

“Together – We Can and We Will”

ZGODA



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

FALL **2018** | www.pna-znp.org

1881-2018 Vol. 156; No. 3

INDEPENDENT POLAND
1918-2018



3	President's Corner
4	From the Editor
5	48th Quadrennial Convention - Arizona 2019
6 – 7	From the Manager of Sales
8	Official Announcements
9	Photo Contest 2018
10 – 41	Fraternal News & Activities
	<ul style="list-style-type: none"> • Kids 4 Kids • 2018 Original Art Contest Results • New Members • Camp Stanica & Yorkville • Scholarships Awarded • Dożynki in Yorkville • Region "H" Happenings • Activities in Districts, Councils and Lodges • 56th National Golf Tournament • Polish Heritage Night at the Ball Game • It's Cool to be in Polish School • WICI Summer Concert • We Are Proud of
42 – 46	Life of Polonia
	<ul style="list-style-type: none"> • Hufiec Podhale • Rhode Island Polonia Scholarship • Hawajski dzień na Greenpoincie • Polish Heritage Center in Texas
47	History Pages – Restoring Poland
48 – 50	Destination Poland
	<ul style="list-style-type: none"> • Łazienki Palace • The Belvedere Palace
51	Healthy Reasons to Love Autumn
53	Taste of Poland – Plum Perfect Recipes
54 – 57	Living Well – Shingles
58 – 60	Bulletin Board
61	WPNA 103.1 FM
62	PNA Regions & Districts



Collage: The Belvedere Palace in Warsaw &
Statue of Józef Piłsudski by the Belvedere.

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

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

Polish National Alliance
of US of NA

Wesley E. Musial
Censor

Irene S. Grabowy
Vice Censor

Executive Committee
Frank J. Spula
President

Marian Grabowski
Vice President

Alicja Kuklinska
National Secretary

Steve H. Tokarski
Treasurer

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

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

Ewa Krutul
Graphic Designer

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

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

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



President's Corner

August, 2018

Dear Members,

I hope you have had time to enjoy the summer weather with your family and friends.

We are still in the midst of summer, yet we are reminded, that it's time for kids to load up their backpacks, and head back to school. It can be a hard transition from the freedom of summer to the structure of a full-time student. However, you know what? It's all worth it in the end; there is nothing like a good education for a solid foundation.

The Polish National Alliance has been a proponent of education since the founding of the organization over 138 years ago. For many years, it has been supporting Polish Saturday Schools as well as providing scholarships for college and graduate students in the amount of \$250,000.00 annually.

Over all these years, we have been helping children as well as families reach their goals, through a multitude of insurance products as well as annuity plans. During this school season, we are offering a "Back to School Special," which is a 20 Pay Life permanent plan of coverage available in amounts of \$15,000 to \$25,000. Applications taken out by October 15th, will receive an additional 10% of coverage, without an extra cost, which amounts to a \$1,500 bonus up to \$2,500. In addition, the first 100 applications will receive a PNA backpack!

For detailed information, please contact your local sales representative or call the Home Office at 1-800-621-3723. Having life insurance displays financial

responsibility for all ages.

With the rising cost of education, we are all concerned about the college debt that our students are incurring. Here's a scary thought— who co-signed for that loan?

Let's remember, life insurance premiums are based on mortality; the younger you are, the less you pay.

I firmly believe the Polish National Alliance promotes good citizenship and helps our members attain a commitment within their communities through various programs that are sponsored.

We help people in a multitude of ways, just recently, there was a devastating fire, over one hundred families were displaced from their apartments. As an organization, we donated \$5,000 to families or individuals that needed funds for necessities. Our members were also sending their donations.

Next year, August 25th through 28th of 2019, the Polish National Alliance will be hosting its 48th National Convention. Preparation for a meeting of this magnitude requires much planning, and here at the office, we are gearing up for that. After reviewing all the sites and proposals, a decision was made to have the conference in Phoenix Arizona. So - "Arizona Here We Come in 2019". We will keep you posted with more information as the date draws nearer.

This is the first time in the history of the Alliance that a convention will be held in the Grand Canyon State. Over the last several years, more and more Polish Americans are emigrating to the west and starting to make their homes there. We look forward to hosting our representatives in sunny Arizona.

This year marks the 100th anniversary of Poland regaining its independence. Throughout the country, events are planned in commemoration of this event. On Sunday, October 21st, a concert has been arranged in the prominent Chicago Orchestra Hall in downtown Chicago, with major star performers. Additional information will be posted on the website for individuals willing to attend this once in a lifetime celebration.

Wishing you a beautiful fall as some of us head back to school.

Frank J. Spula, FLMI
President and CEO



From the Editor

August 2018

Dear Members,

As the fall begins, we are approaching the 100th anniversary of Poland regaining its independence on November 11, 2018. For over 123 years, Poland lived in the hearts of Poles, those in the partitioned country, and those scattered around the world.

Through years of military and diplomacy efforts, tears, blood, and prayers, in the fall of 1918 Poland reclaimed its rightful place on the map of Europe. The Polish National Alliance and other fraternal organizations significantly contributed to this success by military and financial contributions.

On November 4th of 1920, the father of Polish independence, Marshal Józef Klemens Piłsudski, sent his signed photograph to the Polish National Alliance in appreciation of the organization's efforts, including financial support for the Blue Army Soldiers.

With great pleasure, I share with you the copy of the message, which I found searching through the PNA archives. I hope it will give you the same sense of pride and belonging.

Thank you to all who submitted their articles and photos for publishing in the Zgoda. Please continue your support for this publication, for the Organization, and the values it stands for.

Respectfully,

Alicja Kuklińska
Editor-in-Chief

“Who doesn’t respect and value his past, is not worth the honor of the present, and has no right to a future.”

Józef Klemens Piłsudski

Józef Klemens Piłsudski was a Polish statesman who served as the Chief of State and First Marshal of Poland. He was considered the de facto leader of the Second Polish Republic. Below are the photograph and note dedicated to the Polish National Alliance, hand-written by Marshal in 1920. The original is treasured in the PNA “Zgoda” archives.

JÓZEF PIŁSUDSKI,
Marszałek Polski.
Fotografia barwna z autografem
i dedykacją dla Związku Patriotów
4-11 listopada, 1920 r.



*In Wierny Stróżem Polonii w
Ameryce
Józef: Dariusz Piłsudski
4/XI 1920r.*

Polish National Alliance of the U.S. of N.A.
48th Quadrennial Convention
August, 2019
Phoenix, Arizona





From the Manager of Sales

August 2018

Dear Members,

September is just around the corner. The new school year started, and my son's second-grade study might be a venture. There will be more studying, homework, First Communion and much less playtime, which he is not too happy about. Not long ago, he was playing in a sandbox, and now he is asking for a phone. Where does time go?

As a protective parent, as well as the PNA Sales Manager, I urge you to take advantage of this current **"Back to School with PNA"** promotion. This special will continue **only through October 15th, 2018** for applicants between the 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.

Please remember, this promotion is through October 15, 2018. Do not delay, 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 as to how you can take advantage of this promotion.

I wish you the very best in these last days of summer and a fantastic fall season.

Faternally Yours,

Jolanta Walaszek
Manager of Sales



Dear Parents,

Are you ready for the new school year?
Did you sign your child up for after school activities, and get all 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, 2018** you can get more insurance for your money!

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

A \$20,000 coverage + \$2,000 bonus = total \$22,000

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

Example:

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

The total savings amount of about \$362.

An 8 years old girl: 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

Valid through October 15th 2018

AGE	20 PAY LIFE PLAN					
	AMOUNT OF INSURANCE					
	\$15,000 \$16,500	\$20,000 \$22,000	\$25,000 \$27,500	\$15,000 \$16,500	\$20,000 \$22,000	\$25,000 \$27,500
	MONTHLY PREMIUMS					
	MALE			FEMALE		
0	9.64	11.95	13.95	8.64	10.62	12.22
1	9.88	12.28	14.33	8.86	10.91	12.56
2	10.15	12.64	14.76	9.07	11.20	12.92
3	10.42	13.00	15.21	9.32	11.52	13.30
4	10.72	13.39	15.68	9.57	11.86	13.70
5	11.03	13.81	16.18	9.83	12.20	14.13
6	11.34	14.22	16.70	10.08	12.55	14.54
7	11.66	14.65	17.21	10.34	12.89	14.99
8	12.00	15.10	17.75	10.62	13.27	15.44
9	12.35	15.57	18.34	10.91	13.64	15.91
10	12.72	16.06	18.92	11.21	14.04	16.40
11	13.10	16.56	19.53	11.50	14.44	16.90
12	13.49	17.08	20.16	11.83	14.87	17.42
13	13.89	17.62	20.81	12.15	15.30	17.96
14	14.30	18.16	21.47	12.49	15.75	18.52
15	14.70	18.70	22.14	12.83	16.20	19.10
16	15.13	19.28	22.82	13.20	16.70	19.71
17	15.55	19.84	23.51	13.59	17.23	20.34
18	15.98	20.41	24.21	14.00	17.77	20.99

Simple steps:

- Find the monthly rate
- Complete the Life Insurance Application
- Attach a premium check with the Application
- Mail to the PNA at the address below



Polish National Alliance

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

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



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

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

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

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

A candidate for the elective office of Fraternal Director in order to qualify must satisfy all the requirements as set forth in **Section 71 of the By-Laws**. (PNA By-Laws are available at: **www.pna-znp.org**)

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

Applications post marked later than September 24th, 2018 will NOT be considered.

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

Candidates must personally request an application in writing or electronically to: alicja.kuklinska@pna-znp.org

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



The Polish National Alliance of the U.S. of N. A. is looking for motivated sales representatives in your areas to sell our insurance products, and help grow our fraternal family.

We offer training and very attractive commissions.

Please contact **Mrs. Jolanta Walaszek**
Manager of Sales for more information
by calling at **1-800-621-3723 ext. 330**
or provide this phone number
to anyone that might be
interested in earning extra income
and being your own boss.



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

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



POLISH NATIONAL ALLIANCE – 2018 ANNUAL PHOTO CONTEST

"Memories of Summer"

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

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

PNA PHOTO CONTEST 2018 ENTRY BLANK

PLEASE PRINT

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

CONTEST RULES

1. Participants must be members of the Polish National Alliance
2. Photos may be of any person, place or object by the entrant during 2018.
3. Duration of the contest is **JUNE 15, 2018 – OCTOBER 15, 2018.**
4. Each contestant is limited to **ONE (1)** Photo entry.
5. No restricted age limit for contestant.
6. Entries of photos can be either in color or black and white.
7. Photo size must be a **8" X 10" ONLY.** Do not mount any photo. Do not write on, deface the front or back of photo. Any photo mounted or defaced will be disqualified.
8. Photos must be submitted in a **PRINT FORM** on photo paper.
9. Each entry must have the photo title, your full name, address, e-mail, phone number and PNA Lodge number (use entry blank).
10. All entries become property of the Polish National Alliance and will not be returned.
11. Ten (10) Winners will receive prizes (\$100 each) and an Award Winners Plaque with their photo mounted on it. All contestants will receive a Certificate of Appreciation.
12. Judges decisions will be final. Winners will be asked to submit a digital copy of their photo so it could be published in the Zgoda and on the PNA Website.
13. Only **AMATEUR** photographers are eligible.
14. All entries must be postmarked no later than **OCTOBER 15, 2018** & mailed to:

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



Dzieci dzieciom

W niedzielę 4 czerwca 2018, już po raz drugi, z ogrodów Związku Narodowego Polskiego wyruszyły dzieci oraz towarzyszący im dorośli w marszu charytatywnym **Kids 4 Kids**. Dochód z tegorocznej imprezy przekazany został na potrzeby fundacji „**You Can Be My Angel**”, pomagającej dzieciom cierpiącym na neuroblastomę.

Do ogrodów ZNP zaproszono Myszke Miki i paru jej disneyowskich przyjaciół, zapewniono dzieciom pizzę, napoje, lody, nadmuchiwane miasteczko, malowanie twarzy, możliwość dokładnego obejrzenia policyjnego radiowozu i strzelenia gola do bramki, której bronił znany polonijny dziennikarz sportowy. Każde zarejestrowane dziecko otrzymało pamiątkową koszulkę, plecak oraz torbę z niespodziankami ufundowaną przez firmę Lowell i ZNP. Piękna pogoda, spacer po malowniczej dzielnicy Sauganash oraz atrakcje czekające na najmłodszych po przekroczeniu mety sprawiły, że wszyscy bawili się doskonale.



Celem marszu **Kids 4 Kids** jest rozbudzanie w najmłodszych empatii i wrażliwości na potrzeby i problemy innych oraz poczucia wspólnoty w realizowaniu charytatywnego celu i niewątpliwie został on i w tym roku osiągnięty.

Związek Narodowy Polski zorganizował marsz we współpracy z zarządem dzielnicy Sauganash, Polish American Mix Radio – 103.1FM, Dziennikiem Związkowym, oraz dzięki sponsorom, którzy finansowo wsparli inicjatywę.

Fundacja „**You Can Be MY Angel**” otrzymała od organizatorów czek na kwotę \$3,269.48.

Kids 4 Kids 2018 was a great success!

Over 100 children accompanied by their families walked and strolled through Chicago's Sauganash scenic, 2-mile trail first Sunday in June. It was a charitable event supporting “**You Can Be My Angel**” Foundation, assisting families with children suffering from Neuroblastoma cancer.

Thanks to the efforts made by the PNA Fraternal Department lead by coordinator Mary Srodon, a generous donations \$3,269.48 was raised. Participating children had a fun-filled afternoon while being taught compassion and charity.

For the full photo gallery from the event, visit:
www.pna-znp.org





2018 Original Art and Coloring Contest Results



A distinguished committee of three members: Alicia Otap, the Polish Daily News Editor in Chief, Lukasz Dudka, PNA Marketing Manager, and Mateusz Pankiewicz, Radio Host from the WPNA 103.1 FM Polish American Mix, recently met and selected winners of the 2018 PNA Original Art

Contest for children ages 8-18, and Coloring Contest for kids ages 5-7. This year's theme was "Postcard from Poland," in recognition of the 100th anniversary of Poland regaining its independence. Young artists were asked to express their vision of Poland artistically.

A total of 47 entries was received. As difficult as it was, the committee selected three pictures from each age category. The winners were awarded respectively \$300 (1st place), \$200 (2nd place), and \$100 (3rd place). The winners of the Coloring Contest were awarded \$100 each.

Congratulations to all of the participating talented artists!

