

*"Together – We Can and We Will"*

# ZGODA



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

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## President's Corner

December 2015

**Dear Members,**

As we approach the holiday season with Thanksgiving and Christmas, we can be grateful for what we have.

This past year has been full of activity for the Polish National Alliance. We have been celebrating 135 years of existence as an organization, held our 47th quadrennial convention in Cleveland and in September, we opened a remote WPNA radio studio in the offices of the Polish National Alliance. We were successful in selling of PNA Bank to Royal Financial as of September 30, 2015, allowing us to be released from the auspices of the Federal Reserve.

The changes, which were approved by the representatives at the last convention are being

implemented. The new board of Directors and Commissioners begin to serve their term of office as of January 1, 2016 and we look forward to working with all for the good of the organization. I am very grateful to the outgoing board, being there were many challenges addressed to us over the last four years; nonetheless, we were able to overcome the obstacles and are successfully moving forward, with the cooperation and understanding of all.

At the same time, it was a sad time for us as well. We lost two of our dedicated board Members during this past year, Josphe Samreta, who passed away in January and Teresa Bukoski, who passed away in July. We surely do miss them, but will always keep them in our



prayers and thoughts.

During the month of October, we celebrated Polish Heritage Month; many events were held throughout the country recognizing the successes of Polish individuals. We are privileged to have many successful individuals that are leaders and contributors within the community and members as well.

The climate within the insurance industry is rapidly changing, more has happened in the last five year than in the last twenty. Many laws are being introduced, from compliance guidelines, ERM policies to ethic guidelines. In order for insurance carriers, as well as fraternal, to be maintain their status, they need to be compliant with the regulations. In order to be cognizant of the changes, the PNA regularly participates in conferences sponsored by organizations. During the second week of November, Treasurer Grabowski, CFO James Gura, Director Steve Tokarski and I attended a Board Institute Master Class, sponsored by the American Fraternal Alliance focusing on the regulatory climate, investments risks and enhancing profitability and member services.

We look forward to a prosperous 2016. Our investment returns are increasing with each quarter, growing our yield, raising our RBC (risk based capital) number and our surplus. All are important in this day and age of a stressed and low yielding economy. We look forward in continuing in providing you and your family with modern insurance products, as well as, retirement needs, as we have for the last 135 years.

With the thought of gift giving, the Polish National Alliance has approved a special promotion for children from November 15, 2015 through the end of the

year. During this special promotion, premiums have been reduced by 5%. I urge all grandparents, parents and individuals looking to purchase a gift, consider a present that will last a lifetime.

In addition, in commemoration with the 135th anniversary of the Polish National Alliance, we are making available to members a special program of life insurance in the minimum amount of \$15,000 to applicants between the ages of 25 and 70 and \$10,000 to applicants between the ages of 71 through 80. As an added bonus, the premiums have been reduced by 13.5 % for the life of the contract, under a Life Paid Up at 90 Plan. The promotion is through December 31, 2015. This is one sure way of protecting yourself and your loved ones in the future.

Being a fraternal organization, we are based on membership. I would hope that you would invite your family members and friends who are not members of our fraternal family to be part and parcel of it by joining, whether it be applying for a life insurance certificate or annuity, we are here to assist you.

At this time of year we should remember the less fortunate individuals, the ones that have lost their loved ones, the home bound, the ill and people that are suffering in the world due to terrorism and attacks in their countries.

I wish you and your family a Christmas that is filled with fond memories, laughter and love in your heart.

Merry Christmas and all the best in the New Year!

**Wesołych Świąt!**

Sincerely,

**Frank J. Spula, FLMI**  
President



## From the Editor

December, 2015

**Dear Members,**

Another year just passed by,

It was a very busy year for the Polish National Alliance and for me as well.

I had a privilege to attend my second PNA Convention in Cleveland, OH this past August. I admire the Delegates, who keep the well being of the organization as their priority at time of change. Thank you for in-trusting me in being Editor-in-Chief of the Zgoda, the official publication of the Polish National Alliance.

I appreciate the cooperation with our talented graphic designer Mrs. Ewa Wisniewska, excellent contributions to the "Living Well" section by Teresa Struziak Sherman and articles about life of Polonia by Richard Poremski.

I hope you like the covers of this year's issues, as they tell the story of the young family. This organization is also a family, a fraternal one. As of the next issue I will be able to introduce to you some of its finest members, as they will tell you their amazing life stories.

As always, I'm asking you to share with me and our members your articles and pictures. The deadline for the first 2016 issue is February 5th. Please, let me know if there is something else you would like to see in our publication, I'm open for your comments, suggestions and ideas.

Wishing you a Merry Christmas and a happy, healthy and prosperous New Year,

*Yours truly,*

*Alicja Kuklińska , Editor*



### JEST TAKI DZIEŃ

*Jest taki dzień bardzo ciepły, choć grudniowy;  
dzień, zwykły dzień, w którym gasną wszelkie spory.  
Jest taki dzień, w którym radość wita wszystkich.  
Dzień, który już każdy z nas zna od kołyski.  
Niebo ziemi, niebu ziemia,  
wszyscy wszystkim ślą życzenia.  
Drzewa ptakom, ptaki drzewom,  
w wiewie wiatru płatkom śniegu.  
Jest taki dzień, tylko jeden raz do roku.  
Dzień, zwykły dzień, który liczy się od zmroku.  
Jest taki dzień, gdy jesteśmy wszyscy razem.  
Dzień, piękny dzień, dziś nam rok go składa w darze.  
Niebo ziemi, niebu ziemia,  
wszyscy wszystkim ślą życzenia.  
A gdy wszyscy usną wreszcie  
moc igliwia zapach niesie.*

*Seweryn Krajewski*

Radosnych Świąt Bożego Narodzenia  
oraz zdrowia, szczęścia  
i pomyślności w Nowym 2016 Roku,  
życzą czytelnikom serdecznie:

*Alicja Kuklińska i Ewa Wiśniewska*

# 100 Jubileusz Grupy 1824 “Błyskawica”

W 135. letniej historii Związku Narodowego Polskiego celebrująca w minioną niedzielę 100. rocznicę istnienia, Grupa 1824 ZNP zapisała się, jako, jednostka bardzo prężna i ekspansywna. Tak było w przeszłości, gdy jeszcze nosiła nazwę “Synowie Ziemi Polskiej”. Tak jest też obecnie, gdy nosi nazwę: Grupa 1824 “Błyskawica”. Grupa wiezie prym wśród organizacji związkowych w ilości przyjęć nowych członków oraz prowadzi aktywną sekcję piłkarską pod tą samą nazwą.



*Dyplom uznania wiceprezesowi grupy Marianowi Grabowskiemu wręcza prezes ŻNP Franciszek Spula.*



*Młodzież ze szkoły im Adama Mickiewicza w spektaklu “Piękna nasza Polska cała”.*

Działacze grupy od wielu dekad kierują Ośrodkiem Młodzieżowym ZNP w Yorkville. Prezes Jerzy Hejna oraz Barbara Wesołowska piastują funkcje komisarzy Okręgu XII. Wiceprezes „Błyskawicy” Marian Grabowski jest skarbnikiem zarządu głównego ZNP.

Hymny na rozpoczęcie jubileuszowych uroczystości śpiewali: Agata Mścisz, Marian Grabowski oraz John Kmiecik. Przybyłych powitał prezes Jerzy Hejna. Duszpasterskiego błogosławieństwa udzielił zgromadzonym ks. Ryszard Groń a o historii grupy mówił wiceprezes Marian Grabowski, który jest jej członkiem od 1962 roku.

– Ponad pół wieku temu, gdy wstępowałem do organizacji mieliśmy w niej sekcję trębaczy i doboszy, która przez wiele lat uświetniała różnego rodzaju parady i pokazy, promując w ten sposób związek. Klub piłkarski “Błyskawica” zapisaliśmy do organizacji, bo sam przez wiele lat kopałem piłkę. W ten sposób uzyskaliśmy dla klubu sporą pomoc finansową ze strony ZNP, bo związek, co dwa lata kupował nam stroje i pomagał w opłacaniu startowego w ligach. Z czasem połączyliśmy grupy pozostawiając numer 1824, a zamieniając jej dotychczasową nazwę z “Synowie Ziemi Polskiej” na “Błyskawicę”.

Jubileusz w sali Royal Palace Banquets z udziałem ponad 100 członków grupy stał się okazją do wyróżnienia najbardziej aktywnych i zasłużonych jej działaczy. Prezes ZNP Franciszek Spula wręczył dyplomy i odznaczenia. Dorothy Urbanowicz uhonorowana została odznaką Centennial Award. Jej mąż Witold Urbanowicz odebrał Appreciation Award.

Takim samym wyróżnieniem uhonorowane zostały nieobecne na jubileuszu działaczki Harriet Mulka i Elizabeth Kamiński. Dyplomy uznania – Certificate of Appreciation otrzymali Jerzy Hejna i Marian Grabowski oraz nieobecna Christine Domalewski. Wyróżnienie dla sekcji sportowej odebrał prezes “Błyskawicy” Ignacy Dudziak. Podziękowania i kwiaty wręczone zostały Bogumile Hejnie i Marii Krzymińskiej z komitetu organizacyjnego uroczystości.

Gratulując odznaczonym i członkom grupy pięknego jubileuszu prezes Franciszek Spula przypomniał, że została ona stworzona, żeby pomagać ówczesnym emigrantom, którzy przyjeżdżali bez znajomości języka, obyczajów nowego kraju i najczęściej byli w trudnej sytuacji finansowej. Członkowie tej grupy udostępniali swoje domy na kilkanaście miesięcy, żeby nowoprzyjezdni mieli gdzie zamieszkać. Pomagali w znalezieniu pracy. Organizowali kursy językowe, zbiórki produktów i rzeczy niezbędnych do życia.

Teraz czasy się zmieniły. Przyjeżdżający bardzo często znają język, są obcy, wykształceni, mają fundusze i bardzo łatwo asymilują się w społeczeństwie amerykańskim. Często jednak nie zdają sobie sprawy, jak ważnym dla każdego z nas, a szczególnie dla rodzin z dziećmi, jest posiadanie ubezpieczenia na życie. Można by było uniknąć wielu dramatów, gdyby w obliczu tragedii, jakim jest nagłe odejście ojca lub matki, rodzina mogła liczyć na finansowe wsparcie z polisy ubezpieczeniowej. Nasze działania idą w kierunku, żeby jak najwięcej ludzi zapisywało się do organizacji, która dysponuje niemal 440 milionami dolarów





*Członkowie grupy zajmujący się Ośrodkiem ŻNP w Yorkville*

zaplecza finansowego i potrzebuje młodych, aktywnych ludzi. Na tym polu Grupa 1824 jest przykładem skutecznego działania, za co wam serdecznie dziękuję – powiedział prezes Spuła.

towali spektakl słowno-muzyczny ubogacony tańcami pod tytułem „Piękna nasza Polska cała” przygotowany i wyreżyserowany przez nauczycielki, Agatę Mścisz i Sławomirę Panel.



*Żarząd Grupy 1824, od lewej: skarbnik Witold Urbanowicz, sekretarz Bogumiła Hejna, wiceprezes Marian Grabowski, prezes Jerzy Hejna, wiceprezes Agata Mścisz, sekretarz finansowy Agata Czerwosz i marszałek Richard Kubarek.*

O sukcesie drużyn piłkarskich i potrzebie pracy z młodzieżą mówił prezes sekcji sportowej Ignacy Dudziak – Trzynastu chłopców z naszej akademii piłkarskiej zainaugurowało w tym roku życie akademickie. Zostali wręcz rozchwytni przez uczelnie z trzech stanów. Pierwsza drużyna po raz drugi zdobyła mistrzostwo Premier Soccer League of Chicagoland.

W części artystycznej bankietu wystąpił zespół taneczny „Świtezianie” oraz dzieci i młodzież ze szkoły im. Adama Mickiewicza z Burbank, IL. Uczniowie zaprezen-

Wśród gości honorowych byli obecni: prezes wydziału stanowego Kongresu Polonii Amerykańskiej Anna Wierzbicka, przedstawicielka Polsko-Słowiańskiej Federalnej Unii Kredytowej Grażyna Pikul, Marek Orwat, członek elekt Rady Biznesowej związku, dyrektor Wanda Penar oraz komisarka Okręgu XIII Wanda Juda i komisarka Okręgu XII Barbara Wesołowska.

*Tekst i zdjęcia:  
Andrzej Baraniak/NEWSRP*



*Od lewej: skarbnik ŻNP Marian Grabowski, dyrektor Wanda Penar, przedstawicielka P-SFUK Grażyna Pikul i Józef Penar.*



*Marian Grabowski odznacza Dorotę Urbanowicz związkową odznaką Centennial Award.*



*Laureaci wyróżnień od lewej: prezes Jerzy Hejna, skarbnik Witold Urbanowicz z żoną Dorotą i wiceprezes Marian Grabowski.*



*Prezes Franciszek Spuła z działaczami „Błyskawicy”.*



# District 12 Convention

The Combined Annual Convention of District 12 PNA and the Women's Division of District 12 PNA was held on October 18, 2015 at the New Warsaw Restaurant in Chicago. Forty Delegates, along with many guests, attended the event. Among the honored guests were Marion Grabowski, PNA National Treasurer; Irene Hercik, PNA Business Board Director; Wanda Penar, PNA Fraternal Board Director; Wanda Juda and Joseph Hercik, PNA Commissioners of District 13; Cecelia Tomaszewicz and Arthur Trybek, former PNA Directors; and Anna Kokoszka and Roman Bucon, former PNA Commissioners.



*District XII officers and guests*

Commissioner Jerzy Hejna called the convention to order and appointed Shirley Wass to serve as Secretary. This was followed by the singing of the anthems and an invocation, offered by Anna Koskoszka. Commissioner Barbara Wesolowski introduced the honored guests and welcomed all guests to the Convention.

Judith Trybek and Diane Lenahan served as the Mandate Committee. Mrs. Trybek verified the tally of 40 Delegates present. Com-



*District XII Officers and Audit Committee*

missioner Joseph Hercik administered the Oath to all Delegates.

The Minutes of the last Convention were approved. Letters of correspondence from Frank Spula, PNA National President, and Wesley Musial, PNA Censor, were shared. Both congratulated District 12 on their fine PNA history and encouraged the District to continue in its efforts to promote new membership.

Joseph Dobersztyn, Treasurer of the Men's Division, gave his Annual Report. Commissioner Wesolowski followed with the report of Women's Division Treasurer, Elizabeth Kaminski, who was

unable to attend.

Detailed reports were given by Commissioners Hejna and Wesolowski on the many PNA activities they have been involved in this past year. Judith Trybek, PNA Youth Home Scholarship Chair, reported that fifteen scholarships, totaling \$5,755, were awarded this year. Since its inception, the Corporation has awarded 848 scholarships, totaling \$408,000, a fine testament to the fact that Polish people value higher education.

Edward Mika, President of the PNA Youth Camp, reported that the Camp's assets continue to be invested, and the Camp continues



*Invocation lead by Mrs. Anna. Kokoszka, former PNA Commissioner*



to be upgraded to meet current needs. He reported a strong, new relationship with local businesses and local government agencies that have used the Camp's facilities, increasing the Camp's income. Next year will be the Youth Camp's 80th Anniversary.

Irene Spiewak reported on the many activities of the Polish American Congress. This was followed by a detailed report by Commissioners Wesolowski and Hejna, of the many changes that were approved at this year's National Convention.

Commissioner Hejna gave the Membership Report. He stated that, as of September 30, 2015, the District has fifty-one new members and Marian Grabowski is the top salesman in the District this year. He also welcomed newly formed Lodge 3285 to the District, along with their Delegates, attending the Convention.



*Witold Urbanowicz "Man of the Year" award recipient and his wife Dorothy Harriet Mulka "woman of the Year" award recipient*

PNA Councils 39, 55, 80, 123, and 143 gave reports of the activities, in which their respective Councils have been involved.

With no nominations from the floor, the existing District Officers were retained by acclamation, as well as last year's Delegates to the Youth Camp Association, Youth Home Corporation, and the Polish American Congress. The Officers

retained were Joseph Dobersztyn, Treasurer, Shirley Wass, Secretary, and John Chlipala, Marshal.

National Treasurer, Marion Grabowski, and Business Director, Irene Hercik, informed those attending of the many changes that have been mandated to the PNA by the Federal Reserve and the Illinois Department of Insurance. They stressed that, despite these changes and recent financial setbacks, PNA remains a robust, viable organization, and there is much to be optimistic about for the PNA's future.

Witold Urbanowicz and Harriet Mulka were named District Man and Woman of the Year, respectively, for their many years of service and dedication to the District and the PNA.

Commissioner Wesolowski turned over the gavel to Commissioner Hejna, as her final act as Commissioner of the District, and thanked her coworkers. We wish her every success in her new role as a Fraternal Director of the PNA, and thank her for her many years of service to the District.

The Convention adjourned with the singing of "God Bless America." Following the Convention, a tasty meal was enjoyed by all.

*Respectfully submitted by,  
Shirley Wass,  
District 12 Secretary*

## IMPORTANT!

**It is possible that you have been named as a beneficiary on your relative's insurance certificate through the Polish National Alliance.**

If you are aware or think that you are the designated beneficiary on the life insurance certificate of someone that was a PNA member or know someone that is, please contact our office for further information.

In order to process the claim we will need the following:

- The insured's original Life Insurance Certificate or an Affidavit of Loss Form, which is available through the Home Office and on line.
- A certified copy of a the insured's death certificate
- The address and social security number of the beneficiary
- Complete a claimant's form which is available through the Home Office and on line.

