieży i rodziców inni goście honorowi: Piotr Janicki, konsul generalny RP w Chicago oraz Frank Spula, prezes Związku Narodowego Polskiego.

Konsul Janicki, szef placówki niejednokrotnie wspierającej finansowo zespół Wici, podkreślił, że Konsulat w Chicago cieszy uczestniczenie w polskiej kulturze kultywowanej przez środowiska polonijne. Prezes Spula wyraził zadowolenie, radość i dumę z tego, że dzieci i młodzież biorą aktywny udział w pomnażaniu dorobku tradycji polskiej i są członkami ZNP oraz przypomniał, że organizacja, którą reprezentuje nie tylko sponsoruje polskie szkoły i zespoły taneczne i chóralskie, ale również przeznacza, co roku \$250,00 na stypendia dla swoich członków.

Koncert rozpoczął się dostojnym polonezem w choreografii Zofii Marcinek i adaptacji Magdaleny Solarz. Przy dźwiękach muzyki z regionu przeworskiego na scenie pojawili się tancerze w układach choreograficznych opracowanych

przez Kingę Wojdyłę-Podstawską oraz Johannę Wawro. Następnie publiczność podziwiała tańce Beskidu Śląskiego w choreografii Alicji Haszczak oraz Krakowa wschodniego w choreografii Kingi Wojdyły-Podstawskiej. Ponownie polonez, ale tym razem w choreografii Anny Strojny, który wywołał burzę oklasków, a potem tańce śląskie przygotowane przez Becky Lenart i na zakończenie części pierwszej widzowie przy dźwiękach oberka podziwiali młodych tancerzy w układach choreograficznych Magdaleny Solarz.

Część drugą otworzyli młodzi wykonawcy w urzekających strojach Podlasia tańcami w układach choreografii Johannę Wawro, a w chwilę potem na scenie zrobiło się gwarno, ponieważ tancerze z młodszych grup zaprezentowali tańce amerykańskie w choreografii Anny Strojny.

Jak wiadomo, Wici to nie tylko młodzież, ale także doświadczeni tancerze, którzy dali pokaz swych umiejętności również w części poświęconej działalności Studia Tańca



Towarzyskiego PNA. Ich występ w choreografii Wojciecha Kozłowskiego był wielokrotnie przerywany gromkimi brawami publiczności.

Na scenie zagościł też ognisty krakowiak w choreografii Leszka Bielko, a następnie muzyka i tańce okolic Spiszu w adaptacji Magdaleny Solarz i choreografii Johanny Wawro. Miłym przerywnikiem było wystuchanie ludowych utworów instrumentalnych na skrzypce w wykonaniu pary młodych adeptów Teatru Pieśni i Tańca Wici pod kierownictwem Viktora Kuru. Po nich na deskach liceum Guerin zagościły tańce i muzyka Beskidu w choreografii Kingi Wojdyły-Podstawskiej oraz Lachów Sądeckich w choreografii Anny Strojny. Na zakończenie przy dźwiękach muzyki Chopina na scenie pojawiły się pary w układach walca przygotowanych przez Magdalenę Solarz.

Koncert prowadzili nowa dyrektorka artystyczna zespołu Wici Justyna Leszczyńska oraz wieloletni tancerz Klif Williams. Pełen doznań muzycznych wieczór zakończyło wspólne, pamiątkowe zdjęcie.

Dariusz Lachowski

Tekst w całości oraz pełna galeria zdjęć znajduje się na www.dziennikzwiazkowy.com



Is your child a PNA member? Are you?

If so, please act today and register your child to the Sage Tuition Rewards Program®.

Thousands of tuition points will be awarded to any PNA members who are enrolled in a \$10,000 or higher permanent plan of insurance.

Children must be between ages of 0-17 to enroll.

They will receive 1,500 bonus points upon registration and extra bonus points with every birthday.

Take advantage of the fraternal benefit that grows with your child.

Please note: Every PNA member is entitled to register, and collect 1,500 bonus points. You can give your points to your child, grandchild, niece or nephew.

Time is of the essence. Start accumulating tuition discount points today!

For more information and registration visit
www.pna-znp.org

Sage Tuition Rewards Program® offers tuition discounts to over 370 universities and colleges in the United States.



Polish National Alliance
6100 N. Cicero Avenue, Chicago, IL 60646-4385

www.pna-znp.org



PNA POLISH INFORMATION CENTER & AMICUS POLONIAE VOLUNTEER LEGAL CLINIC

The PNA Polish Information Center and Amicus Poloniae Volunteer Legal Clinic has moved into their new offices at the PNA building, 6100 N. Cicero, Chicago IL 60646.

The Polish Information Center is open from 9:00 AM – 3:00 PM, Monday to Friday.

The PNA Information Center is happy to help you with any questions or concerns you may have. The Amicus Poloniae Volunteer Legal Clinic helps with issues that concern the law. Clients are kindly requested to register first by telephone.

The Legal Clinic is scheduled for the third Saturday of every month except for November and December. The clinic starts at 10:00 AM. The remaining dates for the year 2017 are: September 16th, October 21st, November 11th and December 9th.

If you have any questions or need to make an appointment, please call **(773) 286-2325**.

Support PNA Educational Fund by shopping at AmazonSmile.



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

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

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

District XVII Miniature Golf Tournament

District XVII held a miniature golf tournament at Mr. Divot's golf course. About 18 children competed for prizes and fun. Ages were from 5 years old to 15. Three separate categories were formed, and the prizes were various gift cards to Cinemark Theatre, Target, and McDonalds. Young golfers and all PNA members enjoyed hot dogs, ice cream, chips and a water war with balloons.



Pictured above are all the golfers.

Submitted by Allan Szuflada, Commissioner District XVII

We are proud of

T.J. Tabin

COURT MVP



T.J. Tabin, a member of the PNA Lodge 53, Council 54, was chosen as a 2017 MVP for his “willingness to lend a helping hand” and for being “prompt and eager to assist whenever our chambers have an IT issue.” His nominator also stated that he is a delight to be around and they love to have him in their chambers, even if it’s just to say hi.

T.J. has been a User Support Specialist II in the Data Technology Unit for 14 months. Before joining that unit, he worked in the Clerk’s office for 11 ½ years. He enjoyed his time in the Clerk’s office as he loved helping the public navigate the court system.

In his current position with the Data Technology Unit, T.J. is very involved in a country-wide Laserfische project which will replace the current EDMS system that will eventually be implemented in the circuit and probate courts. He is “super happy” to be a member of the Data Technology family and enjoys the opportunity to help out employees in the courthouse and meet new colleagues from other county departments.

His wife of 13 years, Nicole, also works for the county as a Senior Assistant Corporation Counsel. They reside in West Bloomfield and have two daughters, Clara – age 11, and Caitlin – age 13. In his spare time, he manages Clara’s hockey team and her softball team and was recently recognized as the manager of the year. He enjoys attending Caitlin’s cello performances with the Detroit Metro Youth Symphony. When not hanging out with the family, he enjoys listening to baseball games on the radio and experimenting with brewing his own beer, a hobby he has been involved in for the past three years.

T.J. loves vacationing with his family and exploring the local art and cuisine. They toured Washington, D.C., in the spring and have plans to do some sightseeing in Maryland and Delaware this summer. The most under the radar place they have visited is Dubuque, Iowa. As a family, they have covered 13 states, plus the District of Columbia, with the goal of visiting all 50 states.

