

“Together – We Can and We Will”

ZGODA



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Our Common Bond
Poland



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Autumn in Masuria, Wigry Lake
Stock photo.

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President's Corner

October 2019

Dear Members,

It is with pleasure and gratitude that I write my message as your **first appointed President and CEO** of the Polish National Alliance following our last quadrennial convention held in August. I feel confident that our newly elected Board of Directors and Fraternal Advisors are equipped and ready to assume the positions they were entrusted with by the representatives at the last convention.

I was elected as Chairman of the Board, and Mr. Wesley Musial as Vice Chair. We welcome three newly elected Fraternal Advisory Committee Members, namely Irene Grabowy of Bristol, CT, Sean Jackson of Pittsburgh, PA and Magdalena Solarz of Chicago, IL, who will join a unified team, committed to turning our plans into a reality for the members in our organization. The Board of Directors consists of a diverse group of people with various backgrounds. We all have individual areas of strength, and at times, different opinions, but there is one thing upon which all agree. We will always put the needs of our members and organization foremost.

Over the coming months we will look for opportunities to expand our organization in various ways. I will keep you updated on the progress toward achieving these goals, and welcome your input as we move forward.

The 48th PNA Quadrennial Convention was somewhat historical, being it was the shortest in duration, however, it was efficiently run and much was accomplished. Due to the changing environment in the insurance industry, emphasis was centered on the business aspects of the organization, specifically the areas of governance, by-laws,

compliance, and finances.

As an organization, we need to focus on the expectations of our members and future, being the world around us is changing so rapidly. In order for us to be competitive and vibrant, we need to accept the ever-changing environment. For the past 139 years, we have been a membership driven organization and relied on the infusion of new members, the same is true today...

In order to pass the torch and continue the legacy of the PNA, we need to have the steady enrollment of new members. This is where we can all play a role by recommending and providing names of potential members to your PNA sales representative in your area or calling the home office.

Children are our future, and in this issue of *Zgoda*, two plans of coverage are featured for the young generation; one is under a Twenty Pay Life, providing a lifetime protection with payments payable for only 20 years, the other is Single Premium Payment Life with only one premium payable at the time of application, with lifetime coverage. Through the end of the year a special 5% discount is being provided on this plan, particularly affordable for the youngest.

As an organization, we are committed to providing you with financial security and opportunities for social involvement and fraternal benefits.

By insuring your children or grandchildren from an early age when they are in good health, you're giving them protection that will stay with them for life. This can be a huge advantage for your children especially if their health declines. For instance, a child diagnosed with a critical illness that would rule out the chances of getting insurance in adulthood could fall back on the life insurance you had the foresight to purchase when he or she was young.

Please consider doing your part as a member, but most of all protect your family's financial well-being.

I thank everyone who has contributed to building and maintaining our organization and encourage others to join us in the future.

In closing, thank you again for your trust and confidence in us.

Nobody can do everything, but everyone can do something.

We look forward to serving you!

Sincerely,

*Frank J. Spula, FLMI
President and CEO*



From the Editor

October 2019

Dear Members,

Summer is over. For me, the 48th PNA Quadrennial Convention in Phoenix, AZ was its grand finale.

We accomplished our goals with an efficient and productive meeting. We were ahead of time with business, so we were able to relax in a beautiful resort or go site-seeing. Arizona is breathtakingly beautiful, but also very hot.

I appreciate the opportunity of meeting 142 PNA regional leaders. I admire the professionalism of the Convention Officers led by Chairman Christopher Nowotarski and appreciate the hard work of our PNA employees, especially Assistant National Secretary Steve Biesiada.

There is so much happening within the Organization, and there is not enough time to process everything. If you submitted materials and they are not in this issue of the *Zgoda* publication, I assure you they will appear in the next edition. We will have a lot of young, new members to be proud of in the upcoming issue!

I encourage you to celebrate Polish American Heritage Month. You can see a Polish movie or read something written by a Polish author- one of them being Olga Tokarczuk who just won a Nobel Prize award. Have a Polish evening at home with good food (feel free to use one of the *Zgoda's* recipes), Polish music, etc. There are so many ways to celebrate this month; I'm sure one is right for you.

There are many accomplishments by Polish immigrants in the United States, and their descendants. I want to emphasize that the Polish National Alliance is one of the pillars of the Polish American Community. You, as its members, are making your marks as well. The future lies with you and your conscious decision to continue.

I wish you a splendid autumn.

Most sincerely,

Alicja Kuklińska, Editor-in-Chief



The First Thanksgiving, 1621.

Amerykańskie Święto Dziękczynienia łączy ludzi bez względu na ich pochodzenie, wyznawaną religię, czy poglądy polityczne. Podobnie jak polskie dożynki jest świętem plonów, przetrwania i rodziny. Prezydent Abraham Lincoln ustanowił je świętem narodowym, a prezydent Roosevelt ustalił datę na czwarty czwartek listopada.

Święto Dziękczynienia jest amerykańską, świecką tradycją zapoczątkowaną przez pielgrzymów, którzy przybyli do Ameryki na statku *Mayflower* w 1620 roku. Jesienią następnego roku ci, którym udało się przeżyć ciężką zimę, wdzięczni Bogu za przetrwanie i obfite plony, świętowali wspólnie z Indianami, którzy im pomogli. Wśród nich, prawdopodobnie, byli również pierwsi, polscy emigranci.

Wszystkim, którzy w tym roku będą świętować Dzień Dziękczynienia, relaksu w gronie rodziny i przyjaciół oraz smacznego indyka, życzy serdecznie redakcja:

Alicja Kuklińska
Beatrice Jędrycha
Ewa Krutul

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
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District IV	Florida	TBD	
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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



From the Manager of Sales

Dear Members,

The 48th PNA Convention is behind us. This was my first PNA Convention. It was great to meet so many delegates in person, some of whom are also PNA Sales Representatives. I really enjoyed the fraternal atmosphere.

Christmas is around the corner. Start your shopping early! Purchase plans of life insurance for your children, grandchildren, godchildren, nieces, and nephews and give them something that lasts.

1. **20 Pay Life** Plan of Insurance provides very affordable lifetime protection for children. The PNA will also include a thoughtful gift that will arrive before Christmas morning. Please see pages 26-27 for further details.
2. **“Special Gift for Christmas”** features our Single Premium Whole Life Insurance Plan with a discounted premium of 5% for children from birth to age 15. This life insurance certificate provides a lifetime of protection at a low one-time premium.

Both plans are only **available through December 31st, 2019**. As of 2020, we will be implementing new CSO tables. Contact your local sales representative before you get into Christmas fever. You can also call the main office at 1-800-621-3723 ext. 330 or 344, or by email info@pna-znp.org

Don't forget about yourself; maybe extra life insurance coverage is what you need?

Fraternally Yours,

Jolanta Walaszek
Manager of Sales



Congratulations to the 48th PNA Convention Sales Contests Winners!

PNA Top Sales Representatives

For the 4-years by annualized premium

Anna Burszczyk
Jeffrey Twardy
Jadwiga Grcic

Special recognition

Elizabeth Stolarczuk
Halina Kuczynski

By number of applications

(Submitted May 1 - August 15, 2019)
Elizabeth Rudzinski
Krzysztof Mscisz
Bernadette Zubel

By annualized premiums

(Submitted May 1 - August 15, 2019)
Halina Kuczynski
Joseph M Magielski Sr.
Philip Wrona
Wanda Sowa
Teresa Struziak Sherman



Special Gift for Christmas

Polish National Alliance is pleased to announce a special promotion for children between the ages of 0 and 15.

For a limited time we are featuring the
Single Premium Plan
 with a special bonus for Christmas.

For Applications submitted from
November 1st, 2019 through December 31st, 2019
 PNA will provide a **5% discount** on the premium payment.

The Single Premium Plan provides:

- Lifetime of protection for one low payment
- Cash value increases
- Immediate PNA membership entitling your child to fraternal programs such as: scholarship program, and many more.

SINGLE PREMIUM WHOLE LIFE				
10,000 FACE VALUE				
AGE	FEMALE		MALE	
	ONE-TIME PAYMENT			
0	813.00	772.40	906.50	861.20
1	836.40	794.60	926.30	882.80
2	861.40	818.30	956.30	908.50
3	888.10	843.70	985.50	936.20
4	916.10	870.30	1,016.70	965.90
5	945.20	897.90	1,049.00	996.60
6	968.30	919.90	1,075.20	1,021.40
7	991.80	942.20	1,102.50	1,047.40
8	1,015.80	965.00	1,130.50	1,074.00
9	1,040.50	988.50	1,159.50	1,101.50
10	1,065.70	1,012.40	1,189.00	1,129.60
11	1,091.40	1,036.80	1,219.20	1,158.20
12	1,117.80	1,061.90	1,250.30	1,187.80
13	1,144.60	1,087.40	1,282.10	1,218.00
14	1,171.90	1,113.30	1,314.20	1,248.50
15	1,199.50	1,139.50	1,346.70	1,279.40

Higher amounts available. Generally no medical required.



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

For more information on the Polish National Alliance and its programs visit: www.pna-znp.org  PNAZNP
 Please, contact your local sales representative or call the Membership Department: **1-800-621-3723** ext. 344 & 330

48th Quadrennial National Convention



From August 25th to the 28th, the Polish National Alliance hosted its 48th Quadrennial Convention in Phoenix, Arizona.

It was probably the most efficient and business-oriented PNA Convention ever, thanks to the professionalism of its Officers: Christopher Nowotarski - Chairman, Christine McMullan - Vice-Chair, Anna Wierzbicki - Secretary, and David Tokarski - Parliamentarian.

Home Office employees- Steve Biesiada, Lidia Buras, Monika Korczynska, Halina Kuczynski, Renata Lorenz, Victor Modlinski, and Jolanta Walaszek- were making sure everything was well organized. They assisted Delegates to their best ability.

For three days, 142 Representatives to the Convention elected in their respective councils, discussed the most important issues pertaining to the Organization. They accepted reports of its Officers and Directors, approved changes to the By-Laws of

the Polish National Alliance of the U.S. of N.A., and elected its officers.

For the first time in the history of the Organization, Delegates did not elect its President, as he was appointed by the Board of Business Directors during the meeting earlier that month. Mr. Frank Spula signed the 3-year contract with the PNA, and during the Convention, was elected Chairman of the Board.

Convention Representatives also elected; Vice Chairperson – Wesley Musial, Vice President - Marian Grabowski, National Secretary – Alicja Kuklinska, Treasurer – Steve Tokarski, five (Business) Directors; Irene Hercik, Anthony Nowak-Przygodzki, Val Pawlos, Teresa Struziak Sherman, and Jeffrey Twardy. Regional Fraternal Directors will become Fraternal Advisors per By-law approval by the Illinois Department of Insurance. Delegates re-elected the following individuals to promote the Organization in 7 regions: Bożena Kaminski, Joseph Magielski, Stella Szczesny, Barbara Wesolowski,

Jolanta Mazewski-Dryden, Teresa Jankowski, and Greg Chilecki. Three new Fraternal Directors (Advisors) were elected; in Region “A” - Irene Grabowy, Region “B” – Sean Jackson and in Region “G” - Magdalena Solarz.

During the Convention, Mrs. Anna Kokoszka (Lodge 2927, Council 39, District XII) was bestowed with the Honorary Delegate title, and top PNA Sales Representatives were recognized for their production (see page 6).

The Grand Arizona Resort was a beautiful venue for the PNA Convention, its staff was extremely accommodating, and even the very high temperatures did not discourage Delegates from taking extra time for relaxing and site-seeing before and after the meetings.

Photo gallery from the 48th PNA Convention: pna-znp.org

AK
Photos by Lukasz Dudka



A Remarkable Member... Life without Regrets



Teresa Struziak Sherman

is someone who never sits around. Watching television for an extended period of time does not happen unless she is not feeling well. And she is often times up until midnight to finish whatever needs to be done. Her super detail-oriented nature and desire to constantly learn and improve has led her to many achievements within her personal life and the Polish National Alliance. Currently, Sherman is the author of "Living Well," and has written hundreds of event articles.

Undoubtedly, Sherman's history in the organization is truly exceptional. After serving as Sales Representative and Financial Secretary for Lodge 711 of Chicopee, Massachusetts and Council 62 for 50 years, she enrolled over 300 members with over \$8 million of

insurance. For 35 years she was the Recording and Financial Secretary and member of the Membership Committee. In 1991, she was elected Commissioner of PNA and was appointed by the Censor to the Zgoda Committee as the Chairperson. Sherman also served as the 3rd Vice Chairperson at 3 National PNA conventions and elected delegate to 10 national PNA Conventions serving on the Youth, Membership, Budget, and Finance, and Alliance Publications and Communications Pre-Convention Committees. From 2003 to 2011, she was elected to two limited terms as PNA National Director of Region "A." At the 2015 National Convention, she joined the National Business Board of Directors and was reelected to a second term in 2019. But beyond the awards and historical recognition for contributions in the Polish-American community, Sherman is a loving mother, grandmother, and caretaker.

Born and raised in Chicopee, Massachusetts, on April 6, 1943, alongside her two older sisters, Sherman's heritage and involvement in the PNA is an essential part of the life journey. Her father, Wojciech, arrived in the United States at the age of 15 by the legendary ship S.S. Batory, from a village called Mędrzechów. Her mother, Mary Szubelick Struziak, was also of Polish descent with a Polish-born father. Even though the parents spoke primarily English at home, they would apply the Polish language whenever they wished to speak more privately. Once a week, Sherman's

father pressured her to respond back in his mother-tongue. Walking around the Christmas tree when Wigilia came along was a family tradition. She tried her very best to follow along her father's singing, traditional cooking, and encouragement for straight A's.



Four-year-old Teresa Sherman had a lovely conversation with Santa.

At the age of 7, Wojciech had cataract surgery which prohibited him from moving very much. Around that time, Teresa would provide him food and care. The recuperation would take months. It was through that event that the vocation of helping others was discovered. The PNA would debut in her life at age 9, but Teresa became much more involved at around age 10. From early on, Sherman would help with managing the financial secretary books because of her father's poor eye-sight. Unfortunately, when she was 11, her mother passed away. Sherman's strong spiritual beliefs gave her strength and perseverance during many challenging times.

Involvement with the PNA grew with age. When Gilbert asked Wojciech for his daughter's hand, he told Gilbert that he could not marry his daughter unless he did two things: eat his pickled green tomatoes and become a member of the Polish National Alliance. At around the age of 23, Sherman's father passed away and she took over as Sales Representative and Financial Secretary for Lodge 711, becoming the youngest and first woman officer. At the time, not many women were active or influential members. She also attended her first National PNA Convention in Pittsburg, and would attend almost every single convention since then. When asked what she would change about the organization nowadays, the response was that there is room for better communication and marketing.



Wojciech supported his daughter, especially during her big day.

Her involvement extends beyond the PNA. In the Polish Home Association Board, she served as the Financial Secretary. She was also a Board member and Chairperson of Public Relations for the Polish Center of Discovery and Learning at Elms College where she promoted many fundraising activities.

Beyond being extremely active in the Polish-American community, Teresa Sherman also considers nursing her true calling. She has a desire to help others, and even if they do not get better, she wishes to provide a life of dignity and respect. She would serve as a Nursing Supervisor, Nursing Director, Nursing Home Administrator and President and CEO of CEU Direct, Inc., which was an online education service for healthcare professionals. She is a member of the Massachusetts Nursing Association and currently is the Director of Clinical Services at Professional Medical Homecare in West Springfield, Massachusetts.