Winners of the 2018 PNA Original Art Contest

Age 8 - 9 - 10

- 1st Victor Kowalinski-Manalac, Los Angeles, CA
"Miasta o ktorych marzę"
- 2nd Gracie-Kay Newton, Syracuse NY
"St. Mary's Church"
- 3rd Jacob Kmiec, Macomb, MI
"Pozdrowienia z Malborka"

Age 11 - 12 - 13

- 1st Reese Kalinsky, Chicago, IL
"My Dream of Poland"
- 2nd Lukasz Mszyc, Anaheim, CA
"Giewont z LOT-u ptaka"
- 3rd Jordyn Czyzewski, Milwaukee, WI
"Prairie of Freedom"

Age 14 - 15

- 1st Zachary Zimmerman, Camp Hill, PA
"Poland 1918-2018"
- 2nd Emily Mickelonis, Scappoose, OR
"The Glass Mountain"
- 3rd Dana Walski, E. Grand Forks, MN
"Zgorzelec at dusk"

WINNERS OF COLORING CONTEST (ages 5-6-7)

Dominika Piatek, Good Year, AZ
Oliver Trybus, Highland Park, IL
Joshua Blanchard, Cumberland, RI

PNA Art Gallery



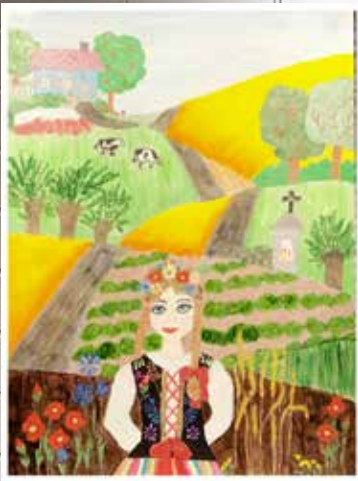
Victor Kowalinski-Manalac
"Miasta o ktorych marzę"



Gracie-Kay Newton
"St. Mary's Church"



Jacob Kmiec
"Pozdrowienia z Malborka"



Reese Kalinsky,
"My Dream of Poland"



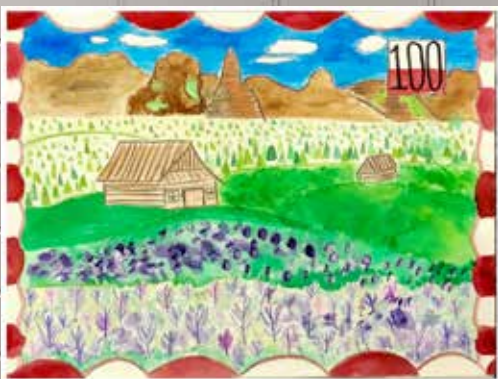
Zachary Zimmerman,
"Poland 1918-2018"



Lukasz Mszyca
"Giewont z LOT-u ptaka"



Emily Mickelonis,
"The Glass Mountain"



Jordyn Czyzewski,
"Prairie of Freedom"



Dana Walski,
"Zgorzelec at dusk"

Welcome to our PNA Family



Keira Rose Saccomanno, born October 28, 2013, daughter of Amanda and Anthony Saccomanno of South Elgin, IL is a new PNA member and 4th generation member of Lodge 1776 in Chicago, IL. She is the granddaughter of Donna and George Poniatowski and great-granddaughter of Wanda Rocko, former PNA employee and officer of Lodge 1776.



Enzo Joseph Cusate, born April 22, 2014, is now the newest member of Lodge 238 in Baltimore, Maryland, and his parents Michael and Sara are very proud of him. Enzo especially enjoys the seasonal children's programs sponsored by Council 21. Enzo was recruited through his parents by his "Uncle Dick" – Richard Poremski (also depicted), who serves as vice president of Lodge 238 and Council 21.

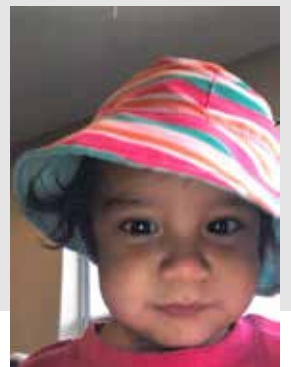


Alina Leokadia Kudla, born June 9, 2018, daughter of Dr. Paul and Krystyn Kudla of Royal Oak, Michigan is a new member of Lodge 2525, District X. Her PNA Membership was a gift from her loving grandparents Mark and Mary Sitko. Little Alina's mom, Krystyn is an accomplished Polish folk dancer and instructor. Perhaps one day, she will follow her steps.

Submitted by Mary Sitko.

Kaylee Martinez, born February 5, 2017, is the newest member of Lodge 128, Bremond, Texas. She joins her two brothers that were all signed up by their great grandmother, Marie Zan.

*Submitted by Wanda Kotch Ray,
Commissioner, District V.*



Olivia Naomi Skinner, born June 17, 2012, and **Haylee Marie Kulback**, born August 28, 2018 are new members of PNA Lodge 1052. Their PNA Membership is a thoughtful gift from their mother Ashlee A. Kulback of Trafford, Pennsylvania. They were signed up by Mr. Jeff Twardy, PNA Sales Representative, and Business Board Director.



Victor Jackson Stach,
born April 7th, 2017, son of Peter and Erin Stach of Chicago, Illinois, is a new member of Lodge 2879, joining his sister Violet Noelle. He was signed up by his loving grandfather Mr. Stanislaw Stach.



Matilda Claire Collasius,
born November 20, 2017, daughter of George and Crystal Collasius of Pittsburgh, Pennsylvania is a new member of Lodge 2230. PNA Membership is a gift from her loving grandparents Charles and Linda Kovach.



Theodore Christopher Anselmo
born December 23, 2017, son of Christopher and Alexandra Anselmo is a new member of Lodge 257, Star of Kosciuszko. PNA Membership is a gift from his loving grandparents, Henry and Mary Anselmo of Chicago, IL.



Edward Joseph Smith
born June 20, 2017, son of Kevin and Carol Smith of Coraopolis, Pennsylvania. Pictured are three generations of West End 1052 Pulaski Lodge members- Keith Edward Smith, Kevin Edward Smith and Edward Joseph Smith. Edward was signed up by Jeff Twardy, PNA Business Board Director.



Jude Marks Szatan,
born December 20, 2017, son of Andrew and Stephanie Szatan of Austin, Texas, is a new member of Lodge 1776. PNA Membership is a gift from his loving great grandmother Mrs. Urszula Szatan.



Cash Dougherty,
born May 10, 2013, son of William and Crystal Dougherty of Tomball, Texas, is a new member of Lodge 165. He was signed up by Sales Representative Brian Marshall.



Theodore Francis Guzan,
born on November 9, 2017, to proud parents Michael and Kathleen Guzan of Downers Grove, Illinois, glowing grandparents Janet Kirsch, Karen (nee Janik) and Richard Guzan, joins Lodge 2825, Council 39. Hopefully, Theo will get involved in the PNA as did his family members – Prochots, Janiks, Cieslaks, and Michalaks!.

Submitted by Mrs. Stella Michalak.



Adam Henry Niemczyk,
born February 28, 2018, is a new member of PNA Lodge 704 in Kenosha, Wisconsin. He is a son of Kasia and Jacek Niemczyk. His certificate was a gift from his loving grandfather, Stanisław Szmyd. Niemczyks are a 100% PNA family!

*Submitted by Kasia (Kathy) Niemczyk,
PNA Sales Representative.*

Camping is Fun at Camp Stanica

Bondsville, MA. Camp Stanica, the Polish Alliance Youth Camp, located on sixty beautiful acres of grassy fields and woods in Bondsville, MA, with the Swift River and Brown's Pond/ Crystal Lake, held its 2018 season for PNA co-ed camping for children, members, and non-members, ages 6-15. The first session was held July 15 - 21,



2018. The second session was from July 22 - 28, 2018. Rental groups utilize the campgrounds from May to September. The pond and river are places for swimming and fishing. The grassy fields and wooded areas provide space for sporting events such as soccer and field games, and the wooded areas are for hiking. The children sleep in eleven cabins equipped with metal frame cots and mattresses. A pavilion provides space for sports, gymnastics, dancing, and arts and crafts. The main lodge houses the kitchen facilities, quarters for resident staff, and an infirmary under the supervision of a Registered Nurse, and separate restrooms and showers. The cost for a one-week sleepover session was \$225.00 for PNA members and \$275.00 per week for non-members. Although

the campers enjoy the relaxation of outdoor living, the Town of Palmer Fire and Police Departments, as well as Baystate Wing Hospital, are located within four miles of Camp Stanica.

The objectives of Camp Stanica are to:

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

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

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

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

CAMPERS, COUNSELORS, AND DELEGATES JOIN TOGETHER



Bondsville, MA. The PNA camping season was held from July 15 to July 28 at the Polish Alliance Youth Camp, Camp Stanica. The camp boasted the largest enrollment in the past five years, topping off at 122 campers, plus Counselors, Junior Counselors, CIT's, and Administrative staff totaling 183 people. Pictured together in front of the main house are left to right: campers Addyson and Loretta Petrasiewicz, members of PNA Lodge 711; Teresa Struziak Sherman, National Business Board Director and PNA Sales Representative; and Gilbert J. Sherman, President PNA Council 62 and PNA Lodge 711. Back row: Sebastian Kierkla, Lifeguard and Water Safety Director; Konrad Markowski, Camp Counselor; Maria Kruziel, Secretary Camp Stanica and PNA Sales Representative; Helena Jalbert, Camp Stanica Camping Committee Chairperson, and Richard Knurek, President Camp Stanica. Although the weather was challenging at times with some rainstorms and humidity, many campers chose to stay the second week, when only registered initially for week one.

CAMPERS ENJOY A FOAM PARTY



Bondsville, MA. As the sun begins to set, campers enjoy the mystery of the foam, a non-toxic, non- allergenic substance emitted onto the grassy athletic field of Camp Stanica by the nearby Palmer and Bondsville Fire Departments. The campers imagined being in a never, never land of fun and frolic. It was fun for campers of all ages.



FOUR SQUARE—A VERY POPULAR GAME AT CAMP STANICA




Bondsville, MA. A very popular game during „free time” at Camp Stanica is Four Square. Pictured above are campers engaged in the game. Many of the campers were first-time attendees this year and could be heard saying, „See you next year.” to the many friendships they made during their camping experience. Keep us in mind for the 2019 season, which will be the second two weeks of July 2019.


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



Life changes all the time!

Review your life insurance beneficiaries!

Update 
your beneficiaries'
information

Add, change 
or remove
beneficiaries

It takes just 5 minutes!



- Call us at: 1-800-621-3723
- Contact your PNA Agent
- Mail the "Change of Beneficiary" Form to:
Polish National Alliance
6100 N Cicero Ave. Chicago, IL 60646

"Ale to już było..."



Ta znana piosenka wielokrotnie rozbrzmiewała tego lata w Yorkville, Illinois, gdzie na koloniach letnich, w ciągu pięciu tygodniowych turnusów, aktywnie wypoczywało przeszło 450 dzieci.

Koloniści brali udział w ciekawych zajęciach plastycznych i sportowych, pływali w basenie ośrodka oraz tańczyli i śpiewali pod okiem wykwalifikowanych instruktorów z Polski, państwa Anny i Roberta Śliżewskich. Zajęcia piłki nożnej prowadził Robert Sempoch, były piłkarz, z zawodu strażak. Nad grupą przygotowanych opiekunów oraz całym obozowym przedsięwzięciem czuwa już od wielu lat pani Agata Mścisz, doświadczona nauczycielka oraz komisarz Okręgu XII ZNP.

W tym roku, podczas pierwszego tygodnia odbywały się dodatkowo lekcje jazdy konnej, natomiast uczestnicy piątego turnusu przeszli bardzo interesujące szkolenie strażackie. Każdego tygodnia jeden dzień poświęcony był na całonocną wycieczkę do parku wodnego, jednego z największych w Illinois.

Wiezorami, przy ognisku, dzieci zjadały się pysznymi kiełbaskami i „s’moresami”, tańczyły w dyskotecę, śpiewały karaoke.

Obóz młodzieżowy w Yorkville należy do Okręgów XII oraz XIII Związku Narodowego Polskiego i z roku na rok cieszy się coraz większym zainteresowaniem rodziców. Piękna okolica, mnóstwo zajęć na świeżym powietrzu, tymczasowe rozstanie z urządzeniami elektronicznymi, to świetny pomysł na zapewnienie dziecku niezapomnianych wakacji.

Informacje na temat Młodzieżowego Ośrodka Sportowego ZNP w Yorkville, IL: **pnayouthcamp.com**

Źdjęcia: Kasia Jarosz, Artur Partyka, Alicja Kuklińska

Nadstata: Agata Mścisz, komisarz Okręgu XII ZNP





\$50,000 in Scholarships for Graduate Students

The Polish National Alliance awarded scholarships for academic year 2018/2019 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 Alicja Otap, Editor-in-Chief of the Polish Daily News (*Dziennik Związkowy*), Magdalena Solarz, Artistic Director of the “Wici” Song and Dance Theatre, and Jacek Niemczyk, General Manager of the PNA 103.1 FM & 1490 AM Radio Stations, reviewed and evaluated 26 submissions. A total of \$50,000 was awarded in scholarships to all eligible applicants.