Please call our Claim Department at:

**1-800-621-3723**

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



# Amicus Poloniae Legal Clinic and PNA A Quarter Century of Service

The Amicus Poloniae Volunteer Free Legal Clinic celebrated its 25th Anniversary with a room full of attorneys, judges and guests who celebrated a quarter century of service to Chicagoland's Polish American community and more. PNA President Frank Spula greeted all with words of thanks to the many volunteers that have made Amicus Poloniae a true success.



Chicago Volunteer Legal Service Foundation Deputy Director Phillip J. Mohr praised Amicus Poloniae and the PNA for its excellent job and the partnership existing between both organizations since the first day the legal clinic started operations in the fall of 1990.



Mr. Mohr said that out of the 25 legal clinic that are part of the CVLS family, Amicus Poloniae has in the last four years handled more than twice as many cases as the next busiest clinic. He also added that over the many years and thousands of people Amicus Poloniae volunteer attorneys and staff have helped, CVLS had never had problems with our legal clinic. The CVLS

Foundation generously provides coverage for all the cases taken on by Amicus Poloniae attorneys.

Attending the event were the Honorable James Pieczonka, Anthony Kyriakopoulos and James Shapiro (retired), judges of the Cook County Circuit Court who were impressed by the dedication of the many attorneys and volunteers of Amicus Poloniae. 45th Ward Alderman John Arena read a City of Chicago resolution recognizing the work of the clinic. Illinois State Senator John Mulroe, himself a volunteer attorney for the clinic, commented about his good experiences. Illinois State Representative Robert Martwick was there and prepared a Illinois House Resolution, along with a resolution from the Illinois State Senate from Mr. Mulroe. Karolina Zaczek was representing Congressman Mike Quigley who entered into the House Record a statement of Amicus Poloniae's excellent service.



Co-chairs of the clinic Attorney Robert Groszek and Alexander Fiedotjew offered their praise and gratitude. Mr. Fiedotjew and Attorney Zygmunt 'Ziggy' Sokolnicki were given an award of recognition for being and continuing their service to the clinic for some 20+ years. Volunteers Stanley Domaradzki, Ursula Matelski, Elizabeth Rzymowski and Elizabeth Purol were awarded for their many years of service. Mr. Spula also recognized Mark Dobrzycki for his dedication to the clinic's work. Attorney Steve Raminiaak, vice-president of the CVLS Board, said that the work of Amicus Poloniae was truly amazing and is a great example for other attorneys and legal clinics.

*By Mark Dobrzycki – Thursday, November 5, 2015.*





# Runners Trek Around Camp Stanica

**Bondsville, MA.** For the first time ever, Camp Stanica, the Polish Alliance Youth Camp, became the site for a 5K Cross Country Trail Run around the 60 acres of property located near the Palmer Industrial Park and Swift River and a pond used for swimming, boating and other water activities. It was the idea of camp President, Richard Knurek, a runner himself, to plan and organize the event that drew about 20 male and female runners from as far away as Westerly, RI. Camp Stanica has 11 cabins with beds for sleeping. The Polish National Alliance (PNA) Council 62 sponsors a two week co-ed camping season for children ages 6-14 during the last two weeks of July. The cost for one week of camping is \$225.00 for PNA members, and \$275.00 for non-members. Campers come from as far away as Chicago, Illinois, New York, New Jersey, and from our neighboring states of New Hampshire, Connecticut and Rhode Island. The other weeks of the summer are rented to private groups, Polish boy and girl scouts from Connecticut being two of the groups. Camp Stanica has been operating since the 1940's. President, Richard Knurek, remarked regarding a slightly lower enrollment this summer that, "Summer camp isn't the same draw that it used to be, but the kids who come here have a great time. So we are always looking for ways to raise funds and give them (children) that opportunity." Proceeds from the race went to support camperships for campers and building and grounds maintenance. The \$20.00, 5K Registration fee, included a BBQ for the runners and spectators. In case of emergencies, PNA National Business Board Director-elect, Teresa Struziak Sherman, RN, MS, was available to assist if needed. President Knurek hopes to continue the Trail Run next year and the committee members, comprised of PNA Council 62 delegates and directors of Camp Stanica, seek a greater number of participants. The grounds require much upkeep and the buildings need constant refurbishing. Camp equipment for the many sports, fishing and swimming/boating programs are costly to purchase and maintain.

Cash prizes were awarded to the first male and female to finish the run. Palmer High School cross country runner, Henry Domnarski, was the first place male runner and overall winner, and Kelsey Seddon from Westerly, RI was the female first place winner. Kelsey also recently completed the Boston Marathon. She learned of the run from her sister, Vicki George of Belchertown, MA.

*Submitted by: Teresa Struziak Sherman*

## REGISTRATION PROCESS



**Bondsville, MA.** Maria Kruzel, member of PNA Lodge 3276 of Wilbraham, MA and pictured in the forefront, volunteered to manage the registration process for runners and to assign them numbers for the Cross Country Trail Run at Camp Stanica. Twenty five runners took part in this first time event

## AND THE RACE BEGINS...



**Bondsville, MA.** Professional timekeepers and race referees assured that the race was fair and all rules were obeyed by all participants. Organizer, Richard Knurek, member of PNA Lodge 711, gave the runners instructions before the start whistle was blown. And off they went. Pictured number 5 to the far right is Rev. Scott W. Sherman, member of PNA Lodge 711, Chicopee, MA.

## AND THE WINNERS ARE...



**Bondsville, MA.** Pictured left to right are: the winner of the female category in the 5K Cross Country Trail Run at Camp Stanica on September 5, Kelsey Seddon of Westerly, RI; the winner of the male category, Palmer High School student, Palmer, MA cross country runner, Henry Domnarski who was the overall race winner and Richard Knurek, President of Camp Stanica, organizer of the event and presenter of the awards. All participants received a certificate of completion.



## Chicago Society Foundation Awards the St. John Paul Center in Yorba Linda, CA \$5,000.00



The Chicago Society Foundation in Chicago, Illinois granted the St. John Paul II Center in Yorba Linda, California \$5,000.00 to help cover the costs of replacing their pipe organ that was installed in 1983.

The cost of the organ, transportation from Poland, delivery and installation is about \$60,000.00. Former National Director Rick Kobzi, who serves as Chairman of the Finance Council for the Center, and Fr. Henry Noga, the Center Director, emailed Chicago Society Foundation President Charles A. Komosa a grant request for \$5,000.00 to help replace the pipe organ. Prior to the letter, both PNA National Secretary Charles A. Komosa and now newly elected PNA Business Board Director Mark Orwat, who also serves as the Secretary of the Chicago Society Foundation, spent a weekend in April of this year attending the PNA District XVI Convention in Yorba Linda and had the opportunity to observe the condition of the organ and realize the strength of the St. John Paul Center as the nucleus of the Polish American Community in the Yorba Linda and surrounding area.

A grant of \$5,000.00 was voted and awarded to the John Paul II Center by the Chicago Society Foundation Board of Directors at their quarterly meeting held on Monday, July 27, 2015. The check was presented to Fr. Noga, Rick Kobzi, PNA District XVI Commissioner Greg Chilecki, member of the St. John Paul II Center Finance Committee, and in attendance PNA National Business Director Anthony Nowak-Przygodzki.

*Article by National Secretary Charles A. Komosa*

## Lodge 1224, Family Picnic and Dance

Rockford, IL, On Sunday, June 28, Lodge 1224 held annual Family Picnic and Dance.

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



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

Our Lodge would like to thank the following people for their hard work to make this event such a success. Scholka Bielawska spent all day with ticket sales. Stan Wawioroko took care of our bar supplies. Irena and Arnold Dyer worked all day behind the bar. Irena Dyer also handled the little raffle. Jadwiga Bielawski handled the BIG raffle. Joe Wojewodzki cut and distributed watermelons and children toys. Henry Bielawski worked out adult games. Thanks to Marian and Henry Bielawski for cleaning up the park. The hardest work was done by a group of ladies, led by Teresa Bulka with help from Ann Wojewodzki, Mary Gwardys, Scholka Bielawski, Jadwiga Bielawski, in our kitchen. These ladies cooked and served over 125 dinners and countless hot sandwiches throughout the day.

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

*Submitted by: Joe Wojewodzki.*

# Jubileusz Studia Tańca ZNP

W klimacie lat dwudziestych i trzydziestych minionego wieku bawili się uczestnicy imprezy tanecznej Studia Tańca Związku Narodowego Polskiego, które 23 października świętowało dziewiątą rocznicę istnienia.

Atmosferę tanecznej epoki lat minionych podniosła wizyta amerykańskiego policjanta, który wcielił się w rolę wodzireja, bez którego żadna stylowa impreza tamtych lat nie mogła się odbyć. Z tego zadania znakomicie wywiązał się Włodek Bochenek, który sypiąc anegdotalami, prowadził taneczne pokazy i konkursy. Jak na urodziny przystało, był smaczny trzypiętrowy tort, serwowany z szampanem i bakalią, kwiaty dla tancerek i tancerzy z najdłuższym stażem oraz podziękowania i gromkie „100 lat” odśpiewane Elżbiecie Stolarczuk, animatorce całego przedsięwzięcia.



– Dziewięć lat minęło w przysłowiowym okamgnieniu. Pamiętam ten dzień, kiedy dziewięć lat temu ruszyło studio tańca. Aż trudno uwierzyć ilu ludzi od tamtej pory przewinęło się przez nasz parkiet. Dzisiaj są na sali osoby, które są z nami od samego początku. Niektórzy po poznaniu tajników odeszli, ale wielu wracało na krócej lub dłużej, żeby sobie przypomnieć kroki. Nawet dzisiaj są osoby, których nie widziałam kilka lat. Ważne dla nas jest to, że samo poznawanie i zgłębianie tajników tańca stanowi dla nas przyjemność – powiedziała Stolarczuk.

*Tekst i zdjęcia: Andrzej Baraniak/NEWSRP*  
*Artykuł i zdjęcia w całości: [dziennikzwiazkowy.com](http://dziennikzwiazkowy.com)*



Zajęcia taneczne odbywają się we wtorki, czwartki i piątki wieczorem w budynku Związku Narodowego Polskiego: 6100 N. Cicero Ave. Chicago, IL.

Po szczegółowe informacje należy kontaktować się z dyrektorem programu panią Elżbietą Stolarczuk: 847-767-7578, [dancestudiopna@gmail.com](mailto:dancestudiopna@gmail.com)



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**773-763-3343**  
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# Debutante and Squire Scholarship Ball

Held at the Blue Chip Casino (Michigan City, IN) in the Orleans Ballroom, the doors opened at 5:00 p.m. upon arriving each guest was escorted by one of our little ceremonial angels to their tables. Each little angel was dressed in a long white gown with a big Red sash and bow to the back, representing our polish heritage colors of the Flag. As each guest arrived by the escorted Angel to their table of red linen and white napkins with Gold charger plates and centered with a tall crystal candelabra centering the table. Once all the guests were seated Commissioner Mary S. Wozniak welcomed everyone, Special past Princess and Knights, guests from Chicago Home office, Regional Director, other State Commissioners and officers, which in attendance were:

Vice President Paul Odrobina and his Wife Jan, Director Irene Hercik, from Chicago, Commissioner of District 13 Joseph Hercik, Commissioner of District X Mr. Thomas Schemanski, Commissioner of District X and newly elected Fraternal Director of Region G Mrs. Stella Szczezny, former Commissioner of District X Ed Nizienski &

his wife Francine, former National Director Anna Wierzbicki, President of Council 41 Agnes Kaminski, President of Council 197 Dennis Wozniak, President of Lodge 1120 Lynn Latchford, President of Lodge 3078 Alison Abbott, President of Lodge 3149 and newly elected Commissioner of District XV Jeff Wilenski, President of Polish Women's Alliance Mrs. Evelyn Lisek, who was also presented by Commissioner Wozniak to sing the Polish and American Anthems, also received a Rose, for the symbol of love from Commissioner Wozniak.



*The 4 little Ceremonial Angels before the Ball.*

Master of ceremony, Mr. Dennis Wozniak announced that our special night had arrived and The Ceremonial procession started with the announcement of the Escorts of each of our Debs and Squires, the four (4) ceremonial Angels, (little girls from District XV were Katherine Wooden, Brianna Wooden, Lacey Hock and Hailey Abbott), each little Angel carried a Royal Blue pillow, outlined with a big red sash and crystal which carried the crowns and the Swords for the ceremony. Past Deb/Princess of 2011 Miss Emily Lis also carried in the bouquet of Roses for the ceremony and Past Squire Knight of 2011 Sir Jeremy Briggs carried in the



*Knighting of Andrew by his brother with ceremonial sword.*

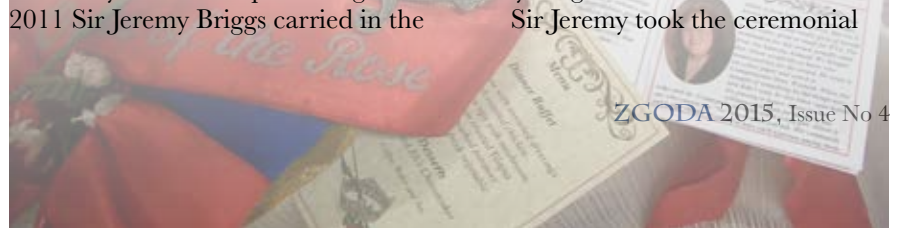
Special sword for knighting.

Then the moment to introduce our Debs, Alyssa Pietrzak and Nikki Webb and Squires Andrew Briggs, Zachary Jakubowski, each were met by their respective escorts at the center of the Dance floor. Committee member John Chodacki read two poems, what is a little boy and what is a little girl before each young Deb was introduced and a short biography of her accomplishments and education was announced and took center stage with our traditional poise ceremonial bows, then she walked up to the ceremonial kneeler where our crowned 2011 Princess awaited her arrival. The crown was brought up by one of the Angels, who carried it on a royal blue pillow with a long red sash on hand to help our 2011 princess in the crowning, another angel carrying a Royal blue pillow brought a single red Rose, which was given to our newly crowned princesses. Then each of the Squires were announced as their accomplishments were read, then they walked and knelt on the pillow where our Knight of 2011, Sir Jeremy was waiting to knight each of the young men.

Sir Jeremy took the ceremonial



*Organizing Committee: (l-r)Mr. Paul Odrobina, John Chodacki, Dennis Wozniak, Mary Wozniak, Jeni Filip, Denise Hock and Nancy Teller, absent was Bette Calbetzor and Alison Abbott.*





sword and with that, he tapped each of them on their shoulders and head and announced their names as Sir Knight of the Order of the Rose. Again two angels came carrying Royal pillows with a small sword on one and a Rose on the other in helping Sir Jeremy with the ceremony. Each received a Red Rose, a symbol from our Order of the rose acceptance to the Organization. As they all returned crowned and knighted the Orchestra played the white rose waltz, they danced with their parents, before the waltz was over they were met with their other parents and escorts. Hugs were exchanged and a rose was given to their Mothers as a symbol of love and acceptance from one to another and then the exchange with their Escorts opened the Ball with the



*Oldest new member to the Order of the Rose, being pinned by Princess Emily.*

Polonaise dance.

Invocation was given by Minister A. Abbott and Dinner was served. Dinner music was played by the Am-Pol-Aires Orchestra, and all enjoyed music for dancing.

District XV, since 1993 has been Crowning each of their Debutantes as a princess, and since the Squires joined in the celebration we have been knighting them as the custom of our mother country, along with our Scholarship program whether you participate or not you still have the privilege into the ball.

During the awards program this year, we have added a special Honor to have many new members to the



*Debutantes and Squires with their parent*

Order of the Rose. A special pin was given out to all District XV fraternal members present at the Ball, many of these guests have mentioned in the past several years to our District committee members that they never had the chance to participate in their youth in a presentation Ball in our District, so tonight we celebrate many new princesses and knights to our Order of the Rose with this pin, each of the Little Angels walked through the ballroom giving the pin to our newly announced members, One special note that one of our oldest member was the grandmother of our newly knighted Squire, and when she received her pin she cried because she would have wanted to participate but it never happened, so our Princess Emily came and placed the Order of the Rose pin on her Dress, while her daughter Elizabeth a former Deb watches.

Also, all of our former Princesses and Knights received a special pin and Red Sash upon entering the Ballroom by our 2011 Princess Emily.

Our Ceremonial Angels were: Miss Katherine Grace Wooden and Miss Brianna Marie Wooden, Daughter of Patrick and Lana Wooden, who was also our past Debutante in 2003 and helped in editing and creating the Program book with District Commissioner for the Ball, Miss Hailey Marie Grace

Abbott, Daughter of Mr. Richard and Alison Abbott, a District XV Director, committee member and President of Lodge 3078 of Terre Coupe Miss Lacey Ann Hock, Daughter of Mr. Richard and Denise Hock, a District XV Director, Committee member and President of Lodge 83 South Bend. Escorts were Mr. Atiq Rehman, Mr. Charles Grenert Jr. Mrs. Elisabeth Briggs and Miss Amber Morrow.

After Dinner, PNA Vice President Mr. Paul Odrobina gave a speech on fraternalism and family val-



*Crowning of Alyssa during the ceremony with Angels helping*



*2011 Princess Emily and Sir Jeremy before the ceremony.*

ues. Recipient winners for the Star Leadership Award were announced by commissioner Wozniak, the star leadership award goes to persons for their pledge and dedication to our organization, years of work in the Polish Community, and continue to give of themselves without rewards for themselves. Recipients for 2015 were: Bette Calbetzor, Helen Mache, Lynn Latchford, Nellie Wood, Norman Heiman, Scott Kasten, and Denise Hock.

Honorary man of the Year Award 2015 went to the Late Mr. Joseph Samreta Sr., of Lodge 2365, his children Mr. Joseph Samreta Jr. and Wife, Daughters Michelle Stalilonis and Mary Samreta, also a past princess, were on hand to accept the award.