By Karen Koshen

T.J. Tabin specializes in consumer law and is a records specialist for the Sixth Judicial Circuit Court, Oakland County, Michigan. He is a member of the Consumer Law Section of the State Bar of Michigan. He graduated cum laude from Wayne State University Law School, where he served on the executive board of the “Journal of Law and Society.” **T.J. Tabin is a member of a 100% PNA family!**

Submitted by his very proud grandmother, former PNA Vice-President Teresa N. Abick.

Jerry Klobukowski

POOLESVILLE HALL OF FAME



Jerry Klobukowski, Commissioner of the Town of Poolesville, MD, and PNA Lodge 1291 Member has been inducted into the Maryland Municipal League’s (MML) Municipal Officials’ Hall of Fame. During the 2017 MML Summer Conference in Ocean City, Maryland, Commissioner Klobukowski received the prestigious Municipal Officials

Hall of Fame honor among nine other distinguished public servants.

“I am truly humbled by the trust and confidence that the people of Poolesville have placed in me for the past 20 years, and without that, this award would not have been possible,” commented Commissioner Klobukowski. “I look forward to continuing to represent our residents by supporting them and the programs that help the jewel of Montgomery County’s agricultural reserve thrive.”

MML Municipal Officials Hall of Fame inductees are individuals who are current or former municipal officials (living or deceased), who have served a minimum of 20 years as an elected municipal official, and have been nominated by other municipal officials. Inductee names are engraved on a plaque displayed at MML offices in Annapolis.

“Jerry is well regarded for his passion for serving Poolesville’s students and being fiscally prudent on

behalf of all of our residents,” said Jim Brown, Poolesville commission president.

During his 20 years of service to the Town, the Commissioner has helped the town earn the Sustainable Maryland designation in recognition of Poolesville’s commitment to sustainability initiatives. In addition, he has been an ardent supporter of our schools, and particularly, the Poolesville High School modernization project. He was also instrumental in the upgrade of Poolesville parks to conform to ADA standards, and put together a Comprehensive Water Resource Plan, which led to the establishment of Wellhead Protection Plan.

“Jerry’s commitment to Poolesville and our residents is exceptional,” added Poolesville Town Manager Wade Yost. “The town has benefitted thanks to his governance for more than two decades.”

In honor of Jerry Klobukowski’s tireless work to help make the Poolesville community the best place for families to live and grow, he was also named a 2017 **Poolesville Day Parade Grand Marshal!**

Congratulation!

**The 2017 Poolesville Day Parade -
Saturday, September 16, 2017 @ 10:00
am**



The Town of Poolesville (Incorporated 1837) is a historic, yet progressive and business-friendly community centrally located in the heart of Montgomery County’s Agricultural Reserve. Just 33 miles from Washington, D.C., Poolesville is also conveniently located nearby Frederick, Gaithersburg, and Rockville Maryland, as well as to Leesburg, Virginia. Poolesville is the proud home to the top-ranked Poolesville High School and the Blue Ribbon and Character Award winning John Poole Middle School.

DOŻYNKI FESTIVAL



On Sunday, August 6, 2017, the Youth Camp Association of Districts XII and XIII PNA located in Yorkville, Illinois hosted the annual Dożynki celebration. In Poland, Dożynki is usually celebrated after

the harvest season. Historically, the farmers celebrating Dożynki gathered in the fields outside their village forming a procession to the village church with a wreath made of sheaves of grain, decorated with field flowers, ribbons, and braided straws carried by a local noble or the richest farmer in the village. This wreath symbolizes a rich harvest, the prospect of wealth, and the power of new life in the grain gathered during the summer.

At the PNA Youth Camp, this year’s celebration of Dożynki began with a procession to the beautiful outdoor chapel led by costumed dancers, members of the dance group, Wawel. The guests of honor, Maria, and Boleslaw Palka carried in the bread and fruits. Mass was celebrated in the Polish language by Rev. Bruno Chmiel, from St. Pancratius Parish in Chicago. Musical accompaniments during the Mass were provided by Kapela Rzeszowska - Od Borowa do Rzeszowa.



After Mass, camp visitors had time to enjoy a delicious dinner in the dining room. Later in the afternoon, a Harvest Festival program featured a dance performance by Wawel, choreographed by Krystyna Sanakiewicz. The dance costumes were from Beskid Slaski. The program presenter was Boguslaw Krasnoyarski, newly elected PNA Youth Camp Director. Music for dancing and listening pleasure was performed in the outdoor pavilion by Kapela Rzeszowska Band. The Sunday weather couldn’t have been more beautiful. 2017’s outdoor Dożynki celebration was enjoyed by all in attendance.



*Submitted by
Barbara Wesolowski,
Fraternal Director
Region “F”*

*Photos submitted by
Agata Mścisz,
Commissioner District 12*

New Chancellor of the Orchard Lake Schools

Poland Native and Former SS. Cyril & Methodius Seminarian Named New Chancellor of Orchard Lake Schools ORCHARD LAKE, Mich. (7-24-17) — Reverend Miroslaw K. Krol, a native of Poland and former student of SS. Cyril & Methodius Seminary, is the new Chancellor of the Orchard Lake Schools, succeeding Msgr. Thomas C. Machalski, Jr. whose term expired and has returned to the Archdiocese of Brooklyn, New York. After a long and arduous search



process, the Orchard Lake Schools Board of Regents voted overwhelmingly on Rev. Krol's appointment. The native of Poland attended SS. Cyril & Methodius Seminary at Orchard Lake for two years before

completing his theological studies at the Immaculate Conception Seminary of Seton Hall University in South Orange, New Jersey. In 1999, he was ordained a priest for the Archdiocese of Newark, New Jersey and served in various parishes. In 2006, Cardinal Adam Maida appointed Rev. Krol the Dean of Human Formation at SS. Cyril & Methodius Seminary. Two years later, he was named Vice Rector, a position he held for five years. He went on to serve as the Director of the Blessed John Paul II Be Not Afraid Center in the United States. In this capacity, he also served as its spiritual leader and oversaw its U.S. fundraising efforts.



Nowym
kanclerzem

polonijnego ośrodka oraz zakładów naukowych w Orchard Lake w stanie Michigan został wybrany **ks. kanonik Mirosław Król**, dotychczasowy proboszcz i kustosz sanktuarium św. Jana Pawła II w Linden w stanie New Jersey oraz prezes Fundacji św. Jana Pawła II w USA. Rada Regentów, składająca się z 27 członków dokonała wyboru ks. Króla, a wybór zatwierdził arcybiskup Detroit Allen Vigneron. Wybór nowego kanclerza poprzedziły konsultacje z przedstawicielami Kongresu Polonii Amerykańskiej pod przewodnictwem prezesa Franka J. Spuli.

Source:
www.orchardlakeschools.com

In Memoriam

HILARY SIGMUND CZAPLICKI **(1928-2017)**



Hilary Czaplicki, a long-time PNA Censor, passed away on May 21st, 2017.

A native of Philadelphia, Mr. Czaplicki was a PNA member since 1931 (Lodge 714). He was a graduate of the Alliance College and has since been active in the PNA and the Polish

American Congress for many years. He was a National Director of the PNA from 1967 to 1975 and has held the office of Censor from 1975 to 2007. Mr. Czaplicki was serving as a chairman of the Alliance College Board of Trustees and Polish National Alliance School Corporation.

A holder of a Bachelor of Arts degree in Economics from the Alliance College, a Master of Science degree in Journalism from Columbia University Pulitzer School in New York City, Czaplicki's professional career included work for the U.S. Army and Navy in public relations.