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



*2018 Graduate Scholarship Committee
(l-r) Alicja Otap, Jacek Niemczyk,
Magdalena Solarz*

2018-2019 PNA Graduate Scholarship Recipients

1. **Kamila Gabriela Barnak** – DePaul University, Chicago, IL
2. **Kathreen Eve Bitner** – University of California Irvine, Irvine, CA
3. **Aneta Agnieszka Boduch** – Concordia University Wisconsin, Mequon, WI
4. **Christine Marie Bruno** – The Ohio State University College of Veterinary Medicine, Columbus, OH
5. **Francis Dominic Carano** – Youngstown State University, Youngstown, OH
6. **Caroline Marta Daniel** – Pepperdine University - Graziadio Business School, Encino, CA
7. **Melissa Sara Drab** – Marquette University School of Dentistry, Milwaukee, WI
8. **Karolina Maria Dudek** – UCSF School of Dentistry, San Francisco, CA
9. **Ellen Marie Dzierzak** – Nova Southeastern University, Fort Lauderdale, FL
10. **Rebecca Lynn Fulton** – University of Kentucky-School of Information Science, Lexington, KY
11. **Sylwia Maria Greczek** – UIC College of Pharmacy, Chicago, IL
12. **Emily Paige Jendzejec** – Boston College School of Theology and Ministry, Brighton, MA
13. **Avery John Kaminski** – The Ohio State University, Columbus, OH
14. **Alicia Nicole Kennedy** – AT STILL University – ASDOH, Mesa, AZ
15. **Emil Leon Klosowiak** – University of Illinois in Chicago, College of Medicine, Chicago, IL
16. **Faith Genevieve Most** – Saint Louis University, St. Louis, MO
17. **Tara Nicole Slominski** – North Dakota State University, Fargo, ND
18. **Sarah Rebecca Sowinski** – Nova Southeastern University, Jacksonville, FL
19. **Krzysztof Szymon Stopka** – Georgia Institute of Technology, Atlanta, GA
20. **Matthew J. Tanhauser** – Lincoln Memorial University College of Veterinary Medicine, Harrogate, TN
21. **Ryan Michael Tipker** – Dartmouth College, Hanover, NH
22. **Sara E. Waldron** – Bridgewater State University, Bridgewater, MA
23. **Alexa Lynn Wawrzyniak** – University of Cincinnati – Sponsored Student Accounts, Cincinnati, OH
24. **Monica Ann Wierzbicki** – University of Illinois at Chicago, Chicago, IL
25. **Jessica Ann Wisniewski** – University of Notre Dame, Notre Dame, IN
26. **Mateusz Jacek Zapotoczny** – Northwestern Feinberg School of Medicine, Chicago, IL

DZIENNIK ZWIĄZKOWY

Polish Daily News · Published since 1908



Alliance Printers and Publishers

6100 N. Cicero Ave., Chicago, IL 60646

e-mail: kronika@związkowy.com

773-763-3343 ext. 222



PRENUMERATA W USA

- * Niezmienna cena w okresie trwania prenumeraty
- * Proste zamówienie, natychmiastowa realizacja
- * Poczucie bezpieczeństwa klienta

CODZIENNIE I NA WEEKEND

Na rok	90 dol.
Na pół roku (6 mies.)	65 dol.
Na kwartał (3mies.)	55 dol.

TYLKO WEEKEND

Na rok	55 dol.
Na pół roku (6 mies.)	45 dol.
Na kwartał (3mies.)	30 dol.



Imię i nazwisko

Adres

Miasto

Stan

Zip Code

Tel#

płatność



czek



karta kredytowa

“Dożynki” in Yorkville, Illinois

A Polish Harvest Festival in District 12 and 13 PNA

The reward for hard work is getting your just desserts. In rural Poland from way back when peasants toiled in the fields before the advent of powered farm implements, bringing in the crops ended with the harvest festival we call Dożynki. In the mechanized world of today, it is still observed in Poland and Polonia.

The nobility and larger landowners - who owned large tracts of land that required hired farm labor from all around the countryside, rewarded their people for their hard work at the popular and colorful Dożynki celebration at the conclusion of the growing season. Historically, the



symbol of Dożynki is the Wieniec (harvest wreath) which was presented to the landowner by those working in the fields. Often this large wreath was made of a mixture of the most important grains - wheat and rye. Adorning the wreath were flowers and ribbons.

The typical Dożynki Day celebration started with Mass, followed by a harvest procession to the Manor House. Traditional costumes of the region were worn by most participants.

On a very hot Sunday, August 5, 2018, The Youth Camp Association of Districts 12 and 13 PNA celebrated their annual Harvest Fest, „Wieńcowa Msza Dożynkowa” at the Youth Camp in Yorkville, Illinois. The festivities began with a procession to the beautifully adorned outdoor chapel. The Wyrchy Dance Ensemble of the Polish

Highlanders comprised of around forty young people of various ages decked out in traditional costumes led the procession. Guests of honor bearing the traditional Dożynki wreath were Mieczysław and Helena Firlit. Rev. Waldemar Stawiariski, Pastor of SS. Cyril and Methodius Catholic Church in Lemont, Illinois was the celebrant of the Mass in the Polish language. The Polish Highlanders Band provided the music for the liturgy.

Master of ceremonies, PNA Youth Camp Director, Bogusław Kwaśny, welcomed everyone and following the Mass introduced some of the special guests. Attending the festivities were the President of the Polish National Alliance and Polish American Congress Frank Spula, PNA Director of Region „F” Barbara Wesolowski, and Polish Teachers Association Vice-President, Helena Soltys. District XII





Commissioner Agata Mścisz, Director of the Camping Program, also was present. Camp Director Kwasny thanked all the participants of the Mass and all who were in attendance. PNA Camp President Edward Mika also addressed those gathered and spoke about the tradition of the Youth Camp for the past 82 years and all that the camp has to offer those who visit. He praised the work of all the Youth Camp directors and invited all to process to the dining room to enjoy a delicious Polish dinner. A program of Polish Highlander Folk Dances on the main stage would take place after lunch. Music for listening and dancing pleasure was later provided by the „Doborowa Orkiestra Chicogo” under the direction of Jan Jamroz. D.J. Tom also provided taped music throughout the day.

Despite the extremely hot temperatures, all in attendance had a fabulous day while sharing in the beautiful traditional festivities of Dożynki.

*Submitted by: Barbara Wesolowski,
Fraternal Director Region “F”
Photos by: Artur Partyka,
“Dziennik Żwiqzkowy” &
Krzysztof Mścisz, PNA Camp Director*



Greetings from Region "H"

Summer season is always fun and activities are still going HOT!

May 2018

Houston, Texas to Portland, Oregon

On the way to Portland to attend the Polish Teachers and Parent Associations Conference (XV Zjazd Nauczycieli Polonijnych): Ewelina Reichert, Hanna Tomasz-kiewicz and Agnieszka Zielińska. Jola Dryden, Director Region H, PNA was one of the sponsors for this trip.



Teachers from Mikolaj Kopernik Polish School in Houston being honored at the end of school year celebration.



Kris Krozel at Children's Day celebration with the little one.



Teachers dressed up to entertain the children.



What is a Children's celebration without paczki... we have paczki!

San Antonio, Texas Texas Folklife Festival



Polish National Alliance is front and center at the Texas Folklife Festival in San Antonio. Great weather, music, and entertainment. Jola Dryden, Director Region H and John Ceborowski, PNA and also representing Panna Maria Heritage Center working the festival.



Jola Dryden, Region H Director, and PNA longtime member Jenny Krause.

Poland – Soccer – Houston, Texas



Polish Soccer watch party with Anete Odolski and friends at the Polonia Restaurant. Thank you, Henry, Andrej, and Sharon Szpak, for a great time!

June 2018

Children's Day – End of School Year

Another school year has ended! Polish School children said goodbye to the teachers and they all will start a well-deserved vacation. Some will travel to Poland, others will enjoy Houston camps, pools, and museums or visit Hill Country. They will come together again in September. In conjunction with the end of the year celebration, festivities were held to commemorate Children's Day. Special thanks to teachers and all who make this fantastic day!

Polish Day in Bremond, Texas

Polish Day in Bremond, Texas is a Polish Tradition, a must do if you're in Texas. This is a small beautiful Polish historical town, known as the Polish Capital of Texas, established in 1869. Bremond celebrates and brings old traditions and creates new traditions in a two-day event. Everything from the famous Polish Pickle Run, the parade, traditional dancing, performances, old Polish music, to margarita mix off, BBQ cook-off, great bands, competitions in dominoes, horseshow to basketball. Moving on to a pierogi eating competition and wrapping it all up with a Street Dance. Over 30 years this quaint Texas Polish town burst into a celebration! Generations get together for this amazing event.



The festival always includes the fabulous Polish Dance groups from Texas and features Wawel Dancers from Houston and Jagoda Dancers from Dallas.

June 2018

Poland



The American and Polish nations love freedom in a special way. Dr Jim Mazurkiewicz, Lodge 165 had the honor to thank those who are still on their way to freedom: A Pen, An Act and the Heroism of a Soldier's Sacrifice. Medals established on the occasion of the Anniversary of Regaining Independence were given to educator Charlene Kaletka Delaney, Polish activist Jim Mazurkiewicz, and - on behalf of the battalion from Texas 1-82 Field Artillery - Lieutenant Colonel Matthew Dennis.

San Antonio, Texas



It was Polish Day at the Institute of Texan Cultures in San Antonio and the Polish Heritage Center took the stage! What great attendance! Poppy-making looks like it was a big hit! The Mazurka Polish Dancers worked their magic spell on the crowd, too! PNA members were there in a big way entertaining a group of over 600. PNA members Genny and Matthew Krause and many others took the lead.

Houston Polish School Children Visit Poland



Yearly, a group of children from the Polish School in Houston takes a tour of Poland. They enjoy Polish culture, history, practice Polish, and just see the wonders of Poland! Polish children from Houston visited the Kujawsko-Pomorskie Province this July. The children visited Toruń, Gdańsk, Malbork, and Solec Kujawski. They also visited American Army troops stationed in Poland. The children had a wonderful time and enjoyed meeting other students from the Ukraine and Lithuania who also took part in the international summer camp. Thank you to everyone from the Kujawsko-Pomorskie Marshal's Office and Caritas Przysiek for this wonderful opportunity!



Various PNA members were setting up the booth for the Bremond Polish Festival Days that supported the Polish Heritage Center in Panna Maria. As it is HOT in Texas, each member is holding up a fan with historical information that was partly sponsored by PNA Region H Director, Jola Dryden. Attendees to the event were given fans.



College Station, Texas

The TALL Emerging Leaders Exchange Program Completion Ceremony for the Polish students at Dr. Jim and Kathy Mazurkiewicz's house with Brazos County Judge Duane Peters. Thank you to all the Texas host families and Bayer Crop-Science for their support.



Photo Credits: Thank you Stan Aponiuk and James Smock for all the beautiful photos.

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

Sign up
for **PNA** email
newsletter!



Sign up at: info@pna-znp.org

Shred Day



Polish National Alliance joined forces with the United Credit Union in organizing a Community Shred Day. This event gave individuals the opportunity to have their confidential documents destroyed on site. By partnering with the United Credit Union, we increased the knowledge of preventing identity theft in the local community.

We plan to arrange for another Community Shred Day next year. Correctly shredding sensitive documents is important in order to protect against identity theft, declutter our homes, and help the environment. Please visit the PNA website or follow our Facebook page for further information.

pna-znp.org
* [facebook.com/PNAZNP](https://www.facebook.com/PNAZNP)

The Mobile Shred Trucks arrived at the PNA grounds on Saturday, June 9th, 2018. Approximately 100 cars drove through in order to dispose of unneeded documents containing sensitive information.



Józefinki w Gminie 3

Józefinki w Gminie 3 Związku Narodowego Polskiego to impreza z wieloletnią tradycją. Tegoroczne odbyły się 15 marca w sali bankietowej "Grotą" w Chicago.

W tym roku obecny na imprezie prezes ZNP Frank Spuła przyjął również ślubowanie od członków nowego zarządu gminy. Prezesem Gminy 3 jest Irena Hercik, wiceprezesami Elżbieta Stolarczuk i Józef Lisak. Funkcję sekretarza korespondencyjnego pełni Robert Gols, sekretarza finansowego Halina Żurawska, marszałka Józef



Hercik. Przewodniczącym Komisji Rewizyjnej, w której skład wchodzi Monika Korczyńska i Daniel Gols, jest Walter Bochenek.

Józefinki Gminy 3 ZNP to spotkanie w miłym gronie członków tej organizacji oraz zaproszonych gości; pełne atrakcji w postaci loterii fantowej z atrakcyjnymi nagrodami, loterii pieniężnej, często urozmaicone programem artystycznym, jako że przewodniczący Komisji Rewizyjnej, Walter Bochenek to „artystyczna dusza” i osoba z doskonałymi pomysłami, a wiceprezes

Elżbieta Stolarczuk prowadzi Studio Tańca PNA.

Spotkania z okazji Dnia św. Józefa są również okazją do złożenia życzeń i gratulacji osobom, które noszą to imię. Ponieważ Gmina 3 jest jedną z najstarszych w ZNP, tradycja obchodzenia imienin Józefa sięga czasów sprzed II wojny światowej, kiedy to celebrowano w Gminie 3 imieniny marszałka Józefa Piłsudskiego. Solenizanci (Józefy i Józefowie) przybyli na tegoroczną imprezę zostali powinszowani butelką czerwonego wina!

Miłe towarzystwo, smaczne polskie jedzenie, odrobina rozrywki i napięcia w trakcie loterii sprawiły, że wszyscy rozjechali się do domów w dobrych nastrojach i z pewnością przyjadą na Józefinki Gminy 3 w roku następnym.

Photos by: Alicja Kuklińska

St. Joseph's Celebration at PNA Council 3

PNA Council 3 held their annual St. Joseph Day event on March 15, 2018, at "Grotą" Banquet Hall in Chicago, Illinois. Irene Hercik introduced the Council 3 officers and the committee that organized the event and thanked them for their efforts. Guests named „Joseph” and „Josephine” were honored with a bottle of wine. A good time was had by all, and we invite everyone to next year's event.



Zaprzysiężenie członków nowego zarządu Gminy 3 przez prezesa Franka Spułę (l-p), Monikę Korczyńską, Roberta Gols, Daniel Gols, Józef Lisak, Elżbieta Stolarczuk, Walter Bochenek, oraz Irena i Józef Hercikowie.

56th National Golf Tournament

Polish National Alliance's 56th National Golf Tournament was held on July 20, 21, 2018, at the Briar Leaf Golf Club in La Porte, Indiana.

Lodge 1120 hosted this year's event, and did an outstanding job. Participants enjoyed the hospitality evening at Lodge 1120 facility followed by two days of golf and fraternal camaraderie.

The tournament culminated with an awards banquet with a delicious buffet dinner followed by the presentations awards to the winners. The PNA Home Office was represented by Vice President Marian Grabowski, Treasurer Steve Tokarski, National Business Board Directors Val Pawlos, and Jeff Twardy, as well as PNA Legal Counsel Chris Nowotarski and Fraternal Activities Coordinator Mary Srodon.