2015 District XV Committee members are: Commissioner Mary S. Wozniak, Treasurer Jeni Filip, Secretary Denise Hock, District XV Directors, Bette Calbetzor, Alison Abbott, John Chodacki, Dennis Wozniak, Nancy Teller, and the late Joseph Samreta. At the end of the evening each of the committee members received a single red rose in honor of the symbol of love.

*Submitted by:  
Commissioner Mary S. Wozniak*

# Wici

## Wici at the Chicago Symphony Center



On November 8th, 2015, the Wici Song and Dance Theatre had the honor of performing with the Paderewski Symphony Orchestra at the Chicago Symphony Center. Wici performed the Mazur from Haunted Manor, one the greatest Polish operas. This performance received uproar of applause from the audience and was also a preview of the orchestra's plans to conduct the opera in its entirety in April 2016 with some of Poland's biggest opera stars. This event will take place at the Lyric Opera of Chicago, one of the most prestigious opera companies in the United States. This will be Wici's third appearance in this opera. On November 22nd, Little Wici will conduct a performance called "Children for Children" to promote the arts and encourage children to join the company. On December 13th, Wici will perform the well-known theatrical play Betlejem Polskie with Polonia Theatre. On December 19th, the company will perform for the American Geological Society. Last year Wici took part in 65 performances, and it looks like this year, we will exceed that number.

*Konstancja Kram, Correspondent*





# 60<sup>th</sup> Anniversary of Madam Curie Circle, PNA Lodge 3134

On Sunday, October 2015, Madame Curie Circle, PNA Lodge 3134 celebrated its 60th Anniversary at Gary Sportsman's Club in Crown Point, Indiana. The event was attended by PNA President Frank J. Spula, PNA Business Director Steve H. Tokarski and District XV Commissioner Mary Wozniak, among other guests.

Madam Curie Circle has a long tradition of hosting events to raise funds for scholarships for its student members. This time the recipients of PNA Lodge 3134 scholarships were: Jennifer Bara, Jeremy Briggs, Ben Jakubowski, Joseph McQuillin and Joseph Szklarski.



## Officers of PNA Lodge 3134 for 2015

*President:* Darlene Sunny  
*Vice President:* Joann Szklarski  
*Financial/Recording Secretary:* Nancy Teller  
*Treasurer:* Alice Gurniewicz  
*Sargent-at-Arms:* Dorothy Kaplar  
*Welfare:* Veralyn Shoppa



## Communion Breakfast at Lodge 352

November 1, 2015. The members of Lodge 352 held their 17th Annual Communion Breakfast Celebration after mass at the Corpus Christi Social Hall, McKeesport, PA.



*Pictured: Left to right Standing: Steve Galaski, President Council 110, Tom Stevenson Financial Secretary. Sitting left to right: Spanky McArave, Bill Frederick and Joe Kaminski.*

Lodge Officer Spanky McArave led the group with a small remembrance program which was appropriate for All Souls Days. He was assisted by fellow officers Bill Frederick and Financial Secretary Tom Stevenson. Former District VIII Commissioner/Director Joe Kaminski was also in attendance. A delicious buffet breakfast was served by the member volunteers and the lodge had even invited the parishioners to join their celebratory event. Thank-you Lodge 352, your members, volunteers and officers for your fraternalism and community out-reach.

*Submitted by: District VIII Commissioner David Sinclair.*

# Results of the 2015 PNA Photo Contest

On Wednesday, September 23rd, an official selection of winners of the 2015 Photo Contest took place at the PNA Home Office. The panel of 3 judges consisted of Magdalena Solarz, owner of New Age Photo Inc. and Artistic Director of Wici Song & Dance Theatre; Alicja Otap, a longtime Deputy Editor of Dziennik Związkowy - Polish Daily News; and Alicja Kuklińska, Editor of Zgoda.

This year's theme was **"I Can't Believe It Came Out Of My Camera"** and each contestant was allowed to send up to 2 pictures in size of 4 x 6 or 5 x 10. A total of 56 members participated in the contest, submitting over a 100 photos for review. After careful deliberations, the judges chose 10 winners and 5 honorable mentions. Their pics were based on originality, technique & creativity.



## WINNERS OF THE 2015 PHOTO CONTEST (in alphabetical order)



**MAKSYMILIAN BONDYRA**  
**„Birds Eye View of  
 New Jersey Shores”**  
*Lodge 238*



**SARAH NAUER**  
**„Hand With Butterfly”**  
*Lodge Q016*



**MARY PREDKI**  
**„Nap Time”**  
*Lodge 3241*



**DAVID BONUS**  
**„Best Friends”**  
*Lodge 1878*



**VIRGINIA NEMECEK**  
**„Butterfly on Butterfly Bush”**  
*Lodge 1450*



**ALLISON STAMM**  
**„Sunrise at Surfside”**  
*Lodge 1052*





**KATHY SZAL**  
**„Squirrel Its All Mine”**  
*Lodge 615*



**MELANIE ZIMMERMAN**  
**„Wisteria”**  
*Lodge 875*



**KATHY SZAL**  
**„Castle Colorful Skyline”**  
*Lodge 615*



**MARCEL SZAL**  
**„Alligator Close Enough”**  
*Lodge 615*

## HONORABLE MENTIONS



**NICHOLAS BONDYRA**  
**„Back Yard Bug”**  
*Lodge 238*



**DOMINIKA BONDYRA**  
**„Sunset Chesapeake Bay”**  
*Lodge 238*



**MAKSYMILIAN BONDYRA**  
**„Dwa Tramwaje w Warszawie”**  
*Lodge 238*



**MALGORZATA BONDYRA**  
**„Great Jump”**  
*Lodge 238*



**JOHN PETRUS**  
**„Bad Feather Day”**  
*Lodge 352*



# Welcome to our PNA Family



## New Members



**Miles Douglas Reichman**, son of Elysabeth and Marc of Wauwatosa, Wisconsin is the newest member of PNA Lodge 3100.

The SPWL policy was a gift from his loving great grandparents: Beverly and Anthony Kocinski.

*Submitted by: Hedy Rabiega, former National Director*



**Connor O'Reilly** of Rensselaer N.Y., born February 4, 2015. He is a new member of Lodge 656. His policy is a gift from his loving grandparents Edward and Diane Suchecki.

*Submitted by: Edward Suchecki.*



**Oliver and Sebastian Trybus** of Highland Park, Illinois, born May 17, 2010 and October 8, 2014, respectively, to Anna Mieszanec and Krystian Trybus. Both brothers are new members of the PNA, proudly sponsored by their parents.

*Submitted by: Anna Mieszanec & Krystian Trybus*

**Caitlyn Coughlin**, born July 5, 2012 is a new member of Lodge 1061, Torrington CT. She is the daughter of Major Kevin and Ashley Coughlin. Her father is in the Air Force. She was enrolled by her great grandmother Mrs. Anthony Arnista. Caitlyn is the 4th generation member of our PNA Family and we are much honored to have her as a member of Lodge 1061.

*Submitted by: Wiesia Fretto, Financial Secretary of Lodge 1061.*



**Nico A. Marotta**, born August 15, 2015, is a son of Jon and Jessica Marotta and a grandson to Donald and Cindy Vitus. The Grandparents bought him a life time gift from PNA great grandfather is Oscar Porath. Nico was signed to Lodge 1291 in Amsterdam, N.Y. by sales rep. Edward Swiderski.

*Submitted by: Edward Swiderski*



**Joshua Sznajder**, of Harwood Heights, IL is a new member of Lodge 3241. His policy was a gift from his loving grandmother Mrs. Grazyna Mozdierz. *Joshua was signed up by Zofia Pernak.*





# Special Gift for Christmas

Polish National Alliance is pleased to announce a special promotion for juveniles 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 15th, 2015 through December 31st, 2015**  
 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, Tuition Rewards Program ® and many more.

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

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](http://www.pna-znp.org)  PNAZNP  
 Please, contact your local sales representative or call the Membership Department: **1-800-621-3723** ext. 344 & 368

# We are proud of

## Joseph Kokoszka Jr.



Council 39, Lodge 2927 of Channahon, Illinois – 2015 Everyday Heroes award recipient by the Herald-News.

While watching TV, Dr. Joseph Kokoszka and his son Joseph Kokoszka Jr. took special note of a documentary about a Polish priest, Father Joseph Walijewski, and the orphanage he runs in Peru, they decided to find a way to help the abandoned, abused and neglected children.

“A few years back my family took a trip to the Dominican Republic and we saw schools when we were there. Ever since, we know we wanted to help out a school and when we saw this documentary about Peru, we knew this was where we wanted to help,” Joseph Kokoszka Jr. said.

They contacted Casa Hogar Juan Pablo II organization, which is a mission of the Catholic Diocese of La Crosse, Wisconsin. The mission of Casa Hogar Juan Pablo II is to deliver high-quality care and services to the at-risk youth of Peru, rescuing them for potential threats and rehabilitating them for a more promising future, according to its Website [homeajpm.org](http://homeajpm.org).

“After I contacted the organiza-

tion, I talked to a friend Dr. Jim Carlson, who is the superintendent at Seneca High School to see if he would partner with us on this idea. I asked him to ask the kids to collect their old school supplies in a box at the end of the year instead of throwing them away,” Dr. Kokoszka said. The teachers announced to the students what was taking place, and they placed boxes over the garbage cans as a reminder of the effort. “I think we ended up collecting six large boxes of supplies.

After Dr. Kokoszka brought the supplies home, Joseph Kokoszka Jr. was in charge of the hard part – cleaning everything so it would be presentable for the children of Peru. “The first night I was cleaning for about two hours. However the next night, I was up most of the night cleaning, but that’s OK,” he said. “The kids here in the United States can go to the store to get supplies, and in Peru, they aren’t as fortunate.”

After the supplies were cleaned and ready to ship, father and son took the boxes to the post office and mail to the parent office in Wisconsin, and a representative took them down to the children on the next trip.

Based on the article by Allison Selk published in the Morris Herald News, September 2015.

Joseph Kokoszka Jr. is a grandson of Mrs. Anna Kokoszka of Council 39, Lodge 2927 who submitted the article.

**Kokoszkas are 100% PNA Family!**

## Barbara Mikulski, U.S. Senator

(Lodge 238, Baltimore, MD)

The White House announced on November 16th, that President Barack Obama will award Senator



Barbara Mikulski (D-MD) the Presidential Medal of Freedom during a ceremony on November 24th, 2015.

According to the White House, the Presidential Medal of Freedom is the Nation’s highest civilian honor, presented to individuals who have made especially meritorious contributions to the security or national interests of the United States, to world peace, or to cultural or other significant public or private endeavors.

**Congratulations Madam Senator!**

## John (Janusz) Golubiec



Lodge 156, Seattle, Washington received the Gold Cross of Merit bestowed by the President of Poland by Consul General Mariusz Brymora at the meeting at the Polish Cultural Center - Dom Polski in Seattle, Washington on October 2, 2015.

**Congratulations!**

*Submitted by: Anne Marie Hicker  
Photo: Gail Wodzin*



## Kasia Bober,



(PNA Lodge 759, Des Plaines, Illinois) has been appointed as an Honorary Illinois Cook County Deputy Treasurer by Treasurer Maria Pappas, for her service to the Chicago community and making her Polish “Kasia’s” food brand known to the American costumers.

**Kazimiera Bober**, better known as „Kasia”, is living proof of the “American Dream” as exemplified by the Chicago Tribune, Crain’s Chicago Business, Chicago Public Radio, WTTW 11 and other public media. She immigrated to the United States from Poland in 1970’s with a dream of a better life for herself and her children. After years of working odd jobs and struggling financially, she decided to pursue something in which she excelled, which was cooking.

Kasia opened her Deli in December of 1982 and began to offer home cooking to neighborhood customers. She would cook at night and sell her ethnic cuisine during the day. Although the beginnings were difficult, it was through her hard work, perseverance and dedication that Kasia was able to succeed. As her clientele grew, Kasia began to recognize that pierogi were her best-selling items. After years of showcasing her products at neighborhood festivals, she was asked to participate at ‘The Taste of Chicago’, one of the largest food festivals in the country. It was also at that time that she won the first of four consecutive awards for ‘The Best Pierogi in Chicago. With all the acclaim she received, Kasia’s next break was getting her pierogi into some of the largest supermarkets in the Chicagoland area. Pierogi were also the first ever to be served aboard United Airlines, the biggest airline in the world. „Newsweek” magazine picked Kasia’s as one of the top fifteen entrepreneurs who „create exquisite food with the finest ingredients and whose product transcends ethnic orientation”. Dignitaries such as President Clinton, Mayor of Chicago Richard J. Daley, Illinois Governor George Ryan and many others have also sampled Kasia’s award winning pierogi. Kasia, with the help of her children and now grandchildren, is successfully fulfilling her “American Dream”.

*Source: kasiasdeli.com*

## Mrs. Teresa Jankowski,



PNA Lodge 3100, Council 8 of Saint Francis Wisconsin, received the Clement Zablocki Civic Achievement Award from the Polish American Congress, Wisconsin Division. Teresa (daughter of Mitchell and Hedy Rabiega) is a dedicated fraternalist, who has been active for many years in the Polish National Alliance. In 2011 Teresa was elected District Commissioner of the Polish National Alliance and at the 2015 PNA Quadrennial Convention Fraternal Director for District XIV.

In the greater Milwaukee area, she is a longtime leader in her home PNA Lodge and Council and is a supportive member of the Board of Directors of the Wisconsin State Division of the Polish American Congress. Teresa is a strong and always cheerful promoter of cooperative activity within our Polish American community and is a visible force in the Polonia Sports Club and in the annual Polish Fest.

**Congratulations!**

## Agata Soltys,

PNA Lodge 3250, Niles, Illinois, was one of the winners of the literary contest “Being a Pole”, competition organized by the Polish Foundation “The World at Yes”. Hundreds of young people of Polish descent (ages 8-25) from around the world participated in this contest. Agata, student of Copernicus School was one of the five finalists from the United States. Award were presented to the winners at the Royal Palace in Warsaw.



*Agata Soltys – first from left.*

We are proud of

# PNA Lodge 1134 - The Polish Cadets – opens new Lodge Home with Blessing, Flag Raising & Festive Celebration!

On Sunday, October 24, 2015, PNA District 11 Commissioner John Baras and his committee from Polish National Alliance Lodge 1134, the Polish Cadets, organized and hosted a Blessing of their new PNA Lodge Building & Home by The Most Reverend Edward Rice, Auxiliary Bishop Of the Archdiocese of St. Louis, Mo, and participated in a patriotic raising of the American and Polish Flags by the Polish America

membership is comprised of any US Veteran with a Polish Ancestry or a spouse of Polish Ancestry and veterans of the Polish military. For membership or information contact 636-398-5040. After the Flag Raising, PNA District XI Commissioner John Baras called upon PNA National Secretary Charles A. Komosa, representing the PNA Home Office, to offer remarks.

National Secretary Komosa spoke



*Back Roll: Joe Iwasyszyn, Edwin Brzezinski, Edward Rskowski, John Czaicki .2nd Roll: Bernice Krauze Commissioner District 11, Ed Konsewicz President of PNA Cadets 1134, National Secretary Charles Komosa, Honorary Polish Consulate St. Louis Robert Ogrodnik, Axillary Bishop Edward Rice, John Baras Commissioner District II. Front Roll: Daniel Olmsted, Hannah Zoppe, Emily Olmsted.*

War Veterans Honor Guard.

The Honor Guard members present were Edwin Brzezinski, John Czaicki, Joseph Iwasyszyn, and Edward Raskowski. The Polish American War Veterans represent the five (5) branches of the US Military. The Honor Guard performs military honors on Wednesdays at the JB National Cemetery. The

about the importance of a strong and active lodge to recruit members of all ages to share experiences and to motivate the future. He also mentioned that the new PNA Home of PNA Lodge 1134 can serve as the nucleus for other Polish American organizations in the vicinity to use the PNA Home and likewise get active in the PNA.



Other dignitaries and PNA members participating in the blessing and dedication of the PNA new facilities include District XI PNA Commissioner Bernice Krauze Comm. District 11, Ben Krauze, PNA Council 30, Marek Jankowicz, TV Cracovia, Greg Koltuniak, President of the John Paul II Society, Anthony Kaminski, Polish Polka Programs WEW 770 AM, St. Louis, Mo, Joe and Debbie Wondolowski, Polka Celebration, Polka Jammer Network, Carolyn and John Baras, Midwest Polka Show, 247polkaheaven.com, Joe Iwasyszyn, Edwin Brzezinski, Edward Rakowski, John Czaicki, Ed Konsewicz Pres. PNA Cadets 1134, Honorary Polish Consulate St. Louis Robert Ogrodnik, Auxiliary Bishop Edward Rice, John Baras Comm. District XI, Daniel Olmsted, Hannah Zoppe, Emily Olmsted and many other PNA Lodge 1134 members.



Immediately following the official ceremony, all the guests were invited into the club to enjoy and dance to festive Polka music, feast on gourmet kielbasa and kapusta, and to taste a variety of liquid Polish cheer! A special thank you and dziękuję to all who made this day Special!

### PNA Lodge 1134 History

The Polish Cadets, PNA Lodge 1134 was chartered in 1908 in St. Louis, Mo. The Lodge previously owned two buildings; the first PNA building in the downtown area was bought out by the Mo. Highway department, the second PNA building was sold because of the declining neighborhood in the late 1980's. The Lodge had been renting space for meetings for many years, since rental costs have increased; the Lodge was looking to purchase its own home or building. In 2014, PNA Lodge 1134 located a building in the historic Carondelet area of St. Louis City which is 1,238 square feet in size. The building was built from stone by two brothers who were stone masons in 1950 and used it as a family bar business. After the decline of



business, the building was converted into a two bedroom residence. PNA Lodge 1134 proudly purchased the building, located 201 Vulcan Street, St. Louis, Mo., on October 23, 2014 and has been remodeling, meeting, and sponsoring dinners open to the public to fund the building renovations. Fraternally, John Baras, District XI Commissioner of the Polish National Alliance.