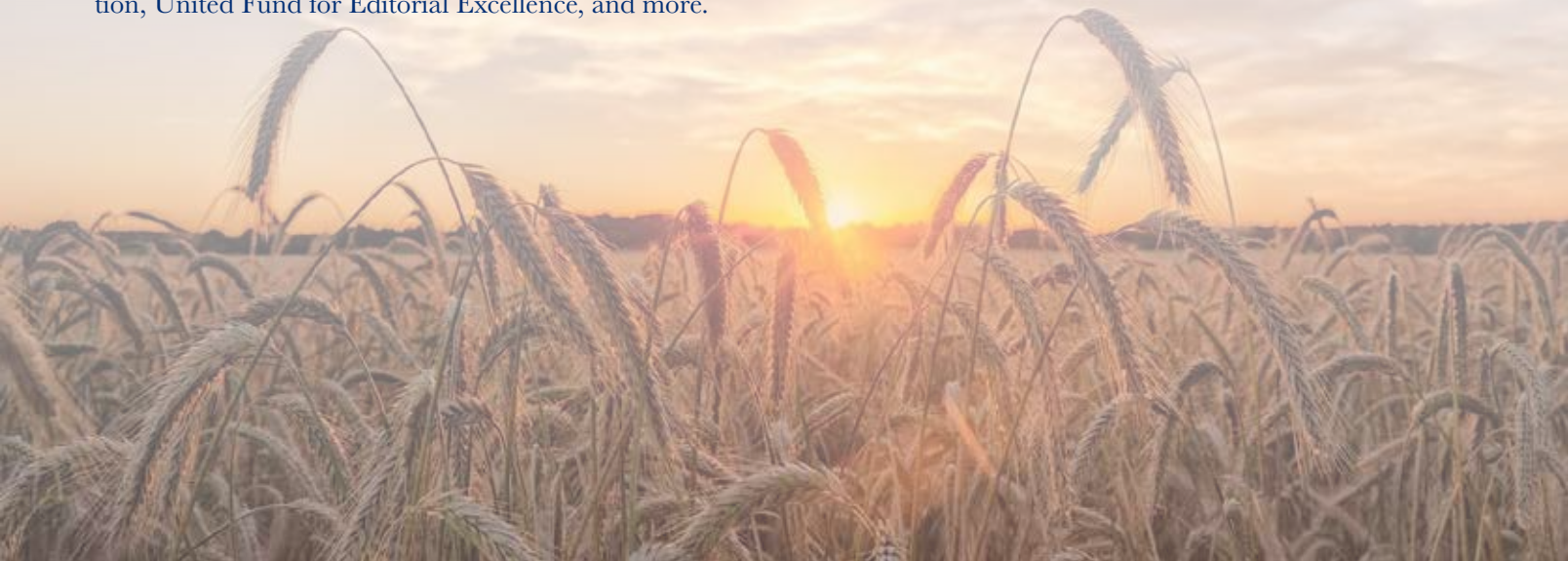
Through his professional career, and life-long involvement in the Polish American community he was recognized and honored with awards from Alliance College, Polish American Congress, New Jersey Press Association, United Fund for Editorial Excellence, and more.

Hilary Czaplicki served in the U.S. Army and was an honorary member of the Polish Army Veterans Association (Stowarzyszenie Weteranow Armii Polskiej), and Polish Air Force Veterans.

He was an author of the "Millennium of the Polish People," published in 1967. His hobbies included motion picture movies and music.

He will be missed but not forgotten by his wife Dolores (nee Oscilowski), his son and grandchildren, as well as the Polish National Alliance family.

*That man is a success-
who leaves the world better
than he found it;
who has never lacked
appreciation of earth's beauty
or failed to express it;
who looked for the best in others
and gave the best he had.*



Uroczysta msza polonijnych maturzystów

Ponad sześćset tegorocznych maturzystów z 38 polskich szkół sobotnich aglomeracji chicagowskiej uczestniczyło 21 maja w uroczystej, dziękczynnej mszy graduacyjnej odprawionej w bazylice św. Jacka. Gospodarzem tegorocznej uroczystości pod patronatem Zrzeszenia Nauczycieli Polskich w Ameryce, była Polska Szkoła im. Fryderyka Chopina.

Polska szkoła jest wspólnotą, w której rodzą się prawdziwe przyjaźnie i poczucie tożsamości kulturowej, a jej ukończenie jest dla młodzieży dużym przeżyciem.

Msza koncelebrowana była przez proboszcza bazyliki św. Jacka

Stanisława Jankowskiego, biskupa Andrzeja Wypycha, proboszcza Andrzeja Totzke z parafii Świętej Trójcy, proboszcza Antoniego Dziorka z parafii św. Stanisława, proboszcza Andrzeja Bartosa z parafii św. Jakuba oraz ks. Adama Piaseckiego z bazyliki św. Jacka. W uroczystości uczestniczyło prawie 500 maturzystów oraz ich rodziny. Wśród gości honorowych byli między innymi: prezes Zrzeszenia Nauczycieli Polskich w Ameryce Ewa Koch, konsul generalny RP w Chicago Piotr Janicki, prezes Kongresu Polonii Amerykańskiej i Związku Narodowego Polskiego Frank Spula, przedstawicielka Polsko-Słowiańskiej Unii Kredytowej Joanna Wiślicki, była wiceprezes Polish Roman Catholic Union of America Anna Sokołowski, Lidia Filus – prezes Rady Edukatorów Polonijnych, Czesława Kolak – wiceprezes Rady Edukatorów Polonijnych, Jan Kopeć – prezes Związku Klubów Polskich z małżonką Łucją Mirowską-Kopeć.

Oprawę artystyczną zapewnił chór oraz muzycy Paderewski Symphony Orchestra pod przewodnictwem Wojciecha Niewrzoła i Barbary Bilszty. Młodzi muzycy PaSo w mistrzowski sposób wykonali słynny barokowy "Kanon" Pachelbela, a chór PaSo zaintonował "Gaude Mater Polonia". Utalentowana uczennica Polskiej Szkoły im. Chopina – Monika Cachro, której talent wokalny został odkryty w polskiej szkole, wykonała solowo "Ave Maria" Schuberta. W imieniu wszystkich tegorocznych absolwentów wyrazy wdzięczności nauczycielom, katechetom i rodzicom złożyła

maturzystka Polskiej Szkoły im. F. Chopina – Daria Mieloszyk.

Po uroczystości absolwenci zgromadzili się na zewnątrz świątyni, gdzie od pomnika Jana Pawła II wykonywali ostatnie pamiątkowe zdjęcia.

*Anna Rosa
Rzecznik prasowy Zrzeszenia
Nauczycieli Polskich w Ameryce
Zdjęcia Andrzej Baraniak*



More than 600 graduates left Polish Saturday Schools in Chicagoland this year. The graduating ceremony took place on May 21st, at the St. Hyacinth Basilica. The event was organized by the Polish Teachers Association in America and Fryderyk Chopin Saturday Polish School, and well attended by the proud graduate's families as well as the local Polonia officials.

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A Wonderful Wianki in Washington



Folk Dancing on the National Mall. The “Polka Wsciekła” (‘Crazy Polka’) is being enthusiastically performed by Baltimore’s Ojczyzna Folk Dancers in authentic costume germane to Poland’s Nowy Sącz region. The Reflecting Pool and Washington Monument are prominent in the background.