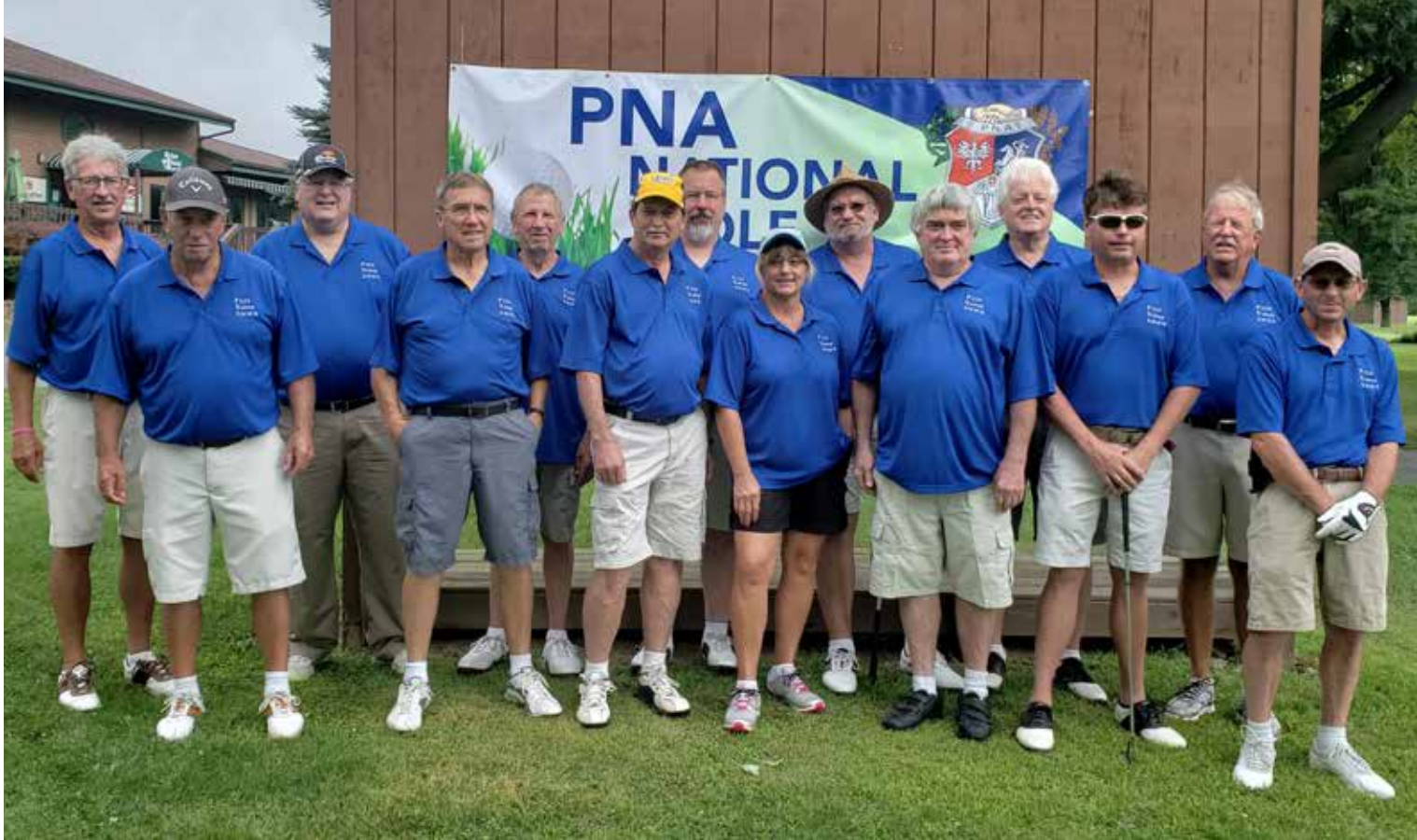
PNA Officers, Directors, and Fraternal Committee members, would like to express their appreciation to everyone who attended or in any way assisted with the 56th Annual Polish National Alliance National Golf Tournament in La Porte, Indiana. A special thank you to Mike Singleton and Members of Lodge 1120 for hosting a great event.

We had an outstanding tournament filled with great game of golf, fraternalism, friendship, and fun!

Photos by Mary Srodon

For results of the tournament and full photo gallery please visit:
www.pna-znp.org





District VIII Golf Tournament

The annual District VIII Golf Tournament was held on June 15th and 16th at Venango Valley Golf Course. There were 125 participants this year, all members of District VIII.

A special bench was made of black granite and placed on the golf course to honor the memory of Mr. Ted Haluch. Ted was a big part of this tournament, and the district wanted to honor him. Contributions from councils, lodges, and individuals of the district paid for the bench. The bench was designed by PNA National Business Director Val Pawlos, and the wording is from an old Polish song that Ted sang at the

end of each tournament.

Attending the dedication was Business Directors Val Pawlos and Jeff Twardy, Commissioner Dave Sinclair, former Director Joe Kaminski and former Commissioner Rich Tyszkiewicz. Also in attendance was Ted's wife Josephine, daughter Tusia, granddaughter Stacy, along with other relatives. A big thank you goes out to Sue Stiffler Galaski, her husband Steve and son Adam for all the help installing the bench.

The golf course, as always, was a great host for the annual event. A good time was had by all.



McKeesport Lodge 352 had four lowest scores to win club award, all winners to follow.

For the results of the 2018 District VIII Golf Tournament, and more photos visit: www.pna-znp.org

*Submitted by Val Pawlos,
PNA Business Board Director*



Polish Heritage Night at the U.S. Guaranteed Rate Field

White Sox vs. Twins



On Wednesday, June 27th, 2018, PNA members participated in a Polish Heritage Night at the Guaranteed Rate Field in Chicago, as the Chicago White Sox battled the Minnesota Twins.

PNA members were offered tickets at the discounted price. Before the game, everybody had an opportunity to participate in a parade on the baseball field. Rising star vocalist, Ms. Karolina Baran (KaeYra), delivered a beautiful rendition of the Star Spangled Banner. Delicious Polish food was a grand slam of the evening, and kids enjoyed \$1 hot dogs!

It was a fascinating game, (the White Sox won 6-1 against Twins) and an enjoyable evening at the ballpark. Thank you to all PNA members and friends who attended, we hope to see you all next year.



Lodge 1224 Family Picnic



Lodge officers with our out of town friends.

Rockford, IL, Sunday, June 24, 2018, 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: Ann Wojewodzki organized our kitchen, Scholka and Henry Bielawski, Jadwiga and Marian Bielawski with ticket sales. Stan Wawioro took care of our bar. Irena Dyer and Joe Wojewodzki sold raffle tickets. Victor Osipczuk worked our adult games, and Mary Gwardys took care of advertising. Thank you also to John and Helen Czaczkowski for donating table covers.

The hardest work was done by a group of ladies and Stan in the kitchen. At 8:00 am we started preparing food that was ready to serve at noon. Big Thank You to Mary and Stan Gwardys, Scholka Bielawski, Jadwiga Bielawski, Helen Czaczkowski Sherry Lynn McDonald, Ann Wojewodzki, Bernadeta Szul. These ladies cooked and served over 125 dinners and countless 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 Ann Wojewodzki,
Treasurer Lodge 1224*



(l-r) Kitchen staff: Stan and Mary Gwardys, Ann Wojewodzki, Sherry Lynn McDonald, Helen Caczkowski. Not in the picture is Bernadeta Szul.

Council 41 Hosts Annual Night at the Races

On Saturday June 23, 2018, at Hawthorne Race Course in Stickney, IL, Council 41, PNA held their annual Scholarship Fundraiser “A Night at the Races.”

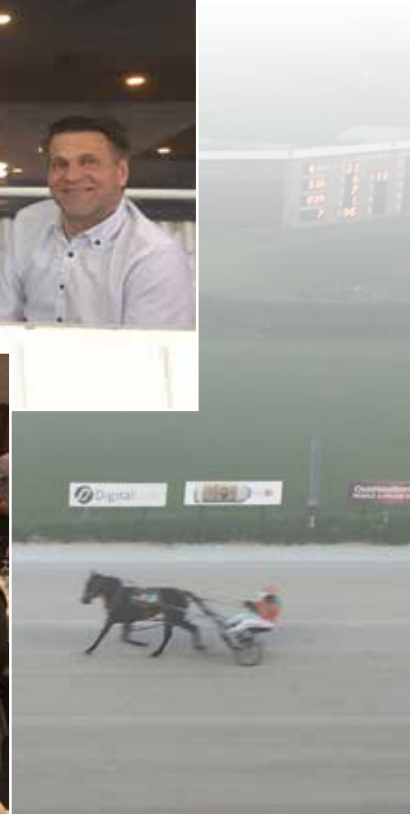
In attendance included National Fraternal Director Wanda Penar; Commissioner District 13 Wanda Juda; Former Director Cecilia Tomaszewicz; and representatives of lodges, councils belonging to PNA; Youth Camp Association representatives, those reading about our event in the paper.

We thank those who participated in this evening at the park with us, and to those who bought raffle tickets in support of our worthwhile cause.



The event was in a private suite where all the amenities were close at hand and everyone gave compliments to this years' event. See You Next Year!

*Submitted by: Agnes Kaminski,
President of Council 41 &
Anna Wierzbicki, Treasurer.*



PNA Council 122 Celebrates its 100th Anniversary

On Saturday, May 19, 2018, PNA Council 122 celebrated its 100th Anniversary with a banquet at its home in Hamtramck, Michigan.

President Stella Szczesny welcomed over 150 guests and acknowledged the numerous attending dignitaries, including the current council 122 officers: Vice Presidents, Tadeusz Palac and Barbara J. Gronet, Treasurer Edward Nizienski, Recording Secretary Francine Nizienski, Board of Directors: Anthony Kryszko, Rick Lapham, Marcia Lewandowski, Stanley Lopacki, Thomas M. Schemanski, Thomas Tylenda, Michael Wilk, Auditors: Jackie Kolowski, Roman Lopacki, Thomas Tylenda and Sergeant at Arms Isabella Szyndlar.

Before dinner, former PNA Council 122 President Paul Odrobina gave a heartfelt toast to the 100



Hamtramck Mayor Karen Majewski And PNA Council 122 Vice President Barbara J. Gronet

Years of the Council. Then, guests dined on an excellent dinner catered by the Polish Village Café.



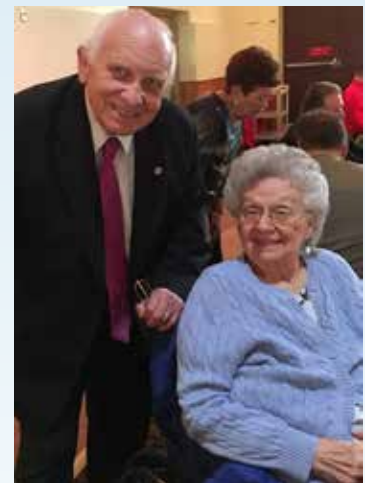
Jadwiga and PNA Council 122 Vice President Tadeusz Palac



PNA Council 122 President Stella Szczesny and former PNA National Vice President Paul C. Odrobina

Following dinner, PNA National Treasurer Steve Tokarski presented former PNA National Vice President and PNA Council 122 past president, Paul Odrobina, the golden Legion of Honor Award in recognition of his outstanding commitment and dedicated service to the Polish National Alliance of the United States of North America.

Dr. Thaddeus Radzilowski, president of the Piast Institute and a member of PNA Lodge 1758 and Council 122, was the keynote speaker for the evening. He spoke on the beginnings of Council 122 and how it was intertwined with the growth and development of the city of Hamtramck. Dr. Radzilowski



PNA National Treasurer Steve Tokarski and PNA Lodge 1758 Member Jane Tylenda

pointed out that the influx of Polish immigrants seeking employment in the growing auto industry also contributed to the growth of Council 122.



The Toast



PNA outdoor Sign

During its 100 year history, PNA Council 122 had two homes, the first on Holmes Street, then the current home located on Conant Avenue in Hamtramck.

Throughout the years, Council 122 has supported numerous Polish organizations on local, state, national, and international levels. Council 122's membership has included such notables as US Congressmen, County Executives, judges, lawyers, doctors, and representatives of other various notable professions and trades.

Guests spent the remainder of the evening visiting with friends, as well as listening and dancing to the music of the „ONI” Band.

With 100 successful years completed, PNA Council 122 looks forward to the next century of service to PNA, its members, and all of Polonia.

*Photos courtesy of
Walter Wasacz and Sharon Tylanda*

*Submitted by
Stella Szczesny & Barbara J Gronet*

Woof Fest

- PAW ADOPTION
- PAW LIVE MUSIC
- PAW MAGIC SHOW
- PAW PETTING FARM
- PAW BOUNCE HOUSE FUN
- PAW DOG FASHION SHOW
- PAW LOCAL FOOD AND BEER
- PAW CHICAGO DANCE GROUPS

entry \$10, seniors \$5 children under 12 free dogs highly welcomed	12PM - 6PM 08.25.2018	POLISH NATIONAL ALLIANCE 6100 N. CIGERO AVE., CHICAGO, IL 60646
---	--------------------------	---

ANNUAL FIGHT DOG MEAT TRADE, CHICAGO CHARITY EVENT BENEFITING ANIMAL HOPE AND WELLNESS FOUNDATION

JOIN OVER 500 PARTICIPANTS FOR A DAY
FULL OF MUSIC & ENTERTAINMENT, RAFFLE PRIZES
AND SUPPORT OUR MISSION TO FIGHT
AGAINST ANIMAL CRUELTY.
ENJOY LOCAL FOOD AND BEER VENDORS
AS WELL AS FUN ACTIVITIES FOR THE WHOLE FAMILY.

P.KORDEK@ZWIĄZKOWY.COM | 773.763.3343 EXT. 229



M aria Skłodowska Curie – Most Influential Woman in History



Marie Curie tops a recent BBC History poll of women who changed the world.

Polish-born chemist pioneered radiation research and was the first person to win two Nobel prizes. Marie Curie was voted the woman who has made the most significant impact on world history.

Marie Curie, the pioneering scientist who was the first person to win two Nobel prizes, has topped a poll asking which woman has had the most significant impact on world history.

BBC History magazine compiled a list of “100 women who changed the world”, chosen by ten experts and asked its readers to help rank them.

Polish-born Marie Curie (nee Maria Salomea Skłodowska), who undertook pioneering research into radioactivity in the early 20th century, was voted number one, followed by Rosa Parks, Emmeline Pankhurst, Ada Lovelace and Rosalind Franklin.

Patricia Fara, president of the British Society for the History of Science, said Curie could boast “an extraordinary array of achievements.” She was the first woman to win a Nobel Prize in physics, the first female professor at the Sorbonne and the first person – “note the use of person there, not a woman” – to win a second Nobel Prize, awarded for chemistry in 1911, eight years after her first. She remains the only person to hold Nobel prizes in two sciences.