*Submitted by: Commissioner John Baras and National Secretary Charles Komosa,*

## The Chicago Society, PNA Lodge 1450

### Recipient of the Polish American

### Association 2015 Presidential Award

On Saturday, November 14, 2015 in the swanky Grand Ballroom of the J. W. Marriott Hotel in downtown Chicago, the Polish American Association (PAA), a human service agency that serves the diverse needs of the Polish community in the Chicago metro area by providing resources for changing lives, with emphasis on assisting immigrants with job training, education, skills, social services, economic assistance, food pantry, shelter and much more, co-honored the Chicago Society Lodge 1450 of the Polish National Alliance & the Chicago Society Foundation with their lofty Presidential Award which is presented at their Annual Gala which is held to raise funds for the Polish American Communities they serve.

Over 300 hundred guests enjoyed the camaraderie, program, fine food and libations throughout the entire evening. Polish National Alliance Na-

tional Secretary Charles A. Komosa, President for the past two years of the Chicago Society Foundation, and PNA member Thaddeus "Ted" Makarewicz, Esq., President of the Chicago Society, Lodge 1450 of the Polish National Alliance, both graciously accepted the lofty PAA Presidential Award on behalf of the membership of both organizations from PAA Executive Director Mrs. Eva Prokop, a PNA member, and both encouraged the guests for continued financial support to allow the PAA to carry on their mission and excellent work for the Polish Community. Charles Komosa did mention in his reflections about that the Chicago Society Foundation has granted the Polish American Association over \$30,000.00 in the past six years and will continue to support them in the future!

Following the award presentations, the guests had the opportunity to bid on several amazing vacations like a Rome Trip, a James Bond Mystery trip, and many more, then danced the night away and shook the hotel floor to the to the amazing sound of music by the Larry Eckering Orchestra. Also enjoying the evening was newly elected PNA Business Board Director Mark Orwat with his fiancée, Gina.

NOTE: The Chicago Society, Lodge 1450 of the Polish National Alliance, has maintained its position of progressive leadership and has served as a model for societies in other major metropolitan areas. The Chicago Society has served to found and support many other worthy organizations serving the community today. Among the organizations which can trace their origins to the Chicago Society are the Polish American Association (formerly the Polish Welfare Association) and the Polish Women's Civic Club (originally the Society's Women's Auxiliary).



*Ted Makarewicz, President of the Chicago Society and National Secretary of the PNA, Charles Komosa.*

*Article by National Secretary Charles A. Komosa*

# It's COOL to be in Polish school

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

## Niepodległość znaczy wolność – słowa najpiękniejsze

**Dzień 11 listopada 1918 roku**

– jedna z najważniejszych dat w historii Polski. Po 123 latach życia pod zaborami, jeden z najdumniejszych narodów świata, nie ulegając procesowi rusyfikacji i germanizacji, staje się niepodległym państwem. Tego dnia rodacy w

którzy walcząc o wolność ojczyzny „nie dali pogrześć mowy”.

Kluczową rolę w szerzeniu ducha polskości odgrywają organizacje polonijne i szkoły polskie, dlatego w większości z nich odbywają się z tej okazji akademie, koncerty i apele okolicznościowe. Jedną z takich uroczystości odbyła się w ostatnią sobotę października w Polskiej Szkole im. Juliusza Słowackiego w Wheeling. „Niepodległość znaczy wolność – słowa najpiękniejsze” to hasło przewodnie montażu słowno-muzycznego przygotowanego przez Dorotę Jakubowską wraz z uczniami klas V-VIII. Odświeżenie ubrani młodzi artyści z przypiętymi białoczerwonymi kotylionami wprowadzili nas w niezwykle klimat tamtych czasów. Część słowna przeplatana była najbardziej znanymi pieśniami patriotycznymi w wykonaniu Szkolnego Zespołu Pieśni i Tańca „Gaik” pod kierownictwem Anny Strojny i z akompaniamentem Anny Lorenc.

Przedstawienie rozpoczęło się symbolicznie, na scenę weszła alegoria Polski – radosna, tańcząca dziewczyna – w rolę tę z powodzeniem wcieliła się uczennica klasy VI Emma Vickerman – ubrana w szlachecki strój i koronę na głowie. Za chwilę ukazują się trzy mroczne postaci symbolizujące zaborców, którzy krepują jej ręce, zrzucają koronę i przykrywają kirem. W tle słychać dochodzące odgłosy muzyki Fryderyka Chopina w wykonaniu Joussefa El. Yakine’a – ucznia

klasy V. Na widowni zapanowała cisza, ale serca zaczęły nam bić szybciej, kiedy usłyszeliśmy fragmenty największych dzieł poetów Wielkiej Emigracji – Mickiewicza i Słowackiego.

Gaikowe maluchy ubrane w stroje z tamtej epoki z ogromnym wdziękiem wykonywały pieśni patriotyczne. Wzruszaliśmy się przy Rocie i Pieśni Legionów. Duże wrażenie zrobiła na widzach scenka w wykonaniu uczniów klasy V – „W obronie mowy polskiej”, pokazująca bohaterskie dzieci z Wrześni. Na uznanie zasługuje rola pruskiego nauczyciela, w którego brawurowo



kraj i ci, rozsiani po całym świecie, w sposób wyjątkowy jednoczą się. Upamiętniają to historyczne wydarzenia, oddając hołd wszystkim,





wcielił się Jason Lukaszczuk.

Podczas uroczystości nie mogło zabraknąć mądrych słów naszego wielkiego życiowego przewodnika – św. Jana Pawła II: „Musicie od siebie wymagać, nawet gdyby inni od was nie wymagali. Przyszłość Polski zależy od was i musi od was zależeć. To jest nasza Ojczyzna. To jest nasze być i nasze mieć”.

Na koniec już nawet nikt nie krył łez, gdy uczniowie klasy VIII – Julia Klis i Jakub Gieron odczytali słowa piosenki „Żeby Polska była Polską” oraz wiersza „To jest Polska”. Gdzieś w tle pojawił się muzyczny motyw z serialu „Polskie drogi” nagrany z wielką delikatnością przez Annę Lorenc. Uczniowie siedzieli jak zaczarowani, w kompletnej ciszy i zadumie, a nas nauczycieli i rodziców tylko w gardłach coś ścisnęło ...

To była wyjątkowa lekcja patriotyzmu i niezwykła lekcja historii. Uzupełnieniem uroczystości była możliwość obejrzenia wystawy „Drogi do Niepodległej” przygotowana przez Małgorzatę Rudzińską. To kolejna wystawa szkolna z cyklu: „Dotknij historii”. Osobna część wystawy została poświęcona marszałkowi Józefowi Piłsudskiemu – jednemu z najwybitniejszych twórców niepodległości, o którym prezydent Polski Ignacy Mościcki powiedział: „Dał Polsce wolność, granice, moc i szacunek...” Ta piękna lekcja polskiej historii pozostanie na długo w pamięci i uświadomi naszym uczniom „skąd nasz ród”.

*Małgorzata Rudzińska,  
nauczycielka Polskiej Szkoły im.  
Juliusza Słowackiego w Wheeling*

## Jaki znak twój – Orzeł Biały

Godło Polski było tematem zajęć plastycznych w polskiej szkole im. gen. Kazimierza Pułaskiego w Harwood Heights, IL, w związku



z obchodzoną w październiku Miesiącem Dziedzictwa Polskiego oraz obchodzoną w Polsce Świętem Edukacji Narodowej.

Uczniowie wykonywali rzeźbę według własnego projektu, z zachowaniem proporcji i kolorystyki dowolnie wybranego przez siebie pierwowzoru. Nad projektem czuwali artyści plastycy Barbara i Stefan Niedorezo, od trzech lat prowadzący w szkole im. Pułaskiego zajęcia plastyczne.

*Zdjęcia: Darek Piłka*



In support of promoting Polish Heritage in the United States, the Polish National Alliance subsidizes Polish Language Schools, Dance and Choral Groups throughout the country. Every year approximately \$100,000 is spent on financial assistance to participating organizations and \$250,000 awarded in form of scholarships to our student members. For more information regarding subsidies or scholarships visit [pna-znp.org](http://pna-znp.org) or call 1-800-621-3723.

*Dear Members!*



This year, the Polish National Alliance celebrated its 135<sup>th</sup> anniversary.

In honor of this milestone, for a limited time, we are offering a

**Life Paid Up at 90 Plan,  
at discounted premium of 13.5%  
for the life of the contract.**

**This special, discounted offer expires  
December 18, 2015.**

Generally, no medical examination required.

Please, reflect on your insurance needs, review your policies and consider the Polish National Alliance for your financial security.

For detailed information contact the Membership Department at: **1-800-621-3723** or your local sales representative.

Take advantage of this exclusive, one-time offer.



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



## *Time for joy and time for share*

The Polish National Alliance is sponsoring our  
**Annual Toys for Kids at Christmas!**

**Now through Wednesday, December 16th, 2015**

- Toys and games should be new and unwrapped (ages 0-16).
- They will be delivered to a local hospital's children's ward.
- Whatever you can give will be greatly appreciated.

If you cannot bring a toy, cash donations will be used to purchase toys in your name.

Please, ask for Mary Srodon for more info or to make a cash donation.

**1-800-621-3723 ext. 312**

The donation boxes are located in:  
the lobby of the  
Polish National Alliance Office,  
Polish Daily News Office

*Thank you!*





poniedziałek - piątek 11.00 - 15.00



Marczewska | Niemczyk | Zieliński

# STACJA CHICAGO



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

*Peace, good will and happiness for you at Christmas and always.  
Merry Christmas and a Happy New Year!*

## ***Wesołych Świąt i Szczęśliwego Nowego Roku!***

*On behalf of*

The Executive Officers, Directors, Commissioners and  
Employees of the Polish National Alliance.

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**Frank J. Spula**—President  
**David G. Milcinovic**—Vice President  
**Charles A. Komosa**—Secretary  
**Marian Grabowski**—Treasurer

POLISH NATIONAL ALLIANCE  
6100 N. CICERO AVENUE  
CHICAGO, IL 60646  
TEL.: 773-286-0500  
website: [www.pna-znp.org](http://www.pna-znp.org)

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# PNA District I Presentation Ball

Holyoke, MA. Polish National Alliance District 1 recently held its quadrennial Debutante/Squire Presentation Ball at Pilsudski Park, Holyoke, MA. Social hour was from 5 P.M. to 6 P.M. followed by singing of the American National Anthem led by Bridget Kelly Sherman and the Polish National Anthem led by Mary Wolanin. The Invocation and Benediction were delivered by Reverend Scott W. Sherman. Remarks were given by PNA National Director, Walter W. Tokarz. Presentation of the Debutantes and Squires followed with dancing to the Polonaise under the direction of choreographers, Irena and Richard Gadecki. Dinner and dancing to the Rhythm Band followed a short



Ludlow, MA. Pictured at the Debutante/Squire Presentation Ball left to right are: Debutante Hannah Ditto of Westfield, MA, member of PNA Lodge 525, Holyoke, MA, escorted by her cousin, Squire Jacob Llodra, of Groton, MA member of PNA Lodge 525; Debutante Cora Knurek-Hogan of Springfield, MA, member of PNA Lodge 711, Chicopee, MA, escorted by Matthew Pierce; Debutante Natalia Kaczor of Chicopee, MA, member of PNA Lodge 711 of Chicopee, MA, escorted by Nathan McClure. Also, Squire Michael Pierzchalski of Holyoke, MA, member of PNA Lodge 525, Holyoke, MA escorted by Abigail Lapierre; Debutante Sarah Elizabeth Sherman of Wilbraham, member of PNA Lodge 711 of Chicopee, MA, escorted by Daniel Mimeault, and Debutante Aleksandra Wrona of Holyoke, MA, member of PNA Lodge 525 of Holyoke, MA, escorted by Sean Fitzgerald. All seven students are either currently attending, or will attend a college or university. Standing in the forefront to the right is PNA Commissioner of District 1, Frank Wolanin. Over 150 guests attended this elegant event at Pilsudski Park in Holyoke, MA, had an elegant dinner prepared by Bernat's Polish Deli and Catering of Chicopee and danced to the fine music of the Rhythm Band.



Holyoke, MA. Guests at the PNA District I Debutante/Squire Ball held at Pilsudski Park in Holyoke, MA gathered in the reception area. Standing in the back row left to right are: Richard Gadecki, dance choreographer; Alvira Balut, Polish Women's Alliance and Treasurer PAC of Western MA; Jan Krupa, and Peter Milecki, President PNA Council 111. Front row: Edward Bernat, President PNA Lodge 525 and Pilsudski Park, caterer for the event from Bernat's Polish Deli and Catering; former PNA Commissioner District II, Grace Krupa from CT; Mrs. Tokarz; Walter W. Tokarz, PNA National Fraternal Director Region "A"; Teresa Struziak Sherman, PNA National Business Board Director-Elect; PNA Commissioners District 1 Frank Wolanin and Jeannie Zapala; Wanda Milecki, PNA District I Commissioner-Elect, and PNA Commissioners District II from CT, Marianne and Donald Dube.

program. Master of Ceremony, Gilbert J. Sherman, introduced the invited guests: Teresa Struziak Sherman, PNA National Business Board Director-Elect; Walter W. Tokarz PNA National Fraternal Director Region "A" from Hobarth, MA; Frank Wolanin, PNA Commissioner PNA District 1 from Holyoke, MA, Alvira Balut President District VIII Polish Women's Alliance; Marianne and Donald Dube, PNA Commissioners District II, Former Commissioner PNA District II Grace Krupa and her husband Jan, newly elected Commissioner PNA District 1, Wanda Milecki and her husband, Peter, President PNA Council 111 from Worcester, MA, and Jeannie Zapala, PNA Commissioner District 1, and Chairperson of the event from Ludlow, MA. District 1 PNA comprises the states of Maine, Vermont, New Hampshire, Rhode Island and Massachusetts. To qualify as a Debutante or Squire the student was: between the ages of 17 and 23,



a member of the Polish National Alliance, and currently a college student, or planning to attend a school of higher education beyond high school. The Debutante/Squire Presentation Ball is an old Polish elegant tradition that offers a means of presenting young women and men to society. The Debutante, dressed in a white formal dress/gown, is generally presented by her father, or other adult male. She then carries a red rose to her mother who is seated at a nearby table with relatives and friends. She is then presented to her escort. The Squires are similarly presented by their mothers and bring a red carnation to their fathers. When all the Debutantes and Squires are presented to the guests, they dance the Polonaise, a beautiful national dance of Poland. The dance is a graceful, majestic traditional piece created by Chopin, and was the dance of the upper classes of Poland's nobility. The Polonaise is more of a procession than a dance. The promenade is broken by curtsies. A feature is that the gentleman gives up his partner when another comes to claim her- a symbol of nobility equal rights. The Polish National Alliance has maintained this tradition since 1928. For many years the Balls were held annually. In District 1 they have been held every four years.

There are rewards for being a Debutante or Squire. On the local level, all proceeds from the Ball were divided up among the participants. The amount depended on Community support through purchased Ads in the Souvenir Program Book and dinner tickets sold. This year each District 1 PNA Debutante and Squire was presented local scholarships in the amount of \$650.00 from PNA District 1.

*Submitted by: Teresa Struziak Sherman*

Send all articles, pictures and correspondence to:

**zgoda@pna-znp.org**

or mail to: Alicja Kuklinska

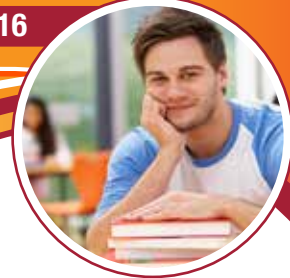
Zgoda Magazine

6100 N. Cicero Avenue

Chicago, IL 60646

## Polish National Alliance Scholarship Program

**Deadline is April 15th, 2016**



The Polish National Alliance is pleased to announce the PNA's Annual College Scholarships. The program is available to all PNA members who are currently enrolled as full time College or University students and who will be continuing their undergraduate studies in the Fall 2016 semesters.

Full-time students who will be Sophomores, Juniors and Seniors in the Fall 2016 semester qualify for scholarships. Incoming freshmen do not qualify.

Please check Fraternal Benefits/Scholarship Program tabs for Rules, Regulations and Application.

You may also request the Application by e-mailing:

**mary.srodon@pna-znp.org**

or calling: **1-800-621-3723 ext. 312.**

**www.pna-znp.org**



The Polish National Alliance is proud of this program. It is not only a substantial demonstration of our organization's dedication to fraternalism but is also keeping with our historic commitment to support the intellectual and educational aspirations of our members.

# In Memoriam

## **EDWARD R. SOBCZYNSKI,**



(Lodge 31, Council 214, District 17) passed away on October 22, 2015 reaching the age of 75.

Mr. Sobczynski was U.S. Air Force Veteran. Member of PLAV Roosevelt Post 58, Knights of Columbus Lafayette Council 3970, Archbishop Hoban Assembly 1407. A director and chairman of the audit committee of UOP Credit Union and member of the endowment and scholarship committee. Trustee of the Cleveland Society of Poles and the Polonia Foundation. A Knight of Pulaski, and member of the Cleveland Polka Assoc.

He served as President and Secretary of PNA Lodge Q31 from 2014 to 2015.

In addition, he served as a Commissioner of District 17 from 2011 to 2015.

## **PIOTR K. DOMARADZKI,**



(PNA District 13) died on November 4th, 2015, at the age of 69.