WASHINGTON, D.C. – It was a magnificent traditional Polish cultural event in an equally magnificent American setting here on the National Mall – dubbed ‘America’s Front Yard,’ on the evening of June 24, 2017. This Wianki – Festival of Wreaths – played out on the lower plaza of the majestic Lincoln Memorial, with its bleacher-utilized steps, and bordered by the western end of the Reflecting Pool.

The Polish American Arts Association of Washington, D.C. sponsored and organized the extensive cultural affair under the direction of Chairpersons Marianna Eckel and Stasia Skrypczuk. The sizable Polish, American, and an otherwise

international audience was bolstered by the constant ebb and flow of hundreds of visitors to the must-see Lincoln Memorial in the background.

A wianki (wreaths) workshop was set up on a large tarp. It consisted of fresh cut flowers, vines, and ferns to be weaved into headdresses by the maidens, and other attendees. The maidens were also provided with traditional white flowing robes. The score of Polish and multi-ethnic maidens, wearing their wreaths, later processioned down to the waters of the Reflecting Pool and participated in merrymaking and a group dance before doffing their wreaths and simulating casting them adrift in the water. Polish folklore has it

that the fateful candle-lit wreath - drifting along a lake, stream or river - will be discovered by the lucky man who will fall in love with the hopeful maiden and become her husband.

Polish music interludes during the three-hours-long event were provided by the Brothers-in-Law Band. Two Baltimore folk dance groups – Ojczyzna (adult) and Krakowiaki (youth) – adroitly performed dances and sang songs from different regions of Poland, all to the utter delight of the audience. The folk dancers ended their performances by leading scores of the eager novice spectators in a very credible Grand Polonaise that pranced and twisted around the plaza ... much to the



Two Polish Maidens. Preparing to float their hand-crafted floral wreaths upon the waters of the National Mall’s Reflecting Pool are two traditionally white-robed ladies: Julia Pryputniewicz from Zielona Gora, and Klaudia Jarczak from Wrocław. Both are currently employed as au pairs in Northern Virginia.

magic and enjoyment of Wianki, as well as to the appreciation of the culture of Poland.

**“Na święty Jan woda kwitnie”
‘On St. John’s night, the water blooms’**

Jan Kochanowski, in the 16th century, wrote the following description of the Wianki traditions and beliefs: “In Poland the Eve of St. Johns is fraught with miracles and magic. Animals talk to each other with human voices. The earth shows the enchanted riches in its depths, glowing with fires. In wild ravines, the barren fern blooms. Certain plants take on magical



properties. Wreaths, to which are fixed lighted candles, are cast in the waters so that their courses may be followed. From the course and fate of the wreaths, auguries of marriage are made. The special promise of St. John is youth, love, and general fertility.”

And so it was on this wonderful Wianki evening in Washington ... as well as in knowing that equally joyful celebrations of Wianki were also taking place over the length and breadth of Poland during this time of the summer solstice.

Story & photos by Richard P. Poremski



Father of Polish Independence

„He was the King of our Hearts and the Sovereign of our Will. (...) He gave Poland Freedom, Boundaries, Power, and Respect.”

Ignacy Mościcki

By a resolution adopted by the Polish Parliament, Józef Piłsudski, has been named one of Poland's patrons for 2017. The commemoration of Marshal Józef Piłsudski coincides with the 150th anniversary of the birth of the distinguished statesman and the father of Polish independence in 1918, which falls in December 2017.



Józef Klemens Piłsudski was born December 5, 1867, in Żułów, under Russian Empire governing (now Lithuania), as the second son of an impoverished Polish nobleman. His beloved mother Maria (née Billewicz), enthused him with hatred for the Russian imperial regime, which was treating the Poles with a great harshness after failed insurrection of 1863.

Upon graduating the secondary school in Wilno (Vilnius), Piłsudski studied medicine at Kharkov but was suspended for his political involvement. Returning to Wilno, he consorted with young socialists, and in March 1887, was arrested and falsely charged with plotting the assassination of Tsar Alexander III. He was sentenced to fifteen years of hard labor in Siberia, of which he served five.

After his release, Piłsudski was determined to work for the reestablishment of Poland's independence and joined the newly founded Polish Socialist Party (PPS), of which he soon became a leader, as well as an editor and chief writer of the underground newspaper *Robotnik* (The Worker) in Wilno. In 1899 he married, in a Protestant church, Maria Juszkiewicz, and moved to Łódź, where he continued his political involvement, be-

lieving that the most effective path for restoring Poland's independence routes through the combined ideologies of socialism and nationalism.

In February of 1900, Piłsudski has been arrested again and imprisoned by the Russians in the Warsaw citadel. He feigned insanity so convincingly that he was transferred to a military hospital in St. Petersburg, from which he escaped taking temporary refuge in Kraków (Austria). In April 1902, he was back in Russian ruled Poland. After the Russo-Japanese War broke out in 1904, Piłsudski went to Tokyo to solicit Japanese assistance for an insurrection in Poland. He had been preceded by Polish nationalist Roman Dmowski, who had told the Japanese that Piłsudski's plan was unrealistic. Piłsudski secretly returned and helped direct the revolutionary movement spreading throughout the Russian empire.

Aware of the Russian Empire's structural weakness and foreseeing a European war, Piłsudski concluded that it was imperative to organize the nucleus of a future Polish army. In 1908, he formed a secret Union of Military Action, financed with a sum of money stolen from a Russian mail train by an armed group led by Piłsudski himself. With the help of the Austrian military authorities, he was able to convert his secret union into a legal Union of Riflemen, a school for Polish officers.

At a meeting of Polish sympathizers in Paris in 1914, he declared that war was imminent and that the problem of Poland's independence will only be solved if Russia is beaten by Austria-Hungary and Germany, and Germany defeated by France, Great Britain, and the United States.

World War I have proven Piłsudski's predictions right. The three brigades of the Polish Legion, officially under Austro-Hungarian command, distinguished themselves against the Russians. In November 1916, Germany and Austria-Hungary, proclaimed the independence of Poland, hoping that Polish divisions could be deployed on the Eastern Front. Piłsudski, appointed head of the military department of the newly created Polish council of state, accepted the idea of a Polish army on condition that it will be part of a sovereign Polish state. The Ger-



man government, refused to bind itself as to Poland's future, demanding that Polish units swear the fidelity in arms with their forces. Piłsudski declined to comply, was arrested in July 1917 and imprisoned in Magdeburg tower.

After the German defeat in the west, Piłsudski was released, and arrived in Warsaw on November 10, 1918, as a national hero. He was unanimously accepted as head of state and commander in chief of the Polish army. He also ceased to be the man of a party, appointing the right wing leader Roman Dmowski, to be Poland's delegate at the peace conference, together with Ignacy Paderewski.



Piłsudski devoted himself to protecting Poland against the Russian Red Army, which was trying to fight its way into Germany. He led the Polish forces far to the east, occupying large areas that had belonged to Poland before the 18th-century partitions. In 1920, a counter-offensive by the Red Army forced the Poles to retreat westward almost to the suburbs of Warsaw. Piłsudski, made marshal of Poland on March 19, conceived and directed a maneuver that in August brought victory to Poland. The Battle of Warsaw is considered to be the 18th most important battle in the world history.

After the adoption of a democratic constitution and a new general election, Piłsudski transferred his powers on December 14, 1922, to Gabriel Narutowicz, the newly elected president of the republic, who two days later was assassinated by a right wing extremist. As another of Piłsudski's colleagues, Stanisław Wojciechowski was elected new president; the marshal agreed to serve as chief of the general staff.