Over the years, she received several prestigious awards. During her time at PNA, she was voted both Mother of the Year and Woman of the Year. She has silver and bronze medals from Cross Legion of Honor. During the 9th annual Krakus Festival, she received a Community Service Award. And lastly, Kosciuszko Foundation handed the "Distinguished Polish-American Award." However, the most-prized award and greatest achievement for Sherman is her family. She is a mother to 3 children and a grandmother to 7 (all PNA members). When asked what she does outside of work, she jokingly described her hobbies as her "other life." Now and then she reads books for fun. Her readings are mostly medical or financial in nature. If weather only allows, she loves to be outdoors, garden, relax on whale watching boat cruises, and watch her youngest granddaughter and grandsons play soccer or basketball. Throughout the PNA career, husband, Gilbert, would always remain supportive and became involved in the organization as President of Lodge 711 and Council 62. When asked if there were any regrets, she said that she has none.



Teresa Struziak Sherman proudly stood with her awards!



Gilbert and Teresa Sherman attended a festive anniversary dinner with their children and grandchildren.



When life allows, she will spend a relaxing time near the shore.

Sherman always does things in which she believes.

Based on the September 2019 interview with Teresa Struziak Sherman by Alicja Kuklinska & Beatrice Jedrycha.

District I PNA Annual Joint Convention

Holyoke, MA. District 1 Polish National Alliance held its annual joint convention for 2019 on September 7th at the Pilsudski Park in Holyoke, Massachusetts, hosted by Lodge 525. Commissioner Wanda Milecki conducted the meeting and election of treasurer and appointment of Joseph Sendrowski as secretary for District 1. The elected Treasurer of District 1 was Maria Kruzel. Twenty-seven delegates represented 4 Councils and 6 Lodges. The Convention delegates were honored with the presence of PNA National Business Board Director Teresa Struziak Sherman who spoke about the recent PNA National Convention that was held in Phoenix, Arizona. Many PNA by-law changes were passed. The matters discussed included just how the PNA will implement the changes, the need of all delegates to seek new members, and lastly, there were some answered questions asked by the delegates.

At the district convention, the distinguished Man and Woman of the Year awards were presented. The “Woman of the Year 2019” award was presented to Maria Kruzel. She is the President of Lodge 3276, Delegate to Council 62 and District 1, and Secretary of the Polish Alliance Youth Camp, Camp Stanica. She has been involved in various Polish community events and different causes. Maria served on the 2019 PNA District 1 Debutante/Squire Ball Committee and was responsible for the design and publication of the program book. Maria is proud of her Polish heritage. Her family has been, and still is, involved in the PNA. She has followed her mother’s footsteps and became the President of Lodge 3276.

The “Man of the Year 2019” award was presented to Peter Milecki, President of PNA Lodge 1063, President of Council 111, and Delegate to District 1. Peter has also been elected to several PNA national conventions. He has been an active part of many Polish organizations and has been involved in scholarship programs and fundraisers for the Polish Center of Discovery and Learning at Elms College. Peter is a strong promoter of Camp Stanica in Bondsville, MA, and recommends

sponsoring campers. He is tireless, determined, persistent, and enjoys having a good time.

In a very somber and dedicated way, Commissioner Wanda Milecki gave the delegates an accounting of her years as PNA Commissioner of District 1 and her final speech to delegates of PNA District 1:

“A Commissioner’s Legacy, is the backbone for the growth of the Polish National Alliance, a legacy that has supported the membership of the Lodges and Councils. These individuals were the cornerstone of why the Alliance is the greatest and still existing fraternal order. We provided the personal support that so many find to be indispensable. A Commissioner is the first person that the member contacts for documents and to deal with insurance questions. These concerns are resolved with the Commissioner contacting the Home Office.

We are the face that shows its members the dedication of providing not only information on fraternal benefits such as insurance, scholarships, and youth programs. Programs like Camp Stanica, Debutante Ball, and fund raisers to support the youth are events that the Commissioner is tasked to support and promote. Traveling to events like Golf Tournaments, Krakus Festival, and of course, the Event of the Year, putting together with a committee the Presentation Ball in June for the District, but also traveling to the District 2 Presentation Ball. Our presence also supports grieving families, probably the hardest task of losing a member, a friend, an associate who will no longer be a part of us.

And, so the roll of the Commissioner has become a Legacy, going forward the elected position of Commissioner will be replaced by having individuals appointed as “Fraternal Coordinators” by the President.”

The very productive Membership, Sports and Youth and Resolutions Committee meetings were followed by a generous meal hosted by Lodge 525. Thank you! Congratulations to our Woman and Man of the Year 2019 and thank you to District 1 Commissioner Wanda Milecki, for a job well done. Sto Lat!

CONGRATULATIONS TO THE DISTRICT 1 PNA MAN AND WOMAN OF THE YEAR FOR 2019



Holyoke, MA. Pictured with the award winners at the 2019 PNA District 1 Convention are left to right: Teresa Struziak Sherman, PNA National Business Board Director; 2019 District 1 Man of the Year, Peter Milecki of Worcester, MA; District 1 Woman of the Year, Maria Kruzal of Springfield, MA, and Wanda Milecki, PNA District 1 Commissioner. We were all very thankful for a beautiful and productive day. Thank you to our host, PNA Lodge 525 and to our Commissioner, Wanda Milecki.

CONVENTION ATTENDEES



Holyoke, MA. Delegates to the District 1 PNA Convention were happy to spend the day with friends and family at the Convention held on September 7, 2019 in Holyoke,

MA at Pilsudski Park, hosted by PNA Lodge 525. Delegates from PNA Council 111 in Worcester, MA are pictured left to right: Peter Milecki, "Man of the Year 2019"; Henry Szydlak; Zosia Szydlak; Joseph Sendrowski, "2018 Man of the Year" and Commissioner PNA District 1, Wanda Milecki.

ENJOYING PAST MEMORIES



Holyoke, MA. Re-living and sharing past PNA memories as Commissioners of District 1 PNA, and realizing the many changes that have occurred in the organization, and with future, updated plans to be implemented are left to right: Wanda Milecki, past and current PNA Commissioner District 1; Frank Wolanin, former PNA Commissioner, and Teresa Struziak Sherman, former Commissioner and current PNA National Business Board Director.


*Submitted by Teresa Struziak Sherman,
PNA National Director*


*Contributor: Wanda Milecki,
Commissioner PNA District 1*



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or remove
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- 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

Camp Stanica in Action

Bondsville, Massachusetts.

The Polish Alliance Youth Camp (PAYC), Camp Stanica, welcomed campers for its 2019 season on July 14th until 27th. The campers were looking forward to the activity programs and meeting new friends. Some of the events and activities included soccer, volleyball, a game of Capture the Flag, hiking, swimming, fishing, canoeing, and arts and crafts. There were evening campfires, guest speakers, along with singing and dancing enjoyed by both campers and counselors. There are 10 cabins with beds and mattresses. Campers may request to stay in a cabin with siblings and or friends. The Camp Stanica staff makes every effort to accommodate requests.

Lucky Fisherman



This lucky fisherman was able to catch a 20-inch fish in the camp's Browns Pond/Crystal Lake.

Canoeing and Tubing on Browns Pond/Crystal Lake at Camp Stanica



Weather permitted the campers to enjoy canoeing and tubing on Browns Pond/Crystal Lake accompanied and supervised by their counselor. Water safety is of utmost importance. A qualified Waterfront Director is always present when campers are in the water.

Snack Time



During a busy day, campers enjoy a snack to keep themselves nourished and hydrated. The field at Camp Stanica is large enough to include 4 soccer fields and a volleyball court. There is much to do at Camp Stanica.

Who Can Finish First?



Whoever can finish eating a donut first wins a prize. However, the donut is tied to a string, and you can't use your hands to eat it. It's a very popular and challenging game, but also lots of fun.

Camp Stanica Campers and Volunteers



Pictured from the left to right back row, the campers and volunteers of the 2019 season were: President of

the Polish Alliance Youth Camp Richard Knurek, PNA National Business Board Director and Camp Stanica Board member Teresa Struziak Sherman, and Board and Camping Committee member Melissa Petrashewicz.

Front row left to right: Campers Loretta Petrashewicz and Addison Petrashewicz, Board member and Chairperson of the Camping Committee Helena Jalbert, and Camp Director Sandy, provided such an interesting program that many of the unregistered campers from the first week returned and registered for the second week.

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

The camp is located on 60 acres of grassy fields and woods with the Swift River and Browns Pond/Crystal Lake providing fishing, swimming, and hiking. There are facilities for games, gymnastics, dancing, and arts and crafts. The campers sleep in cabins on metal frame cots with mattresses. Camp Stanica is a co-educational overnight camp for children ages 6 until 14. The camping fee of \$275.00 per week is reduced to \$225.00 per week for PNA members. The fee includes the cost for field trips and Canteen snacks. Camp Stanica not only welcomed campers from neighboring communities in Massachusetts, but children came also from New York, New Jersey, Connecticut, New Hampshire and Illinois.

For the past two years, Camp Stanica has had very successful programs with registrations topping the number of children allowed to the camping program. The Board of Directors has decided that another cabin is needed at a cost of \$20,000. Donations are being currently accepted to help meet our goal. If you would like to donate to the building of a new cabin, please send your donation to Camp Stanica and mail Eugene Kirejczyk, Treasurer PAYC, 48 Szetela Drive, Chicopee, MA 01013. Thank you!

Get ready for next year's camping season. For more information or a brochure, please contact Eugene Kirejczyk at 48 Szetela Drive, Chicopee, MA 01013, or by phone: 413-592-0227, or E-mail Terrysherm@aol.com.

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

Polish Day Parade 2019

As in previous years, PNA Council 122 made its annual walk in the Hamtramck Labor Day Polish Day Parade. Members of Council 122 / Lodge 1264 & 1758 walked and rode the two-mile route.



This year's parade celebrated the 400th Anniversary of the Polish craftsmen's strike for voting rights in Jamestown, the 30th Anniversary of the abolishment of communism in Poland, and the 75th Anniversary of the Polish American Congress. The Grand Marshal of

this year's parade was Marshall "Big Daddy" Lackowski, famous for his song "Everybody do the La Di Da." This year marked the 42nd year for the Hamtramck Parade sponsored by the Michigan Division of the Polish American Congress.

Leading our group were Roman and Stanislaw Lopacki carrying the PNA Council 122 banner, followed by President Stella Szczesny, Jackie Kolowski, and Tadeusz Przybyl. In the car was Barbara Gronet with mascot, Lady Jozefina (JoJo) in Polish costume. In the van was the Szyndlar family with Thomas Schemanski.

Article by Barbara J Gronet.

Photos by Stella Szczesny and Rafal Nowakowski.



District I Debutante & Squire Ball



On Saturday, June 15, 2019, the Polish National Alliance District I and Women Division held the Debutante & Squire Ball at the Ludlow Country Club in Ludlow, Massachusetts. Kamilla Wnuk presented five Debutantes and two squires and three escorts. This ceremony is a 200-year-old tradition where the Royalty of Europe introduced their of age children to society. They were be presented by their parents and danced the old world Polonaise.

The guests were welcomed to an elegant venue full of Polish colors - red and white decorated banquet hall with white kissing balls illuminated with colorful tea lights as the centerpiece. The banquet facility was decorated under the guidance of Kamilla Wnuk and the banquet function host. The guests enjoyed an excellent cuisine of prime beef and chicken francaise with all the fixing, followed by decadent to divine desserts. The guests enjoyed and danced to the music provided by Ted Nowak and his Orchestra.

Wanda Milecki, the District I Commissioner, welcomed the guests, family, and friends to the night's festivity. She thanked all the attendees at the ceremony for celebrating youth and future leaders. Introductions of PNA distinguished guests participating in the event, District 1 Fraternal Director, Walter Tokarz, Vice Cen-

sor Irene Grabowy, Business Director, Teresa Struziak Sherman, District 2 Commissioner, Marianna Koziol Dube, and former Commissioners of District 1, Frank Wolania and Jeannie Zapala, and President of Polish American Congress of Western Massachusetts Mr. Joseph Kos. Commissioner thanked and acknowledged the parents for their participation.

Kamilla Wnuk, the choreographer, introduced each debutant, squire, and their parents. Each mother was presented with a beautiful ribbon-trimmed red rose. The Debutantes were: Victoria Dazblaz, Natalia Kaczor, Rebekah Sherman, Natalie Wolanski, and Hadley Zibel. The Squires were: Filip Dazblaz and Matthew Wolanski. The Escorts were: Patryk Tusinski, Cris Alvarado, and Cam Cushing. The seven couples took to the dance floor and performed the beautiful Polonaise. Girls wore long white gowns, boys wore the bow-tied white-shirted dark suite made for an eye-catching presentation of elegance.

Following the dance, Teresa Struziak Sherman presented each of the Debs and Squires with a Scholarship of \$450. The gift was funded by the solicitations of advertisement for the souvenir book by the Ball Committee.

The evening's formalities would not have been successful and a memorable event if not for the tireless teamwork of the Presentation Ball Committee: Kamilla Wnuk, Choreographer/Presenter, Maria Kruzel, Chairperson Program Book; Eugene Kirejczyk, Entertainment; Irena Gadecki, Cindy Kirejczyk, Teresa Sherman, Zosia Szydlak, Mary Wolanin and Jennie Zapala.

The evening was not only a celebration of the young ladies, squires, and escorts, but of the Polish tradition of introducing them to the values and traditions of their Polish heritage in the hopes that they will carry the values throughout their whole life in this Community. The evening ended in the spirit of the Polish Community.

*Submitted by Wanda Milecki,
Commissioner, District I*

\$50,000 in Scholarships for Graduate Students



2019 PNA Graduate Scholarship Committee members (l-r): Jacek Niemczyk, Aleksander Bilik, Mark Grzymala

The Polish National Alliance awarded scholarships to graduate and doctorate student members for the 2019/2020 school year. Applicants had to demonstrate not only high academic achievements and strong involvement in the PNA, but they also had to contribute to their local Polish-American communities.

The ad-hoc committee consisted of Founder and President of Grzymala Law Offices Mark Grzymala, Editor & Chief and Display Advertiser at Polish Daily News Aleksander Bilik (Dziennik Związkowy), and General Manager of the PNA 103.1 FM & AM Radio Stations Jacek Niemczyk. They reviewed and evaluated 27 submissions. A total of \$50,000 was awarded in scholarships.

The PNA sends their best regards to all recipients' future career plans and goals. The organization also looks forward to seeing their continued involvement in local Polish-American communities. Congratulations to all recipients!