He was Born in Strzelce Opolskie, Poland he graduated from University of Gdańsk with a major in late antiquity military history. At the time martial law was declared in December 1981,

He was deeply involved as an activist and organizer in the Independent Self-governing Trade Union “Solidarity”, with responsibility for frontline members as well as publications and press releases. In January 1984, he left Poland for France and then immigrated with his family to the U.S. where, in November 1985, they were granted political asylum.

Upon arriving in Chicago, Domaradzki began working for Dziennik Związkowy. Before becoming editor-in-chief in 2009, he served as the newspaper’s assistant editor from 1985 to 1987 and from 1998 to 2009. In 1996, along with editor-in-chief of the Zgoda, Wojciech Wierzewski he founded the discussion forum, Konwersatorium “Dialog 96” which, under the aegis of the Chicago chapter of the Polish Institute of Arts and Sciences of America (PIASA), focused primarily on activities within the cultural and intellectual communities in Poland and abroad.

Piotr Domaradzki was a graphic artist, musician and painter, as well as author of numerous publications, including published in Poland novel, *Wiórki kokosowe*. He translated into Polish Harvey Sarnier’s book *General Anders and the Soldiers of the Second Polish Corps* Among his historical treatises are *Homo Armatus: History of Warfare in Antiquity* (1979), *The Defense of Lwów and Polish Corps in Russia 1917–1919* and *General Anders and the Soldiers of the II Polish Corps*

Under the user name “Belissarius”, Piotr Domaradzki was a prolific and multifaceted contributor on numerous topics in the Polish Wikipedia, where his first edit was in September 2004 and his final two edits were made on the day of the fatal fire that eventually took his life, October 20, 2015.

Domaradzki also contributed, under the handle Belissarius, to the English Wikipedia and was active in the Poland and Military history “WikiProjects,” collaborative projects among Wikipedia editors. He frequently contributed to Wikimedia Commons, uploading photographs and drawings. He made over 110,000 edits to various Wikimedia projects, with most activity in Polish Wikipedia, where he made over 100,000 edits and created about 1,200 articles.



# Grob Nieznanego Żołnierza

## GRÓB NIEZNANEGO ŻOŁNIERZA W WARSZAWIE

**90. rocznicę Grobu Nieznanego Żołnierza uczczono w Warszawie 2 listopada, 2015 uroczystością na Placu Marszałka Józefa Piłsudskiego.**

Symboliczny grobowiec dla uczczenia bezimiennie poległych bohaterów w walce o wolność Polski powstał w 1925 roku z inicjatywy Władysława Sikorskiego, ówczesnego ministra spraw wojskowych. Grób Nieznanego Żołnierza znalazł swoje miejsce na placu marszałka Józefa Piłsudskiego, stanowiąc fragment trzech środkowych arkad zniszczonego w czasie II wojny światowej Pałacu Saskiego. 2 listopada 1925 roku uroczystie złożono w nim szczątki anonimowego żołnierza z Cmentarza Obrońców Lwowa z lat 1918-1919.

4 kwietnia 1925 w Ministerstwie Spraw Wojskowych w Warszawie pod przewodnictwem ministra Spraw Wojskowych gen. Władysława Sikorskiego oraz szefa Biura Historycznego Wojska Polskiego gen. Mariana Kukiela odbyło się losowanie 15 pobojozwisk, z których miały zostać ekshumowane zwłoki Nieznanego Żołnierza. Wyboru miejsca dokonał ogniomistrz Józef Buczkowski, kawaler Orderu Virtuti Militari. Wyboru zwłok dokonała Jadwiga Zarugiewiczowa, matka jednego z bohaterów, zabitych w bitwie pod Zadwórzem, którego zwłok również nie można było zidentyfikować. W dniach 30-31 października zwłoki uroczystie przewieziono specjalnym pociągiem do Warszawy. Trumna spoczęła w krypcie pod płytą, na której wyryto napis: "Tu leży Żołnierz Polski poległy za Ojczyznę". Po jej nasunięciu prezydent Stanisław Wojciechowski zapalił wieczny ogień w centralnym zniczu i złożył pierwszy wieniec. Obok stanęły urny z ziemią z pozostałych pól bitewnych.

**Idea Grobu Nieznanego Żołnierza narodziła się w czasie pierwszej wojny światowej, której wielu ofiar nie udało się zidentyfikować. Po raz pierwszy pochowano Nieznanego Żołnierza w 1920 roku w Wielkiej Brytanii, w Opactwie Westminster. Najbardziej znanym pomnikiem tego rodzaju jest paryski Łuk Triumfalny, który powstał również w 1920 roku.**



## 90TH ANNIVERSARY OF THE TOMB OF UNKNOWN SOLDIER IN WARSAW

The establishing of the tomb under the arcades of the Saski (Saxon) Palace was initiated by the Minister of Military Affairs General Władysław Sikorski, the mausoleum project by Stanisław Ostrowski, the sculptor.

Fifteen battlefields were selected by the military historical office as possible sites for acquiring the remains of the Unknown Soldier. On April 4, 1925 the site of the Battle of Lwów, which took place in 1918-1919 in the Polish-Ukrainian War, was selected. On November 2, 1925 it was placed in the mausoleum at the Saski Palace. Fourteen urns containing earth from the other 14 Polish battlefields were placed around the



covering for the coffin. The places and dates of the battles were commemorated on four plates fastened to the pillars.

After the German occupation and Warsaw uprising of 1944 only the arcades of the Saski Palace survived. A post-1945 restoration was made in accordance with the original plan. During the postwar era the Tomb of the Unknown Soldier was the place where Polish aspirations for independence and freedom manifested. When Poland regained complete independence in 1990, the original architecture of the mausoleum's interior was restored. The four original plates were reproduced with 14 new plates added listing sites of martyrdom and the most important battles fought by the Polish Army over the centuries. The dedication of the restored memorial took place on 3 May 1991.

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80	\$14,842	\$16,028

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# Polish President Andrzej Duda visited the United States.

Safe-guarding peace and the rule of law were just two of the issues addressed by Polish President Andrzej Duda at the United Nations General Assembly in New York on September 28, 2015.



“On behalf of Poland, I would like to express opposition towards a vision of a world divided into spheres of influence and aggression from those who in their own interest ignore international law. (...) There is never too much of reminding that international law is a fundamental value and fundamental tool to build peace in the world.” President Duda said. The Polish head of state also visited Ground

Zero, the site of the World Trade Center, and paid tribute to the victims of the September 11 attack.

While in New York’s Greenpoint district, which is home to the second largest Polish

community in the United States (after Chicago), Duda took part in a Mass celebrated at the St. Stanislaus Kostka parish and paid tribute to Polish American.

At the reception at the Polish Consulate

in New York, President Duda met with President of PAC and PNA Frank J. Spula. In his address to the guests he noted that many of the older generation of Polish Americans had fought for Polish independence during World War II, and that the Polish diaspora in the United States had spent decades concerned with the fate of the country.



## Polish Day in Springfield, Illinois

At the initiative of the Polish-American community and in cooperation with the Consulate General of Poland in Chicago, a celebration of the first Polish Day in Springfield was held on November 10, 2015 at the invitation of Illinois Governor Bruce Rauner.



On that day at the Illinois Capitol Consul General Kapuścińska unveiled an exhibit titled “The World Knew” about the life and legacy of Jan Karski, a courier of the Polish underground in WWII who alarmed the West about the Holocaust taking place in German-occupied Poland.

On the evening of November 10, Governor Bruce Rauner co-sponsored a celebration at his residence in Springfield in honor of the Polish Independence Day, with leaders in the Polish-American community in attendance.



*President Frank Spula and Magdalena Pantelis, General Manager of Dziennik Żwiazkowy with Illinois Governor Bruce Rauner.*

## Bankiet Dziedzictwa Polskiego w Chicago, IL



W niedzielę 25 października, 2015 odbył się bankiet zorganizowany przez wydział Illinois Kongresu Polonii Amerykańskiej z okazji Miesiąca Dziedzictwa Narodowego w Stanach Zjednoczonych oraz rozdanie przyznawanych przez wydział Nagród Dziedzictwa.

Wśród wyróżnionych za działalność społeczną i zawodową, która w sposób szczególny służy Polonii i Polsc znaleźli się: ks. Ryszard Miłek, proboszcz parafii św. Franciszka Borgii oraz kapelan Związku Klubów Polskich, Diann K. Marsalek, sędzia polskiego pochodzenia, Romuald Matuszczak, honorowy prezes Chicago Society,



dyrektor artystyczna zespołu „Polonia” Anna Krysińska, prezes Fundacji Dar Serca Dorothy Malachowski oraz Doktor Marek Rudnicki założyciel Polsko-Amerykańskiego Programu Walki z Rakiem Piersi (Bursztynowa Koalicja).

Gospodarzem uroczystości była nowo wybrana prezes wydziału Illinois Kongresu Polonii Amerykańskiej Anna Wierzbicki.

*Zdjęcia: Artur Partyka*

## Pulaski Day Parade

Philadelphia Oct 4, 2015



On Sunday, October 4, 2015, Pulaski Day Parade stepped off in Philadelphia, PA. This year Grand Marshal was Mr. Wesley Musial, Censor of the Polish National Alliance.

*Photos sent by Mrs. Regina Gorzkowska-Rossi*

## Silver Legion of Honor for Mark Borkowski



On Sunday, October 4th – President Frank J. Spula awarded Mark Borkowski with a Silver Legion of Honor at the 69th Annual Pulaski Day Banquet, hosted by the Milwaukee Society, PNA Lodge 2159 as part of celebrations of the Polish American Heritage Month.

Mark Borkowski is former PNA Commissioner and Director of District 14 and an Alderman for the 11th district for the city of Milwaukee. Congratulations and best wishes!





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## Polish National Alliance Seniors Christmas Luncheon

### North Side Chicago Seniors Christmas Luncheon & Winter Wonderland

Tuesday, December 8th, 2015,  
**12:00 P.M.**

Chicago Botanic Gardens  
1000 Lake Cook Rd.  
Glencoe, IL

### South Side Chicago Seniors Christmas Luncheon

Tuesday, December 15th, 2015  
**12:00:P.M.**

(Doors open at 11:00am)

Mayfield Banquets  
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Chicago, IL 60646

For prices and additional information  
Please call **773-286-0500** ext. 312



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PNA Fraternal Activities Department  
**1-800-621-3723** ext. 312



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# Pulaski Parade 2015

**Polish National Alliance Council 9 (Passaic New Jersey) at the Pulaski Parade in New York City. October 04, 2015**



*Caring PNA Banner Jakub and Grazyna Buron, l-r: Kazimierz Berlinski, Stanley Dul, Tadeusz Kutarba, Sophie Dul, Danusia Buron, Halina & Eugeniusz Mysliwiec and PNA members with friends.*



*PNA members at the Parade*



*PNA members and friends*



*Marzena Fernandes Marshal of Passaic – Clifton & Vicinity Contingent with PNA members. Marzena is Clifton, NJ Branch Manager of Polish and Slavic Federal Credit Union.*



*l-r Stanley Dul, Sopia Dul former Commissioner of District 5 PNA, Teresa Kutarba, Tadeusz Kutarba ,National Director PNA Region B.*



*l-r Edward and Zdzislawa Tatarynoeicz, Marianna Kuprowska, Lila Mrozek, Hanna Czerwinska, Aleksander Mrozek, Ala and JacekUcinski.*

*Submitted by: Tadeusz Kutarba*



# „Ameryka marzeń”



W niedzielę, 27 września, w Copernicus Center odbyła się konferencja prasowa oraz spotkanie z przedstawicielami nowego kanału telewizji Polsat 1 oraz

przedpremierowy pokaz serialu paradokumentalnego „Ameryka marzeń”.

„Ameryka marzeń” to 13-odcinkowy, paradokumentalny serial posługujący się metodą „najpierw pokażę, a potem opowiem, co pokazałem” (lub odwrotnie). Ten amerykański, obyczajowy gatunek filmowy, staje się również coraz bardziej popularny w Europie i w Polsce. Producent „Ameryki marzeń”, Piotr Latało, poinformował, iż scenariusz autorstwa dwóch grup scenarzystów pod kierownictwem Bogny Drzyżdżyk powstawać będzie w oparciu o prawdziwe historie Polaków mieszkających w Chicago a w obsada aktorska to amatorzy. Zapewnił również, że serial nie będzie stawiał w złym świetle ani ośmieszał Polonusów.



Zaprezentowanym w Copernicus Center odcinek poświęcony był tzw. małżeństwu chicagowskim. Jego główny bohater, pracujący w Chicago

i mający w Polsce rodzinę, zakochuje się w sporo od siebie młodszej pani, która chce go wykorzystać. Na szczęście dla bohatera tego odcinka przyjeżdża jego córka i dramatyczna historia ma szczęśliwe zakończenie.

**Każdy może spróbować swoich sił przed kamerą, być może udział w serialu otworzy komuś drogę do wielkiej kariery filmowej. Castingi do serialu „Ameryka marzeń” odbywają się w każdą sobotę i niedzielę o godz. 12.00 po południu w budynku Alliance Communications pod adresem 5711 N. Milwaukee Ave., Chicago. Zainteresowani proszeni są o kontakt na numer telefonu 773-774-1200.**

## PNA Accepts Credit and Debit Card Payments Online

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

The following payments are being accepted online now:

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

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

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

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

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



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

# Walking on a Washington Street

WASHINGTON, D.C. – As you stroll along, or drive on, the 1200 block of New York Avenue, NW here just a few blocks east of the White House, you cannot help but notice an amazing sculpture displayed prominently on the street's wide, raised and landscaped median strip: Walking Figures (2009), a presentation of 10 headless figures sculpted by internationally acclaimed Polish artist Magdalena Abakanowicz.

Each of the separately shell-cast bronze figures is several feet tall featuring unique bas-relief surfaces resembling rough tree bark, maybe even a much wrinkled face (said one critic), or possibly an exposed network of human anatomy. Whatever your take on it is, Pani Abakanowicz has employed a clever technique granting individuality to each faceless torso. She also separated the identity of the figures by casting them in varying hues, and sculpting different sizes and shapes for their correspondingly large toed-feet.

In addition to the centerpiece Walking Figures, and anchoring each end of the New York Avenue Sculpture Project - NYASP, are two other works by Abakanowicz: The Second Never Seen Figure On Beam with Wheels (2001), and Stainless Steel Bird on a Pole II (2009) consisting of 3 separate large stylized birds, 1 flying east, 2 flying west. "Abakanowicz's monumental bronzes represent human figures and her dynamic stainless steel birds in flight exemplify universal issues: the power of nature, the force of destruction and the resiliency of hope" says the National Museum of Women in the Arts statement.

The NYASP is mainly sponsored by the aforementioned and physically juxtaposed National Museum, along with other Washington agencies. It rotates the creations of contemporary women artists on an annual basis. Abakanowicz's work is the third such art installation to date on the Avenue.

A short bio posted by the Museum gives us to better understand and much appreciate the artist's seminal expressionism: "Abakanowicz's art is affected by her experiences in Poland under Nazi and Soviet occupation during World War II and its aftermath. Although she draws inspiration from her autobiography, her sculptures possess an ambiguity that encourages multiple interpretations, speaking broadly to human experience."

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





# Magdalena Abakanowicz

Magdalena Abakanowicz (born 1930) is a sculptor whose long career and distinct body of work have made her one of the most influential sculptors of the Post

called Abakans that she completed when she was in her early thirties—won the artist international recognition in an era when very few Polish citizens were permitted

internationally including the Art Institute of Chicago; the Australian National Gallery of Art, Canberra; the Center for Contemporary Art, Warsaw; Centre Georges Pompidou, Paris; the Israel Museum, Jerusalem; the Kemper Museum of Contemporary Art, Kansas City, Missouri; the Ludwig Museum, Cologne; the Metropolitan Museum of Art, New York; the Musée d'Art Moderne de la Ville de Paris; the Museum of Contemporary Art, Chicago; the Museum of Modern Art, New York; the National Gallery of Art, Washington, D.C.; the National Museum of Contemporary Art, Seoul, South Korea; the Nasher Sculpture Center, Dallas; the Stedelijk Museum, Amsterdam; the Storm King Art Center, Mountainville, New York; the Sezon Museum of Art, Tokyo and many others. She lives and works in Warsaw and continues to pursue a passionate affair with her ever-expanding expressionism in the arts.



War period. Her powerful portrayal of the figure explores the human condition, the relationship between man and nature, and social and political histories pertaining to her experience in Soviet-occupied Poland.

Her earliest mature works—monumental, soft textile sculptures

to travel abroad. Since that time, Abakanowicz has become best known for her unique treatment of the human figure, often headless and modeled in found burlap or cast in bronze, representing our capacity to follow a leader or movement blindly, without thought. At the same time, she creates each



form by hand, emphasizing the individuality that remains, even in the crowd.

Abakanowicz studied at the Academy of Fine Arts, Warsaw from 1950 – 1954. Her work can be found in public collections



# Wojtek the Soldier Bear

A statue of Wojtek, the soldier bear that walked the whole combat trail from Iran to Scotland with Anders Army soldiers, was unveiled on November 7th, 2015 in Princes Street Gardens, a central location of Edinburgh. The ceremony was attended by Polish veterans of World War II and the Lord Provost of Edinburgh Donald Wilson. The unveiling of Wojtek the bear's statue was preceded by a cannon salute at Edinburgh Castle. The sculpture made by Scottish artist Alan Beattie Herriot is a symbol of the Poles fighting in World War II. It was created thanks to years of efforts by the Wojtek Memorial Trust.

## Wojtek the Bear

During World War II, he was a soldier like no other, accompanied Anders' Army on their trail from Iran to Scotland. He liberated Monte Cassino,



slept nestling other soldiers, smoked cigarettes and sometimes even drank beer. He was the only troop member who could officially get away with such bad habits. Yet all these privileges were well-deserved, as he joined the ranks of Anders' Army and took on their combat

trail. Wojtek the Bear, bought by Polish soldiers for a can of food in the Iranian city of Pahlevi in 1942, have a five monuments dedicated to his memory. The last one, in Edinburgh, where on 2 December 1963 Wojtek passed away in the local zoo.