When a right-wing government assumed power, Piłsudski resigned gradually from the functions he held and in 1923 retired in Sulejówek, near Warsaw, with his second wife, née Aleksandra Szczerbińska, and his two young daughters.

Disillusioned with failing parliamentary system, on May 12, 1926, during a time of political crisis and economic depression, he marched on Warsaw at the head of a few regiments, causing the government to resign. The parliament elected Piłsudski president of the republic, but he refused, recommending Ignacy Mościcki instead, and assumed the Ministry of Defense, which he held until his death.

During the following years, he was the big influence behind the scenes in Poland, especially in the field of foreign policy. Piłsudski's former socialist friends abandoned him and joined a center-left coalition, which in the summer of 1930 started a campaign to overthrow his „dictatorship.” Piłsudski's reaction was merciless; he had 18 party leaders arrested and imprisoned. They were later released, and their political parties were not dissolved, but the country was ruled by Piłsudski's men.

After Adolf Hitler came to power in Germany, Piłsudski was compelled to accept Hitler's suggestion of a 10-year German-Polish nonaggression agreement in 1934. The Soviet-Polish nonaggression treaty was also prolonged. Hitler repeatedly suggested forming a German-Polish alliance against the U.S.S.R., but Piłsudski refused the proposal and declined to meet with him. Piłsudski firmly believed that Poland should be ready to fight when the necessity arose.

Marshal Józef Piłsudski died in Warsaw on May 12, 1935, and was buried in a crypt of the Wawel Cathedral in Kraków, among Polish kings.

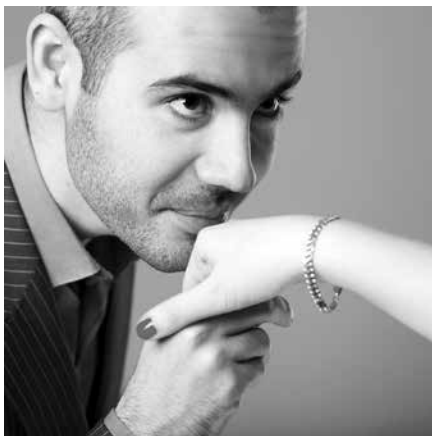
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Sources: *Encyclopedia Britannica*, historia.org.pl

H and-Kissing

Hand-kissing is a gesture indicating courtesy, politeness, respect, admiration or even devotion by one person toward another.

A hand-kiss is initiated by the person receiving the greeting by holding out their hand with the palm facing downward; or by the person giving the greeting, by extending a hand to grasp the recipient's hand. The person kissing bows towards the offered hand and (often symbolically) touches the knuckles with their lips, while lightly holding the offered hand. The gesture should be very short, the lips should not touch the hand in modern tradition, especially in a formal environment where any intimate or romantic undertones could be inappropriate.



According to the Wikipedia, the practice originated in the Polish-Lithuanian Commonwealth, and the Spanish courts of the 17th and 18th centuries. The gesture is still at times observed in Central and Eastern Europe, namely, Poland, Austria, Hungary, Slovakia, Romania, and Russia.

Traditionally, the hand-kiss was to be initiated by a woman, who

offered her hand to a man to kiss. The lady offering her hand was expected to be of the same or higher social status than the man. It was a gesture of courtesy and extreme politeness, and it was considered insolent to refuse an offered hand. Today, the hand-kiss is sometimes used as a romantic gesture, usually initiated by a man.

The Polish custom of hand-kissing withstood the test of time, perhaps because while Communist Government tried to confine society to the Soviet proletarian standards, the Poles effectively defended themselves with chivalrous customs. Instead of addressing each other with terms like "comrade citizen" or by the last name, the Poles, regardless of their social status, intuitively responded by using words "pan", "pani," and hand-kissing women, assuming the manners of dukes and barons.

Nowadays, hand-kissing is less and less practiced in Poland. There is certainly an etiquette to follow. Gentlemen, there should be no hand-kissing (or cheek kissing) at the official or business meetings, and no kissing outdoors, on the bus, in a store, office, etc. (unless the lady is your wife or girlfriend and you both feel like it). You can kiss woman's hand only in personal circumstances, holding her hand gently, and bending down to her level. If there are other ladies present, make sure you are just as chivalrous to them as well, unless they are of a very young age. You should not actually kiss the hand, just a little touch (or not even) with dry lips will do.

The younger generation of Poles does not practice hand-kissing.

Perhaps it is mostly because of the choices of women, who would rather reserve the physical contact to those they know and love.

I guess, it is safe to predict that soon this gallant, nonetheless slightly old-fashioned custom, often recognized as Polish hallmark will be extinct.



"The Handbook of Official and Social Etiquette and Public Ceremonials at Washington," 1889

"The form of kissing by way of salutation between opposite sexes is obsolete in the United States, except among relatives. Among ladies it still prevails, but it should be confined to intimate friends, and then on the forehead or cheek. In ancient times, it was in vogue between the sexes in the best society, it being applied to the cheek, forehead, or hand. It is still customary to a limited degree in Germany. In the United States, it is never used, except restricted as above".

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Silver, Gold, and Arsenic

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



People have been mining the lands of Poland since at least 3500 BC. Silesia and Małopolska were active mining regions several thousand years ago, with gold, silver, copper, and several other minerals being sourced here.

Historic Silver Mine in Tarnowskie Góry

On July 9, 2017, Tarnowskie Góry silver, lead, and zinc mining region and its underground water management system was inscribed in the UNESCO World Heritage List as the 15th site in Poland. The Committee acknowledged the cultural value of the region and its industrial role in earlier ages. Located in Upper Silesia, southern Poland, one of the main mining areas of central

Europe, Tarnowskie Góry site includes the entire underground mine with shafts, galleries, and water management system. Most of it is situated underground, and the surface mining topography features the remains of the 19th-century steam water pumping station. Tarnowskie Góry mine represents a significant contribution to the global production of lead and zinc, the UNESCO noted.

The first reference to ore mining in the Tarnowskie Góry region comes from a papal bull of Innocent II dating from 1136. Contemporary mining of silver, lead, and zinc is linked to the 1490 discovery of large, silver-rich galena deposits, which resulted in the development of mining as well as the local village. In 1526, Tarnowskie Góry was awar-

ded the status of a free mining town, two years later, John II the Good, Duke of Opole, issued an ordinance granting the city a series of mining privileges. At the same time, a mining authority was also established, its seal and coat-of-arms eventually becoming the town's coat-of-arms.

By the mid-XVI century, Tarnowskie Góry was the largest ore mining center in Upper Silesia and one of the largest in Europe. By the end of the 17th century, the deposits had been exhausted, and the mine was abandoned. In 1787, a new deposit of galena ore was discovered, and on the initiative of Friedrich Wilhelm von Reden, director of the State Mining Authority in Wrocław, the „Friedrichsgrube State Mine” was founded. Its name was later changed to „Kościuszko.”

The deposits at Tarnowskie Góry demanded efficient drainage to be excavated. In 1788, Reden installed, the very first in this region, English steam engine. This decision made Tarnowskie Góry one of the most modern mining plants in Europe.