Top 20 in the BBC History Magazine list

- | | |
|--------------------------|------------------------------|
| 1. Marie Curie | 11. Eleanor of Aquitaine |
| 2. Rosa Parks | 12. The Virgin Mary |
| 3. Emmeline Pankhurst | 13. Jane Austen |
| 4. Ada Lovelace | 14. Boudicca |
| 5. Rosalind Franklin | 15. Diana, Princess of Wales |
| 6. Margaret Thatcher | 16. Amelia Earhart |
| 7. Angela Burdett-Coutts | 17. Queen Victoria |
| 8. Mary Wollstonecraft | 18. Josephine Butler |
| 9. Florence Nightingale | 19. Mary Seacole |
| 10. Marie Stopes | 20. Mother Teresa |

Madam Curie Circle

PNA Lodge 3134, Madam Curie Circle of Crown Point Indiana elected new officers for 2018:

Darlene Sunny – *President*
 Joanne Szklarski – *Vice President*
 Nancy Teller – *Financial Secretary/Treasurer*
 Dorothy Kaplan – *Sergeant-at-Arms*
 Veralyn Shoppa – *Welfare*



Installation of Officers (l-r): Joanne Szklarski, Veralyn Shoppa, Nancy Teller, Darlene Sunny, Steve Tokarski

*During October We Salute Our
 Friends and Neighbors Celebrating*

Polish American Heritage Month



A National Celebration of Polish History, Culture and Pride in Cooperation
 with the Polish American Congress and Polonia Across America

\$200,000 Awarded in PNA Scholarships for School Year 2018-2019

The Polish National Alliance is very proud to be able to offer generous scholarships as a fraternal benefit. Every four years, PNA allocates approximately one million dollars for scholarships for its student members.



Scholarship Committee 2018: (l-r) Helena Soltys, Anna Wierzbicki, Halina Żurawski

This year, the Polish National Alliance Educational Department received 272 applications. The Committee consisting of Helena Soltys, Anna Wierzbicki, and Halina Żurawski thoroughly examined the applications.

Six applications were denied for lack of official transcripts; therefore, 266 applications were qualified. Each application was 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 111 and 56 points. Amounts ranged from \$2,500.00 to \$500.00. Students, whose score was below 56 points (low GPA scores, incomplete application, lack of an official transcript, etc.) were denied PNA scholarships.

At the end of May, 2018, scholarship applicants were informed via mail about the committee's decision. List of 2018-2019 PNA Scholarship recipients is available on the PNA website: pna-znp.org

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.



Practice Makes Perfect



„Wici” Song and Dance Theatre during practice before their performance at the International Folklore Festival in Peru. It takes a lot of commitment and time to be as good as “Wici” Representative Group. The Polish National Alliance is proud to support their efforts, as well as the efforts of other song and dance ensembles, we subsidize throughout the country.

Photos: Alicja Kuklińska

It's COOL to be in Polish school

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

40 LAT POLSKIEJ SZKOŁY IM. GENERAŁA WŁADYSŁAWA ANDERSA

W kwietniu 2018 roku Polska Szkoła im. gen. Władysława Andersa w Chicago obchodziła Jubileusz 40-lecia szkoły. Uroczystości rozpoczęła msza święta w kościele św. Tekli, który wynajmuje szkole pomieszczenia na zajęcia. Wieczorem odbył

się bankiet w European Crystal Banquet w Arlington Heights.

Gości, wśród których szczególnie warto podkreślić obecność córki patrona szkoły, senator RP Anny Mari Anders, powitali dyrektor szkoły Wanda Penar, Andrzej Lewczuk, prezes szkoły, oraz prowadzący bankiet redaktor Waldemar Łada z Radia WPNA.

W uroczystości uczestniczyło wielu innych dostojnych gości, wśród nich przedstawiciele Konsulatu RP w Chicago na czele z konsulem Piotrem Semeniukiem, polonijnych organizacji z prezesem KPA oraz ZNP Frankiem Spulą na czele. Honorowi goście nie szczędzili w swych wystąpieniach słów szacunku i uznania dla wieloletniej dyrektorki szkoły pani Wandy Penar, grona pedagogicznego, rodziców i uczniów, którzy wytrwale podtrzymują polskie dziedzictwo w Stanach Zjednoczo-



nych.

Uczniowie i nauczyciele wystąpili z programem artystycznym pt. „W słowach tylko chęć widzimy, w działaniu potęgę” oraz występem szkolnego zespołu „Polonez” kierowanego przez panią Wiesławę Dziedzic.

Po zakończeniu części oficjalnej, artystycznej oraz eleganckiej kolacji, goście zostali zaproszeni do zabawy tanecznej przy akompaniamencie zespołu „Felicita Band”.

Zdjęcia: Dariusz Piłka

Porywający występ „Wici”

20 maja 2018, na scenie Mother Guerin Auditorium w Chicago odbył się koncert wiosenny Teatru Pieśni i Tańca „Wici” podsumowujący kolejny rok szkolny pracy tego słynnego zespołu reprezentującego Związek Narodowy Polski. Niemal tysięczna widownia podziwiała kunszt tancerzy w wieku od trzech lat po osoby dorosłe. Podczas dwugodzinnego występu zaprezentowano pieśni i tańce w choreografii Magdaleny Solarz, Anny Strojny, Marleny Hadas, Johanna Wawro, Leszka Biełko, Becky Lenart oraz Kingi Wojdyły-Podstawskiej.

Oprócz polskich ludowych tańców i pieśni zespół ma również w repertuarze tańce narodowe, klasyczne oraz amerykańskie. Dzięki bogatemu programowi, wysokiemu

poziomowi artystycznemu tancerzy, pięknym kostiumom oraz oddaniu i przedsiębiorczości dyrektor artystycznej pani Magdaleny Solarz, zespół jest rozpoznawalny w Stanach Zjednoczonych, w Polsce i na świecie, odnosi sukcesy w najbardziej prestiżowych festiwalach i przynosi poczucie dumy Związkowi Narodowemu Polskiemu, gdyż przynależące do grupy osoby są jego członkami.

Zajęcia odbywają się w Chicago oraz Arlington Heights, informacje na temat zapisów do Teatru Pieśni i Tańca „Wici”: **1-773-777-8800 * wici.songanddancecompany@gmail.com**

Zdjęcia: Dariusz Pitka



We are proud of

Conrad and Regina Plodwick

MARRIED FOR 55 YEARS



PNA members Conrad and Regina Plodwick of Nuangola, PA, have observed their 55th wedding anniversary on June 29th, 2018. Conrad and Regina were high school sweethearts. Conrad graduated in 1958 and Regina in 1961 from Nanticoke High School. Conrad is the son of the late Francis and Leocadia Plodwick. Regina is the daughter

of the late Bolish J. Norczyk.

The couple was married in St. Stanislaus Church, Nanticoke by the late Rev. Frank T. Barlik. They are the parents of one daughter, Dawn Marie, son-in-law Joseph Chalk, and two grandsons Corey and Cameron. In honor of their anniversary, the couple celebrated at a mass given by their daughter on June 30th at St. Faustina, Nanticoke, PA.

Conrad was formerly employed by Bell of PA, AT&T, and Ma Bell, and retired as an independent

field technician engineer consultant. Regina, a registered nurse, has retired as Medical Policy Coordinator from BCNEPA and also has retired as a medical review research/account analyst consultant from other health entities. They are the original members of the Nanticoke Athletic Committee established in 2015.

Regina was a former dance instructor in PNA

Lodge 145, Nanticoke PA. All; Regina, Conrad, Dawn Marie, Corey, and Cameron are 100% PNA family! Congratulations!

Michael E. Fryzel

ORDER OF MERIT RECIPIENT



Michael E. Fryzel, PNA member and Chicago resident, was recently awarded the Order of Merit of the Republic of Poland by Poland's President Andrzej Duda in a ceremony held at Millennium Park in Chicago, Illinois. The award is given to an individual living outside of Poland for distinguished service to the Polish community. Fryzel,

a Polish American, was cited for his efforts in promoting and expanding financial services for Polish Americans across the United States. He was appointed by President George W. Bush to be the Chairman of the National Credit Union Administration, the agency that charters, regulates and insures thousands of credit unions. He has also served as Director of the Illinois Department of Financial Institutions and was a member of President Trump's Transition Team. Fryzel received his MBA from the University of Chicago Executive Program and a JD from the Loyola University of Chicago. He is an attorney and financial services consultant with offices in Chicago.

Congratulations Mr. Fryzel!

Samantha Martin

MASTER OF EDUCATION



Samantha Martin, of Melbourne, Florida, member of PNA Lodge 3203, graduated in 2018 from the University of Miami, where she received her degree of Master of Education with a major in Higher Education Administration with a Concentration in Student Life and Development. She received her Bachelor of Arts degree in Psychology in 2013 at Florida State University. Congratulations, Samantha!

*Submitted by: Alfrieda A. Russell,
Grandmother, Member of Lodge 3203*

PNA Volunteers

LEGAL SERVICE FOUNDATION HONOREES

Thursday, May 17, 2018, Chicago - The Chicago Volunteer Legal Services Foundation Awards Dinner was held at the new Riverwalk along the fabulous Chicago River in downtown Chicago. The PNA's Amicus Poloniae Legal Clinic was well represented. Three of our volunteers were honored, the most of all the 25 clinics that work with CVLS.

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



In the first row is past award recipient Ursula Matelski accepting the CVLS 2018 Distinguished Service Award for Marta Bednarz, 2018 Award recipient Attorney Leszek Lis, past award recipient Attorney Tony Stawniak. Second row, 2018 Award recipient Arek Traszka, CVLS Chairman Attorney Steve Raminia, and past Award recipient and Amicus Poloniae Clinic Director Mark Dobrzycki.

Congratulations to each of our valuable volunteers. You make our legal clinic one of the best in Illinois. Thank you!

Submitted by Mark Dobrzycki

PNA COUNCIL 113 Team

The team of the Polish National Alliance Council 113 members won the 2017-2018 Dart League Championship in the city of Amsterdam, New York.

*Submitted by Edward Swiderski,
PNA Council 113 President*



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

Alyssa Turkowski

EXCEPTIONAL FUNDRAISER



Alyssa Turkowski, daughter of John and Valerie Turkowski of Saint Joseph's Lodge 664 Westmoreland City, PA participated in this year's annual Dick's Sporting Goods Pittsburgh Marathon which was held on May 6th. Alyssa raised \$4,480 for the American Foundation for the Prevention of Suicide (AFSP) for her effort. She ran the 26.2-mile event in 4 hours and 28 minutes. Congratulations to Alyssa for her exceptional effort and raising monies for this good cause!

*Submitted by David Sinclair,
Commissioner District VIII*

Hufiec Podhale

Każdego roku w lipcu, przy Sanktuarium Matki Bożej w Amerykańskiej Częstochowie rozkłada swoje żagle Hufiec Podhale Związku Harcerstwa Polskiego. Tak już od 1967 roku, kiedy to po raz pierwszy Ojciec Michał Zembrzusi, założyciel Amerykańskiej Częstochowy, przyjął gościnnie kolonię zuchową. Było to w czasach, gdy jeszcze nie było znanego, pięknego sanktuarium na szczycie Beacon Hill w

Doylestown, Pennsylvania, a modlitwy odbywały się w przerobionej na kaplicę stodół.



Grzegorz Worwa & ojciec harcmistrz Bartłomiej

W tym roku miałem radość bycia gościem Kolonii Zuchowej Hufca Podhale. Przyjechałem na ostatnie dwa dni, które były pięknym podsumowaniem tego, czego zuchy nauczyły się podczas pobytu

Z okna mojej kwatery mogłem widzieć wspaniały statek zbudowany specjalnie dla załogi zuchów. Szybko również zostałem wprowadzony w rytm dnia.

Ahoj Załoga! Zuchy odpowiadają: Ahoj Kapitanie! Żagle Staw! Żagle staw! Krzyczą zuchy! Czołem za-



łoga! Czołem kapitanie! Bandera w górę! Kapitanem jest harcmistrzyni Maria Bielska (druhna Dzidka), która pilnuje porządku. Wszyscy znają ją doskonale, bo od wielu lat z pasją zajmuje się harcerstwem i szkoleniem. – Kocham zuchy, mówi mi, gdy wychodzimy z kaplicy.

Wszystko przebiega bardzo spraw-

nie. Zuchy na komendę ustawiają się grupami i meldują gotowość. Młodzież prezentuje się doskonale w marynarskich mundurach. Oglądam wspaniale przygotowany program, który dzieci opanowały w ciągu dwutygodniowego pobytu w Doylestown. To efekt pracy całej kadry instruktorskiej.

Wesota marynarska wiara..., radośnie śpiewają zuchy, a instruktorzy akompaniują im na gitarach. Wszystkie piosenki wykonywane są po polsku, bo język polski obowiązuje na kolonii. Tak polonijne zuchy uczą się tradycji i kultury polskiej.





Stałym punktem programu są codzienne marsze na Mszę świętą do starej kaplicy. Ojciec Tadeusz Lizińczyk naucza, duchową opiekę sprawuje kapelan chorągwi ZHP, ojciec harcmistrz Bartłomiej. Kaplica rozbrzmiewa mocnym, pięknym śpiewem, aż serce rośnie słuchając.

W kolonii zuchowej wszystko jest uporządkowane. Marsz do stołówki, grzeczne siedzenie podczas spożywania posiłków. – *Nie rozmawiamy podczas jedzenia, siedzimy prosto* – wyjaśnia drużna Dzidka, której oczu nic nie umknie.

Na placu apelowym flagi powiewają na masztach, rozbrzmiewają hymny, meldunki. Zuchom wręczane są zdobyte przez nich sprawności, odznaki i pamiątki. Każdy coś dostał, nawet mnie uhonorowano piękną plakietką Kolonii Zuchowej 2018 z muszlą, którą po powrocie do domu umieściłem w specjalnym

miejscu. Wieczorem, gdy małe zuchy poszły już spać, harcerze przygotowali ognisko. Byli wśród nich ci z najstarszych zuchów, którzy tego dnia zostali uroczystie pasowani na harcerzy. Dla nich, pierwsze harcerskie ognisko to ważne przeżycie. Zapalenia ogniska to wyczekiwana ceremonia. *Płonie ognisko i szumią knieje, drużynowy jest wśród nas...* rozbrzmiało na amerykańskiej ziemi.