When the soldiers of Anders' Army bought Wojtek on their way to Palestine, the bear, who was probably less than a year old at the time, could not even feed himself. The Polish troops fed him with diluted condensed milk from a bottle and a nipple made of twisted rags. Apart from milk, the cub ate the same food as the soldiers and dined with them. However, more often than not, he also received special treats - fruit, sweet syrups, marmalade and honey.

Officially enlisted as a soldier of the 22th Artillery Supply Company, which formed part of the 2nd Artillery Group of the Polish Armed Forces in the West, he accompanied the unit on its trek from Iran through Iraq, Syria, and Palestine, Egypt to Italy, and after demobilization, to the United Kingdom. As the Company's mascot, he snuggled soldiers in his sleep, he loved to travel in the driver's cab and in the cargo bed of army trucks, and he enjoyed wrestling with fellow soldiers just for fun. He usually won, knocking soldiers to the ground, yet he always licked their faces afterwards to cheer them up.

Wojtek's role in the Battle of Monte Cassino, where he helped soldiers lift heavy boxes full of artillery ammunition, was legendary. It is said that the bear did not drop a single box. This was how a bear holding a missile became the symbol of the 22th Company and Wojtek badges appeared on uniforms, pennants and military vehicles.

After the war, Wojtek's unit was transported to Glasgow, Scotland. In Winfield Park, he became a favorite of the local community and the star of newspaper articles. He even became a member of the local Polish Scottish Society. After the demobilization of the unit in November 1947, soldiers



were forced to place Wojtek in a local zoo, on the condition that the director did not give the bear away to anyone without the consent of the Company commander, Major Antoni Chełkowski. Until his death on 2 December 2 1963, Wojtek the Bear could count on his fellow soldiers, who often crossed the fence to visit him. He was also famous among the Scots. A testament to his popularity is the fact that his death was announced by British radio stations.

Wojtek became famous among the children of Polish immigrants in the United Kingdom because of the many books written about him. The bear offered a legend which was attractive to children and youth and which became extremely popular both in exile and in Poland after 1990.

Richard Lucas, one of the driving forces behind Wojtek's monument in Krakow, said that the Polish bear encouraged young Britons to learn about the history of World War II. Thanks to this bear, the whole world will learn about the Anders' Army and about those times.

The statues of Wojtek are located: at the Sikorski Institute in London, in Żagań near the border with Germany, in the Jordan Park in Krakow, in Imola northern Italy and Edinburgh, Scotland.

*Based on an article in [polska.pl](http://polska.pl)*





# The Alliance College Alumni Foundation

Their campus may be gone, but Alliance College graduates are working hard to preserve the legacy of their beloved alma mater through scholarship and good works. The Alliance College Alumni Foundation this month kicked off their campaign to establish a \$1 million endowment to preserve mission of the college in perpetuity.

An independent 501(c) 3 foundation, the Alliance College Alumni Foundation was established in January 2010 through a planned gift in the will of a friend of the school. This important first gift allowed for the creation of the initial fund that already accepts donations, provides academic scholarships, as well as supports other related Polish-American charitable endeavors.

"This campaign will allow us to provide a unique opportunity for everyone who has had a shared experience in Cambridge Springs to celebrate this unique Polish-American experience," says Richard Day, Foundation president. He explains that it isn't just former college students, but Polish scouts and summer campers who have fond memories of their time on campus.

"No other ethnic group in the United States created an institution of higher education," says Day. "We have set an aggressive goal so that the proud mission of the Alliance College founders would not be forgotten after we alumni are no longer here to share their story."

Opened in 1912 by the Polish National Alliance, the Cambridge Springs, PA -based school nurtured students on the bucolic hilltop campus for 75 years. It became the crown jewel of higher learning for American Polonia. Its mission was to offer immigrant children advanced educations during a time of discrimination while encouraging the study of Polish language and Polish culture in America.



In 1988, the school was closed and sold to the state of Pennsylvania to be used as a women's prison. In 2001, the alumni, faculty, and staff of Alliance Academy, Alliance Technical Institute, and Alliance College came together to create the Alumni Association as a means of hosting reunions, renewing acquaintances, sharing memories and now supporting post-secondary education.

The Foundation's endowment will provide scholarships in perpetuity for students who have a legacy experience to an Alliance College alumnus. The leadership will actively solicit donations on an annual basis to build the endowment. Donors also are able to make gifts to the foundation through their will and estate plans.

Foundation's fundraising was initiated last year through a Class Year Campaign. Alumni were challenged to make a donation in the amount of their graduation date. For instance, a 1985 graduate could make an annual gift of \$1,985.00 or monthly donation of \$19.85. The initial campaign was such a success that it will be continued as an annual campaign. It also inspired the leadership to pursue the larger goal.

For further information visit **[www.alliancecollege.com](http://www.alliancecollege.com)** or contact Richard Day, ACAAF President, at **330-858-3712** or email **[rjd44282@hotmail.com](mailto:rjd44282@hotmail.com)**.



## PNA GIFT CARD PROGRAM



### New fundraising agenda for our organization!

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

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

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

**[www.pna-znp.org](http://www.pna-znp.org)**  
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Department of the Polish  
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We hope you will take advantage of this great opportunity.

Please, note:

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

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

# Polish American Congress Of Western Massachusetts Holds Polish American Heritage Banquet

**Holyoke, MA.** The Polish American Congress of Western Massachusetts held its Polish American Heritage Banquet at Pilsudski Park, Holyoke, MA on October 4, 2015. The event was well attended by many dignitaries and guests. Frank Wolanin, PNA Commissioner District 1, banquet Chairperson and National Director of PAC of Western Massachusetts and Joseph M. Kos, President of the Polish American Congress of Western Massachusetts introduced the distinguished guests at the head table. Representing the Polish National Alliance was PNA Commissioner of District 1 and PAC Director, Frank Wolanin; Jeannie Zapala, Commissioner PNA District 1, PAC officers, Joseph M. Kos, President; Lech Sadkowski, Vice President; Mary Wolanin, Vice President; Alvira Balut, Treasurer/Financial Secretary, and Irena Gadecki, Corresponding/Recording Secretary. Also present were The Honorable Aaron Vega, Massachusetts State Representative; The Honorable Mayor of the City of Holyoke, Alex B. Morse; Rev. Dan Pacholec, Pastor at Our Lady of the Blessed Sacrament Church, Westfield, MA; Miss Natalie Wolanski, Miss Polonia Massachusetts 2016, and Henry Dziok, award recipient. President Kos delivered congratulatory messages and proclamations from State and local government officials and PAC/PNA National President Frank J. Spula.

The program began with singing of both the American and Polish National Anthems by Janina Sierzputowski. The Main Speaker was Joseph M. Kos, President Polish American Congress of Western Massachusetts. Mr. Kos spoke about the 70 year history of the Polish American Congress (PAC) dating back to December 1943. The formal creation of the Polish American Congress was in May 1944 headed by Charles Rozmarek, President of the Polish National Alliance. The creation of this group was formed in Buffalo, NY and attended by more than 2,500 delegates. Presently, the PAC, for more than a decade, has been leading the effort to include Poland in the Visa Waiver Program (VWP). Polish American Congress and Polish National Alliance President, Frank J. Spula, and Vice President of PAC American Affairs, Anthony Bajdek are actively leading this effort. The United States Senate has approved a Bill to expand the VWP to include additional countries in the program, and Poland is included. The United States House of Representatives must now vote on the bill, H.R.1354.

As a part of the banquet program, an annual "Recognition of Achievement" award is presented to an outstanding individual of Polish descent in the Western Massachusetts area. President of the Polish American Congress of Western Massachusetts, Joseph M. Kos, presented this year's award to **Mr. Henry Dziok**. The entertainment world has celebrities who are known by one name, such as Cher, Oprah, and Beyonce to name a few. Holyoke has its own one-name celebrity and that is "Henry".

## PAC OF WESTERN MASSACHUSETTS AWARD WINNER



**Holyoke, MA.** Pictured at the Polish American Heritage Banquet are left to right: Mary Wolanin, Vice President PAC of Western Massachusetts; Joseph Kos, President PAC of Western MA and Treasurer PNA Lodge 525; Miss Polonia Massachusetts 2016, Natalie Wolanski; Teresa Struziak Sherman, PNA Business Board Director-Elect, Henry Dziok, Achievement Award Recipient for 2015; Jeannie Zapala, PNA Commissioner District 1 and Frank Wolanin, Commissioner PNA District 1, President PNA Council 82, and PAC Director. Mr. Dziok received several plaque awards and citations from local, state and federal government officials. The event was well attended by many PNA members and guests, and enjoyed by all present.

Henry was born in Holyoke, MA in 1925. He was drafted at the age of 18 and was assigned to the 45th Infantry Division attached to the 7th Army. Henry saw firsthand the atrocities committed by the Nazi's when his unit liberated the Nazi concentration camp in Dachau, Germany. Following the war, Henry returned to civilian life in Holyoke and joined American Legion



Post 351. He is a retired member of the Holyoke Fire Department and served as "First Responder" for 30 years. Henry is proud of his Polish heritage. He has served his church, community and Polish efforts. During his long and active career, Henry: served as Civil Defense Director for the City of Holyoke, MA; was President of the Mater Dolorosa Holy Name Society for 16 years where he organized many fundraising events; served as Commissioner of the Holyoke Department of Public Works; presently serves as Vice President of the Corporation of Pulaski Heights Senior Citizen Building for 16 years; served as National Director of the Polish American Congress of Western MA; presently serves as Director of the Polish Center of Discovery and Learning at Elms College, and in 2000, hosted ten Polish high school students and their teacher for a two week visit to the United States. Henry was married for 65 years to the love of his life, Stasia, who passed away in 2012. He is the proud father of two sons, Tom and Bill. He has three grandchildren and one great grandchild. After an extended applause of 140 guests, all joined in to the singing of "Sto Lat". The outstanding Banquet Committee includes: Joseph M. and Christine Kos; Lech Sadkowski; Mary and Frank Wolanin; Irena and Richard Gadecki, and Alvira and Gerald Balut.

The Polish American Congress has championed many positive programs and has always supported causes for immigrants. As part of its agenda for 2014, the challenge is to craft an immigration system that reflects migration realities, recognize the needs of employers, respect the U.S. workforce, and build public confidence in our nation's security and immigration laws.

The Polish American Congress believes that both military assistance and economic assistance will benefit our Polish allies who have taken a costly and principled stance for freedom and democracy. May we never forget Poland's sacrifices in an effort to promote worldwide peace and freedom.

*Submitted by: Teresa Struziak Sherman*

Send all articles, pictures and correspondence to:  
**zgoda@pna-znp.org**  
or mail to: Alicja Kuklinska  
Zgoda Magazine  
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## Polish American Congress Charitable Foundation



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*Announces*

### The Majer and Lakowski Families Memorial Scholarships

#### Scholarship Terms:

- Available for full-time undergraduate and graduate students majoring in engineering or business administration.
- Recipients must attend a public state university or college.
- Amount of the scholarship is equal to the annual state-resident (in-state) tuition.
- Scholarships are renewable annually.
- Merit and need are taken into consideration.
- Candidates not selected can reapply annually.
- Preference shall be given to applicants who will be juniors, seniors, or graduate students in the fall term.

To obtain an application, send a request by mail to PACCF (address above) or an application can be printed from PACCF website at **www.paccf.org**

Applications must be submitted by **March 15, 2016**

# 70 years of Poland at the United Nations

## **24 October 2015 marks the official anniversary of the founding of the UN.**

Poland was one of the 51 founding members of the United Nations. By 1941, Poles had already joined in the work to establish the UN. Poland signed the UN Charter on 15 October 1945, and ratified it the following day.

Although no Polish delegate took part in the UN founding conference in San Francisco, Poland was remembered by Arthur Rubinstein, the outstanding Polish-born pianist. "In this hall where the great nations gather to make a better world, I miss the flag of Poland, for which this cruel war was waged. And so now I will play the Polish national anthem," said the pianist. Eventually a blank space was left for a Polish signature under the UN Charter that was signed in San Francisco on 24 June 1945. Poland remained under the Soviet sphere of influence during 1945-89 so it could not join in the work of the UN to the full extent. Even so, Polish politicians, diplomats, and scholars helped to implement a number of projects, including in the field of international law.

The Polish lawyer Raphael Lemkin, who coined the term 'genocide', acted as an advisor during the Nuremberg trials against major war criminals of Nazi Germany. After the war, Lemkin became involved with the UN Legal Committee, where he co-drafted the Convention on the Prevention and Punishment of the Crime of Genocide, adopted by the General Assembly in 1948.

The issue of disarmament and arms control took on special importance during the Cold War.



Addressing the UN in 1957, the foreign minister of the People's Republic of Poland, Adam Rapacki, proposed setting up an atom-bomb-free zone in Central Europe, a concept that had been consulted with the USSR beforehand. Disarmament and non-proliferation of weapons of mass destruction continue to be among the primary objectives of Poland's activity at the UN.

1989 and full sovereignty regained by Poland changed the course of Polish foreign policy and opened a new chapter in its activity at the UN. In the 1990s, Poland became more involved in UN peace missions, with Polish officers put in charge of thousands of troops forming international contingents in Lebanon and the Golan Heights.

The Poles who have made a significant contribution to the UN after 1989 include Tadeusz Mazowiecki, the 1992-95 Special Rapporteur of the UN Commission on Human Rights in Former Yugoslavia, and Danuta Hübner,

the 2000-01 Executive Secretary of the UN Economic Commission for Europe in Geneva.

Poland sat on the UN Security Council as a non-permanent member six times. In the 1990s Poland proposed establishing the Human Rights Council and drafting the Convention against Transnational Organized Crime - both initiatives were then adopted. Under the motto 'Solidarity, Responsibility, Engagement', Poland is currently promoting its candidacy for the Security Council in 2018-19.

Since August 1995, the UN Information Centre in Warsaw has been raising public awareness of the organization's work. Poland has hosted a number of UN conferences, including on climate change in Poznań (2008) and Warsaw (2013).



*Source: msz.org*



## Results of the Parliamentary Elections in Poland



In recent elections the conservative Law and Justice (PiS), which was in opposition for the last eight years, won 235 seats in the 460-seat lower house of Parliament, giving it a majority in the House.

The ruling Civic Platform (PO), which was defeated by 13 percentage points (37.6 to 24.1 per cent of the vote) will be the largest opposition grouping, with 138 seats. Kukiz'15 of rock-musician Pawel Kukiz has 42 seats, Nowoczesna, formed by the economist Ryszard Petru – 28, and the Polish People's Party – 16 seats. According to the Polish electoral system, one seat goes to a representative of the German minority in Poland. The result of the election marks the biggest victory for a single party since the collapse of communism in 1989. Never in the past was a winning party able to govern alone.

The State Electoral Commission has announced that the turnout in October elections was 50.92%.

## Beata Szydlo – Poland's New Prime Minister



Poland's new prime minister, Beata Szydlo, and members of her conservative government were sworn into office during the ceremony on Monday, November 16, 2015 by President Andrzej Duda. Representing conservative spheres, Beata Szydlo and her ministers added the optional phrase "So help me God," to their oaths. President Duda, received the oaths of the newly elected Polish officials at the Presidential Palace in Warsaw.

Prime Minister Szydlo and her new government honored late President Lech Kaczynski, their Law and Justice Party's co-founder as well as the victims of recent terror attacks. Referring to the "dramatic and tragic" attacks in Paris, Duda congratulated new Prime Minister Beata Szydlo on quickly putting a stable government in place and stressed out that the country's security, cooperation with NATO and the EU should be the government's priority.

## Katyn Museum in Warsaw



The new seat of Katyn Museum was opened in Warsaw on September 17, 2015 as a tribute to the victims of the 1940 Katyn crime, and in recognition of those who have sought to uncover the truth about the massacre. Alongside the Warsaw Rising Museum, it is the second state-of-the-art museum to commemorate a major event in Polish history.

For more information visit:  
**[muzeumkatynskie.pl](http://muzeumkatynskie.pl)**

## 91% of Poles Use Cellphones



Mobile-phone penetration in Poland is among the highest in Europe, with around 91 percent of Poles using such a device on a regular basis. Of these, 41% own classic-style phones, while 35 percent own smartphones, and 15 percent own both kinds of devices. Smartphone owners are usually younger and better educated than owners of traditional mobile phones.

Over three quarters of [polled] mobile phone users (78%) send and receive text messages via their phone. Among the less typical features of mobile phones, the most popular (57%) was the onboard camera.

## Polish Technology Companies Ranked Best

Polish firms have dominated 2015 Technology Fast 50 ranking, which lists the fastest-growing technology companies in Central and Eastern Europe. 19 Polish outfits are featured in the latest edition of Deloitte's ranking that profiles the fastest-developing technology companies in our region.

The main report ranked SkyCash Poland, a Warsaw-based mobile payment provider, second after Simplity from the Czech Republic. Fifth place went to the mobile software producer Netguru, while Traffic Trends, which delivers search engine optimization to online stores, was tenth. Both companies are based in Poznan.



# 250 Lat Teatru Narodowego

250 Lat Teatru Narodowego

W 2015 roku przypada 250. rocznica powołania Teatru Narodowego; pierwszego, publicznego, zawodowego teatru wystawiającego w języku polskim. Dziś Teatr Narodowy, jako jeden z 3 teatrów w Polsce ma status instytucji narodowej, przez co podlega Ministrowi Kultury i Dziedzictwa Narodowego, który powołuje jego dyrektorów.