In 1803, the town's first mining school was opened. In 1857, fraternity known as the Spółka Bracka was founded. It was an institution providing insurance for miners; after its division, it became Poland's largest social insurance company of the interwar period. The Tarnowskie Góry mines persist in the form of an underground labyrinth of pits, corridors, chambers, and galleries stretching over a total of 93.2 miles. In 1957, the first part of the mine known as the Black Trout Adit was made accessible to tourists. With years, the trail was extended. A lift takes visitors down to a depth of almost 133 ft. on a 0.17-mile long underground boat ride.

After ore mining had ceased at the Tarnowskie Góry mine, it gained another asset to its historical merits. The empty chambers and galleries provided favorable conditions for the development of habitats of the cave fauna. It is now one of the largest bat hibernation sites in Poland, and a research ground for organisms colonizing mineral deposit sites.

The Złoty Stok Gold Mine

The town of Złotoryja in the southwestern part of the country was a well-known place for gold mining as early as the XII century. It was established by the gold miners and named after this precious ore. By the XV century the gold mines in that area were becoming depleted; however, Złotoryja is still an attractive place for gold mining as new gold deposits have been found over the years.

The beginning of the 16th century saw the peak of the gold mining boom in Europe, and also of the

town of Złoty Stok, of which around 190 tunnels and excavations are evidence. At that time, about 150 kg of gold were obtained per year which accounted for approximately 8% of the European production.

The 18th century, due to the decline in gold mining, saw the be-



ginning of the production of potent poison, arsenic, from the extracted arsenic ore. For over a hundred years Złoty Stok was the world's only manufacturer. Legend says the Napoleon himself was poisoned with arsenic from the Złoty Stok mine.

At the beginning of the 20th century, the mine was modernized. During World War II the mine was not destroyed and functioned until 1961 when it was definitively closed.



Arsenic

The Złoty Stok deposits, although operated for ten centuries, has not been fully recognized. Studies done in the 90's, showed the presence of native gold in almost all the ore minerals occurring in this bed. It is estimated that there were approximately 199 miles of sidewalks during millennia of mining. At the present time, only about 13 miles of these pavements can be penetrated. Today, the Golden Mine tourist route is about 0.75 mile of corridors, leading with two sidewalks of the



old mine „Gertruda” tunnel and „Czarna” tunnel with a unique underground waterfall.

The Legend of Gertruda



The name „Gertruda” is linked to the legend. Once upon a time, there was a massive infiltration in the gold mine, which killed four miners. The owner, concerned about the continuation of the grind, decided to seize the rescue operation. Gertruda, the wife of one of the buried miners, decided to reach the crash site herself, and save her beloved husband. With the torch in her hand, she entered the mine labyrinths. Days went by, and Gertruda did not come out. Her disappearance was a fact reported in the city chronicles. She was lost forever, but since then, when miner had lost his way in the tunnel, he could hear the strange sounds of footsteps that ultimately led him to the exit. Nobody has ever seen the mysterious person, but it was believed that Gertruda's good spirit came to save the miner.

AK

Breakfast Ideas

What nicer thing can you do for someone (including yourself) than to make them great breakfast? Here are some recipes that can help you start a great day!

Apple Pancakes

Placuszki z jabłkami



Ingredients:

- 1 cup all-purpose flour
- 1 tbsp sugar
- ½ tsp salt
- 1 egg
- 1 cup milk
- 1 tsp vegetable oil
- 5 medium apples (peeled and thinly sliced)
- Powdered sugar

Directions:

In a bowl, combine flour, sugar, and salt. In another bowl, lightly beat egg; add milk and oil. Add to dry ingredients and stir until smooth. Fold in apples. Pour batter by ½ cupful onto a lightly greased hot pan and spread to form a 5 inch circle. Turn when bubbles form. Cook the second side until golden brown and apples are tender. Sprinkle with powdered sugar if desired.

Polish Blintzes

Naleśniki z serem



Crepes

Ingredients:

- 4 large eggs
- 2 ¼ cups milk
- 2 cups all-purpose flour
- 1 tbsp sugar
- ¼ cup melted butter or canola oil
- A good pinch of salt

Directions:

Place all ingredients in order as listed in a blender and pulse until smooth, about 1 minute. Scrape the sides and blend again until batter is lump free. Cover and refrigerate for 1 hour, or up to 36 hours.

Place nonstick or cast iron skillet over medium to medium high heat to preheat. Melt a little butter or oil in the bottom of the pan and swirl to coat. Slowly and steadily pour crepe batter into the center of the pan, tilting the skillet around to spread the batter evenly across the bottom in a very thin layer. After 10-15 seconds, the crepe batter should appear more matte, and the bottom

should be lightly browned. Carefully slip a thin spatula underneath the crepe, and flip it to the other side. Cook for another 45-60 seconds, then transfer the crepe to a separate plate and set aside. Repeat with the remaining batter, adding extra butter to the pan occasionally when needed so that the crepes do not stick. Serve immediately, filled with the sweet cheese filling and/or topped with your favorite ingredients.

Practice makes perfect.

Sweet Cheese Filling

Ingredients:

- 2 cups of farmers cheese or ricotta
- 3 oz. cream cheese softened
- 1 large egg yolk
- 2 tbsp. melted butter
- 1/2 tsp salt
- 3 tbsp sugar
- 1 tsp vanilla

Directions:

Place cheese in the bowl of a food processor and puree until smooth. Add remaining ingredients and process until fluffy. Divide filling among crepes and roll or fold. Sauté in a small amount of butter and serve with fresh fruit or fruit sauce (preserve), or every kid's favorite Nutella, if desired.

Kielbasa and Potatoes

Kielbasa z ziemniakami

This flavorful kielbasa and potatoes combination is a classic comfort food your family is sure to love.



Ingredients:

- 14-16 oz. kielbasa
- 4-5 potatoes
- 1 Vidalia onion
- ½ tsp paprika
- ½ tsp minced garlic (optional)
- ⅓ tsp salt
- ¼ tsp oregano

Directions:

Preheat skillet on med-high heat. Cut the kielbasa sausage into slices, and drop in the heated pan. Stir while frying. As kielbasa is browning, chop the onion and potatoes. Once the sausage has browned up a bit, and released most of the grease, scoop it out and put aside. Be careful to leave grease in the pan. Drop potatoes into the kielbasa grease to fry. Once they start to brown cut down heat to medium-low and add the remaining ingredients. Stir well. Once the potatoes have softened, add the kielbasa back into the pan mix in and all to reheat before serving.

To cut down on cooking time you can microwave the potatoes until nearly done, cut them and fry with the kielbasa.

Savory Potato Kugel

Babka ziemniaczana

If your family is from the north-east part of Poland, you might be familiar with babka ziemniaczana (potato kugel). This recipe is simplified, less traditional version of it. Potato kugel can also make an excellent dinner entrée or a side dish.

Ingredients:

- 1/2 lb. chopped bacon
- 1 large onion, chopped
- 5 eggs, beaten
- 1 1/4 cups milk
- 1 (7oz) can evaporated milk
- 1 1/2 tsp salt
- 1/2 cup farina
- 2 (32 oz.) bags frozen hash brown potatoes, thawed and squeezed of excess moisture



Directions:

In a large skillet, sauté bacon and onion until lightly browned and caramelized. Set aside to cool. Place oven shelf in middle and heat to 350 degrees. Coat a 13x9-inch pan with cooking spray. In a large bowl, combine eggs, milk, evaporated milk, salt, and farina. Add bacon-onion mixture and drippings. Stir, add thawed, and squeezed hash brown potatoes to the egg-bacon mix, combining well. Pour into prepared pan and bake for 1 1/2 hours or until top is quite brown but the interior is still moist. Remove from oven and let sit for 5 minutes before cutting into squares. Serve topped with sour cream, if desired. Leftovers can be browned in butter the next day.