2019 – 2020 PNA Graduate Scholarship Recipients

1. Karolina Maria Cieslak – University of Illinois at Chicago, Chicago, IL
2. Anna Ciupinski – Midwestern University, Downers Grove, IL
3. Katarzyna Soltys Clarke – The University of Queensland; Faculty of Medicine, Herston, Australia
4. Caroline Marta Daniel – Pepperdine University – Graziadio Business School, Los Angeles, CA
5. Maria Leigh Donnelly – Baldwin Wallace University, Berea, OH
6. Melissa Sara Drab – Marquette University School of Dentistry, Milwaukee, WI
7. Karolina Maria Dudek – UCSF School of Dentistry, San Francisco, CA
8. Ellen Marie Dzierzak – Nova Southeastern University, Fort Lauderdale, FL
9. Rebecca Lynn Fulton – University of Kentucky-School of Information Science, Lexington, KY
10. Emily Paige Jendzejec – Boston College School of Theology and Ministry, Brighton, MA
11. Erin Elizabeth Kaminski – Cleveland State University, Cleveland, OH
12. Alicia Nicole Kennedy – Arizona School of Dentistry & Oral Health, Mesa, AZ
13. Danielle Sophie Marzec – University of Michigan, Flint, MI
14. Emily Marie Michel – Governor's State University, University Park, IL
15. Sarah Krystyna Miller – Aurora University, Aurora, IL
16. Heather Rae Nadeau – Worcester State University, Worcester, MA
17. Aleksandra Beata Siwik – Charles R. Drew University of Medicine & Science, Los Angeles, CA
18. Sarah Rebecca Sowinski – Nova Southeastern University, Jacksonville, FL
19. Krzysztof Szymon Stopka – Georgia Institute of Technology, Atlanta, GA
20. Ashley Marie Strzelecki – University of Indianapolis, Indianapolis, IN
21. Lauren Rae Strzelecki – Indiana University-School of Medicine, South Bend, IN
22. Matthew Joseph Tanhauser – Lincoln Memorial University, Harrogate, TN
23. Ryan Michael Tipker – Dartmouth College, Hanover, NH
24. Natalia Tomczyk – DePaul University, Chicago, IL
25. Kyle Richard Ward – University of Pittsburgh, Pittsburgh, PA
26. Monica Ann Wierzbicki – University of Illinois at Chicago, Chicago, IL
27. Mateusz Jacek Zapotoczny – Northwestern Feinberg School of Medicine, Chicago, IL



2019 Original Art and Coloring Contest Results



A committee of three judges: Monika Korczynska, President's Assistant; Jola Walaszek, Manager Sales Manager; and Beatrice Jedrycha, Writer for Zgoda, perused over the entries of the 2019 Original Art and Coloring Contests. This was a difficult task for the team because there were many great

entries.

The Coloring Contest was only for ages 5 to 7, while the Art Contest was reserved for PNA members ages 8 to 15. A total of 45 entries were received.

Children drew their own impressions of *"Polish Legends"* that were handed down to them both verbally and on paper.

Three winners were selected in the Coloring Contest. Each one of them will be awarded \$100.

In the Art Contest, first-place winners were awarded \$300, second-place winners \$200, and those in third-place received \$100. This contest was divided into three age categories.

On behalf of the Polish National Alliance and Fraternal Committee, we would like to thank everyone for participating. We look forward to seeing more entries next year.

Winners of the 2019 PNA Original Art Contest

Age 8 - 9 - 10

- 1st Victor Kowalinski-Manalac, Los Angeles, CA
"Smok Wawelski"
- 2nd Pola Kozikowski, Chicago, IL
"Janosiku – Janosiku"
- 3rd William Bettcher, New Bern, NC
"Wawel Dragon"

Age 11 - 12 - 13

- 1st Lukasz Mszyca, Anaheim Hills, CA
"Legenda o Bazyliisku"
- 2nd Zachary Blanchard, Cumberland, RI
"Stone Monster"
- 3rd Katherine Suchowolec, Torrington, CT
"Legenda o Lechu, Czechu, Rusie"

Age 14 - 15

- 1st Jordyn Czyzewski, Milwaukee, WI
"The Mermaid of Warsaw"
- 2nd Emily Mickelonis, Scappoose, OR
"The Gold Duck"
- 3rd Tristan Doktorczyk, Lockport, IL
"The Dragon of Krakow"

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

Isabella Kowalinska-Manalac, Los Angeles, CA
Joshua Blanchard, Cumberland, RI
Jakub Belzek, Lake Villa, IL

PNA Art Gallery



Victor Kowalinski-Manalac,
"Smok Wawelski"



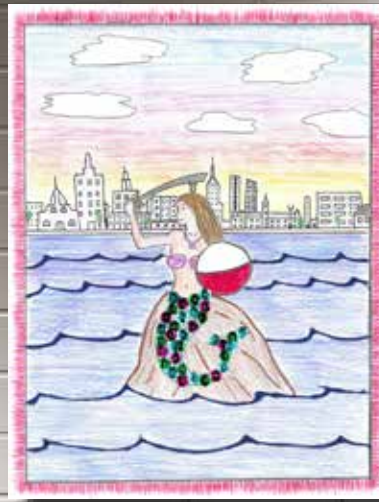
Pola Kozikowski,
"Janosiku – Janosiku"



Jacob Kmiec,
"Pozdrowienia z Malborka"



Lukasz Mszyca,
“Legenda o Bazyliisku”



Jordyn Czyzewski,
“The Mermaid of Warsaw”



Zachary Blanchard,
“Stone Monster”



Emily Mickelonis,
“The Gold Duck”



Katherine Suchowolec,
“Legenda o Lechu, Czechu, Rusie”



Tristan Doktorczyk,
“The Dragon of Krakow”

Dębowa Aleja Niepodległości w Yorkville



projektu. Ta historyczna inicjatywa zyskała sobie również patronat konsulatu RP w Chicago, Związku Narodowego Polskiego, jak również logo „Niepodległa”.

W wrześniowej uroczystości w Yorkville, którą poprowadzili Marek Adamczyk i Beata Sołtys, uczestniczyli min. konsul generalny RP Piotr Janicki, wicekonsul Piotr Semeniuk, prezes Zrzeszenia Nauczycieli Polskich w Ameryce Tadeusz Młynek, prezes Ośrodka Młodzieżowego PNA Edward Mika, przedstawiciele szkół i organizacji polonijnych, którzy w roku ubiegłym zasadzili dęby.

Szczegółowa relacja z uroczystości i pełna galeria zdjęć:
dziennikzwiazkowy.com

*Zdjęcia: Artur Partyka
AK*



W niedzielę 29 września, w Ośrodku Młodzieżowym Okręgów XII i XIII PNA w Yorkville, uroczystie odsłonięto tablicę fundatorów projektu Dębowa Aleja Niepodległości, a przedstawiciele Stowarzyszenia Ułanów Polskich im. Tadeusza Kościuszki, ZHP Chi-

cago, 12 Pułku Ułanów Podolskich Chicago i SWAP-PAVA posadzili dąb im. rotmistrza Witolda Pileckiego.

Projekt Dębowa Aleja Niepodległości został zainaugurowany 3 maja 2018 roku przed budynkiem Związku Narodowego Polskiego w Chicago, gdzie zasadzono pierwszy dąb upamiętniający 100. rocznicę odzyskania przez Polskę niepodległości. We wrześniu 2018, w ośrodku PNA w Yorkville posadzono kolejne dęby, których fundatorami były polonijne organizacje, polskie szkoły i osoby prywatne. Dęby przyjęły się dobrze i rosną zdrowo na należącej do polskiej organizacji, choć amerykańskiej ziemi, na chwałę niepodległej Polski.

Pomysłodawczynią projektu i główną jego koordynatorką jest Helena Sołtys, wiceprezes Zrzeszenia Nauczycieli Polskich w Ameryce, które jest głównym patronem



“Lajkonik” Summer Voyage

In July, thousands of young people traveled to Rzeszów for the 18th World Festival of Polonia Folklore Groups for the event's 50th anniversary.

For the 8th time, the group Lajkonik, represented the Polish National Alliance and Chicago's Holy Trinity Polish Catholic Church. They performed among three other groups representing Chicago and 30 other groups from all around the world. During the festival, Lajkonik revealed their unprecedented talents in their beautiful folkloric attire. The festival featured rich celebrations and emotions. Despite their many linguistic and cultural differences, young people from all around the world connected with each other through the universal language of dance. The various dance groups showcased their top-tier skills.

Members of the Lajkonik ensemble experienced the trip of a lifetime. Before the festival, they had the opportunity to travel from Slovakia to Hungary through a salt trail, and later to Serbia and Macedonia where they saw beautiful sunflower fields. Next, they visited Greece for a few days where the group witnessed breath-taking, ancient scenery in Athens, Kalabaka, Aigai, Thermopylae, and lastly, Nafplio.

Zespół Pieśni i Tańca „Lajkonik” działa pod kierownictwem pani Haliny Misterki przy parafii Św. Trójcy w Chicago oraz pod patronatem Związku Narodowego Polskiego. Informacje na temat zespołu są dostępne na stronie internetowej: lajkonikchicago.us



Wici Attends 28th International Polish Folk Dance Festival in Rzeszów, Poland

Wici Song and Dance Theater participated in the 28th International Polish Folk Dance Festival, which took place between July 17th and July 23th, 2019, in Rzeszów, Poland. Thirty-four dance groups from around the world attended this event and participated in many concerts and social gatherings.



The first festival in Rzeszów took place in July of 1969. Thirteen dance groups from Europe and North America attended that event. Shortly after, the festival gained popularity and was hosted every three years in Rzeszów.

Over the years, the festival became the meeting point for thousands of Polish people from all over the world. Beginning in 1993, ex-Soviet Union countries such as Lithuania, Russia, Ukraine, Moldova, and Belarus joined the festival as well.

This year's International Polish Folk Dance Festival began with a beautiful parade featuring Wici dressed in their Krawowiak costumes. During the parade, Kuba

Kacała played the accordion while the rest of the group danced, sang, and charmed the audience with their gorgeous costumes. In the spotlight was Marlena Hadas, who was dressed as a young Krakowiak bride in a white wreath. Performances on the main stages began the very next day, as well as Wici's performance in Kraków.

This year, Wici's Polish folk dances included two Mazurs. One was from the „Straszny Dwór,” and the other was from „Halka,” operas composed by Stanisław Moniuszko, then Krakowiak, Polonez, and waltz with music composed by Fredrick Chopin. For their international dance, Wici performed their famous Cowboy dance. These were all numbers that Wici performed in Kraków, in Rzeszów's city square, and on the main stage.

The first of the performances, “Folklore of the Nations of the World: From the Four Corners of the World,” took place in the “Hala na Podpromniu.” The stage was set up in the middle of the stadium so that the audience could enjoy the performances from all “corners of the world.” The audience was captivated by Wici's exuberant formations and unique dance moves, for which they received huge applause. In between performances, four hand-chosen groups performed Mazur from “Straszny Dwór” as they faced four different directions. Wici was one of the selected groups.

The Gala performance was formatted similarly, however, the

concert was broken up into parts. At the end of each part, selected performers from many different groups sang various songs by Stanisław Moniuszko. The groups had the opportunity to dance Mazur from the Polish opera, “Halka.” Once again, Wici was selected to dance Mazur on stage, while other groups danced to the same music around the floor of the stadium. During this performance, Wici presented a beautiful waltz to the music by Fredrick Chopin. The audience was attracted to not only the dazzling dancing but also the stunning costumes of empire style dresses and cavalry uniforms.

The festival, as always, was a huge success but not just because of the fantastic concerts and performances. It was an extraordinary, bonding experience for everyone who participated.





Camp Yorkville 2019



Every year since 1937, PNA Youth Camp in Yorkville/Plano, belonging to District XII & XIII, has a long history of fun for Chicago Polonia and beyond. This year, yet another camping season came to a successful end on Saturday, August 10th.



For many years, camp leaders perfected the balance of fun and education into their program. This year, the summer camp was sold out way before the beginning of July.

One of the unique challenges for camp-goers is the banning of cellphones, which opens up more time for personal development.

There were games, sports activities, a bonfire, dances, karaoke shows, horse-riding, and a water park visit. For three weeks, “Dance Zone” Instructor from Suwałki (Poland), Robert Śliżewski, taught kids singing and modern dance. An Olympics tournament was held before the camp’s closing which included: windbreaker shooting, medicine ball throwing, long jump, running, swimming, and soccer.

During the camp closing ceremony in August, PNA National Secretary Alicja Kuklińska handed out PNA Life Insurance certificates to those who enrolled their children during the last summer session. Many parents take advantage of the opportunity to enroll their children to the organization that provides membership benefits, including a discount for the camp and the possibility of obtaining PNA scholarships in the future.

Long-time camp Director and District XII Commissioner Agata

Mścisz thanked all who took part in the youth camp. She also thanked the PNA for promoting and preserving the Polish tradition of camping.

An array of exciting events such as soccer matches, motorcycle rallies, and historical productions happen on this 225-acres long camp land almost every weekend. Growing in popularity is the camp’s charming, wooden chapel that is rented out for weddings not only popular among the Polish community.

The campsite is known in the area for its exceptional organization thanks to dedicated management – PNA Youth Camp Association Directors, currently led by Mr. Edward Mika.

For more information on the PNA Youth Camp, events, hosting and rental possibilities, visit their website: **pnayouthcamp.com**





Why should you protect your child with the Polish National Alliance?

1. Affordability

The premium amounts are low and will remain level throughout the 20-year paying period. The younger the child, the lower the payment will be.

2. Cash Value

Permanent life insurance builds cash value. The cash component allows you to borrow the money that have been built up.

3. Future Insurability

Permanent life insurance provides a lifetime of protection. If your child develops a disability or chronic illness

later in life, it will become it hard and more costly, if not impossible, to obtain life insurance.

4. PNA Membership

Purchasing a life insurance certificate with the PNA provides the opportunities to participate in Membership programs such as scholarships, sports programs, contests and subsidies. These benefits separate us from commercial life insurance carriers and they are without any cost to the Member.

5. Gift

If you purchase your certificate by the end of December 2019, your child will then receive a special gift from the Polish National Alliance.



Polish National Alliance

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

www.pna-znp.org | 1-800-621-3723, ext. 330 & 344

Protect your child with PNA

Valid through December 2019

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

* All states except: CA, FL, ND and NY

Simple steps:

- Find the monthly rate
- Complete the Life Insurance Application*
- Attach a premium check with the Application
- Mail to the PNA at 6100 N Cicero Ave, Chicago, IL 60646

Detroit Tigers Polish American Night

The 49th Annual Detroit Tigers Polish American Night was held on Friday, May 17 at Comerica Park. Various bands performed Polish music throughout the ball-park prior to the game.



Grand Marshall Big Daddy Lackowski and the La Dee Das performed for the crowd before the game

Over 300 dancers from various dance groups paraded onto the field where they performed “Hello Everybody Polka”, “Krakowiak” and the “Oberek.” The Detroit



(l-r) Richard Walawender, Honorary Polish Counsel, Ann Bankowski, PAC Michigan Division President, Thomas M. Schemanski, PNA District X Commissioner, Karen Majewski, Mayor City of Hamtramck

Division of the Polish Scouting Organization provided the honor guard for the American and Polish flags.

The Alliance Dancers and Polanie Dancers of Lodge 2525 and the Centennial Dancer of Lodge 53 represented the PNA. Christopher Ozog was the Master of Ceremonies and thanked the Tiger Organization and fans for supporting the Polish Night event.

The following representatives were introduced: Honorable May-



Stella Szczesny, Region E Fraternal Director introduced at the game.

or Karen Majewski (City of Hamtramck), Stella Szczesny (PNA Region E Fraternal Director), Ann Bankowski (President of Polish American Congress Michigan Division), David Jansen (National Polish American Sports Hall of Fame Board Chairman), James Robaczewski (National PRCUA President), Bob Bielenda (National PRCUA Vice President Emeritus), Elizabeth Sadus (PRCUA National Director), Courtney Ozog (PRCUA National Director), Brian Malski (Vice President, Friends



Paws, Commissioner Schemanski, Tigers catcher Nick Ramirez and the Polish Scout honor guard.

of Polish Art), Ken Chmelko (Polish American Federal Credit Union Marketing Manager), Arnie Beller (President, American Polish Century Club), Richard Walawender (Honorary Counsel of the Republic of Poland), Very Rev. Canon Miroslaw Krol (Orchard Lake Schools Chancellor), Rev. Fr. Damian Chrzanowski (Dean of SS. Cyril Methodius Seminary), and Fr. Adam Kulus (Professor, Pontifical University of St. John Paul II, Lublin Poland). Robert Szczublewski, radio broadcaster from Toledo, Ohio, sang the Polish and American National Anthems. He was joined by Anna Toboy.