19 listopada 1765, premierą „Natrętów” Józefa Bielawskiego, Król Stanisław August Poniatowski otworzył w Warszawie pierwszą scenę publiczną i szkołę teatralną.



W 1807 roku scenę nazywano Teatrem Narodowym, a dyrektorem instytucji został Wojciech Bogusławski. Idea teatru narodowego kształtowała się za



Wojciech Bogusławski

sprawą Bogusławskiego, który tworzył teatr powszechny, dostępny i zrozumiały. Teatr miał za zadanie uczestniczyć w życiu narodu i podejmować ważne dla

niego kwestie. Przez sztukę Bogusławski chciał wychowywać naród i mówić o patriotyzmie. Teatr Narodowy działał prawie przez cały okres oświecenia i wpłynął znacząco na rozwój polskiej twórczości dramatycznej, pełniąc rolę oświeceniowej instytucji wychowawczej.

Po upadku powstania listopadowego w 1831, Królestwo Polskie i Warszawa znalazły się pod panowaniem Rosji. Nazwa Teatr Narodowy znika z afisza i pojawia się nowa: Warszawskie Teatry Rządowe, gdyż teatr od 1829 miał dwie siedziby: Rozmaitości przy Krakowskim Przedmieściu i gmach na placu Krasieńskich zwany Teatrem Wielkim. W 1915 roku, gdy Rosjanie opuścili Warszawę, przestały również istnieć Warszawskie Teatry Rządowe.

W 1920 roku Teatr Narodowy został spalony. Po odbudowie w 1924 roku, ówczesny jego dyrektor, Juliusz Osterwa nawiązał do tradycji teatru Wojciecha Bogusławskiego. Do września 1939 roku dwie sceny narodowe grały, aż do momentu, gdy teatr spłonął w czasie oblężenia Warszawy. Po wojnie światowej gmach budynku został oddany Wojsku Polskiemu, które sfinansowało odbudowę Teatru Narodowego, gdzie na nowo został on otworzony.

Po 1945 roku Teatr narodowym był tylko z nazwy, bo nie można było na jego scenie grać polskiej klasyki romantycznej. Dopiero po tzw. odwilży 1956 roku, podniósł się poziom artystyczny teatru zarządzanego przez Wilama Horzycę. Następnie scenę narodową przejął pod swoje kierownictwo Kazimierz Dejmek. Po słynnym wystawieniu „Dziadów” A. Mickiewicza w 1968 roku, studen-



ci wyszli na ulice na znak protestu przeciw komunistycznemu reżimowi a dyrektora teatru zwolniono. Nowym dyrektorem mianowany został Adam Hanuszkiewicz, który Teatrem Narodowym przy poparciu zarówno ówczesnych władz jak i publiczności, zarządzał przez 14 lat. Wraz z wybuchem stanu wojennego i jego jednak usunięto ze stanowiska.

W 1985 roku budynek przy placu Krasieńskich znów uległ zniszczeniu na skutek pożaru, który zniszczył scenę, jej otoczenie oraz widownię. Gmach ocalał, ale zespół przeniósł się do tymczasowej siedziby. Opóźnione przemianami politycznymi w kraju, ponowne otwarcie najważniejszej polskiej sceny narodowej nastąpiło dopiero 19 listopada 1996. Od tego czasu teatr działa nieprzerwanie do dnia dzisiejszego, a jego dyrektorem od 2003 roku jest Jan Englert.



# 250 Years of the National Theatre

On 19th November 1765, Polish King Stanisław August Poniatowski's Operatic Players presented their first performance of Józef Bielawski's comedy "The Interlopers" (*Natraci*). Since the Operatic Players were the first professional company to play in Polish, it has become a tradition to commemorate the date as that of the birth of Polish National Theatre.

Two years later, the Players' activity was interrupted by the political disturbances, which led to the First Partition of Poland, as a result of which parts of the country's territory were annexed by its three powerful neighbors: Russia, Austria and Prussia. The theatre bill passed in 1774 allowed the company to resume its activities. The actors performed in Radziwiłł Palace (now the residence of the President of Poland) where Wojciech Bogusławski - actor, playwright, theatre producer and stage director, considered as the "father of Polish theatre" - made his debut in 1778 and next year the theatre acquired its own building.

As a result of the successive partitions of Poland, the eastern part of Poland, including Warsaw, was incorporated into Russia, whose rulers, especially after the unsuccessful Polish national uprising of 1830-1831, were unwilling to tolerate the functioning of a "National" theatre. In 1825, the decision was made to construct an entirely new theatre complex, to be designed for this purpose by Antonio Corazzi. Inaugurated on February 24th, 1833, it took the name of the Grand Theatre. Until 1916 the whole enterprise known at first as Warsaw Theatres and then as Government Theatres of Warsaw, was administered by Russian

officials. This period in the history of the Grand Theatre was marked by the successful parade of French plays, the appearances of Helena Modrzejewska (*Modjeska*), the first performances of works by Polish playwrights, Stanisław Moniuszko's operas, by major patriotic manifestations in the country and the fire, which partly consumed the Variety Theatre in 1883.

After the withdrawal of the Russian authorities from Warsaw in July 1915, the management of the Variety was taken over by the association of comedy and drama actors and its repertoire immediately broadened to include Romantic plays as well as the most famous works of modern dramas

In 1919, a year after Poland regained her state independence, the Variety gained itself a status of a municipal theatre, only to be ravaged by fire a few months later. When building was restored in 1924, the Variety changed its name to the National Theatre. It was in this form that the National Theatre functioned until the outbreak of World War II in 1939. After the cataclysms of the war years, during which building was damaged in September 1939 and then again during the Warsaw Uprising of August 1944, the renovated National Theatre in Warsaw reopened in 1949.

Its postwar fate did reflect the major events in the history of Soviet-dominated Poland: the officially imposed socialist realism, the short period of relative intellectual liberty following Stalin's death in 1953, the National's involvement in the events of 1968, when the communist leaders' decision to ban the production of Adam Mickiewicz's "The Forefathers" staged



by Kazimierz Dejmek ignited revolt of students and gloomy years of the martial law in the early 1980s. Headed by several eminent directors, famous for its splendid productions, the National was nonetheless often severely criticized by both public and theatre reviewers. In 1985 the theatre again burned out. Its reconstruction which took twelve years was completed only after the overthrow of the communist rule in Poland.

In 1997 the National Theatre was reopened under the artistic directorship of Jerzy Grzegorzewski and regained its traditional position of the foremost drama theatre in Poland. Following his resignation, in September 2003, Jan Englert was appointed as a new Artistic Director of the National Theatre in Warsaw and he is successfully continuing his assignment.



*Jan Englert*

# UNESCO World Heritage Sites in Poland

## Centennial Hall in Wrocław



The Centennial Hall in Wrocław, a landmark in the history of reinforced concrete architecture, was erected in 1911-1913 by the architect Max Berg as a multi-purpose recreational building, situated in the Exhibition Grounds. In form it is a symmetrical quatrefoil with a vast circular central space. The 23m-high dome is topped

with a lantern in steel and glass. It can accommodate up to 10,000 people.

The Centennial Hall is an outstanding example of early Modernism and at the time of its construction, it was the largest ever reinforced concrete dome in the world. It played a significant role in the creation of a new technological solution of high aesthetic value, which became an important point of reference in the design of public spaces and in the further evolution of this technology.

The building was a pioneering design responding to emerging social needs, including an assembly hall, an auditorium for theatre performances, an exhibition space and a sports venue.

The Exhibition Grounds were designed jointly by Max Berg and Hans Poelzig. On the west side of the Centennial Hall there is a monumental square modelled on the ancient forum, which is preceded by the colonnade (built in 1925) of the main entrance. To the north of the square stands the Pavilion of the Historical and Artistic Exhibition, now known as the Four Domes Pavilion, which was built in 1912-1913 according to a design by Hans Poelzig. In the northern part of the Exhibition Grounds stands a concrete pergola enclosing a pond. It is separated from the Centennial Hall by a building housing a restaurant with an open terrace.

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



## Hala Stulecia we Wrocławiu

Gdy w Prusach obchodzono setną rocznicę wielkiego zwycięstwa wojsk koalicji antyfrancuskiej nad armią Napoleona Bonapartego pod Lipskiem, we Wrocławiu, z tej właśnie okazji, zorganizowano Wystawę Stulecia.

Tereny wystawowe zaplanowano w miejscu nieczynnego toru wyścigowego, na skraju Parku Szczytnickiego. Max Berg, ówczesny architekt miejski zaproponował budowę olbrzymiej hali wystawowej używając technologii żelbetonowej. Projekt nie spodobał się radnym miejskim, którzy bryłę Hali porównywali do pudła na kapelusze albo gazomierza. Nie podobały się również radnym przedstawione przez Berga koszty budowy - prawie dwa miliony marek. Architekt postawił jednak na swoim, miasto zaciągnęło pożyczkę i w czerwcu 1911 roku ruszyła budowa, która zakończyła się w roku 1913. Był to wtedy największy na świecie obiekt żelbetonowy. Kopuła Hali Stulecia ma rozpiętość 65 metrów, a bryła budynku jest wysoka na 42 metry. Główną salę widowiskową otaczają kuluary. Na widowni i płycie może się zmieścić nawet 10 tys. osób. Zamontowano również w Hali Stulecia olbrzymie organy, które nie ocalały w czasie wojny, mimo, że sam obiekt nie ucierpiał poważnie. W roku 1913 r. na terenach wystawowych powstały także Pawilon Czterech Kopuł oraz Pergola otaczająca dziś multimedialną fontannę.

Hala Stulecia była miejscem masowych wydarzeń, m.in. nazistowskich wieców z udziałem Adolfa Hitlera, mimo iż kanclerz III Rzeszy nie lubił tego miejsca preferując budynki kamienne. Po 1945 roku budowlę nazwano Halą Ludową, na początku XXI wieku powrócono do pierwotnej nazwy. W 1948 roku odbył się tu Światowy Kongres Intelktualistów w Obronie Pokoju i Wystawa Ziem Odzyskanych.

Hala Stulecia to miejsce koncertów, wydarzeń sportowych, etc. W 1997 roku odbył się w niej Kongres Eucharystyczny z udziałem papieża Jana Pawła II, a latem 2012 r. w gruntownie wyremontowanym gmachu zorganizowano Międzynarodowy Kongres Kultury.

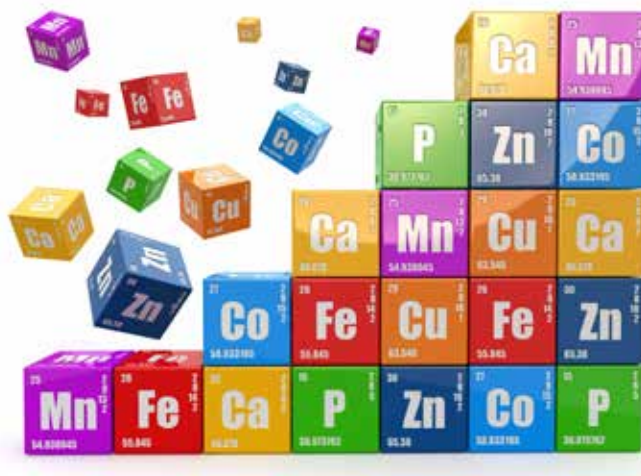
W roku 2006 Hala Stulecia znalazła się na Liście Światowego Dziedzictwa Kulturowego i Przyrodniczego UNESCO.

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# Minerals and Your Health

Minerals are important body chemicals that are needed for your body to stay healthy. Minerals are elements on earth and in foods that are needed to help our bodies develop and function normally. Some of the minerals are part of your body's electrolyte balance, or chemical balance, which is needed to maintain proper body functioning. They are found in body fluids such as your blood. Your body uses minerals for many different jobs such as building bones, regulating heartbeats and making hormones, to name a few. The best way to get the minerals your body needs is to eat a wide variety of foods. If you are lacking minerals, your health care practitioner may recommend that you take mineral supplements. If you are already taking mineral supplements, tell your doctor because the supplements you take could interfere with some prescribed medications.



**Types of Minerals:** There are two types of minerals, macro-minerals that are needed in larger amounts, and trace minerals, that are needed in small amounts. Both are very important. One must not think that just because these minerals are needed in trace amounts that they are not important. Trace minerals are important. The macro-minerals include: calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Trace minerals include: iron, manganese, chromium, copper, iodine, zinc, fluoride, molybdenum and selenium. Sodium, potassium, magnesium and chloride are minerals found in body fluids. When your body lacks fluids and you are dehydrated, your body does not have enough fluid and electrolytes to work properly. If your body lacks fluid, it lacks electrolytes.

## Minerals: What they do and where do we get them?

### Macro-minerals.

**Calcium:** Is stored in bones and teeth to make and keep them strong. The body needs calcium to help muscles and blood vessels contract and expand, is part of the blood clotting process, and helps conduct messages through the nervous system. It is also used for the normal functioning of many enzymes that affect almost every function in the body, for production of energy and immunity to disease. Taking too much calcium can cause constipation, other medical conditions, (osteoporosis as only one example) and can interfere with some medications. There is much information in the literature and online about calcium. Good sources of calcium include: dairy products; green leafy vegetables; fish with soft bones you can eat, such as sardines and salmon; most grains (breads, pastas cereals); foods with added calcium. Check food labels. Eating a variety of foods will provide you with needed calcium.

**Chloride:** Is needed to keep proper balance of body fluids. It is also a necessary part of digestive juices in the stomach. Chloride is found in many chemicals and substances in the body and is an important part of salt found in foods and used in cooking. Not enough chloride in the body can occur from medicines such as diuretics, vomiting, diarrhea or excessive sweating. Too much chloride can increase blood pressure, or cause an increase in fluid in people with congestive heart failure, liver cirrhosis or kidney disease. Good sources of chloride are table salt, sea salt, many vegetables, seaweed, rye, tomatoes, lettuce, celery, green olives, beef, pork, sardines, cheese, corn bread, potato chips, processed or canned foods and sauerkraut.

**Magnesium:** Is needed for every major body process, formation of bones and teeth, muscle contraction, nerve impulses, formation of nucleic acids (DNA) and protein, cellular energy and for the activation of enzymes. Magnesium helps to keep a steady heart rhythm, a healthy immune system, normal blood sugar and blood pressure levels. High intake of magnesium by taking dietary supplements can produce diarrhea, nausea, abdominal cramping, irregular heartbeat and even death. Eating a balanced diet is all you need unless the doctor recommends additional supplements. Good sources of magnesium include: green vegetables; beans and peas; nuts; seeds; whole grains, and tomato paste.

**Phosphorus:** Is a mineral that keeps bones healthy,



keeps blood vessels and muscles working and is necessary for all cell functions and formation of cell membranes. It is used by the body to form nucleic acids and DNA. Good food sources include: dairy products; meat; poultry; fish; eggs; cereals; nuts, and legumes.

**Potassium:** Is required for normal nerve and muscle functioning and is part of the body's chemical electrolyte balance. It is needed for making nucleic acid, protein and energy production. Good food sources include: fresh fruits and vegetables; milk; prunes; raisins; green leafy vegetables, and salt substitutes (potassium chloride).

**Sodium:** Is responsible for body tissue water balance. It helps the body maintain a normal chemical and fluid balance. It is also required for normal nerve and muscle function. Good food sources include: table salt (chemically known as sodium chloride); beef; pork; sardines; cheese; green olives; corn bread; potato chips; sauerkraut, and processed or canned foods.

**Sulfur:** Is needed for certain body proteins that contain sulfur. Good food sources include: onions; garlic; eggs; meat, and dairy products.

### Trace Minerals.

**Chromium:** Is a trace mineral, but has a very important part in helping insulin to function in the body by controlling blood sugar levels. It helps in the processing and storage of carbohydrates, proteins and fats. Good food sources include: whole grains; spices; black pepper; meats; chicken; eggs; oysters; potatoes; butter; molasses; wheat germ; brewer's yeast, and nuts.

**Copper:** Is part of many enzymes necessary for energy production, is necessary for red blood cell production and function; for antioxidant action (cell protection), production of collagen, elastin, nerve transmission and melanin formation. Good food sources include: organ meats; shellfish; cocoa; mushrooms; dried legumes/fruits; peas; tomato products; whole grain cereals; nuts, and fish.

**Fluorine:** Is required for the formation of and binding of calcium in bones and teeth. It is also referred to as fluoride, or calcium fluoride. Good food sources include: fluoridated water; seafood, and tea.

**Iodine:** Is used for the production of energy as part of the thyroid gland hormones. These hormones control your body's metabolism and other functions. It is important for bone and brain development during pregnancy and infancy. Good food sources include: seafood; iodized salt; eggs; yogurt; milk, and some drinking water.

**Iron:** There are two types of iron. Heme iron is needed for the formation of many body enzymes. Good food sources include: beef; poultry; fish; kidneys, and liver. Nonheme iron is a very important part of

muscle cells and hemoglobin which enable red blood cells to carry oxygen to body tissues. Good food sources include: soybean flour; beans; molasses; spinach; clams, and fortified grains and cereals.

**Manganese:** Not to be confused with magnesium, manganese is a trace mineral that is not completely understood but is involved with the formation of bone and the activation of some enzymes. Good food sources include: whole grain cereals; pineapple; nuts; tea; beans, and tomato paste.

**Molybdenum:** This is a mineral whose functions are not completely understood. Researchers do know that it is required for metabolism of nitrogen, the activation of some enzymes, normal cell function and helps break down sulfites which are present in foods or added as preservatives. Good food sources are: organ meats; whole grains; green leafy vegetables; milk, and beans.

**Selenium:** Acts as an antioxidant with Vitamin E, is needed for thyroid gland function, important for reproduction, DNA production and protects the body from cell damage, infection and necessary for good health. Not all of its functions are understood. Good food sources include: broccoli; cabbage; celery; onions; garlic; whole grains (amount depends on the selenium content of the soil where the grains were grown); brewer's yeast; meats; seafood; nuts; cereals, and organ meats.