Berry-Flaxseed Smoothie

Koktajl jagodowy

Ingredients:

- 2 tbsp. whole flaxseeds
- 1/2 cup orange juice
- 1/2 cup nonfat vanilla yogurt
- 1 cup unsweetened frozen mixed berries or blueberries
- 1 small banana, sliced



Directions:

Place the flaxseeds in dry blender, cover, and blend until ground into a fine powder. Add the orange juice, yogurt, mixed berries (or blueberries), and banana. Cover and blend until smooth and creamy.

Living in a World of Legalized Marijuana



Introduction: Whether we want to admit it, accept it, or not, marijuana is not going to go away. You may feel confident that you will never ingest marijuana in any form, but as states begin to legalize the medical and/or recreational use of the drug, its popularity will be more visible in the media and among friends and family. People of almost any age may be approached to try the drug. State governments are actively approaching the legalization of marijuana as a taxable source of revenue, especially when the states are in a condition of bankruptcy, or near bankruptcy. By becoming familiar with the different forms of marijuana, its physical and mental effects, its role in addiction and treatment, you may be able to help a family member, friend, stranger or even yourself to overcome the adverse effects of this drug. In my opinion, once states began to legalize the use of marijuana for medical purposes, the passage of legislation to authorize recreational use was, or will be, not far behind. That was the case in Massachusetts and other states as well. Marijuana refers to the dried leaves, flowers, stems and seeds of the cannabis plant. The plant contains the mind altering chemical delta-9-tetrahydrocannabinol referred to as THC as well as other related chemicals. Marijuana is the most commonly used illegal drug in the United States, and its use is widespread among young people who don't believe that it is harmful. Legalization of marijuana has contributed to young people thinking it is safe to use, in particular among the middle and high school age students.

Medical versus Recreational Use of Marijuana: The U.S. Food and Drug Administration (FDA) has not recognized or approved the marijuana plant as a medicine. The term medical marijuana refers to using the entire unprocessed marijuana plant or its essential extracts to treat symptoms of illness and other conditions. The FDA researchers have not conducted enough studies/clinical trials to determine the risks and benefits of marijuana to the patients it is meant to treat. That is why the FDA has not approved marijuana for medical use. Many clinical research studies are being conducted to find benefits of marijuana while removing the mind altering THC from the plant.

Different Forms of Marijuana: People smoke marijuana in hand-rolled cigarettes called joints, in pipes called bongs or in emptied cigars filled with marijuana called blunts. Some people use vaporizers to avoid inhaling the smoke. The vapor is collected, not the smoke, and the person inhales the vapor. Marijuana can also be mixed in food, such as brownies, cookies, and candies or brewed as a tea. These forms are potential hazards for children, especially toddlers, and young adults.

THE EFFECTS OF MARIJUANA ON THE BRAIN



Short Term Effects of Marijuana on the Brain

When a person smokes marijuana, the mind altering THC passes quickly from the lungs into the bloodstream, to the brain and other body organs. It is absorbed more slowly (in about 30-60 minutes) when

eaten, or as a drink. THC chemicals over-stimulate parts of the brain that are involved in brain development and function. This causes the “high” that people feel when using marijuana. Other effects include:

- Altered senses (seeing brighter colors);
- Altered sense of time;
- Mood changes;
- Impaired body movements;
- Difficulty with thinking and problem solving, and
- Memory problems.

Long Term Effects of Marijuana on the Brain

Marijuana also affects brain development and is a very serious concern for pre-teens, teens, and individuals in the mid to late twenties who use this drug. When young people use marijuana, it can reduce normal thinking, memory and learning ability. It can affect how the brain builds connections between these areas necessary to perform the critical functions of thinking, memory and learning. These effects on the brain from marijuana can last a long time, or they can be **permanent**. Marijuana use has been linked to mental health problems such as depression, anxiety, and suicidal thoughts among teens. More research is needed. Other links of marijuana use to mental illness include:

- Temporary hallucinations: sensations and seeing images that seem real, but they are not;
- Temporary paranoia: extreme and unreasonable distrust of others, and
- Worsening symptoms in persons with schizophrenia (a severe mental disorder with symptoms of hallucinations, paranoia, and disorganized thinking).

The brain does not finish developing and maturing until the mid to late twenties. The front part of the brain, called the prefrontal cortex, is one of the last regions of the brain to mature. It is the area responsible for planning, prioritizing and controlling impulses. If a person has inherited weaknesses in these areas of brain function, marijuana use can make them susceptible to becoming worse. Many mental disorders appear during adolescence because of all the important changes the brain is experiencing during that time in life. Examples include schizophrenia, anxiety disorders, depression, bipolar disorder and eating disorders.

Marijuana and Its THC Levels: As you may recall, THC is the addicting part of marijuana, the chemical that makes you feel “high.” For some reason, the amount of THC in marijuana has been increasing over the past few decades. For persons new to using marijuana, this increase in THC may mean more harmful reactions and increases in need of hospital emergency care. The eating of marijuana edibles also increases the chances of adverse reactions because they take longer

to digest and longer to get a “high,” so the person eats more leading to dangerous results. Higher THC levels can mean a greater risk for addiction.



Physical Effects of Marijuana: There are other physical health effects of marijuana use that will be mentioned in brief. More information on marijuana can be found on line, in your local library or local drug enforcement agencies.

- *Breathing problems:* Marijuana smoke irritates the lungs, as does tobacco smoke, and can lead to the same problems as smoking tobacco. It is unknown at this time if there is also the cancer risk that is associated with tobacco use.
- *Heart rate:* The heart rate is increased up to three hours after smoking marijuana. Individuals with heart problems are at risk, and their chances for heart attacks are increased.
- *Child development during and after pregnancy:* Using marijuana during pregnancy is linked to low birth weight and risks of brain and behavioral problems in babies. THC can be found in nursing mothers' milk and can negatively affect a child's developing brain.
- *Secondhand marijuana smoke:* More research is needed to determine if marijuana secondhand smoke damages the heart and blood vessels as tobacco smoke. What we do know is that the poisons and tar found in marijuana secondhand smoke can negatively affect children or people with asthma.

Marijuana use can also have an impact on a person's life. Heavy users of the illegal drug, marijuana, often report that they have lower life satisfaction, poor mental health, poor physical health and increased human relationship problems. They also report less academic and career success, a higher likelihood of dropping out of school and more chance of job absences, accidents, and injuries.

Marijuana as a Gateway Drug: There is much debate as to whether marijuana is linked to the likelihood of becoming addicted to other stronger drugs, such as heroin, cocaine or other powerful “harder” drugs. Animal studies do show that the THC in marijuana makes other drugs more pleasurable to the brain.

Marijuana Addiction and Treatment:

Although there have not been any reports of any teens or adults dying from an overdose of marijuana, emergency rooms have noted that people with marijuana overdose are found to be uneasy, shaking and exhibit psychotic reactions, (increased anxiety, paranoia and/or hallucinations). If combined with alcohol, the overdose reactions can be more severe including death. Marijuana use is known to become addictive. Why? Marijuana use is for pleasure seeking and mind altering purposes. Treatment involves behavioral support, rewards for adhering to a drug-free plan and physician prescribed medicines for other issues such as anxiety/depression. More research is needed in the treatment of marijuana addiction.