The program ended with the throwing of the ceremonial first pitch by Thomas Schemanski, PNA District X Commissioner. In addition to his PNA involvement, he is a State Director for the PAC Michigan Division, a Vice President for PNA Lodge 1758, a Director of PNA Council 122, a Trustee



PNA dance groups honored at the event.

of the Central Citizens Committee and a member of the Friends of Polish Art and the Knights of Columbus.

On the field Commissioner Schemanski was joined by “Paws”, the official Tigers mascot who wore a Krakowska sukmana. Paws presented him with an official Tiger ballcap. Tiger Pitcher Nick Ramirez autographed the ceremonial first pitch ball and presented it to Commissioner Schemanski.

Even though the Tigers lost to the Oakland A’s, the crowd enjoyed the evening and celebrated their Polish heritage.

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



Baseball in Poland



Baseball is alive and growing in Poland. Last March, the largest Baseball Tournament in Europe was held in Działdowo for the 19th year. The Działdowo Yankees celebrated their 25th anniversary under their founder and trainer, Zdzisław Ziołkowski. For the last 30 years, coach Ziołkowski has been instrumental in supporting the expansion of baseball.



This year’s tournament was attended by boys and girls from ages 9 to 14. They came by bus and train from Poland, Ukraine, Moldova, and Belarus. For those of us who love baseball, it reminded us of our boys and girls back in the United States.

The teams traveled to Poland on their own and were housed in two schools where the games are held in Olympic-sized gymnasiums. Polish National Youth Baseball Foundation President Al Koproski, thanked all who supported the children in Poland and Eastern Europe for the last 25 years.

This past June, the Senior Baltic League had its tournament with over 200 Senior Baseball Players participating. The competition took place in Działdowo, with 20 teams competing in three categories. The winning teams were Dęby Osielesko, Yankees Działdowo, and Gepardy Żory.

The Polish National Youth Baseball Foundation is a 501-c-3 non-profit organization. If you would like to sign a check to PNYBF, then sent it to 222 Ocean Drive East, Stamford, CT 06902. We also accept used equipment in good condition, which can be shipped to the address above. If you have any questions, call Al at 203-323-9944.

Region “H” News

Greetings from Region H. We wish all a wonderful fall season!

Congratulations to all who organized and attended the successful 48th Quadrennial National PNA Convention!

By Jolanta Mazewski-Dryden, Fraternal Director – Region H

Children’s Day in Houston

Children’s Day with the Polish School – PNA Sponsoring and giving drinks and donations to the school on June 2, 2019



PNA Members donation to the Children’s Day Celebration



friends to celebrate for two energy-packed days that included the Polish Pickle Run!

Katie Kubiak and Michel Kurtin enjoying the Polish Day



Wawel Dancers – Houston, Jagoda Dancers Dallas and PNA members ready to perform at the Polish Days Festival



Children’s day fun & pączki made by the teachers.

Polski Dzień in Bremond

On June 22-23, the Polish Capital of Texas celebrated over 30 years of Polish Days! A grand celebration in Commissioner Wanda Ray-Koch’s neck of the woods. From all over Texas, the Polish community came with

Polish Volleyball Team in Houston

“The White Eagles” Polish volleyball team was established in Houston in the spring of 2018. It consists of 12 players and currently plays in Houston’s volleyball league. They are being sponsored by PNA.



Lodge Merger

Two Houston lodges join forces; Polonia Lodge 2306 and Kosciuszko Lodge 165. Congratulations!



First meeting after the merging of Lodge 2306 Polonia Lodge with Kosciuszko Lodge 165.

Progressive Lodge 2336 Scholarship



Progressive Lodge 2336 awarded scholarship to its student member Christopher H. Odolski. It was presented by Director Jolanta Mazewski-Dryden. Congratulations!

PNA National Convention

District 4 Delegates – Jolanta Mazewski-Dryden, Fraternal Direct Region H, and Delegates Richard Mazewski and Marilyn Kubiak Edwards would like to commend the committees and all the people involved in the successful conven-

tion. Thank you for an informative and efficient event!



11th Annual Dożynki Festival

The 11th Annual Polish Harvest Festival – Dożynki, was spectacular despite the threat of the tropical depression Imelda. This 3-day (September 20-22) event focused on the traditions of Dożynki with beautiful decorations, processions, live music from an assortment of artists and traditional folk dancing. Like in other festivals, delicious Polish food and the scrumptious Krysia's desserts tempted everyone's palate!

The event had a record attendance and PNA was once again in a key location with a cultural and PNA display. Many of the PNA members were part of the group making this festival a reality. Several of the Wawel Dancers are part of PNA- beautiful performance by all groups including Mini Wawel, Babcia Wawel and the Polish School Children. Special thanks to PNA member Maryann Ciaston and her team for the best looking and amazing Silent Auction! Our Sales Reps were out in force representing PNA with Richard Mazewski, John Cebrowski, Fraternal Director Dryden and Anthony Zabawa-Willis/New Waverly.

Special thanks goes out to the organizers, the amazing group of volunteers, vendors, performers for providing the best festival to date! Congrats to all! See you back in

May 2020 for the summer festival!

Houston Polonia sends out thoughts and prayers to those in Texas devastated by tropical depression Imelda!



Preparing for the opening procession.



Opening Ceremonies on Sunday featuring Lukas Cupial, Dr Mazurkiewicz with his daughter Kathy Ann and wife Kathryn, Thaddeus Dryden, and Consul General Robert Rusiecki



ABC and KHOU Houston TV stations covered the spectacular event with interviewing Director Jolanta Mazewski-Dryden and filming performances by Wawel Dancers – PNA members.



Wawel Dancers/PNA members assist in the PNA booth: Fraternal Director Dryden, Katie Kubiak, Thaddeus Dryden, Erica Dryden, Lukas Cupial, Lukas Bielecki and Dr Jim Mazurkiewicz, PNA and PACT.



Fraternal Director Dryden, presenting PNA Sales Rep & PHC VP John Cebrowski with his official PNA Shirt



Desserts are a must at the Festival PNA members Donna Gazdyszyn and daughter Sabrina along with Alicja Zaremba were ready to dish out delicious morsels.

Lodge 1224 45th Annual Family Picnic

Rockford, IL. On Sunday, June 30, Lodge 1224 held our 45th annual Family Picnic. With hard-working officers and help from the many volunteers, 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, who organized our kitchen, Scholka and Henry Bielawski, Jadwiga and Marian Bielawski for selling tickets, Stan Wawiorko for taking care of the bar, Irena Dyer for selling raffle tickets, Victor Osipczuk for working our adult games, and Mary Gwardys for taking care of advertising.



Fraternal Director Dryden, presenting PNA Sales Rep & PHC VP John Cebrowski with his official PNA Shirt

The hardest work was done by a group of volunteers in a 90 plus degrees kitchen! At 8:00 am, we started preparing food that was ready to serve at noon. Big Thank You to Stan Gwardys, Scholka Bielawski, Jadwiga Bielawski, Helen and John Czaczkowski, Sherry Lynn and Dr. Bryan McDonald, Ann and Joe Wojewodzki, Thomas Wojewodzki. These people cooked and served over 125 dinners and countless hot sandwiches throughout the day.

Lodge officers with out of town friends.



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

*Joe Wojewodzki
Submitted by Ann Wojewodzki*

Council 41 PNA hosts Annual Night at the Races



 202 Hawthorne 6/15/19
EVCO LANE Second
MAJOR ATTRIBUTE Third

SALVATORE
Council 41
1 Mile Pace: \$9,200 1:55.0

Joseph A. Mc Caffrey.....Owner
Terry Leonard.....Trainer
Carey Leonard.....Driver



On Saturday June 15, 2019 at Hawthorne Race Course in Stickney, IL Council 41, PNA held their annual Scholarship Fundraiser “A Night at the Races.” Over 45 people were present. We thank all Lodges and Councils who participated on this evening at the park with us, and to those who supported us by buying raffle tickets. The proceeds from this event are earmarked for scholarships.

In attendance included National Secretary Alicja Kuklińska; Executive Secretary Monika Korczynska; Business Director Irene Hercik; Fra-

ternal Director Barbara Wesolowski; Commissioner Dt 13 Wanda Juda; Former Director Cecilia Tomaszewicz; Former Commissioner Dt 13 Joe Hercik; Treasurer of Dt 12 & 13 Youth Camp Association Leszek Krzyminski; and representatives of lodges, councils belonging to PNA, and to those who could not be with us but gave donations to our worthwhile cause.

The event was in a private suite where all the amenities were close at hand. A buffet dinner and a cash raffle were held. For those who felt lucky – or wanted to try

their luck – wagering on the horses took place. One could either watch on the video monitors the races, or go out on the private deck to see the action. At the end of the second race – which was dedicated to Council 41 – a group picture was taken at the winners circle. Three guests got a chance to ride in the pace car to see the action up close and personal. See You Next Year!

*Agnes Kaminski, President Council 41
& Anna Wierzbicki, Treasurer.
Photos by Alicja Kuklińska*



Woof Fest 2019

The second annual Woof Fest took place on Sunday, September 8th, in the front yard of the Polish National Alliance headquarters located on Cicero Avenue in Chicago. Many people brought their dog companions to an event celebrating their bond. The event was a success for all.



The four-legged furry creatures were the main stars of the day. They could try organic food and jump on the obstacle course with a famous dog trainer, Magdalena Huk, who also led a Zumba class for their owners. There was also a dog fashion show represented by pet store K94Keep. Dressed up, dogs proudly paraded among the large crowd of curious spectators. Dog adoption was an option at the picnic, too. This year, money was collected for



organizations dedicated to rescuing dogs from abuse and even consumption. K94Keep was one of the organizations dedicated to saving our four-legged furry friends.



For the human guests, a food truck of delicious pierogi and refreshing drinks were served by the Pierogi Squad. A variety of alcoholic beverages were available in tents belonging to Figenza, which represented Mediterranean flavors and Lagunitas, known for its craft brewery. Near a kiosk belonging to Thermomix, visitors were able to taste some delicious, organic lemonade. There was also a raffle lottery where valuable prizes could be won, including a large-sized TV, Sling TV decoder, and coupons for dog products.

A number of PNA representatives were there, including President Frank Spula, who personally involved in this event. Secretary Alicja Kuklińska and Treasurer Steve Tokarski also made an appearance.



Like last year, Paulina Kordek was the festival's organizer. WPNA 103.1 FM's Grzegorz Bartusiak hosted the event. DJ Peter Wojnarowski played catchy music while Tom Burke gave a fantastic trumpet show. The event was sponsored by Polish National Alliance, WPNA, FM and Dziennik Związkowy.





Annuity Plans

Traditional IRA
Roth IRA

Tax-Deferred Annuity

8-year Annuity

- 2.25% interest rate
- Guaranteed 1.00% rate
- Minimum deposit \$500
- No maintenance or service fees
- Surrender charges may apply

During the 8-year period, you may make additional deposits or withdraw up to 10% of the accumulation value without a surrender charge once a year. If you are under the age 59 1/2, IRS penalty may apply.

5-year Single Premium Deferred Annuity

- 2.50% guaranteed rate
- Minimum deposit \$5,000
- No maintenance or service fee
- Surrender charges may apply

Only a one-time deposit is allowed. A traditional IRA account is available for prospects under the age of 65.

Neither PNA nor its agents provide tax, legal or accounting advice. Consult a tax, legal, or accounting professional with your specific situation. Annuity Plans are not available in all states.

Lodge 513 Family Picnic

On September 22nd, in Wallington, Connecticut, PNA Lodge 513 hosted its 2nd annual Family Picnic and Pig Roast for its members and guests at the park's newly constructed pavilion.

The pig roast was hosted by fellow lodge member Vincent Jankowski who started the day with a lunch consisting of kielba-



sa, hamburgers, and hotdogs. The anticipated "main course" of scrumptious roasted pig was served for dinner. In addition to the roasted pig there was potato salad, macaroni salad, lettuce salad, barbeque chicken, baked beans and Vincent's cooler corn, a favorite entry for many.

The Annual Lodge Picnic was well-attended by members, guests and their families. From seniors to children, the gathering was spirited and fun. A 50/50 raffle was held and 3 wine baskets were raffled off as well.

With another successful Lodge family picnic and pig roast completed, everyone will be looking forward to attending again next year.

Submitted by Alex Penczynzyn



Council 171 Hosts Dożynki Harvest Celebration in Allentown



Allentown, PA, September 15th, 2019. A traditional Dożynki Polish Harvest Festival was celebrated in Allentown, Pennsylvania, on Sunday, September 15th, and was led by the officers of Polish National Alliance Council 171, which included Chairman Antoinette Sharetzsky, Co-Chairman Józef Janik, Christine Thompson, and Agnieszka Niemerka.



The day began with a noon harvest procession and Mass at Saints Peter and Paul Polish Roman Cath-

olic Church. The assembly consisted of PNA Council 171 members who wore traditional attire while carrying an assortment of harvest goods that included grains, fruits, bread, wine, and several wieniec (decorated Polish wreaths) to symbolize the abundance of the harvest and the gratitude from the people it helps nourish. A group of three celebrants, Rev. David Kozak, Rev. Wladyslaw Dudek, and Rev. Leo Malec, presided the Harvest Celebration Holy Mass.

Following the Mass, a harvest feast was held right down the road from Saints Peter and Paul Church at the Polish American Citizens Society. Józef Janik, along with Antoinette Sharetzsky, welcomed the attendees and personally thanked them for exceeding their expectations and helping to sell out the event. The feast featured a pig roast, pierogi, and kapusta along with many varieties of sweet desserts (Polish placki). Traditional Polish music was played for the harvest fest entertainment.

All in all, it was a great festival that paid tribute to the generous harvest. Attendees offered thanks to God while following an authentic Polish-style ritual in the Lehigh Valley. Józef Janik stated that “spending the day together with friends and family while enjoying plenty of food, drink, music, and genuine happiness will not soon be forgotten by those who shared in the day.”

Proceeds from the PNA Dozynki event benefits St. Jude’s Children Hospital and Disabled Children in Wielkie Oczy, Poland.

*Written by Greg Janik.
Submitted by Christine Thompson.*



Dożynki w Yorkville



W piękną, słoneczną niedzielę 4 sierpnia, 2019 w Młodzieżowym Ośrodku Okręgu XII i XIII PNA w Yorkville odbyły się uroczyste dożynki.

Ten barwny polskich zwyczaj ludowy kultywowany jest w Yorkville od wielu, wielu lat. I choć ośrodek nie zbiera plonów, to jego niezwykle urokliwe i przypominające polski krajobraz położenie nawiązuje do żniw, zbiorów owoców i warzyw oraz pożegnania z latem.

Aby tradycji stało się zadość, festiwal dożynkowy miał swego starostę i starościnę. W tym roku zaszczyt przypadł w udziale jednemu w dyrektorów ośrodka, panu Bogusławowi Kwaśnemu oraz pani Katarzynie Żytkiewicz.