Kadra kolonii zasługuje na wyróżnienie i choć nie sposób wymienić wszystkich, trzeba wspomnieć komendantkę tego-roczną podharcmistrzynię Magdę Adamczyk, druha oboźnego Rafała Grabowskiego, lekarza dr Jolanta Gubernat, wszak to najważniejsze funkcje na kolonii zuchowej.

Gratulacje i podziękowania dla wszystkich za wspaniałą pracę, przekazywanie polskiej tradycji i uczenie patriotyzmu. Dziękuję za miłą wizytę.

*Grzegorz Wórwa
Prezes wydziału Long Island
Kongresu Polonii Amerykańskiej*

PNA Helps Victims of Inferno in Prospect Height, IL



The fire in Prospect Heights condominium complex left hundreds of residents homeless and three people injured on July 18th, 2018. Some lost all of their belongings, and were left with whatever they had when they left their homes in the morning. The cause of the blaze remains under investigation.



Within a few days since the tragedy, the Polish National Alliance contributed \$5,000 and opened a special account for donations to help fire victims, of which many are of Polish descent, and a few PNA members. The Polish American Congress - Illinois Division also donated \$2,000. We wish the very best to all affected individuals and hope they will be able to rebuild their lives soon.

As an organization, the PNA tries to help people in a multitude of ways. This is just one of them.

Photo by: Ewa Malcher

Rhode Island Polonia Scholarship Foundation Awards Ten Students and Celebrates Forty Years

On April 7th, 2018, the Rhode Island Polonia Scholarship Foundation awarded ten Rhode Island High School seniors \$1,000.00 grants toward their college education. The award ceremony took place at St. Adalbert's Parish Center, Providence, RI. Participating in the Foundations' 40th awards ceremony were guest speakers Marek Lesniewski-Laas, Honorary Consul of the Republic of Poland and former recipients Dr. Robert Markelewicz and Ms. Kristen Setera. The awards were presented by Dr. Dorothy Pieniadz, Scholarship Selection Chairperson.



First row (l-r): Dr. Markelewicz, Ms. Kristen Setera, Marek Lesniewski-Laas, Emma Stowe, Stephen Grivers, Dr. Dorothy Pieniadz, Jason Cambra, and Gregory Malec (Alliance College ,78, PNA Lodge 1001) Foundation President. Second row (l-r): Nicholas Campanini, Jesse Vigeant, Megan Boory, Brandon England, Zachary Pinault, Tyler Piekarski, and William Such (not present).

In addition to meeting all Foundation requirements, applicants had to provide an essay on one of the following summarized topics: (1) Describe how Tadeusz Kosciuszko's principles of fair and just treatment for all can influence American social issues for the better in the 21st century. (2) In 2018 we observe the centennial of Poland's rebirth. An all-volunteer army consisting mainly of Polish Americans, known as „Haller's Army” made

a major contribution to winning Poland's independence in 1918, and in securing the Polish victory against the Soviets in 1920. Discuss the sacrifices of „Haller's Army” in fighting for a resurrected Poland. (3) In 2018 we observe the 40th anniversary of the election of Karol Cardinal Wojtyla as Pope John Paul II. Describe the resolve of this „Polish” Pope to bring about the end of oppressive totalitarian regimes throughout Eastern Europe and its impact on the world.

Since its founding in 1978, the Foundation has awarded 340 grants totaling \$306,000.00. These grants are made possible through the support of private individuals, businesses, and Polish American organizations.

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

*Submitted by Joseph Chrostowski
(Alliance College ,71,
PNA Lodge 1770)*

PNA Supports Polish Heritage

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



773-286-0500 ext. 312

Hawajski Dzień Dziecka na Greenpoincie

To już tradycja, że w pierwszy weekend, po obchodzonym 1 czerwca Międzynarodowym Dniu Dziecka, Centrum Polsko-Słowiańskie w Nowym Yorku organizuje festyn dla milusińskich. W tym roku nie zabrakło atrakcji dla dzieci. Były zabawy, konkursy, loteria fantowa oraz polskie jedzenie. Podczas uroczystości można było również zasięgnąć fachowych konsultacji logopedycznych i psychologicznych prowadzonych przez Annę Nepomucen. Dzień Dziecka był również okazją do zaprezentowania działalności Lokalnych Ośrodków Metodycznych, – których koordynatorem jest Maria Paździor Marchwiński.

Zabawę otworzyła Bożena Kamiński CEO/prezes, regionalny

dyrektor Związku Narodowego Polskiego oraz Marian Żak wiceprezes Centrum Polsko-Słowiańskiego. Do wspólnej organizacji Dnia dziecka CP-S każdego roku zaprasza inne polskie organizacje oraz polonijne szkoły. W tym roku na scenie zaprezentowali się uczniowie z Polskiej Szkoły Doksztalającej im. Henryka Sienkiewicza na Brooklynie, której dyrektorem jest Anna Kubicka, Zespół Tańców Ludowych „Wianek” oraz Zespół Ludowy „Krakowianki i Górale”. Lekcje z szablą prowadził Janusz Młynek, a profesor Krzysztof Zacharow zorganizował Konkurs plastyczny „Mały Picasso”.

Organizatorzy Dnia Dziecka przygotowali dla uczestników szereg zabaw i atrakcji, przy stolikach dzieci mogły wykazać się zdolnościami plastycznymi oraz wykonać piękne ramki z okazji zbliżającego się dnia Ojca. W organizacji Dnia dziecka, jako wolontariusze, włączyli się również seniorzy z Klubu Seniora Krakus i studenci profesora Zacharowa. Twarze dzieci artystyczne malowała Ewa Węglarz z córką.

Na sali pojawili się również sponsorzy uroczystości a największym z nich była Polsko - Słowiańska Federalna Unia Kredytowa oraz Andrzej Kamiński. O polskich dzieciach pamiętały również amerykańskie organizacje takie jak YMCA, które również włączyły się finansowo do zorganizowania tej uroczystości oraz Związek Narodowy Polski, Kongres Polonii Amerykańskiej, Fundacja Św. Jana Pawła, Liga Morska w Ameryce, AlfeNet Consulting, Pulaski Association of Business, Syrena Bakery, Artur Dybanowski i Danuta



Sieminski.

Hawajski Dzień Dziecka zakończyła loteria, prowadzona przez obecnych na sali członków rady Dyrektorów CP-S Danutę Bronchard, Jadwigę Bylinkę Otdakowską, Mariana Żaka oraz Zbigniewa Solarza. Rada Dyrektor CP-S zaprasza dzieci na kolejne uroczystości, organizowane przez największą organizację społeczno-kulturalną działającą na wschodnim wybrzeżu.

Agnieszka Granatowska

*Nadestata: Bożena Kamiński,
Dyrektor, Region "C"*

Polish Heritage Center at Panna Maria, Texas



*Mural: Polish Arrival in Texas by Matthew Frey
Steve Harding Design/Polish Heritage Center at Panna Maria*

In Early December 1854, nearly 100 families sailed into Galveston, Texas. After a 200-mile trek inland, they reached the destination. Father Leopold Moczygemba had secured acreage in what was to become Panna Maria. The settlers arrived just in time to celebrate midnight mass under the sheltering branches of the majestic oak tree, which stands today in silent testimony to their trials and attributions.

Still an active parish today, Panna Maria is the oldest permanent Polish settlement in America and will soon become home to the Polish Heritage Center currently under construction. This Center has been a long-time dream of its founder Amarillo Diocese Bishop Emeritus John W. Yanta and PNA, PAC supporter. The native son of the area envisions a facility to preserve and protect the „sacred memories of the generations of the past” and for future generations. „We have to preserve our inherited values, share them with new generations of our families, with pride and thanksgiving, share them with the whole

world,” said Yanta.

This grand vision is already becoming a reality as the construction continues a 16, 500 square foot facility. The building’s exterior reflects the settlers and values and traditions, primarily with two majestic medallions on either side of the front entrance. The medallion to the left signifies „From Poland to the United States of America.” The medallion on the right of the entrance signifies „From Silesia to Texas,” telling the story of the original immigrants. The image features the Blessed Virgin, the Immaculate Conception Church, Cross, bell, and a plow on the field of blue ridged with yellow. Construction of the building’s shell would be completed this summer. The next phase of this \$14 million project begins with the 3,000 square foot of exhibit space inside featuring high-tech interactive and immersive experiences relating to the history of the first settlers up and include Present-day Polish families. Included will be self-guided tours in English, Polish and Spanish.

An archival and collections area

will preserve artifact and documents, while the genealogy room and oral history collection will offer opportunities for visitors to access family records and photos. Another space will accommodate meetings, lectures, and workshops with auditorium-style seating. Also, books in Polish and English in a variety of subjects will be made available. Currently, a task force has been designated to include „champions” to work on collecting funds for this \$14 Million-dollar project. The



project has \$7 million in pledges, but as phase II kicks into gear, the group is working to secure pledges. Additionally, they are continuing to collect artifacts, photos, documents and stories on Polish families. This Heritage Center looks like it is in a Polish field with the amazing wide-open spaces. The Center is fast becoming a Heritage Center that all Polish people in the United States can be immensely proud of. This center is a non-profit. For more information or ways to help, visit www.polishheritagecenterpannamaria.org

*Submitted by
Jolanta Mazewski-Dryden,
Fraternal Director Region “H”
Elaborated by AK*

Restoring Poland

Before World War I, Poland's territory was divided among the empires of Germany, Russia, and Austro-Hungary; these powers along with France and Great Britain were wrestling for dominance of the continent.

The Germans dominated the resource-rich lands of Silesia and controlled the industrial centers of Posen and Breslau. Germany also controlled the port city of Danzig, known today as Gdansk, which was an important commercial center on the Baltic Sea. Russia exercised jurisdiction over Warsaw and the eastern regions of historic Poland. Austro-Hungary occupied Galicia. The area contained the culturally significant city of Lviv (Lemberg) and mines and oil fields found along the Carpathian Mountains.

The start of World War I reignited Polish dreams of self-determination. Two years later, in 1916, the Polish cartographer, Eugeniusz Romer illustrated the rise and fall of his country on this map, titled "History." The map was part of his atlas known as the "Geographical and Statistical Atlas of Poland" that later helped shape Poland's independence in the Paris peace negotiations of 1919.

Romer produced his atlas in secret, as the authorities of Austro-Hungary, where he lived, reacted harshly to anything that might foment political unrest.

Romer combed the archives of the Austrian government, researching census data and economic reports, which he used to craft 32 map plates replete with tables and textual accompaniment in Polish, French, and German. His highly detailed atlas was hailed as a masterpiece.

The Germans and Austrians responded swiftly to stamp out this cartographic declaration of independence, and the publication was banned. Romer was forced into hiding to avoid arrest and prosecution. However, copies of the atlas were smuggled to the United Kingdom and the United States, where it reached policymakers. Upon the American entrance into the war in 1917, President Woodrow Wilson articulated the idea of a free Poland among the goals outlined in his Fourteen Points.

In 1918, the defeat of Germany and Austro-Hungary and the collapse of imperial Russia ended the main barriers to Poland's independence. Poland's Prime Minister, the celebrated American concert pianist Ignacy Paderewski, along with Romer and other negotiating team members, believed their territory should stretch as far east as Lithuania and should subsume German-held territory in the west and along the Baltic Sea. To the exasperation of the Americans, British, and French, the Poles made seemingly conflicting arguments for territory. In the cases of Silesia and the Baltic coast, they argued that the areas had a majority of Polish speakers and therefore should be Polish. Whereas, in the east, in the case of Galicia and modern-day



Lithuania, they argued that historic Polish cultural institutions, such as universities and churches, proved that the land should belong to Poland despite Poles being the minority population.

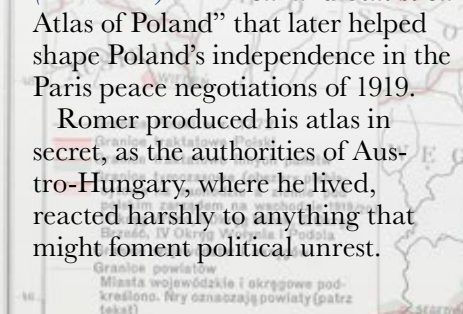
President Wilson and his team wanted a "scientific" solution and directed his team to draw borders based on the dominant language of the people in a given area, such as in the map found in the Woodrow Wilson papers. Great Britain, on the other hand, was deeply concerned about this approach. They feared Poland would appropriate too much of Germany's critical natural resources and industry in the east.

The solution was a compromise that was despised by the Poles and the Germans. The port of Danzig, with its majority German population, was placed under the administration of the League of Nations and placed into a binding customs union with Poland. The port was situated in a narrow strip of Polish territory known as the Polish Corridor. The land was dangerously sandwiched between Germany proper in the west and German East Prussia. Disappointed Poland decided to use military force to achieve its goals in the east. It mobilized an army and appropriated land that included the city of Vilnius and oil fields in eastern Galicia. The Second Polish Republic was born.

Source: Library of Congress; post by Ryan Moore, a cartographic specialist in the Geography and Map Division



Eugeniusz Romer (1871-1954)



The Royal Łazienki – Palace on the Island

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



The Royal Łazienki Palace or the “Palace on the Isle” in Warsaw, the former summer residence of King Stanisław August Poniatowski, is an excellent example of classical architecture. For ages, the complex delights residents of the capital and its visitors, not only regarding recreational or aesthetic pleasure, but also for artistic and cultural reasons.

The origins of today’s Łazienki

Palace date back to the late 17th century. The Bathhouse was built at the request of Prince Stanisław Herakliusz Lubomirski, one of the most influential politicians, writers, and philosophers of the time. The Baroque garden pavilion, designed by the Dutch architect Tylman van Gameren, was intended as a place for resting, leisure, and contemplation. In 1764, while looking for a place for his summer residence,

King Stanisław August purchased the Bathhouse and transformed the Baroque pavilion into the neoclassical Palace on the Isle. The Łazienki Palace became a Royal Picture Gallery displaying the most valuable paintings from the King’s collection of over 2,000 works of art by some of the most distinguished European artists of the seventeenth and eighteenth centuries. Fortunately, a good deal of the monarch’s original



Royal Theatre



Chinese Garden



Gondola tour



collection has survived the tumultuous Polish history, yet today only 140 works of art from the King's collection are on display in the Palace on the Isle.

Despite being severely damaged, the Palace survived World War II and was reopened in 1960.

The Łazienki Palace, built on an artificial island dividing the lake into two parts, stands over 76 hectares, combining elements of a traditional French garden within the landscape of a classically English park. Other places of interest in the Royal Łazienki Park include the White Pavilion, an amphitheater, Mysłowski Palace, and the Old Orangery with the authentic Royal Theater in the east wing, guest rooms in the west wing and the Royal Sculpture Gallery in the center with marble statues and plaster copies of the most famous sculptures of the ancient world.