**Zinc:** This mineral is used by the body to form many enzymes and insulin. It is needed for healthy skin, healing of wounds and growth during pregnancy, infancy and childhood. It is needed for good health. Zinc is found in cells all over the body, and is important for proper senses of taste and smell. It helps the immune system fight off bacteria and viruses, is used





to make protein and DNA when needed, and is part of the cell's genetic material. There is much information about zinc in the literature and on the internet that is not presented here. Good food sources include: oysters (the best source of zinc); red meat; poultry; seafood; fortified cereals; beans; nuts; whole grains, and dairy products.

Although vitamin and mineral supplements contain many of these minerals, it is best to eat a varied balanced diet with a wide variety of foods. If you are lacking in a mineral(s), your health care provider may prescribe a supplement. There is still much information to learn about all the minerals, so do not forego eating a balanced diet by taking supplements on your own. There is more to read about most of the minerals mentioned here. I wish you good readings.

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## Składniki mineralne w pożywieniu

**Składniki mineralne** dostarczane w pożywieniu pełnią tak samo ważną rolę jak witaminy, współpracują ze sobą i często zawarte są w tych samych produktach spożywczych.

**Wapń** – Składnik ten znajduje się głównie w kościach i zębach i jest niezbędny do ich prawidłowego funkcjonowania. Wapń w pożywieniu zmniejsza produkcję tłuszczu w organizmie i hamuje nadmierny apetyt. Źródła wapnia: sok pomarańczowy, mleko, łosoś, sardynki, ser żółty, ser wiejski, jogurt, śmietana, lody, napoje sojowe, szpinak, tofu.

**Chrom** – Współpracuje z insuliną w produkcji glukozy potrzebnej organizmowi do produkcji energii. Składnik bardzo ważny dla osób na diecie. Źródła chromu: ziemniaki, brokuły, zielony groszek, jabłka, banany, pomidory, sok pomarańczowy, czerwone wino, bazylia, steki, indyk.

**Miedź** – Jest niezbędnym minerałem do prawidłowej produkcji pigmentu skóry, włosów i oczu. Dbaj o zęby i kości, usprawnia pracę systemu nerwowego, uczestniczy w produkcji czerwonych krwinek i żelaza. Źródła miedzi: owoce morza, migdały, pistacje, wątróbka, sezam.

**Żelazo** – Każda komórka w organizmie potrzebuje żelaza, ponieważ uczestniczy on w procesie transportowania tlenu w ciele i pomaga w procesie uwalniania energii z glukozy. Źródła żelaza: szpinak, ryby, kurczak, wątróbka, nerki, soja, fasolka, groszek, żółtko jaj, tuńczyk, sardynki, nasiona dyni.

**Magnez** – Wzmacnia kości i zęby. Pomaga we wchłanianiu wapnia i potasu, w przetwarzaniu tłuszczów i białek. Doskonale działa na układ nerwowy. Źródła magnezu: szpinak, gorzka czekolada, soja, nasiona dyni, nasiona słonecznika, migdały, orzeszki, łosoś, halibut, czerwone mięso, produkty pełnoziarniste, tofu.

**Fosfor** – Znajduje się w enzymach, DNA, tłuszczach, białku. Jest ważnym składnikiem kości i zębów. Źródła fosforu: indyk, kurczak, homar, ser żółty, ser wiejski, migdały, różne rodzaje orzechów, groszek, brokuły i inne zielone warzywa, jogurt.

**Cynk** – Uczestniczy w produkcji insuliny, aktywuje białe krwinki, usuwa toksyny. Niezbędny składnik mineralny dla pięknych włosów, skóry i paznokci. Źródła cynku: dziczyzna, wątróbka, krab, homar, kurczak, jajka, produkty mleczne, soja, sezam, nasiona dyni.

**Minerały i witaminy są niezbędne do prawidłowego funkcjonowania organizmu. Zadbajmy o zbilansowaną dietę.**



# Why do you not eat meat on Christmas Eve?

**The long tradition of eating seafood on Christmas Eve dates from the Roman Catholic practice of abstinence. In this case, refraining from the consumption of meat or milk products – on Wednesdays, Fridays and (in the Latin Church) Saturdays, as well as during Lent and on the eve of specific holy days.**

## **Polish Christmas Eve Dinner – Wigilia**

In Poland, Christmas Eve is a very important night for family gathering, decorating the house and remembering lost loved ones. This night is traditionally called “Wigilia” (the vigil) and it is a night where people symbolize awaiting the birth of Jesus Christ. Poles cook delicious, meatless food as part of this celebration.

On Wigilia, Poles decorate their homes with Christmas tree, evergreen, apples, nuts and candles. The most important tradition is the table preparation. Hay is placed underneath a white linen tablecloth to symbolize Jesus’ bed in the manger and Mary’s veil. Oplatki – special Christmas wafers are placed on the table to symbolize the communion. An extra setting is laid on the table just in case an unexpected person happens to pass by. After dinner, it’s time to open the presents, sing carols and later attend a midnight Christmas Mass called Pasterka.

## **Traditional Polish Christmas Eve Food**

The food prepared on Christmas Eve consists of meatless recipes. The tradition was adopted from the early Roman Catholics. They used to fast for the four weeks approaching Christmas Eve called advent and break the fast with meatless meals. They created 12 dishes that represented the apostles of Christ and each dish represented foods from the four corners of the earth: mushrooms from the forests, fruit from the orchard, fish from the lake or sea and grains from the field. Poles, creating wigilia’s recipes incorporated these four elements. On Polish Christmas Eve table you will find borsch with special , little mushroom dumplings or dried mushroom soup, herring, carp or other fish, cabbage, gingerbread cookies, poppy seed cake and dried fruit compote.

## **Polish Christmas Carols – Koledy**

The Polish word for Christmas carol - koleda comes from the Latin word “calendae”, meaning the first day of the month. Koledy are mostly anonymous and they date back to the XIV and XV centuries. They did start out as hymns to be sung during Mass, but quickly found their way out of churches where they took on a colorful life of their own.

The miraculous story of the birth of Baby Jesus in a humble stable, surrounded by animals and shepherds, appealed to the popular imagination and resonated with the people. Poland has a larger repertoire of Christmas carols than any other Christian nation.



ak

# Król Śledź

Śledź, choć nie kojarzy się z wielkim światem, znajduje się w czołówce najważniejszych ryb światowego rybołówstwa. Występuje w Atlantyku Północnym, od Zatoki Biskajskiej na północ przez Morze Bałtyckie do Nowej Ziemi i Spitzbergenu. W kierunku zachodnim od Islandii, przez Grenlandię aż do Południowej Karoliny. Do najczęściej poławianych gatunków należą: śledź atlantycki, śledź pacyficzny i śledź bałtycki.

„*Los wielu ludzi związany jest ze śledziem! To on decyduje o chwale i potędze imperiów. Nie ziarna kawy, nie liście herbaty, nie kokony jedwabiu, nie orientalne korzenie, ale śledź właśnie!*”, napisał w XVIII Bernard Germain Etienne de Lacépède – francuski przyrodnik i polityk.

Duńczycy, łowcy śledzi, zdobyli dzięki nim bogactwa, których zazdrościli im inne miasta Europy Północnej. Śledź stał się podstawowym produktem handlowym Danii i źródłem jej potęgi. Początkiem potęgi floty holenderskiej była również flotylla połowiaczy śledzi. Francuski pisarz Voltaire napisał: „Aczkolwiek solenie i sprzedaż ryb nie wydają mi się sprawą najważniejszą w historii ludzkości, przyznać jednak uczciwie trzeba, że wiele miast wyrosło dzięki śledziom Amsterdam w szczególności”. Mówi się, że Amsterdam zbudowano na śledziowych ościach, a



Holendrzy śledziowy smród zamienili w tony złota. Wihemowi Beuckelsonowi, ubogiemu, holenderskiemu rybakowi przypisuje się odkrycie metody solenia śledzi w beczce, gdyż pewnego dnia, świeżo złowione i

wypatroszone ryby zupełnie przypadkiem zamiast do soli włożył do solanki. Śledzie zakonserwowały się doskonale i nie wysuszyły.

Anglicy nazywali śledzia „King Herring”. Gdy Normandia, w 1203 roku, została odzyskana przez Filipa-Augusta, nie zmąciło to w najmniejszym stopniu współpracy pomiędzy rybakami francuskimi a angielskimi. Podobnie było w czasie Wojny Stuletniej. Doszło nawet do tego, że używano solonych śledzi, jako monety. Mieszkańcy francuskiego Boulogne wynieśli nawet śledzia na ołtarze, modląc się do Saint Harenc. Śledź zastrzyżył sobie na wdzięczność, będąc podstawą utrzymania i bogactwa wielu i kilkakrotnie ratując Europę od klęski głodu.

W Polsce, śledź jest od wieków rybą bardzo popularną, co sprawiły niewątpliwie liczne i rygorystycznie przestrzegane posty. Od dawien dawna sprowadzano do Polski śledzie w ogromnych ilościach. Potrawy ze śledzi należały do tanich i raczej pospolitych. Z

czasem jednak, ciągle pozostając symbolem postu, stały się również wysoko cenionym przysmakiem. Polacy kochają śledzie i są one niemal obowiązkową, tradycyjną pozycją menu w czasie najważniejszych dorocznych świąt. Śledzie obecne są nie tylko na polskich stołach, ale i w poezji, gdyż doczekały się wielu poetyckich opisów.

Śledź jest rybą tłustą i delikatną rybą, trudną do transportu i przechowywania stąd rzadko sprzedawany jest, jako świeży. Mimo, że śledzie są tłuste nie są jednak bardzo kaloryczne. Sto gramów śledzia dostarcza ok. 160 kcal., a zawarte w rybnym tłuszczu nienasycone kwasy tłuszczowe chronią przed miażdżycą, chorobą niedokrwienną serca oraz wpływają na obniżenie ciśnienia krwi. Śledzie są też bogatym źródłem pełnowartościowego i łatwo przyswajalnego przez organizm człowieka białka, zawierającego wszystkie niezbędne aminokwasy, których nie potrafimy samodzielnie wytworzyć. Mają sporo potasu, a także stosunkowo dużą ilość jodu i selenu. Zwiększają poziom serotoniny, przez co działają przeciwdepresyjnie, wzmacniają pamięć i koncentrację oraz doskonale wpływają na nastrój.

Nie pozostaje więc nic innego, niż kupić śledzie i zrobić z nich gwiazdę wigilijnego stołu, jak nakazuje tradycja. Można je przyrządzać na setki sposobów, wykorzystując także mlecz (nasienie samca) o gładkiej konsystencji i chrupiącą ikrę (jajeczka samiczek) o bardzo wyraźnym smaku. Każdy region Polski, a właściwie każdy dom ma swoje niepowtarzalne przepisy na przyrządzanie śledzi. Bardzo popularne stały się ostatnimi czasy sałatki ze śledziem w roli głównej. Zapraszam do wypróbowania jednego z zamieszczonych przepisów.

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## There is no Wigilia without Herring

### There is no Wigilia without herring.

I understand, that perhaps not everybody likes herring. When I was a child, in Poland, herring was my least favorite food. I ate just a little bit of it because my parents insisted, that I have to try everything on the Wigilia table for good luck and because Santa is close and watching ... Since then, my attitude towards herring has changed. I actually like it now and have it (mostly in a form of salad) throughout the year. I have some herring salad recipes that elevate this, rather plain looking fish, to a totally different level of sophistication. Enjoy!



## Herring & Potato Salad



### Ingredients:

- 5 small potatoes
- 1 small onion
- 2 pickles\*
- 2 eggs, boiled
- 2 salt brine herring fillets

### Sauce:

- 3 tablespoons plain yogurt
- 2 tablespoons mayonnaise
- 1 teaspoon of mustard
- salt, pepper
- chives

### Preparation:

Boil the potatoes, cool them, peel the skin and cut into cubes. Add finely chopped onion, pickles and eggs. Rinse herring fillets, drain them on paper towel, and then cut into small cubes. Mix all of the ingredients with the sauce and chives. Serve chilled.

*\* You can use either regular pickles or cucumbers in brine, which are excellent wit herring*

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## Herring, Beets & Apple Salad



### Ingredients:

- 4-6 salt brine herring fillets (rinsed and cut in small pieces)
- 3 medium beetroots (baked in the oven or cooked, peeled, cut in cubes)
- 2 boiled potatoes (peeled and cut in cubes)
- 1 medium onion (finely chopped)
- 3 hard-boiled eggs (cut in cubes)
- 3 cucumbers in brine (cut in cubes)
- 1 apple (Granny Smith; cut in cubes)
- 3 Tablespoons of dill (finely chopped)
- 2 Tablespoons of lemon or lime juice
- 1/2 cup of yogurt mixed with mayonnaise
- Salt, pepper
- Fresh dill for decoration

### Preparation:

Wash herring fillets in a cold water and dry them with a paper towel. Bake or boil beets, potatoes and eggs; cut in small cubes, sprinkle beets with the lemon juice. Cut other ingredients in cubes or chopped them finely. You can sprinkle the chopped onion with salt to make it juicier, if you wish. Add the rest of the ingredients, mixed them together and refrigerate for at least 1 hour.

Alternatively: arrange salad in layers for a colorful presentation.

## Herring & Pear Salad



### Ingredients:

- 2 boiled potatoes (peeled and cut in cubes)
- 4 herring fillets (rinsed and cut)
- 1 red onion (chopped)
- 2 ripe pears (cut in cubes)
- Salt, pepper
- Fresh dill or parsley chopped

### Sauce:

- 1 clove of garlic (pressed) (optional)
- 2 Tbsp. yogurt
- 4 Tbsp. Mayonnaise

### Preparation:

Mix all of the ingredients add the sauce and refrigerate for an hour. Sprinkle with fresh dill or parsley and enjoy!

# Trzej Królowie i Gwiazda Betlejemska



Boże Narodzenie to najpiękniejsze święto w roku. W wigilię tego święta w Polsce, zgodnie z tradycją, gdy na niebie wszędzie pierwsza gwiazda można zasiąść do uroczystej kolacji.

Ewangelia wg. świętego Mateusza mówi o gwieździe, która mędrcom ze Wschodu wskazywała drogę do Betlejem, miejsca narodzenia Chrystusa. „...oto Mędrcy ze Wschodu przybyli do Jerozolimy i pytali: gdzie jest nowo narodzony król żydowski? Ujrzeliśmy bowiem jego gwiazdę na Wschodzie i przybyliśmy, by oddać mu pokłon”.

Historycy zgodnie twierdzą, że owi mędrcy nie byli królami, lecz znanymi w Babilonii, praktykującymi na dworach Persów i Medów magami, którzy mieli znaczący wpływ na życie polityczne, religijne i społeczne kraju. Magowie zajmowali się sprawowaniem kultu, interpretacją snów, oraz wyjaśnianiem zjawisk przyrody. Posiadali oni również znajomość zjawisk astronomicznych i nadawali im odpowiedni sens. Z ich grona wywodzili się również astronomowie. Mędrcy, o których mówi św. Mateusz, przybyli ze Wschodu i wiązali swoje przybycie z interpretacją zjawiska astronomicznego.

Gwiazda betlejemska nie mogła być kometą, gdyż w symbolice Wschodu zwiastowały one wydarzenia tragiczne i były zapowiedzią nieszczęść i plag. Niezwykłym zjawiskiem, które zainteresowało mędrców była prawdopodobnie występująca co 794 lata koniunkcja, „złączenie się” na niebie dwóch planet, Jowisza i Saturna. Wybitny astronom, Jan Kepler obliczył, że w 7 roku p.n.e. miała miejsce potrójna, kolejno następująca koniunkcja Jowisza (będącego w interpretacji Wschodu gwiazdą królewską) i Saturna (uznawanego za gwiazdę żydowską) w gwiazdozbiornie Ryb (pojmowanym, jako znak czasów ostatecznych).

Magowie uznali więc zapewne, że w kraju żydowskim urodził się król, będący władcą ostatecznym. Jest możliwe, że pierwsza koniunkcja była zwiastunem, druga gwiazdą prowadzącą mędrców do Jerozolimy, a trzecia do Betlejem. Interpretacja ta prowadzi do uznania, że Chrystus urodził się w 7 roku p.n.e., co potwierdzają również niektóre inne przesłanki i źródła.

Nie wiadomo, którego dnia dokładnie przyszedł na świat Chrystus. W pierwszych wiekach chrześcijaństwa obchodzono Boże Narodzenie w różnych dniach roku, zależnie od miejscowych tradycji. W IV w. przyjęto, że Jezus urodził się 25 grudnia. Mimo, iż dokładna data narodzenia Chrystusa ginie w mrokach dziejów, w tej tajemniczości tkwi piękno i nadzieja.

## Kacper, Melchior i Baltazar

Mędrców lub magów ze Wschodu zaczęto nazywać trzema królami w średniowieczu. Ich imiona pojawiły się dopiero w VIII wieku. Od XII w. Kacper przedstawiany jest najczęściej, jako ofiarujący mirrę Afrykańczyk, Melchior - jako dający złoto Europejczyk, a Baltazar - jako król azjatycki przynoszący kadzidło.

Święto Trzech Króli obchodzone jest dzisiaj 6 stycznia. Litery K+M+B, które zgodnie z tradycją pisze się tego dnia święconą kredą na drzwiach domów nie pochodzą jednak od imion trzech króli, ale od pierwszych liter łacińskiego zdania: “Christus Mansionem Benedicat” - “Niech Chrystus błogosławi ten dom” lub “Christus Multorum Benefactor” “Chrystus Dobroczyńcą Wielu”.

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

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



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