Ks. Waldemar Stawiarski odprawił w obozowej kaplicy mszę świętą błogosławiąc plony i tych, którzy je przed ołtarz przynieśli, a zaraz potem rozpoczęło się świętowanie.

Starostowie częstowali specjalnie na dożynkową uroczystość upieczonym chlebem, kuchnia przyjęła gości pysznym polskim jedzeniem, wśród którego królowały słynne już na Polonii, wielkie, soczyste schabowe, i chłodnymi napojami.

Zagrała góralska kapela, podhalańskie tańce zaprezentowała młodzież z zespołu „Wirchy”, a gościom, którzy sami mieli ochotę potańczyć, przygrywał zespół „Horizon”.

Tegoroczną uroczystość uświetnili swą obecnością min. wiceprezes PNA i były prezes ośrodka w Yorkville Marian Grabowski, obecny prezes Edward Mika, dyrektor kolonii letnich, komisarz Okręgu XII Agata Mścisz, komisarz Okręgu XIII Wanda Juda, prezes Koła nr 81 Bustrzyk przy ZPPA Anna Zalińska, a po południu również sekretarz krajowa PNA, Alicja Kuklińska.

Położony nieco ponad godzinę drogi od Chicago środek w Yorkville to własność członków okręgów XII i XIII PNA. Przez zadrzewiony obszar (ok. 132 akrów) wartko przepływa strumień, na polanie znajduje się piękna, zadaszona kaplica. Malowniczo położone miejsce przyciąga co roku setki dzieci na kolonie letnie i jest dostępne na prywatne imprezy i festiwale.

AK

zdjęcia: Artur Partyka



A micus Poloniae



Amicus Poloniae, the Polish National Alliance's award winning legal clinic, kicked off its upcoming 30th anniversary with an elegant outdoor reception hosted by PNA President Frank Spula on the evening of Wednesday, September 18th, 2019. The event, which was held in the idyllic Outdoor Garden located on the south end of the PNA Building, was filled with present and past volunteers of the free legal clinic as well as many esteemed members of Chicago's legal community. The special guests of the evening were Chicago Volunteer Legal Services Foundation's Executive Director Margaret Benson and CVLS Clinic Administrator Kathy Koester.

To memorialize 30 years of partnership, PNA President Frank Spula and Amicus Poloniae Clinic Director and Master of Ceremonies Mark Dobrzycki presented a plaque commemorating the 3 decades to CVLS' Margaret Benson for working together to provide free legal services to those people who otherwise could not afford to hire an attorney. Ms. Benson or Meg, as she is known to many, graciously ac-

cepted the honor and even became a little emotional. She recalled the start of Amicus Poloniae by PNA in 1990 and her own start at CVLS when the two organizations came together in partnership. CVLS is the largest provider of Pro Bono legal services in the state of Illinois, last year helping over 12,000 clients. Amicus Poloniae is one of 24 legal clinics that work with CVLS and is the largest and busiest of all the partner clinics. Phillip Mohr, CVLS deputy director noted that the second busiest CVLS partner clinic handles less than half of the clients that Amicus Poloniae helps.

Clinic co-chairs, Attorneys Alexander Fiedotjew and Robert Groszek, spoke about the many people helped by the clinic and how it has grown in the past decade. Attorney Lucas Figiel, president of the Advocates Society, the Polish American Bar Association in Illinois, also extended his congratulations to Amicus Poloniae for the more than quarter century of service. Former volunteers attending included Judge James Shapiro and Judge John Mulroe as well as recent CVLS

Distinguished Service Award recipients from Amicus Poloniae, Attorneys Thomas Gabryszewski, Kent Sinson, Marcy Labedz, paralegals Paulina Kowalska and Sandra Gonzalez, and clinic managers Ursula Matelski and Arek Trzaska.

Joseph Annotti, president and CEO of the American Fraternal Alliance, who spoke highly of Amicus Poloniae at the 48th Quadrennial Convention in Phoenix, Arizona, and how important it was to the PNA, attended the stylish soiree with his wife Jean. He shared stories about the PNA's success with the Amicus Poloniae Legal Clinic with Illinois Appellate Court Justice Mat Delort and how much of an example it sets for other fraternal organization to follow.

National Secretary and Zgoda editor, Alicja Kuklinska, joined PNA Treasurer, Attorney Steve Tokarski at the event with clinic volunteers Vice Consul Paulina Szafalowicz, head of the Polish Consulate General in Chicago's Legal Section and her husband, Attorney Michal Szafalowicz. Monika Korczynska, one of PNA's best, helped to make arrangements for the evening and provided unending support throughout the night. The brief program ended with a sumptuous dinner on a beautiful late summer evening with smiles of celebration on every face.

*By Marek Dobrzycki,
Amicus Poloniae Director*

*Photo by Ewa Malcher-Serocki,
Dziennik Żwiązkowy*

We are proud of

Mark Dobrzycki

OUTSTANDING POLE



PNA employee and member of Lodge 1776, Mark Dobrzycki was presented during the Polish May 3rd Constitution Day Ceremonies at the Polish Museum of America in Chicago this past May, with the „Wybitny Polak” Award from Krzysztof Przybyl, president of the Warsaw-based Poland Now Foundation (Teraz Polska, Fundacja Polskiego Godła Promocyjnego). The designation Outstanding Pole, Personality of the Year, was awarded to Mark for his lifetime work to Chicago's Polish

American community.

Laureate Dobrzycki was especially recognized for his leadership at the PNA's Amicus Poloniae Legal Clinic that become one of the biggest free legal clinics in Chicago. In 2016, Mark received the Chicago Bar Association's prestigious Vanguard Award. He is the first Polish American and the first non-attorney and non-judge to receive the award since the Vanguard was first presented in 1998.

Growing up in a PNA family, Mark was taught to be proud of his Polish heritage and to get involved. The contributions of Mark are many. For 19 years, Mark was the announcer and writer for the Chicago Polish May 3rd Constitution Day Parade. He produced and hosted the live TV program, The Polish American Journal for six years on ETC, Ethnic Television Chicago. He was elected the first Polish-speaking councilman in the suburb of Harwood Heights, a town where more than 45% of the population was born in Poland. Mark served three terms on the board. He was one of the first to serve on Chicago's Copernicus Foundation as well as serving several terms on Chicago Access Network board; vice president of the Northwestern University CAS Alumni Board; the Presence/Amita Resurrection Hospital Leadership Board; the Chicago Commission on Human Relations, Immigrant and Refugee Affairs; made a lifetime Honorary Advocates Society member, Polish American Bar Association; and president of the Chicago Intercollegiate Council.

Mark was born and raised in Chicago. He received his undergraduate degrees from Northwestern University and an MBA from Loyola University Chicago, Quinlan School of Business. Mark also studied at Krakow's Jagiellonian University on a scholarship from the Kosciuszko Foundation of New York City. We are proud of all our PNA employees and especially Mark, on his many achievements.

Louise Lhea Beckstrom

SUMMA CUM LAUDE
GRADUATE

Aurora, OH – **Louise Lhea Beckstrom**, a member of Lodge 17 in Cleveland, OH, took part in the commencement exercises at Cleveland State University on Saturday, May 11th, 2019. At the commencement, Beckstrom received her Bachelor of Science in Chemical Engineering with Summa Cum Laude, the highest honors. Furthermore, she was awarded the Washkewicz College of Engineering Senior Student Achievement Award for Chemical Engineering. Beckstrom completed her final semester with a 4.0 GPA. She is the daughter of Jeffrey J. Beckstrom and Mary L. Jurkiewicz. Beckstrom would like to thank the Polish National Alliance for its financial support during her college years.

Submitted by Mary L. Jurkiewicz



(L-R): Louise Jurkiewicz (maternal grandmother), Mary Jurkiewicz (mother), Louise Lhea Beckstrom, Alfred Beckstrom (brother), and Jeffrey Beckstrom (father).

Mayor of Chicago at the PNA



Steve Tokarski, Michael Niedzinski, Frank Spula, Mayor Lori Lightfoot, Alicja Kuklińska, Marian Grabowski, James Robaczewski.



During a sunny Friday on August 9th, Chicago Mayor Lori Lightfoot visited the headquarters of the Polish National Alliance on 6100 N. Cicero Avenue in Chicago.

Lightfoot is the first, since Mayor Daily, Chicago mayor to promote and work so closely with the PNA and the Polish community. Many important words were spoken during the celebratory Polish and American breakfast catered by well-known Kasia's Deli and

attended by many representatives of Polish-American businesses, media, and other local community members.

One of the topics of discussion was the involvement of the talented and experienced Polish community in local administration and politics. In his opening remarks, the President of PNA and Polish American Congress, Frank Spula, welcomed all guests and expressed his respect for Lightfoot's lifelong determinations. He also highlighted the historical role that the people of Poland took part in since the conception of the city's churches, bridges, and roads. At the end of his speech, President Spula stated that being a Chicago mayor is an occupation that comes with a set of challenges.

Mayor Lightfoot expressed her gratitude for having the opportu-

nity to visit the PNA headquarters a second time, stating she will do everything in her power to restore the close relationship between the Polish community and the Chicago City Hall. She would like Polish people to join her administration's committees, adding that she would make sure that Polonia has voice and representation. She also spoke about her administration's long-term and short-term plans. After the applauded speech, Lightfoot answered questions regarding the simplification of the private sector for small businesses, the creation of special economic corridors, revitalization of the city, public procurement contracts, and the reformation of the Chicago Public Schools.



Mayor Lori Lightfoot with PNA employees.



Battle of Savannah Ceremony 2019



Prior to light, the early morning of October 9th in Savannah, GA was cloudy, but very pleasant with a delightful breeze. Under such ideal conditions, re-enactors of Revolutionary War military history affiliated with the Georgia Coastal Heritage Society gathered under the lights in the dark parking lot of the Savannah History Museum. Joining them were friends and interested persons, both local and from out of town. The march, led by the Sons of the American Revolution color guard, followed the trail up to the battlefield, retracing the steps of colonial soldiers who marched that way on the same morning in 1779. Mr. Bruce Trimbur carried the flag of Poland and Dr. Glenn Ball the Pulaski Legion flag.

The atmosphere transitioned from a pleasant walk to a more tense feeling as the column trudged uphill to the Springhill Redoubt where one of the bloodiest encounters of the Rev-

olutionary War took place. Cannons boomed in the distance and muskets fired blank rounds, setting the atmosphere. Even the horses of the column, representing Pulaski's Legion, feeling the increasing tenseness, picked up the pace. Upon reaching the battlefield, the horse-mounted riders positioned themselves behind the speaker's podium, foot soldiers formed ranks next to the tablets and the civilian guests took their seats. Emily Beck welcomed the assembled to the event in the name of the Georgia Coastal Heritage Society.



In addition to observing the 240th anniversary of the battle, four stone tablets were dedicated; one for Feliks Miklaszewicz, a Pole who captained two raiding ships out of Boston, Capt. Fryderyk Paschke, commander of the 3rd Infantry Company, Pulaski's Legion, the others were for John McCutchen and Thomas Snelson. Mr. Charles Sieracki of Charleston, S. Carolina spoke for Mr. Ray Okonski of Detroit, sponsor of the Miklaszewicz tablet, and Mr. Peter Obst spoke for the Embassy of the Republic of Poland, sponsor of the Paschke tablet. Congressman Buddy Carter also provided a short but inspiring speech.

A number of wreaths were placed on the redoubt by various persons and organizations: notably Mr. Ray Okonski, (wreath laid by Mr. Bruce Trimbur), The Republic of Poland (wreath laid by Mrs. Camille Krolikowski), the Savannah Gen. Pulaski Committee of the ACPC (wreath laid by Ms. Janina Gajdamowicz), and other patriotic organizations. Mr. Edward Królikowski of PNA Lodge 1474, uniformed as Gen. Pulaski, and Russell Dobson as Lt. Charles Litomski (Pulaski's aide de camp), were respectively mounted on horses representing Pulaski's Legion. Military commands were given in Polish and English, a call to arms, a parade drill, and a black-powder musket salute was fired in honor of those who fell in battle on the field. Red roses were placed on the three new tablets.

After the ceremonies concluded, the participants were invited to a delicious, complimentary breakfast in the Savannah History Museum.

A special thank you goes out to the efforts of the Coastal Heritage Society, the Republic of Poland, Mr. Ray Okonski, the American Council for Polish Culture and the Savannah Gen. Pulaski Committee (Chairman Edward Królikowski) for the tribute given to heroes of the American Revolution. Keeping their memory alive is a duty we owe them for sacrificing so much to win the liberties which we enjoy today.

Edward Królikowski



Miss Polonia Massachusetts 2020

HOLYOKE, MA. The Miss Polonia Massachusetts Pageant 2020 was held at Pilsudski Park, Holyoke, MA on Saturday, August 17, 2019. The Polish National Alliance Lodge 525 and the Polish American Congress of Western Massachusetts organized the 17th annual event.

Judges for the pageant were: Katarzyna Babinski, Doctor of Ophthalmology; Michelle M. Davy, Executive Director of Fred Astaire Dance Studios; James P. Kelly, President and CEO of the Polish National Credit Union, Chicopee, MA; Richard J. Kos, Mayor city of Chicopee, and Joanna Kubiak, Miss Polonia 2018. The “Daniel Band” provided live music that entertained the audience of more than 225 people. Entertainment during the segments of the Pageant was provided by vocalist, Joanna Kubiak, Miss Polonia MA 2018 and dance performances were provided by Michelle M. Davy, and Julio Sirianni from the Fred Astaire Dance Studios. Urszula Stetson and Andrzej Jamroga served as Masters of Ceremony and introduced the contestants in both English and Polish.

During breaks in the competition, the 6th Annual Junior Miss Polonia Pageant 2020 was held for girls ages 7-10. Four girls competed on stage in casual wear and fancy dress wear. Sophie Grochowski age 8, from Medford, MA, won the Junior Miss Polonia 2020 title. She loves to dance and play sports. Also competing was Lilly Forget, age 7, from Chicopee, MA won the Miss Glamour and Miss Photogenic Awards.

Lilly is a member of PNA Lodge 711 of Chicopee, MA. Brynn Gadecki age 7, a Junior Miss Polonia 2020 contestant from Southwick, MA is a member of PNA Lodge 525 Holyoke, MA. Brynn won the “Casual Dress” Award. Sophie Stetson served as the Jr. Miss Polonia Assistant.

Of the seven Miss Polonia Massachusetts 2020 contestants, all of whom were very beautiful and intelligent young women, Carly Liquori, age 18, of Southwick, MA won the title of Miss Polonia Massachusetts 2020. Ms. Julia Sudol, who currently holds the title of Miss Polonia MA 2019, presented Carly her crown. Ms. Liquori is a freshman at Holy Cross College in Worcester, MA where she is studying biology as a pre-med student. Carly’s goal is to become an active participant in “Doctors without Borders.” Her outside interests include volunteering at Hartford Hospital and competitive dancing. Carly was born in the United States, and speaks both Polish and English. Carly and the first runner-up competed for the Miss Polonia USA 2020 title in October 2019 in New York City. The winner of that competition will vie for the title of Miss Polonia World 2020.

First runner-up was Oktawia Gielarowicz, of Webster, MA. Oktawia, age 20, is a junior at the University of New Hampshire. She is studying Medical Microbiology and Health Management/Policy. Second Runner-up and the ‘People’s Choice’ award winner was Jensen Giroux, age 18 of Ludlow, MA.