The park is also home to the Chopin Statue, a monument to Fryderyk Chopin. It was designed in 1907 by Wacław Szymanowski for its planned erection on the centenary of Chopin's birth in 1810, but controversy about the design delayed its execution, then by the outbreak of World War I. The statue was finally cast and erected in 1926.

No matter what season, the Łazienki complex always hosts fabulous concerts and exhibitions, and



Royal Sculpture Gallery



Fryderyk Chopin Monument

is a much-loved place for Warsaw residents and tourists alike to stroll. It is beautiful, photogenic in every corner and angle, and a definite must-see when visiting Warsaw. It is only a short distance from the Belvedere Palace, the residence of the President of the Republic of Poland.

AK

The Belvedere Palace

The history of Belvedere began almost 500 years ago. In the 16th century, by the Vistula River at the place where the Belvedere palace stands today, Queen Bona's residence was probably located. Another owner of these areas, the chancellor of the Grand Duchy of Lithuania, Krzysztof Zygmunt Pac, rebuilt the old building or erected a new one on its place. It was named the Belvedere from the Italian words 'bel vedere', which means 'a beautiful view.'

The golden period in the history of the palace began in the 18th cen-

tury. The new owner, the last king of Poland, Stanisław August Poniatowski, included it into his summer residence, the Łazienki Park.

In 1818, the palace was purchased by the authorities of the Kingdom of Poland and was intended to be the residence of the Grand Duke Constantine, brother of Tsar Alexander I. The palace was rebuilt under the architect Jakub Kubicki. A complementing landscape garden was also established in the back of the structure.

Until the beginning of WW I, the Belvedere and Łazienki Park were at the Russian tsars' disposal. After the Russians withdrew from Warsaw, the palace became the residence of the German governor, General Hans von Beseler.

After Poland regained its independence, the Belvedere became the property of the Polish state and was recognized as a representative building of the Republic of Poland. In November 1918, the Chief of State, Marshal Józef Piłsudski, moved into the palace. Later, it was a residence of the two Polish Presidents, Gabriel Narutowicz and Stanisław Wojciechowski. After the so-called "May Coup d'état," Józef Piłsudski returned to the Belvedere and lived there until his death in 1935. Between 1935 and 1939, the Marshal's memorial museum was established in the building.

Under Nazi's occupation, General Hans Frank, the German governor, resided at the Belvedere and rebuilt the palace. Fortunately, after the

fall of the Warsaw Uprising, Nazi Germans did not manage to destroy the Belvedere. It became the residence of the Presidium Office of the State National Council chaired by Bolesław Bierut, then the Council of State and its Chairman.

In 1989, the Belvedere became the President's official residence once again. It served Wojciech Jaruzelski and Lech Wałęsa who, in 1994, decided to make the palace at Krakowskie Przedmieście the official residence of the President of the Republic of Poland.

Since then, many renovations were conducted. The reconstruction works included architectural elements of the building, its surroundings, as well as the historic furnishings.

Since 2010, the Belvedere functions as the property of the President of Republic of Poland.

Touring of the Belvedere is free of charge, and it includes the tour of the exhibition devoted to Marshal Józef Piłsudski, the room depicting the history of the War Order of Virtuti Militari, the Belvedere Chapel, and selected rooms, including the newly reconstructed Office of Marshal Piłsudski.

Source: www.president.pl

AK





Healthy Reasons to Love Autumn

Autumn (autumnal equinox) officially starts on September 22. The sun rises a little bit later and sets a little bit earlier, there's a chill in the air, there's no question: fall is here!

Why is fall good for you?

Fall activities can be a fitness opportunity

Take advantage of fun autumn activities like apple and pumpkin picking, and raking the fall leaves to burn some extra calories. Just a half-hour of raking leaves can burn 50 calories, and going apple-picking for an hour and a half can burn more than 300.

Take advantage of the seasonal bounty

Fresh fruits and vegetables are in great supply: apples, which have cholesterol-lowering powers due to their high fiber content; pumpkins and sweet potatoes, which are both rich in vitamin E and low in calories; and figs, which have high levels of fiber and potassium.

Embrace the cooler temperatures

The temperatures are moderate, therefore getting outside for fresh air and activity are easier and more comfortable. Take an opportunity to spend some time outdoors, remembering about practicing basic health behaviors, such as washing your hands and getting a flu shot.

Take advantage of daylight saving time

On November 4 of this year, get an extra hour of sleep because Daylight Saving Time is ending. This is not just good for our tired bodies but it could also have a beneficial effect on heart attack risk. The hour of sleep gained or lost is layered on what many sleep experts consider a baseline of sleep deprivation.

Warm up with a hot beverage

There's nothing quite like enjoying a warm beverage indoors when the evenings start to get chilly. A lot of warm drinks, like tea and coffee, are loaded with nutrients. Green tea is high in antioxidant polyphenols which are able to help our bodies fight against the cell-damaging free radicals acquired through the environment. Coffee, also containing antioxidants, has been shown to lower the risk of some cancers.

Get back in the habit

For people in school (or people who have kids who are in school), fall marks the start of a set routine. Waking up and going to bed at the same time every day promotes healthy sleep. It's important to prioritize what we build into our daily routines, like spending time with kids, and having supper as a family.

It's good to be born in autumn

People born in the autumn months might have a higher chance of living to age 100. According to study included 1,500 centenarians born between 1880 and 1895, it was found that months of birth have significant long-lasting effect on survival to age 100.



Plum Perfect Polish Fall Delicacies

Prune-Stuffed Pork Loin

Schab ze śliwkami



Ingredients:

- Pork loin roast (2.5 lbs.)
- 2 tsp. of salt
- 1 tsp. of pepper
- 6 cloves of garlic
- 1 tbsp. of marjoram
- 1 tsp of dried thyme
- About 1/2 of a container of dried plums (prunes)

Directions:

Preheat oven to 350°F. Wash and dry pork loin. Mince garlic (or crush in mortar and pestle), mix with herbs and spices. Insert a long and thin knife all the way through the middle of the loin to create a slit about 1.5 inches wide. Add a small bit of spice mix to prunes and mix. Stuff the prunes inside the pocket. Rub the rest of the spice mix onto the meat. Place meat in a roasting dish and roast for 45-55 min, until the middle of the roast gets to about 160°F. Prune-stuffed pork loin can be served hot or as a cold cut.

Polish Plum Cake

Placek ze śliwkami



Ingredients:

- 2 cups of plums (sour cherries or berries)
- 9 oz. (250g) of butter
- 5 eggs
- 1 cup (250g) of granulated sugar
- 2 cups (250g) of flour
- 1 tsp. of baking powder
- Pinch of salt
- Powdered sugar (optional)

Directions:

Bring eggs and butter to room temperature. Wash plums and remove pits (if using large plums cut them into smaller pieces). Beat butter with sugar until fluffy. Separate the whites from yolks. Add yolks to the butter/sugar mixture one by one and beat until combined. Mix flour with baking powder and salt and gradually add to the mixture. Beat egg whites to a firm foam, and gently fold into batter until combined.

Preheat oven to 350°F (180°C). Line a 9x13in (22x33 cm) baking dish with parchment paper. Transfer mixture into a baking dish and spread fruit evenly on top (skin side down). Bake for 45-55 min. or until a toothpick inserted in the middle comes out dry (there may be a bit of moisture from the fruit).

Sprinkle with powdered sugar before serving and enjoy with a cup of good tea or coffee!



Plum Cordial

Nalewka śliwkowa

A Polish nalewka is aged cordial. The most common types are made with fruit and either vodka or rectified spirits. This recipe for plum nalewka or śliwówka is traditionally made with Damson plums, a small round tart plum. If Damson plums aren't available, you can use Italian prune plums. Nalewka makes for an excellent edible gift so plan ahead, Christmas is right around the corner.

Ingredients:

- 3 quarts plums (Damson, slightly unripe, washed and pitted)
- 2 quarts vodka (good-quality, for example, Chopin Vodka, or rectified spirits)
- 3 cinnamon sticks
- 4 whole cloves
- 1 cup sugar

Directions:

Place plums in a gallon jar. Pour half of the vodka into a large saucepan. Add cinnamon sticks and cloves, and warm. Dissolve sugar in warm vodka, remove from heat and cool to room temperature. Pour vodka mixture over pitted plums in a gallon jar. Add remaining vodka. Close tightly and let sit for three months. Strain and serve in cordial glasses.

Don't throw away the fruit! Use a few pieces of it in your compote, serve it over ice cream or with a cake.



Plum Butter

Powidła śliwkowe

This recipe requires only two ingredients - plums and sugar, and can easily be increased. Polish powidla is used as a spread on bread, rolls, pancakes, but also in sauces, pastries and sometimes in the national dish of Poland – bigos (Hunter's Stew).



Ingredients:

- 1 lb. plums (Italian or damson, washed, halved, and pitted)
- 1/2 to 1 cup sugar

Directions:

Place plums in a small saucepan. Bring to a boil, reduce heat, and simmer until plums completely break down and are tender, stirring with a wooden spoon. Add sugar to taste, and continue to cook and stir until butter is thick enough so when a spoonful is turned upside down, it doesn't immediately drop back into the pan. If your fruit was sweet and ripe, you don't need much sugar. Place hot powidla into hot sterilized jars, leaving 1/4" headspace. Cover with hot sterilized lids and rings. Process in a water bath for 10 minutes. Remove to counter and allow to cool before storing in a cool, dry, dark place. If you don't process it, the butter can be kept refrigerated for up to three weeks or frozen for up to one year.

Plum Dumplings

Knedle ze śliwkami

Simple and old (1871) recipe by famous Polish cookbook author Lucyna Ćwierczakiewiczowa.



Ingredients:

- 1 egg
- 1Tbsp.of milk
- 1/2 cup sifted flour
- 1.2 lb. of potatoes
- 12 plums
- Honey or sugar (optional)

Directions:

Cook, and drain potatoes, while still warm add milk, egg, mash well, and then add sifted flour. Knead dough until smooth, it should be moist and sticky. Wash plums, cut removing pits. Flatten a piece of dough on the palm of your hand, take the plum (with a little honey or sugar inside) and wrap it with dough shaping a ball. Gently transfer dumpling into boiling water, and cook for about 10 minutes. Gently remove from the pot, serve hot with buttered breadcrumbs*.

**Buttered breadcrumbs.*

Melt butter in a small skillet over medium-low heat. As soon as the butter is melted and frothy, stir in breadcrumbs. Continue stirring until crumbs are evenly crisp and golden brown.

Know The Latest About the New Shingles Vaccine- Shingrix



Most of us who have had a shingles vaccine in the past are familiar with Zostavax, a live virus shingles vaccine in use since 2006. Since October 20, 2017, there is a new kid on the block called Shingrix. However, before I continue to write about these two vaccines, allow me to provide you with some introductory information. Shingles is a disease that affects your nerves, causing a burning, shooting pain, tingling, numbness of the affected skin and/or itching combined with a rash and fluid-filled blisters. You may also experience fever, chills, nausea/vomiting or a headache. Shingles affects about one million people each year in the United States. The most common place for shingles to occur is a band that goes around one side of your waistline, but it can occur on your face, in your eye and can cause blindness in the affected eye. Shingles is caused by the chickenpox virus that you may have had as a child. Although you may have recovered, the chickenpox virus remains in some of your nerve cells. About one-third of adults will develop shingles from the chickenpox virus; the other two thirds will never have shingles. It is not understood why this happens, or why the chickenpox surfaces as shingles. Some reasons can put you at more risk for developing shingles, such as:

- **Difficulty fighting infections.** If your immune system, that part of your body that responds to fighting infections, is compromised by age, HIV infection, cancer, cancer treatments, increased sun exposure, organ transplant drugs, increased stress, or even a cold can weaken your immune system, even for a

short time, you are at risk for shingles.

- **Advanced age.** The older you become, the higher the risk for developing shingles. As you age, your body has a more difficult time fighting off infections. About 50% of shingles' cases occur in people age 60, or older, and the incidence increases much more by age 70.

Shingles is not contagious; however, you can catch chickenpox from someone with shingles if you have never had the chickenpox, so stay away from a person with chickenpox. Shingles can last from 3 to 5 weeks, but some people experience post-herpetic pain in the area where the shingles rash appeared and can last for years. Most people get shingles only once, but it is possible to have shingles more than once. Shingles follows a pattern. The first sign is often the tingling and burning pain on one side of the body. Between 1-5 days after the first signs, a red rash appears. A few days later, the rash becomes fluid-filled blisters. In about 7 to 10 days later, the blisters dry up and crust over, after a couple of weeks the scabs clear up. The problem is that it may not be the end of the disease course. The on-going pain is the worst part of the disease, called post-herpetic neuralgia. The pain is difficult to treat, can cause depression, anxiety, sleeplessness, weight loss, and difficulty completing simple activities of daily living, such as dressing, cooking, eating and even walking. If you think that you have a shingles rash, contact your health care provider as soon as possible.

Treatment for Shingles.

Although there is no cure for shingles, early treatment (WITHIN 3 DAYS) with medication can help fight the virus and help the blisters dry up faster, thus reducing the chances of the blisters becoming infected. Early treatment also limits the severe pain associated with shingles. If you do have shingles, the following tips may help you feel better:

- Rest and eat well-balanced meals
- Simple exercise such as stretching or walking, if approved by your doctor
- Apply a cool dry pack to the blisters to decrease the pain and help dry the blisters

- Take your mind off the pain by diversional activities, such as watching TV, reading, talking with friends, listening to music, or working on a hobby
- Avoid stress. It can make the pain worse
- Wear comfortable, loose-fitting, natural-fiber clothing
- Take an oatmeal bath or use calamine lotion to soothe your skin
- Seek support from your family and friends
- Limit spreading the virus by keeping the rash covered, not touching or scratching the rash, and washing your hands often

Why get vaccinated?