Conclusion: The most important facts to remember are that the greatest negative impact of marijuana use is in the brains of individuals up to their late twenties, it is a mind-altering drug (THC), there are different forms of marijuana (smoking, eating, drinking or inhaling), there are both mental and physical effects of the drug, and there is no effective medication to treat addiction to marijuana. It is important that we, especially our young people, know how to live in a world of legalized marijuana by receiving the necessary education to be able to say “NO” to illegal drugs with confidence!



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Jak oddziałuje marihuana?

Marihuana, oraz jej nasiona zawierają delta9 tetrahydrokannabinolu (delta 9-THC), substancję, która negatywnie oddziałuje na układ nerwowy i szybko powoduje uzależnienie psychiczne. Jej zadaniem jest wysyłanie nieprawidłowych sygnałów do komórek, które tworzą tkankę nerwową naszego mózgu.

Podczas palenia marihuany THC szybko przechodzi z płuc do krwi, co prowadzi do zapoczątkowania niekorzystnych procesów chemicznych w szarych komórkach. THC oddziałuje tylko na te miejsca w mózgu, gdzie znajdują się komórki nerwowe wydzielające dopaminę - neuroprzekaźnik, który odpowiada m.in. za napęd ruchowy i procesy emocjonalne. Największe zagęszczenie tych komórek znajduje się w części mózgu, która odpowiada za pamięć, myślenie, koncentrację, percepcję czasu i koordynację ruchową. Skutkami działania THC są objawy “haju”, czyli:

- zniekształcone postrzeganie rzeczywistości,
- zaburzenie koordynacji ruchowej,
- zaburzenie logicznego myślenia,
- zaburzenia pamięci.

Już po jednym dniu od odstawienia narkotyku mózg domaga się kolejnej dawki substancji, która doprowadziła do tzw. odłotu.

Najczęstsze objawy palenia marihuany to:

- gadatliwość, stany euforyczne
- senność lub bezsenność
- odprężenie, apatia
- ataki głodu, łaknienie słodczy
- nagłe zmiany nastroju,
- zawroty i bóle głowy,
- zaburzenia pamięci, koncentracji i koordynacji ruchowej,
- suchość w ustach, kaszel
- przyspieszone tętno i wzrost ciśnienia krwi,
- przekrwienie oczu, czasem obrzęk powiek,
- wzmożone pocenie.

Badania naukowe wykazują związek między długotrwałym zażywaniem marihuany a wzrostem stopnia lęku i depresji. Niektórzy badacze twierdzą również, że palenie marihuany może zwiększyć ryzyko wystąpienia niektórych chorób psychicznych, np. schizofrenii. Śmiertelne przedawkowanie THC jest praktycznie niemożliwe.



Buckle up!

According to the Insurance Institute for Highway Safety, 4 out of 5 surveyed adults admit to not always using safety belts in the back seat, especially on the short trips, traveling by taxi, Uber or other ride-hailing services. Most people agree that it's safer for kids to ride in the back seat properly restrained, but when it comes to their safety, there is a common misperception that buckling up is optional.

IIHS surveyed adults 18 and older by phone between June and August 2016. Of the 1,172 respondents who said they had ridden in the back seat of a vehicle during the preceding six months, 72 percent stated that they always use their belt in the back seat, while 91 percent said they always use their belt when sitting in front. Prime-age adults (35 to 54 year-olds) were the least likely group to report always buckling up in the back seat. Sixty-six percent of this group reported always using a belt in back, compared with 76 percent of adults 55 and older and 73 percent of adults 18 to 34. Women were more likely than men to report always using a belt in the rear seat, and adults who had attended college were more likely to buckle up than adults with less education.

The survey reveals that many rear-seat passengers don't think belts are necessary because they perceive the back seat to be safer than the front. This shows an apparent misunderstanding about why belts are necessary, no matter where a person sits in a vehicle. For some people, using a belt isn't a habit, or they forget about it or simply never or rarely use it. Some respondents cited un-

comfortable, poorly fitting belts, and difficult to use straps or buckles.

Nearly 40 percent of people surveyed said they sometimes don't buckle up in the rear seat because there is no law requiring it. If there were such a law, 60 percent of respondents said it would convince them to use belts in the back seat. Except for New Hampshire, all states and the District of Columbia require adults in the front seat to use seatbelts. All rear-seat passengers are covered by laws in 29 states and D.C. Of these laws, 20 carry primary enforcement, meaning a police officer can stop a driver solely for a belt-law violation.

Safety belts are proven to save lives; however, more than half of the people who die in passenger vehicle crashes in the U.S. each year are unbelted. One person's decision not to buckle up can have consequences for other people riding with them. In the rear seat, a lap/shoulder belt is the primary means of protection in a frontal crash. Without it, bodies can hit hard surfaces or other people at full speed, leading to serious injuries or death.

Safety belts saved 13,941 lives during 2015, the National Highway Traffic Safety Administration estimates. If everyone buckled up, an additional 2,800 deaths could have been prevented.

Buckle up – every trip, every time, every seat!

Source: www.iihs.org

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It's Life or Death

Crashes result in the actual cost of human life. But there are also millions more who are seriously injured—an estimated 4.6 million in 2016 according to NSC—and a financial cost to society as well. NSC estimates the cost of motor-vehicle deaths, injuries, and property damage in 2016 was \$432 billion, a 12% increase from the previous year. Those costs include losses in wages and productivity, medical expenses, property damage, employer costs and administrative expenses.

Seat belts save lives, and according to statistics, its use steadily increases. Properly wearing a seat belt is essential, so when buckling up, please remember:

- The lap belt and shoulder belt are secured across the pelvis and rib cage, which is more able to withstand crash forces than other parts of your body.
- Place the shoulder belt across the middle of your chest and away from your neck.
- The lap belt rests across your hips, not your stomach.
- NEVER put the shoulder belt behind your back or under an arm.
- Find out when your child is ready to use an adult seat belt and learn about seat belt safety when you're pregnant.





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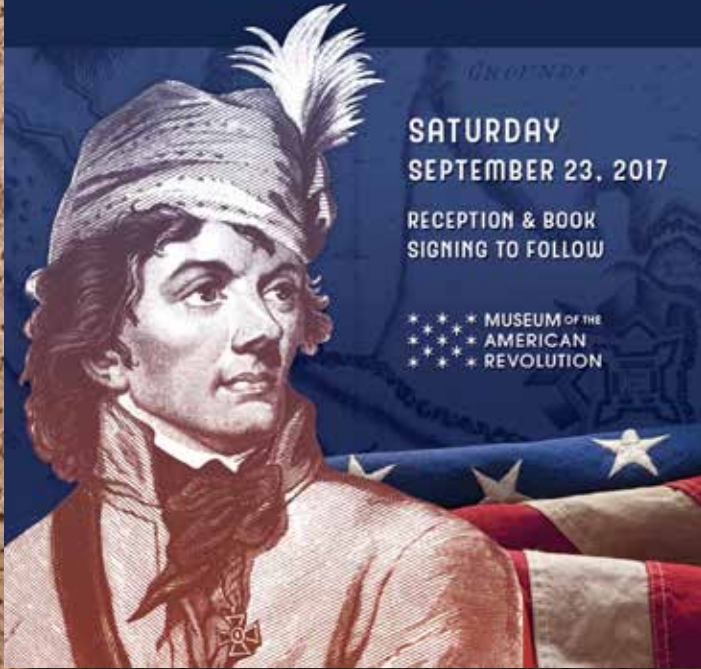
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