She is a freshman at Westfield State University majoring in Education. Brianna Walas, age 18 of Ludlow, MA, won the “Glamour” award”. Brianna is a freshman at Holyoke Community College. Annette Robak age 21 of Indian Orchard, MA won the “Ms. Personality” award. She is a senior at Western New England University studying Criminal Justice with a Psychology minor. Maria Accordino, age 18 of West Springfield, MA won the “Miss Photogenic” award. She is a freshman at Endicott College majoring in graphic design. Alexandra Czarnecki age 20 of Chicopee, MA won the “Swimwear/Active Wear” award. She is a sophomore at the University of Rhode Island studying Pharmaceutical Science.

Escorts for the event were David Goudreault, Kyle Wolanski, and Maximilian Czarnecki. They are all members of PNA Lodge 525. Natalie Wolanski and Olivia Bragiel assisted by Sophis Stetson conducted the Jr. Miss Polonia MA 2020 Pageant.

Committee members included: Oliwia Bragiel; Irena and Richard Gadecki; Andrzej Jamroga; former Commissioner PNA District 1, Frank Wolanin and Mary Wolanin; John and Dorothy Wolanski; Joseph M. Kos; Ewa Pierzchalski; Urszula Stetson; Natalie Wolanski and Gosia and Pawel Misniakiewicz.

Special guests attending the event were: PNA National Business Board Director, Teresa Struziak Sherman; former PNA Commissioner of

District 1, Frank Wolanin and many former and current PNA Council and Lodge officers who congratulated the pageant winners.

MISS POLONIA MASSACHUSETTS 2020 HAILS FROM SOUTHWICK, MASSACHUSETTS



Holyoke, MA. Carly Liquori, age 18, from Southwick, MA was crowned Miss Polonia Massachusetts 2020 at the 17th Annual Pageant on August 17, 2019 at Pilsudski Park, Holyoke, MA. Over 225 guests attended the event sponsored by PNA Lodge 525 and the Polish American Congress of Western MA. The evening featured traditional homemade Polish foods, dancing, entertainment, and fun for everyone.

CONGRATULATIONS TO THE



MISS POLONIA MASSACHUSETTS 2020 WINNERS

Holyoke, MA. Pictured on stage with the 2020 contestants of the Miss



Polonia Massachusetts 2020 Pageant are the Escorts, Pageant Committee members, National PNA Business Board Director, Teresa Struziak Sherman, and officers of PNA Lodge 525 and the Polish American Congress of Western Massachusetts.



Holyoke, MA. Pictured with the newly crowned Miss Polonia Massachusetts 2020 are Dorothy Wolanski, President PNA Lodge 525; Miss Polonia Massachusetts 2020, Carly Liquori; Teresa Struziak Sherman, PNA National Director, and Joseph M. Kos, Treasurer PNA Lodge 525 and President Polish American Congress Western Massachusetts.

JUNIOR MISS POLONIA MASSACHUSETTS 2020 WINNERS AND PNA MEMBERS



Holyoke, MA. Brynn Gadecki, age 7, from Southwick, MA and Lilly Forget, age 7, from Chicopee, MA are pictured with PNA National Business Board Director, Teresa Struziak Sherman at the Junior Miss Polonia Massachusetts 2020 Pageant held at Pilsudski Park, Holyoke, MA on August 17, 2019. Brynn received the award, and Lilly received the "Glamour and Photogenic" awards. Brynn is a member of PNA Lodge 525 of Holyoke, MA. Lilly is a member of PNA Lodge 711 of Chicopee, MA. The Pageant is sponsored by PNA Lodge 525 of Holyoke, MA and the Polish American Congress of Western Massachusetts.

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

Hurrah! on a Street in Washington



Polish artist and designer Karol Murlak with Ambassador Piotr Wilczek.

WASHINGTON, D.C. – If you happen to be walking here on Pennsylvania Avenue, two blocks west of the White House, you are not imagining things if you hear the joyful notes of *Sto Lat* floating gently in the air. These notes are emanating from a unique urban musical installation christened *Hurrah!* in Edward R. Murrow Park between two bordering streets.

The *Hurrah!* installation, hand-crafted in Poland, is a large scale vertical xylophone consisting of 36 stainless steel tubes, with each tube being fine-tuned to a separate note of *Sto Lat*, all arranged in a circle 8.5 feet in diameter. When the tubes are tapped in succession with

the attached rubber-tipped baton, the iconic Polish birthday, anniversary, and celebratory song *Sto Lat!* (wishing “One Hundred Years!”) is played out. Each tall tube is marked in Polish and English with the song’s lyrics. “The vertical tubes allude to the Polish forest and allow the participant to feel enclosed in a space while still being connected to the greater landscape,” as per the Polish Cultural Institute New York, a key *Hurrah!* cooperating organization.

Hurrah! was conceived and designed for the celebration of the 100th anniversary of establishing diplomatic relations between Poland and the United States (1919-2019). Its exuberant name was aptly chosen to reflect the excitement and joy of the century’s real friendship, and familiar comradery shared unequivocally between the Poles and Americans.

At the launching of *Hurrah!* on September 19, 2019, Ambassador

Piotr Wilczek “the Polish Embassy has been organizing a wide range of events aimed at drawing attention to various aspects of the relationship between our countries.

This installation is a fun way to engage the public in the celebrations of this anniversary, and in cross-cultural dialogue intended to bring people closer together.”

Also speaking, and/or representing at the event, were the co-sponsors and supporters of the project: Golden Triangle Executive Director Leona Agouridis, Matthew Luszenhop - U.S. State Department, Michael Curtis – Deputy Head of Delegation of the European Union, and The World Bank.

Both Poland and the United States owe a word of thanks to Polish designer and Pratt Institute Prof. Karol Murlak and the design team of Danielle Begnaud, Katarzyna Michnowska, and Marzena Krupa for the fantastic creation of *Hurrah!*

At the annual NYCxDDesign event in New York this past May, *Hurrah!* made its very well-received American debut after being installed in Manhattan’s Times Square. It will now remain here in Washington’s Murrow Park until August 2020. It has the honor of being the first in a series of public international art installations on the west end of Pennsylvania Avenue, N.W.

Richard P. Poremski, President of PNA Council 21, Baltimore, MD

Celebrate Your Polish Heritage

October provides an array of fall charms especially for many of us who grew up in the Midwest. The smell of wet leaves with shades of orange, blue, and yellow has a particular sentimental charm before the next transitional month. For some, fall is associated with pumpkin-spice lattes, ginger-ales, chestnuts, and Halloween decorations. Not many associate October with a holiday honoring the accomplishments of Poles and people of Polish descent. Approximately, 10 million Americans have Polish roots.

In 1986, President Ronald Reagan encouraged all Americans to honor the newly established Polish American Heritage Month. It is the same month when the first Polish settlers came to Jamestown, Virginia, in 1608. Ever since then, the Polish people would mold American history for the next centuries. The people's vehement labor strikes granted them voting rights in the elections of the colonial government. During the American Revolution, military leaders Kazimierz Pułaski and Tadeusz Kościuszko both fought for America's independence. In the newly-built industrial factories, Polish immigrants shaped the future landscape through continuous hard work. Even without their country on the map, they fought for representation.

In what ways can Polish Heritage Month be celebrated? There are numerous ideas to choose from. Read various historical facts about both Poland and Polonia. Regardless of how much someone is immersed in their various regional customs and traditions, there will always be endless information to learn. A couple of descriptive paragraphs cannot suffice the rich cultural and historical details. Visit a local bookstore or search online for Polish literature from the likes of Adam Mickiewicz to the contemporary works of the new Nobel Prize in Literature winner Olga Tokarczuk. Attend a Polish film-screening or see aesthetically-pleasing performances. Another idea is to search around for how Polish-Americans contributed to the local community and where the cultural footprints lie. Find the best recipes for making the best pierogi on October 8th, National Pierogi Day. There seem to be endless ways of celebrating Polish Heritage Month.

One way of celebrating October is by getting ready for this year's Polish Independence 10k/5k Run and Walk on November 10th in Chicago's Montrose Harbor. Everyone is welcome to join a run that has already left its mark on Polish-American history. Last year's event garnered media attention not only locally, but in Poland as well. Its inception took place just last year for Poland's 100th Independence Day celebration with 1,918 participants showcasing their unity regardless of their many ideological and cultural differences. Many Independence Day celebrations over the years had solemn undertones as a result of the many complex historical events. This run, however, commemorates Poland's reemergence as a country in a festive manner. Even if this event is endless miles away, try to perhaps celebrate Polish culture through a good run in the area.

Bj



In Memoriam

WINCENTY KNAPCZYK (1923-2019)



Wincenty Knapczyk, 96, passed away on Wednesday, September 25, 2019 in West Haven, CT. The oldest of seven children, he was born on May 30, 1923 near Baranowicze, Poland (now Belarus). In 1948, he married Helena Kubowicz in Nottingham, England. They bonded in their pride of attaining American citizenship; connection to their

beloved Poland; and joy in spending time with family. Wincenty retired from Sikorsky Aircraft in Stratford, CT in 1993.

Wincenty devoted his life to his family and to the Polish American Community. He was an honored and decorated World War II Veteran. In 1942, he joined the Polish Army under the command of General Władław Anders and served in Iran, Iraq, and Palestine, Egypt and on the front in Italy. After the war, he was a leader in both Polish Veteran and fraternal organizations.

Most recently, he served as National Commander of the Polish Army Veterans of America. Among his many honors in the United States, Italy, England, and Poland was special audience with Pope Francis and being decorated with the Commander's Cross with the Star of the Order of Polonia Restituta by Poland's President, Andrzy Duda.

Mr. Knapczyk was the long-time President of Lodge 315, and Council 25, District II. In 2015, during the 47th PNA Convention in Cleveland, OH he received the Bronze Legion of Honor Award, for his commitment to the organization. He was also active in the Polish American Congress serving for many years as a National Director.

Wincenty was a much-loved husband, father, grandfather (Dziadziu), great grandfather, brother and uncle. His family will always remain proud of this kind, dedicated, honorable man.

The Polish American Community in the United States lost its true Patriot.

Podziękowanie:

Wszystkim, którzy w bolesnych chwilach dzielili z nami smutek i żal, okazali wiele serca i życzliwości oraz uczestniczyli w pożegnaniu w domu pogrzebowym, Mszy Św. oraz ceremonii pogrzebowej na cmentarzu w Amerykańskiej Częstochowie śp. Wincentego Knapczyka serdecznie dziękujemy.

Szczególnie dziękujemy Prezydentowi Polski, Konsulowi Generalnemu NY, Wojsku Polskiemu, Prezesowi KPA & PNA, córce gen. W. Andersa, Konsulowi Honorowemu w CT, SWAP, KPP, w USA i Canada, księżom, Chórowi im. Św. Faustyny, polskim organizacjom, Zespołowi Orleń, polonijnym gazetom, szkołom, harcerzom, rodzinie, przyjaciółom, sąsiadom, znajomym za pamięć, dobre słowa, modlitwy, wieńce i kwiaty.

Helena Knapczyk z rodziną

EMILY LESZCZYNSKI 1946-2019



Po krótkiej chorobie 29 sierpnia, 2019 zmarła w Chicago Emily (Emilia) Leszczyński, była dyrektor generalna należących do Związku Narodowego Polskiego „Dziennika Związkowego i rozgłośni radiowej WPNA 1490 AM .

Emily Leszczyński należała do Grupy 1820, Gminy 177, Okręgu XIII ZNP, pozostawiła syna Erica i bliską rodzinę.

Po raz ostatni Związek Narodowy Polski i „Dziennik Związkowy” gościli będącą na emeryturze dawną dyrektor 15 stycznia 2018 roku, podczas obchodów 110. urodzin gazety.



Poland's Solemn November Celebrations

All Saints' Day (Dzień Wszystkich Świętych) and All Souls' Day (Święto Zmarłych) are two important national holidays that are solemnly celebrated in Poland. On November 1st, people travel all over the country to dedicate their hours to visiting the graves of their departed loved ones. The roads become crowded. According to the Catholic Church, "all saints" celebrates the Church triumphant of saints. People pray, lie flowers, and light candles. On that day, people attend Mass and later join a festive dinner as they reminisce beautiful memories. All Saints' Day helps families reconnect and or strengthen their bonds with one another.

Some of the celebratory traditions can trace their origins before Christianity. Among the eastern lands belonging to the Slavs, the pagans celebrated Forefathers' Eve, which is also known as Dziady. The annual celebrations would take place in the spring and fall, with Slavs taking part in libations and ritual foods

that celebrated life and the souls who joined the Dziady. The days became shorter. The commemoration was most recently popularized by an internationally successful video game, *The Witcher III*. Modern pagans continue to celebrate this holiday.

In the 7th century, Pope Gregory III established All Saints' Day as an official holiday celebrated on May 13th. However, the date was later changed to November 1st. The oldest sermons to be written in the Polish language date back to the 15th century, and they are called "The Sermons for All Saints' Day" (*In Die Omnium Sanctorum*). According to one of the old beliefs, when the Church received offerings from believers to celebrate Mass in the dead's memory, the distressed souls stuck in Purgatory would walk among the living. In some villages in southern Poland, people continue to bake "the bread of the dead," which is bread marked with a cross. Priests then dedicate a prayer for the

dead. Others still offer food for the dead as a way of easing their pain. There are many different regional celebrations.

In the 10th century, Saint Odilo of Cluny introduced this holiday to replace the pagan celebrations. He would later become the patron of the souls in Purgatory. On November 2nd, people all over celebrate All Souls' Day (Święto Zmarłych), also known as *Zaduszki*, which is in many ways a continued celebration of the previous day. The day is dedicated to "all souls" and commemorates the church penitent of the souls in Purgatory. On this day, believers attend Mass and dedicate prayer time for their deceased loved ones. After the sun sets, hundreds of people visit the cemeteries to light candles. The scene of thousands of lighted candles looks absolutely stunning during the night-time.

Written by Beatrice Jędrycha

Land of a Thousand Lakes

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 ...



In this issue, we will visit the charming “Land of a Thousand Lakes” that is also known as “The Green Lungs of Poland.” The Warmian-Masurian Voivodship is home to some 2,000 lakes. Among them is Poland’s largest lake, Śniardwy. The Lake District is captivating enough that it was in a global competition for the New 7 Wonders of Nature. The region is also known for its parks and nature reserves. Forests cover approximately 30% of the land and waters make up an estimated 5%. The voivodship’s name derives from two historical regions: the mostly Catholic Warmia and more religiously diverse Masuria that is historically Protestant. The Pleistocene ice age shaped its rich

topography. Among the same land many years later, the Polish-Lithuanian Commonwealth defeated the Teutonic Knights in a notable battle. The largest city, Olsztyn, shares a connection to the famous astronomer, Nicolaus Copernicus. Here are just some places worth a visit.

OLSZTYN



Olsztyn is the capital of the voivodship that stands among 16 lakes. It is also an important center of trade, architecture, and science in Poland’s history. The oldest settlements date back to 7,000 B.C. In the 14th century, the upper gate in the old town was established. Among the city’s gems is the Castle of Warmian Bishops where Nicolaus Copernicus administered its property from 1516 until 1521. Visitors can see his experimental astronomic board and a medical incunabula.

In 1973, on the 500th anniversary of Copernicus’ birthday, the Planetarium and Astronomic Observatory opened its doors. Among the city’s humble town’s square is a bench established in the astronomer’s remembrance. Next is the Basilica of St. James the Apostle that has survived many tumultuous moments. Built in the years of 1315 to 1380, it holds many priceless antiques from the middle ages, renaissance, and the Goths. The main doors to the Basilica are dedicated to Pope John Paul II.