Vaccination is the best solution to prevent being afflicted with shingles. Get the shingles vaccine. It is undoubtedly the easiest way to avoid the misery of the disease. The shingles vaccine is a safe and easy way to keep the disease away. There is a vaccine for adults age 50 plus years called Shingrix. You can get the shot even if you have had shingles, or you can't remember if you had chickenpox, to prevent a blowout with the dreaded disease. If you have a weakened immune system or medication allergies, check with your doctor. Vaccines are also a way to prevent getting other diseases such as pneumonia, flu, diseases such as Hepatitis B, tetanus, or rabies if indicated. Vaccines are very important for older adults because as you age, your ability to fight off infections weakens, and not only are you more likely to get diseases like the flu, pneumonia, and shingles but also you are prone to having complications that can lead to long-term illness, hospitalization or even death. These are important reasons to get vaccinated. Shingles vaccine, as well as many other vaccines, can be received at your health provider's office, some pharmacies or walk-in clinics. All Medicare Part D plans, Medical Assistance Programs, and most private health insurance plans will cover the costs of vaccination. Always check with your health plan provider to determine if you will have some out-of-pocket expenses.

The old: Zoster Vaccine Live (ZVL) Zostavax was the first vaccine, (2006) developed to prevent the occurrence of shingles. It is a live virus vaccine. Many people seem to think that only one dose, (injection) of the Shingles vaccine is life-lasting, but that is not true. The older you are, the less effective is the vaccine. Studies agree that there is a substantial decrease in effectiveness against shingles following the first year after vaccination with Zostavax, and by 6 years post-vaccination, the effectiveness drops to less than 35%.

Shingrix: the New Kid on the Block. The recombinant shingles vaccine, Shingrix, was approved by the Federal Drug Administration (FDA) in October 2017.



It has been proven to be more than 90% effective in preventing shingles, and it reduces the chances of getting postherpetic neuralgia, the pain that can occur

after the shingles blisters dry up. Two doses, 2-6 months apart, are recommended for adults age 50 and older. Shingrix is also recommended for people who have already received the live virus vaccine, Zostavax. Wait five years after receiving Zostavax before getting Shingrix. There is no live virus in Shingrix.

Shingrix is recommended for the prevention of shingles and related complications, such as post-herpetic shingles pain, for people who have a good immune system. It is preferred over Zostavax because it is more effective over a more extended period. Do not get the vaccine if you have an acute case of shingles. There is no current data regarding shingles vaccine and pregnancy or breastfeeding, so do not get the vaccine until more research data is available if you are pregnant or breastfeeding. Persons with chronic medical conditions, such as chronic renal failure, diabetes mellitus, rheumatoid arthritis, or chronic lung disease, should receive Shingrix. For persons who have a problem with their immune system, such as HIV, and are receiving low doses of immunosuppressive therapy, they may be able to receive the shingles vaccine. Consult with your medical care provider.

The side effects are mild, temporary and may last for a few days. The pain at the injection site will be much less severe than having shingles and the associated complications from the disease. Some people had redness, swelling at the injection site, some felt tired, had muscle pain, headache, shivering, fever, stomach pain, or nausea. All symptoms went away in 2-3 days. The slight reaction may occur after the first, second dose or

after both doses. If you should experience more severe side effects, contact your doctor. If you have a minor illness that starts suddenly, such as a cold, you may get Shingrix vaccine. If you have a moderate or severe acute illness, or a temperature of 101.3 degrees F, or higher, try to wait until you recover before receiving the shingles vaccine. Shingrix vaccine does not contain thimerosal, which is a preservative containing mercury.

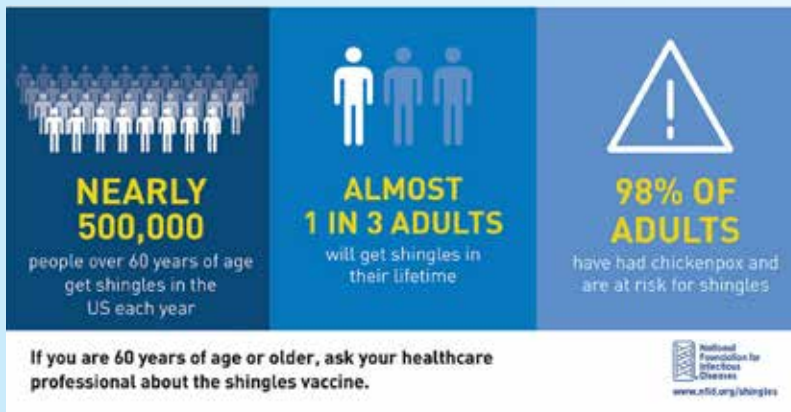
Conclusion: Shingrix has proven itself to be the vaccine of choice to prevent shingles and post-shingles complications. Most health insurance plans cover the costs. There is a good reason to get the vaccine, as well as, getting other vaccines such as for the flu, once you check with your doctor. If you are age 50 and older, seek out Shingrix today. You will be glad you did!



Author:
Teresa Struziak Sherman,
RN, BSN, MS
PNA Business Board Director.

References:

1. Dooling, K.L. et al. Centers for Disease Control and Prevention. [Feb. 26, 2018]. Recommendations of the advisory committee on immunization practices for the use of herpes zoster vaccines. <https://www.cdc.gov/>. p.1-12
2. National Center for Immunization and Respiratory Diseases. [June 13, 2018]. Shingles Vaccination. /ncrid/index.html. p. 1-6. National Institute on Aging [December 31, 2016]. Shingles. NIH. p.1-5



Are There Shingles Home Remedies?

Soothe the Rash

- Run a washcloth under cold water and place it on your blisters for about 20 minutes at a time. This can relieve itching, keeps your blisters clean, and helps avoid skin infection. Tap-water compresses must be stopped once the blisters have dried, so the surrounding skin does not become too dry and itchy
- Dip into a cool tub of water. For extra relief, add colloidal oatmeal, or baking soda. This soothing bath may help calm your itching
- Apply calamine lotion, it's gentle and can help keep itching to a minimum
- Apply a thin layer of Vaseline after washing once daily and cover with a non-stick bandage to protect the skin from clothing or other irritations

Wear loose, cotton clothes

- To fight itch, wear loose fitting clothes with soft natural fibers such as cotton or linen
- If you need to cover your blisters, avoid bandages that might stick to your rash

Stick with good habits

- Eat nutritious food and have regular meals
- Get a good night's sleep and rest anytime you need to
- Do gentle exercises, such as walking or stretching

Distract yourself and keep calm

- Watch a favorite movie, read a book, listen to music that relaxes you
- Call a friend
- Try meditation, walking, yoga

People who have shingles symptoms and signs should see their doctor as soon as possible, and avoid close skin-to-skin contact with others who have not had chickenpox, are ill, or who have a weakened immune system.

Clean Hands Save Lives

Importance of Handwashing

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, use soap and available water. If soap and water are not unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?



- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal

- feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How should you wash your hands?



- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails
- Scrub your hands for at least 20 seconds.
- Rinse your hands well under clean, running water
- Dry your hands using a clean towel or air dry them.

What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate

all types of germs and might not remove harmful chemicals. **Hand sanitizers are not as effective when hands are visibly dirty or greasy.**

How do you use hand sanitizers?



- Apply the product to the palm of one hand (read the label to learn the correct amount)
- Rub your hands together
- Rub the product over all surfaces of your hands and fingers until your hands are dry

Source: Center for Disease Control and Prevention

AK

Like PNA
on facebook



facebook.com/PNAZNPN



Studio Tańca ZNP

zaprasza na lekcje tańca towarzyskiego

wtorki & czwartki: 19:30 – 21:00

piątki 19:00 – 21:30

6100 N. Cicero Avenue

Chicago, Illinois 60646

walc • tango • samba • rumba

cha-cha • fox trot • quick step

Informacje: **1-847-767-7578**

dancestudiopna@gmail.com

CAMP STANICA 4th ANNUAL CROSS COUNTRY 5K RUN/WALK RACE



September 8, 2018

10:00 am

22 Paul Street,

Bondsville MA on the

shores of Crystal Lake



Fundraiser to help maintain and improve overnight co-ed camp for children ages 6 to 14, open to all. Participants who enter early receive tech tee shirt.

Awards, prizes, hot dogs and hamburgers following race.

For more info visit

www.campstanica.com

or apply online at

www.runreg.com

HOUSTON SLAVIC HERITAGE FESTIVAL

Under the direction and guidance of the Slavic Heritage Alliance of Houston, the Slavic communities gather annually to honor St. Cyril & Methodius, and to share in the celebration of their Slavic heritage with ethnic foods, singing and dancing.

The general public is invited to join in this celebration and learn about the wonderful histories and cultures of the Czech, Croatian, Polish and Ukrainian communities.

Northside Columbus Club Hall

(Formerly known as the KC 2917 Hall)

607 East Whitney Drive

Houston, Texas 77022

on

Sunday, September 30, 2018

12:00 PM to 6PM

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

HoustonSlavicHeritageFestival.com



SAVE THE DATE

**73RD POLISH NATIONAL ALLIANCE
BOWLING TOURNAMENT**

WILL BE HELD IN

LAS VEGAS, NV

APRIL 28- 30, 2019

Information and questions please call or email

mary.srodon@pna-znp.org, Fraternal Activities Coordinator

ST. CHARLES & ST. HYACINTH

POLKA PICNIC

Saturday, August 11, 2018
5:00 - 9:00pm
Music By
Czelusta Park All-Stars

Sunday, August 12, 2018
1:00 - 6:00pm
Music By
Badinov

St. Hyacinth Church Campus
720 Parkside Blvd. Toledo, OH 43607

Noon Polka Mass On Sunday
Music & Dancing Under the Big Top

All Your Polish Favorites
Toledo's Largest
Homemade Pierogi
Kielbasa Sandwiches
Sweet & Sour Cabbage

Polka Picnic Cash Raffle
Four Cash Prizes Including A
Top Prize of \$1,000.00

Plus Hotdogs, French Fries,
Chips, Beer, Wine Coolers,
Pop and More!

50/50 Raffles and Big Six
All Weekend

Bake Sale in the School Hall

All New Kids Zone By Hero's on Sunday from 2:00 - 5:00pm
Bounce House, Face Painting, Balloon Animals & More!

Parking at St. Hyacinth Church Campus
Free Shuttle - UT Scott Park Campus Lot 22 off Parkside

Free Admission To The Public

Zgoda Subscription

Zgoda is free for all PNA members.

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



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

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

Wici

Join WICI Song & Dance Theater of the Polish National Alliance

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

Become part of the finest group of Polish dancers in America

Artistic Director: Magdalena Solarz • WICI Song and Dance Theatre

773-777-8800
wici.songanddance@yahoo.com • wicisonganddance.com

Polish Harvest Festival Dożynki



Our Lady of Częstochowa Church
1731 Blalock, Houston, Texas

Friday, October 12th...4 pm to 10 pm
Saturday, October 13th...10 am to 10 pm
Sunday, October 14th...11 am to 6 pm

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



Paderewski
Symphony
Orchestra



Kongres
Polonii
Amerykańskiej

Zapraszają na koncert

Przeboje Niepodległej *Songs of Freedom*

Uroczysta Gala z okazji 100 Rocznicy Niepodległości Polski
czyli krótka historia Niepodległej w piosence



21

października

3pm

Orchestra Hall
at Symphony Center

220 S Michigan Ave,
Chicago, IL 60604

Wykonawcy:

Tre Voci: tenorzy Mikołaj Adamczak, Miłosz Gałaj i Voytek Soko
Mariola Napieralska (Polska) ~ Mirosława Sojka-Topór
Karolina Baran ~ Jan Król
Teatr Tańca Wici ~ Wieniawski Strings
Dziecięcy Chór Akademii Muzyki PaSO
The Paderewski Symphony Orchestra i Chór
pod dyрекcją Wojciecha Niewrzola i Janusza Stokłosa (Polska)

Bilety: (773) 467-9000

PNA POLISH INFORMATION CENTER & *AMICUS POLONIAE* VOLUNTEER LEGAL CLINIC

The Polish Information Center is
open from 8:00 AM - 2:30 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.

**2018 PNA Volunteer Legal
Clinic is scheduled for:**

September 15

October 20

November 10

December 8

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



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

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

During October We Salute Our
Friends and Neighbors as They Celebrate



Polish American Heritage Month



A National Celebration of Polish History, Culture and Pride in Cooperation
with the Polish American Congress and Polonia across America



103.1FM **BIEG STULECIA** **Polish Independence 10K Run/Walk**

**SUNDAY
NOVEMBER 11
2018 11:11 AM**

Celebrate 100 years of Poland regaining independence
with Polish Independence 10K Run/Walk!

Join us on the beautiful Chicago's lakefront
and show your Polish pride.

Post-run activities with food, drinks and music.

**Montrose Harbor
Chicago**

Registration is now closed but exclusively available to PNA members.
Please contact us at 773-853-0213
to receive a special registration code and for more information.



Polish American Mix

Best variety of music and entertainment 24/7

wpna.fm

follow us on 



radiowpna.com

Best choice for news and talk

radiowpna.com

PNA FRATERNAL DIRECTOR'S REGIONS

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

PNA COMMISSIONER'S DISTRICTS

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



Dlaczego potrzebujesz ubezpieczenia na życie?

0
18
LAT



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

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



STYPENDIA

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



POLSKIE SZKOŁY

ZNP wspiera kilkadziesiąt polskich szkół w USA



GRUPY TANECZNE

możesz zapisać się do najlepszych polonijnych zespołów wspieranych przez ZNP

19
30
LAT



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

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



JESTEŚ ZDROWY

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



JESTEŚ MŁODY

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



CZAS NA ZMIANY?

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

31
60
LAT



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

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



RODZINA

zabezpieczasz przyszłość swoich najbliższych



KREDYTY

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



BIZNES

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

60
+
LAT



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

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



BEZPIECZEŃSTWO

finansowa przyszłość twoich najbliższych będzie bezpieczna



POKRYCIE KOSZTÓW POGRZEBU

pieniądze z ubezpieczenia na życie pokryją koszty twojego pogrzebu



SPUŚCIZNA

wskazane przez ciebie osoby lub organizacje otrzymają pieniądze wypłacone przez ubezpieczenie

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

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





Polish National Alliance
of the U.S. of N.A.
6100 N. Cicero Avenue
Chicago, IL 60646-4385



YOUR JOURNEY TO FINANCIAL FITNESS

Protect the Ones You Love

You've spent a life together ... now you're charting a new course. But, have you considered what would happen if you were no longer there to take care of your loved ones?

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

Protect the ones you love with life insurance. Learn more at www.lifehappens.org.

**LIFE
HAPPENS**
A NONPROFIT ORGANIZATION

**INSURE
YOUR LOVE**
BROUGHT TO YOU BY LIFE HAPPENS



Polish National Alliance
1-800-621-3723
info@pna-znp.org
www.pna-znp.org

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

The Polish National Alliance

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

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

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

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