THE FIELDS OF GRUNWALD

The fields of Grunwald are located southwest of Olsztyn. On July 15, 1410, one of the biggest battles of the Middle Ages took place on a hot summer’s day. The Knights of the Teutonic Order lost to the armies of the Polish-Lithuanian Commonwealth ruled by Władysław II Jagiełło and Vytautas the Great. Historians estimate that there were



around 29,000 on the Polish and Lithuanian side alongside Tatars, Russians, and Czechs. They fought against 21,000 on the side of the Teutonic Order. Some 200 to 400 Teutonic Knights and 8,000 other warriors perished, among them was grandmaster Ulrich von Jungingen. The casualties on the Polish-Lithuanian side is unknown, but some estimate it to be about 4,000 to 5,000 soldiers. The battle marked the emergence of various romantic legends about overcoming invaders.

On the very same fields where bodies laid slain, historical reenactments showcase this infamous battle. Not far from the battlefield, people can visit army camps or see how people lived. Weapons enthusiasts can also see market stalls where craftsmen display their talents.

GIETRZWAŁD



Gietrzwałd is a village located among diverse topography. In 1877, two young girls claimed to have seen the Virgin Mary several times share a message of penance and the importance of rosary prayer in Polish. At the time, the village was

under German territory, and Poland did not exist on the map, so the visions were considered a symbol of Polish-Catholic perseverance. In 1977, the Catholic Church officially acknowledged the sightings. The location is regarded as the “Polish Fatima” among thousands of pilgrims that visit yearly. By the Shrine of Our Lady Gietrzwałd, alongside a garden featuring the Stations of the Cross, there is a spring said to have healing properties. The various statues were funded by many individuals from the U.S. and Canada.

OUR DEAR LADY OF ŚWIĘTA LIPKA



Świąta Lipka is the name of a village that is located 34 miles away from Olsztyn. The village is best known for the church of Our Dear Lady of Świąta Lipka that attracts over 100,000 visitors yearly and has been labeled the “Northern Częstochowa.” The beginnings of the structure date back to a legend from the 14th century. A man facing the death sentence saw a vision of the Virgin Mary telling him to carve a wooden sculpture of herself holding baby Jesus. His work was so divinely beautiful that the man was released. After gaining back his freedom, the man placed his work on top of a linden tree where alleged healings and miracles took place. A stunning basilica representing Baroque architecture was established close to where the tree stood. While inside, visitors can see remnants of the holy linden tree.

OPEN-AIR ETHNOGRAPHIC MUSEUM IN OLSZTYNEK



In Olsztynek, everyone has the opportunity to travel back in time with the Open-air Ethnographic Museum. Established in 1909, it is one of the oldest European rural museums in Europe. There are old regional houses from Warmia and Masuria equipped with original appliances from the 19th century. The buildings include farm outbuildings, mills, and granaries. Among them are twenty replicas of the eighteenth and nineteenth-century folk structures from East Prussia and Lithuania. Seventy-four buildings stand, but only twelve of the original structures remain.

ELBLĄG CANAL



Elbląg Canal is an astonishing 50-mile-long water highway. In 2007, this 19th-century monument was on the list of the Seven Wonders of Poland. The five slipways

give boats access to dry land. From Masurian lakes to the Vistula Lagoon, the canal is about 71.8 miles long and took close to 40 years to complete

ŁUKNAJNO LAKE



Łuknajno Lake gives nature fans access to an ornithological reserve covering a staggering 4.6 miles. The lake is home to one of the largest mute swan refugees in Poland. Every year around a thousand swans nest here. In both the summer and fall, there are up to 2,500 swans and over 175 different bird species, with some being unique to the area. Some of the species that visitors can see are hookah ducks, white-tailed eagles, marsh harriers, grey heron, cormorants, and black terns. In 1977, the lake was recognized by The United Nations Educational, Scientific and Cultural Organization (UNESCO).

GIŻYCKO



Giżycko is a town that attracts lots of tourism. Located in the Masurian

Lake District, the town showcases tales of confrontations and struggles. A Teutonic Castle from 1341 was once home to a religious persecutor in its early days, but would eventually be inflamed by anti-Teutonic population in 1456. Not far away stands the Boyen Fortress that was used to protect the Prussian kingdom from Russia around 1844 and 1856. Its functionality would continuously evolve throughout the years from having a hospital to becoming a defensive outpost of Adolf Hitler's headquarters, Wolf's Lair. Nowadays, the fortress can be explored. A working Rotary Bridge from 1889 stands not far away, and it is the only one of its kind in Poland. The Giżycko Water Tower is another tourist attraction. Visitors can look at the striking panorama while sipping a cup of tea.

RESZEL CASTLE



The Reszel Castle was built by the Teutonic Order between 1350 and 1401. Years of conflict between Polish and Teutonic forces would endure on. Parts of the castle were converted into a prison in 1780 but would be destroyed by a fire in 1822. After World War II, the castle was given new life. This fairytale-like neo-gothic castle attracts tourists, including many artists who feature their exhibitions.

HISTORIC RAILWAY BRIDGE IN ROMINCKA FOREST



In the Romincka Forest outside the village of Stańczyki and close to the border with the Kaliningrad Oblast of Russia, is a historic railway bridge. The area is a post-glacial area, therefore, the landscape is very diverse in its relative height. Among the surrounding topography, the huge viaducts of the closed railway line stand out exceptionally. The bridges are considered to be the tallest in Poland. The bridge is around 656 feet long and 118 feet high. The concrete structure has 5 arches and each arch is 49 feet in length. Its pillars are decorated with elements modeled on Roman aqueducts at Pont du Gard.

At one point in time, the "Aqueduct of the Romincka Forest" was more known as the Gołdap and Żytkiejmy railway. Belonging to East Prussia, the northern viaduct was constructed between 1912 and 1914, while the southern part was added between 1923 and 1926. In 1945, the rail track was undone by the Red Army. Nowadays, this is a popular place for bangy jumping, but an introduced ban has stopped some of the daredevils from even trying. This historic bridge attracts tourists for its unique look.

The Warmians and Masurians



From its earliest beginnings, the Warmia-Masuria region has always been and still is a place where different cultures meet and sometimes even merge. The Warmian region is known as being more ethnically Polish. The Masurian region, with its cultural complexities, was more German, but only at first glance. This is their history.

THE WARMIANS

The Old Prussians inhabited the Warmian region and its name “Warmia” stems from the legendary Prussian chief Warmo. Under the request of Duke Konrad I of Mazovia in 1226, the Teutonic Knights Christianized the pagan Prussians, and the original inhabitants were

soon wiped out. Warmia had links with Masuria, but it remained Catholic and joined the Crown of Poland in 1466. The bishops would hold a strong influence over the region.

Warmia was merged with the surrounding areas into the newly-established province of East Prussia as a result of the First Partition of Poland in 1772. Under the command of Pope Pius VI, Archbishop of Gnesen reminded Catholic Poles to “stay obedient, faithful, and loving to their new kings.” Best preserved in the south and areas neighboring Polish Mazovia, the Catholic spirit would flourish in villages, towns, and folk customs. In 1871, Warmia would become part of the German

Empire. Children who spoke Polish in their schools were subject to wearing signs with insulting names such as “Pollack.” Teaching Polish became forbidden. Attempts at eradicating Polish culture worsened in the late 1930s with Adolf Hitler in power. German authorities and militias attacked schools and centers. Many Polish activists and leaders were murdered. Despite these tumultuous times, the Warmians preserved their Polish and Catholic identities. Warmia joined Poland after the war.

The territory can be recognized by roadside shrines, crosses, and bishops’ castles. Wood sculpting remains one of the forms of piety among inhabitants. An example of such is the sculpture of the Virgin Mary in Święta Lipka.

THE MASURIANS

The beginnings of the Masurian region dates back to the 14th century. During the Protestant Reformation, the original population was expelled by the Teutonic Knights and replaced by Polish settlers mainly from northern Mazovia. The Masurian dialect was shaped until the 18th century. In fact, for much of the region’s population, the Polish language was the only language of religious education and literature. Unlike the Warmians, the majority favored Protestantism. In the 19th century, the Masuria region of East Prussia was named after the ethnic group. The Masurische Sprache (Masurian Language) label was introduced to distinguish the Masurian Prussians from the Poles. The

Masurian dialect is a mixture of Polish and German, but undoubtedly Polish had a stronger influence. The German influences would be intensified at the beginning of the 19th century.

Among the Masurian population, there would be resentment towards the Germans for discrimination and disappointment in the Poles who ignored their existence. Many would label themselves as staroprusaki (Old Prussians). A considerable amount of support was revealed for the Polish uprising in 1831. In the early 20th century, German militias terrorized those who supported the Polish side. Regardless, even after the First World War, the group did not entirely Germanize. Beginning in 1944, many Masurians immigrated to Germany. After 1945, most of the German-speaking population was expelled and replaced after Masuria fully joined Poland. With the departure of 160,000 citizens, the dialect began to disappear in the 1970s and 1980s progressively. In the 2011 Polish census, some 1376 declared themselves to be Masurian either as a first or second identification.



Nowadays, there are gatherings and language competitions organized at some schools. The language

is promoted through social media. An online dictionary Glosbe.com introduced Masurian to their data. In 2016, the Masurian Association was founded. It is estimated that about 10,000 to 15,000 people still know this dialect.

WARMIAN-MASURIAN FOLK COSTUMES



Women wear white decorative blouses, richly ruffled skirts and vests that share the same color as their skirts. They have black tied mid-calf boots. Some women have decorated caps and aprons on their skirts. Men wear white shirts, red vests, and white pants tucked into long black boots. They also have blue coats along with a straw hat that covers their heads.

HOW THE WARMIAN-MASURIAN REGION BECAME A “LAND OF A THOUSAND LAKES.”

Some thousand years ago lived a beautiful giant maid that adorned a rope full of beautiful pearls. Only one glance at those pearls was enough for anyone to forget about his or her problems. With time, a young male giant fell in love with this female giant and strongly desired to marry her, but she swiftly rejected his advances. One day as she was running away from her pursuer, the rope that held the pearls together broke, causing them to land all across the region, transforming it into lakes. Lakes that were circular in shape formed because the entirety of the pearls fell. Uneven lakes would form in places where the pearls were destroyed. To this day the lakes still retain some mysterious powers.





The Teutonic Knights in Poland

The "Battle of Grunwald" (Bitwa pod Grunwalden) is a cross-stitched project modeled and named after a painting by Jan Matejko. The "Battle" is the largest handmade cross-stitch in the world designed by Janina and Adam Panek.

The Teutonic Order was a hugely influential religious order that forever changed landscapes and history, especially in the heart of Europe. It was formed initially as a Catholic military branch that fought against Muslims in the Middle East. Around the 1220s, the Piast dynasty subdivided their lands, and Western and Eastern Pomerania were threatened by the margrave of Brandenburg. To the north, pagan Lithuanians, Prussians, and Jatvingians were being aggressive to those residing in the Mazovian lands. As a result, in 1226, Polish Duke Konrad Mazowiecki ordered the Teutonic Order to become his vassals. Soon, old Prussia would be taken over and resettled and would become a major power for the next centuries. Mazowiecki invited the Knights to help Christianize the various pagan tribes scattered across the lands. However, the next centuries would bring about bloodshed, which many Poles emphasize. The Teutonic knights would become Poland's enemy.

The Holy Roman Empire supported their expansions of Northern Poland, Lithuania, Latvia, and Estonia, which eventually formed as the independent Monastic State of the Teutonic Knights, and one of their goals was to 'bring civilization.' In 1410, July 15th, the world-famous Battle of Grunwald took place during the Polish-Lithuanian-Teutonic War. King Władysław II Jagiełło and Grand Duke Vytautas would overpower the Teutonic Knights. They would either be killed or taken prisoner. In the next coming decades, the knights would never fully recover their former power because of war reparations would cause an economic downturn under their control.

Five hundred years ago, on December 11th, 1519, the last war between Poland and the Teutonic knights began. There would be territorial struggles in cities such as Koło, Königsberg (modern-day Kaliningrad), Marienwerder

(Kwidzyn), Preußisch Holland (Paśćek), Braunsberg (Braniewo), Międzyrzecz, Wałcz, Chojnice, Starogard Gdański, Tczew, Gdańsk, Nowe Miasto Lubawskie, Płock, and Olsztyn. On April 5th, 1521, the battles ended in a cease-fire. The Catholic Monastic state of the Teutonic Knight became secularized as the Duchy of Prussia in 1525 under the Treaty of Kraków.

The Knights conquests would leave architecturally sophisticated castles throughout Poland, many of them have withstood the tests of time. In the Warmian-Masurian Voivodeship alone, there are more than fifty Teutonic castles that travelers can visit. Just some of many are located in Elbląg, Szymbark, Ełk, and Bartoszyce.

*Written by Beatrice Jedrycha.
Photo by Alicja Kuklińska.*

Warmian-Masurian Menu

Warmian-Masurian Goulash Soup

Zupa "Karmuszka"

Warmian-Masurian Goulash Soup, also known as Karmuszka Soup, mainly has Polish and German influences. The Polish side features sour cream and herbs, while the German influences are represented by red beans, cabbage, and meat. Its rich sources of vegetables and meat are meant to fulfill one's appetite. This sweet and sour soup is a hit. Many recommended eating it with some fresh bread.

Ingredients:

- 2.5-3 cups of Krakus or canned ham.
- 4 cups of water
- 1 can of red beans (or navy beans)
- 1 cup of smoked bacon
- 3 cups of cabbage
- 3 carrots
- 3 pieces of parsley
- 1 piece of celery
- 1 large onion
- 1 cup of tomato purée
- 1 cup of sour cream
- 3 bay leaves
- 6 balls of all-spice
- pepper
- sugar
- salt
- butter

Directions:

Wash the meat thoroughly. After drying, cut the meat and bacon into cubes. Chop the cabbage well. All of the vegetables should be cut into cubes. Melt butter or margarine on a frying pan, add meat, brown it and place in the pot. Brown lightly all of the vegetables, except for the cabbage, place them all in the pot. Pour in 4 cups of water. Put in cabbage, bay leaf, and all-spice. Add salt, pepper, and cook for about 30 minutes. Clean the red beans before adding them to the soup. Mix in tomato purée to the soup and sour cream. Place the parsley. Let the soup cook some more for better taste.

Beef-stuffed Polish Dumplings

Dzyndzałki Warmińskie



These beef-stuffed Polish dumplings are known as dzyndzałki warmińskie showcases many people's love of meat, especially in the Warmian side. Historically, the higher-class people would place mutton meat inside of their dumplings, while the less wealthy would add beef. This recipe has garnered love all across Poland. Many people add these dumplings to their barszcz (borscht) or rosół (chicken soup).

Ingredients:

- 6 cups of flour
- 4 eggs
- water
- 2 cups of ground beef (on slips)
- 1 cup of ground fatty pork belly
- 1- 2 onions
- marjoram
- salt
- pepper

Directions:

Blend the ground beef with bacon. Add 2 eggs. Salt and pepper the slightly chopped onions. Mix in marjoram. Add all of the ingredients together. On a separate bowl, break 2 eggs and mix them in with flour while gradually pouring water. Next, after it's thinly rolled out, cut out discs (or squares). Place the ingredients inside and fold the squares. Put the dumplings in salted, hot water and cook for 5 to 10 minutes. Enjoy!



Patties with Meat and Egg Stuffing

Farszynki Mazurskie



Many call farszynki a “miracle of reproduction.” Like numerous Polish recipes, it features potatoes. Many claim that this dish resembles potato cake in its taste. This fast, delicious work of art has a rich source of protein. For a nice side, add some salad for a more luscious and diverse taste.

Ingredients

Dough:

- 3.5 cups of boiled potatoes
- 1 cup of potato flour
- 2 eggs
- salt

Stuffing:

- 3/4 cup of cooked pork
- 2 hardboiled eggs
- 0.5 cup of onion
- 0.5 cup of lard (or oil)
- pepper
- salt

Directions:

Cut and mash the boiled potatoes into tiny pieces. Add in eggs, salt, and flour to create the dough. Fry the onions. Grind together the meat with the onion, pepper, and eggs. Mix everything into one bowl. Flatten the dough and cut it into separate pieces. Place the stuffing inside and form the cutlets. Pour some of the lard (or oil) on a pan. Fry the farszynki until they get a golden tint

Masurian Fish Roulades

Roladki Mazurskie z Ryb

The Warmian-Masurian region is home to numerous lakes that attracts thousands of tourists each year. It is no wonder that fish dishes also share some popularity among both locals and travelers.

Ingredients:

- 1 lb. (2 cups) fish fillets
- 0.5 cup of milk
- 1 egg
- 1 onion
- 1 piece of butter
- breadcrumbs
- 1 bread roll
- oil
- salt
- pepper



Directions:

Soak the bread in milk. Grind the fish fillets with the soaked bread. Thoroughly mix fried onion, egg, and seasoning. Form roulades/patties with your hand. It is recommended that you get your hands wet, so the mixture does not stick. Wrap the roulades in breadcrumbs. Fry them on oil until they are well done.

Blackberry Shortbread Cake

Ciasto Kruche z Jeżynami



Attention fruit fans: The Land of a Thousand Lakes is home to one of the best short-crust pastries with Blackberries! This simple, but sweet treat with the benefits of vitamin C and phytochemicals. The cake is so tender that melts in your mouth. Feel free to use your favorite berries.

Ingredients:

- 2 cups of flour
- 2 cups of blackberries (can be more)
- 1 cup of butter
- 3/4 cup of sugar
- 3/4 cup of powdered sugar
- vanilla sugar
- 4 eggs
- grease

Directions:

Mix together sugar, yokes and cut up butter sticks. Work the dough and refrigerate it for an hour. Roll out the dough and place it on a greased baking pan. Bake for 30-40 minutes in 356°F. Wash the blackberries, dry them, and remove the stems. Take the cake out of the oven and place the blackberries on top. In a separate bowl, beat the egg whites and powdered sugar until thick. Spread the mixture on the blackberries. Continue baking until the top has a brown tint.

Are You at Risk of Atrial Fibrillation?

It seems as though there has been an increase in the number of relatives and friends being diagnosed with a heart condition called atrial fibrillation, or A-fib. The increase in the diagnosis caused me to want to learn more about A-fib, and share the information with you. A-fib is one of the most common irregular heartbeat conditions. The irregular beats are caused by abnormal electrical signals in the upper heart chambers. These irregular signals cause the heart to beat faster than normal, and the four chambers of the heart do not work together. When this happens, the heart does not pump enough blood to the lungs and body resulting in symptoms and blood pooling in the heart. This pooling can lead to blood clots, strokes, heart failure, and other complications. Sometimes there are no signs or symptoms at all. If left untreated, A-fib can lead to serious or even life-threatening situations. Sometimes the disease corrects itself and goes away. For others, A-fib never goes away. Treatment restores your heart to normal heart beats, helps control symptoms, and prevents complications. It is a serious condition that can occur without warning, but can result in life-threatening situations if not treated. Your doctor may recommend medicine, medical procedures, and lifestyle changes to treat the A-fib.

The number of A-fib cases in the United States is about 6.1 million and is projected to rise to 12.1 million in 2030. The estimated number of reported A-fib cases worldwide in 2010 was 33.5 million, or 0.5% of the population. That is a lot of people with A-fib.

Four Types of A-fib

- Paroxysmal atrial fibrillation has no warning signs and stops just as suddenly as it began. It usually ends on its own within 24 hours to a week. People who experience this type of A-fib notice that they have triggers that bring on the A-fib episode. By avoiding these triggers, the person may be able to control the A-fib.
- Persistent atrial fibrillation lasts longer than a week.
- Long standing atrial fibrillation lasts more than a year without going away.
- Permanent atrial fibrillation continues despite treatment.

Causes of A-fib

The chances of developing A-fib increase with age. About 70% of people with A-fib are between the ages of 65 and 85, and that diagnosis is higher among males. Although individuals with a European ancestry have higher rates of A-fib, more complications including stroke, heart disease and heart failure are more common in African Americans.

A-fib Risk Factors

- High blood pressure
- Coronary heart disease, heart failure, or heart defects
- Pericarditis or rheumatic heart disease
- Hyperthyroidism
- Diabetes or metabolic syndrome
- Lung or kidney disease
- Being Obese or overweight
- Sleep Apnea or abnormal sleep patterns
- A family history of A-fib

A-fib Triggers

1. **Illness and Fatigue.** Physical illness, sleep deprivation and recent surgical procedures are common triggers for A-fib. Stress can disturb the electrical heart activity of your heart causing A-fib episodes. Eating well-balanced meals and getting proper sleep and rest, especially when traveling, is very important.
2. **Emotion.** Emotions are critical to your normal body functioning. Strong emotions such as being upset, sad, frightened, anxious, losing your appetite, and even extreme happiness can lead to tight heart muscles and can cause your heart to race and skip beats.
3. **Hormones.** A normal change in a woman's hormone levels may trigger A-fib. Research studies have shown that normal hormone level changes during the menstrual cycle and the increase of rapid heart rate may trigger A-fib. Going through menopause at an earlier age may lower a woman's risk for developing A-fib.
4. **Exercise.** In rare cases, an increase in physical exertion can bring on an A-fib event. However, exercise is a healthy habit and can help people cope with A-fib. Speak with your medical practitioner

before beginning any exercise program.

- 5. Medications.** Check with your doctor before taking any over-the-counter medications or dietary supplements, especially if you have A-fib. Your doctor can tell you if specific medications are safe for you to use with your prescribed medications.
- 6. Alcohol Consumption.** Beer, wine, and spirits are known to be A-fib triggers. The amount of alcohol consumption varies with different individuals, and can range from a single drink to heavy drinking.
- 7. Caffeine Consumption.** There may be some controversy about the role caffeine plays as an A-fib trigger. It is known that caffeine is a stimulant and can raise your heart rate. This can result in an episode of A-fib. If you find this to be true, stay away from coffee, tea and caffeinated drinks.
- 8. Dehydration.** Dehydration causes changes in your body fluid levels, which affects body functions, including your heart. A change in eating habits, physical exertion, alcohol, and caffeinated drinks can cause dehydration and further increase your risk for A-fib.

If you stop to think about it, you may have several of the above risks at the same time that could trigger your heart to go into A-fib. Each person is unique, so it may take time to determine what your personal triggers are and what method is best in preventing or treating A-fib.

Symptoms of A-fib

Sometimes there are no symptoms, but the most common symptoms to watch for include:

- Heart palpitations
- Shortness of breath
- Irregular heart beat
- Dizziness or lightheadedness
- Faintness
- Confusion
- Extreme fatigue
- Chest pain or discomfort

If you have chest pressure, chest pain or difficulty breathing, seek medical attention immediately.

Tests and Diagnosis

Diagnostic testing may include an electrocardiogram (EKG or ECG) in order to check the electrical activity of your heart. You may be asked to wear a *Halter* monitor that monitors your heart rhythm for a day up to a month. Another noninvasive test is the echocardiogram that produces an image of your heart as it functions and can detect abnormalities. Blood tests can be ordered to determine if there are underlying risks or triggers that could be the cause of A-fib.



Complications

A-fib is often not recognized. It is a very serious condition. Years ago, A-fib was often times ignored. It was ventricular fibrillation (V-fib) that was the serious condition that would lead to death. Now, both conditions are serious. Whether you have symptoms or not, A-fib puts you at greater risk of stroke, heart failure, and blood pooling that can form clots and travel anywhere in the body. Women with A-fib are at greater risk of stroke and dying than men, according to research.

Treatment

There are several treatments that can help A-fib. A lot of it is trial and error. Basic non-invasive treatments includes lifestyle changes, medications, procedures, and surgery. The goal is to help prevent blood clots, slow down the heart beat, or restore the heart's normal regular rhythm. Your doctor should also look for any other diseases that could lead to A-fib and determine if you are at risk of developing blood clots. Normal heart rhythm can sometimes be successful by using low-energy shocks in a procedure called *electrical cardioversion*. If that is not successful, your doctor may perform *cardiac ablation*. This procedure scars or destroys heart tissue and disrupts the faulty electrical signals that cause the A-fib. The *atrioventricular node ablation* procedure utilizes radio wave frequencies to destroy heart tissue, so that the upper heart chambers are no longer able to send electrical impulses. A pacemaker keeps the heart beating normally. *Maze* surgery is used for people who need heart surgery. Cuts are made in the upper heart chambers preventing the irregular chaotic electrical signals from causing the heart to fibrillate.



Prevention.

Keep your heart healthy. Remove the risk factors from your life, knowing that they can cause such serious problems as A-fib. Strive to keep your blood pressure, cholesterol, triglycerides, and weight in a normal range. Manage your risk factors. If you have an A-fib contributing condition, such as, diabetes or heart disease, to name a couple of conditions, manage them carefully. People who managed their risk factors were able to be treated with less invasive methods. It is very important for you to keep regular appointments with your medical practitioner.

Conclusion

A-fib is becoming a more frequent diagnosis around the world. There are many risk factors and triggers that can be managed to help keep A-fib episodes at bay. Treatments vary depending upon the frequency and severity of the disease. It is important not to ignore A-fib symptoms. You may save your life, or that of others. Keep regular appointments with your medical practitioner, follow the treatment plan, and don't worry, be happy!



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Strengthen your heart

The bad news: heart disease is the number 1 cause of death worldwide.

The good news: it is preventable by changing lifestyle and managing risk factors.

Get moving

Your heart is a muscle! Exercise strengthens it. Find an enjoyable activity, determine your target heart rate, and get moving. The more you move, the stronger your heart gets.

Quit smoking

Smoking is linked directly to heart disease. Quitting smoking is hard, so be strong and stick to your plan. There are different strategies available; one is right for you.

Lose weight

Losing weight can be more than keeping a healthy diet and exercise. For some, it is a personal journey of identifying a problem and finding a long-term solution. Don't hesitate to ask for the support of those around you, and get professional help if needed.

Eat healthy

It's not just what you eat; it is also how much you eat that matters. Choose vegetables, fish, lean meats, but not a lot at once. Overeating leads to blood shifting from the heart to the digestive system, faster and irregular heartbeats, which can lead to a heart attack or failure. Avoid temptations like unhealthy snacks and fast food, but you can reward yourself with a piece of chocolate or glass of wine in moderation.

Control stress

There are numerous biochemical responses to stress, including a rise in blood pressure and a faster heart rate. Try to control your stress, as it can trap you in a vicious stress cycle. Learn how to manage your emotions, find a way to deal with tension, and develop relaxation techniques. Protect yourself through physical training. Exercise gives you endorphins; endorphins make you happy!



A Comparison: Term and Permanent Life Insurance

The following points can help you determine whether to buy term insurance, permanent insurance, or a combination of the two.

Term Life Insurance

Advantages

- Initial premiums are considerably lower than those for permanent insurance, allowing you to buy high levels of coverage.
- Good solution for young families that often have limited budgets but a significant need for protection.
- Ideal for covering needs that will disappear in time, such as a mortgage, car loans, or college tuition.

Disadvantages

- If you want to continue coverage after the term of your policy premium guarantee expires, your age, health status or other factors may make coverage too expensive, or you may not even qualify.
- Policies generally do not accumulate cash values.

Permanent Life Insurance

Advantages

- Offers lifelong protection as long as the premiums are paid.
- Depending on the policy, premium costs can be fixed or flexible to meet different financial needs.
- The policy accumulates a cash value you can borrow against, although loans must be paid back with interest or your beneficiaries will receive a reduced death benefit. You can also borrow against the policy's cash value to pay premiums.
- The policy's cash value can be surrendered, in total or in part, for cash or converted into an annuity (an insurance product that provides an income for a person's lifetime or a specific period).
- A provision or rider can sometimes be added to a policy, giving you the option to purchase additional insurance without taking a medical exam or furnishing evidence of insurability.
- Other options, such as reduced paid-up insurance or extended term insurance, are also available.

Disadvantages

- Initially larger required premiums may make it difficult to buy the amount of protection needed.
- Some plans contain few or no guarantees and, while this may result in increased benefits, poor investment performance can cause reductions in your cash value account, the death benefit or both. You should monitor the performance of these policies carefully.

If you'd like to know if term, permanent or a combination of both types of life insurance would work for you, use the easy product selector at www.lifehappens.org/selector.



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Wesołych Świąt



Join us for the annual Polish Home, Inc. & PNA Family Christmas Party

When: Sunday, December 8, 2019

Where: Our Lady of Czestochowa Roman Catholic Church Parish Hall
1731 Blalock Road, Houston, TX 77080

Time: 2:00pm – 5:00pm

Members may bring one guest at no cost. Dinner will be catered by **Polonia Restaurant**. Please bring your favorite dessert to share.

Entertainment including the Wawel Dancers-Houston & Święty Mikołaj. Bring a wrapped gift with your child's name on it for Santa to distribute. Traditional Christmas treats for the children will be provided by Council 182.

Please RSVP no later than Sunday, December 1, 2019,

2019 Christmas Party Committee

Tammie Bartkowiak (281) 782-3311 tammie_bartkowiak@att.net	Jolanta Mazewski-Dryden (713) 805-5810 jola@DrydenEventProductions.com	Marissa Bartkowiak (281) 770-8829 mnbartkowiak@gmail.com
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For more info and to purchase tickets go to www.ChicagoSocietypna.org

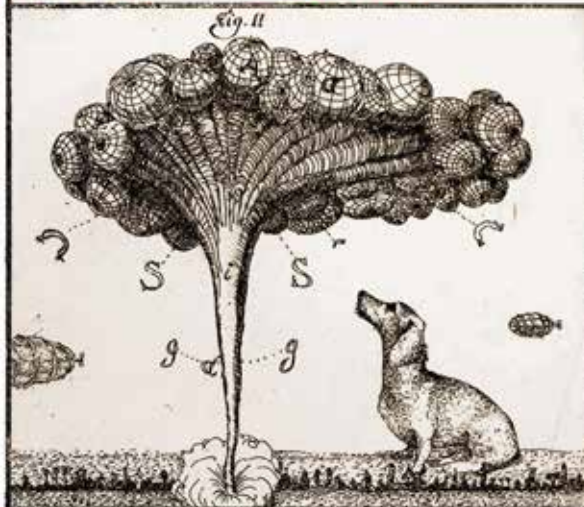
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RSVP by November 4, 2019

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18
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Ubezpieczenie na życie w Związku Narodowym Polskim to o wiele więcej niż polisa ubezpieczeniowa. To również dostęp do wielu dodatkowych programów.



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



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



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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!



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