

*"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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1881-2016 Vol. 149; No. 4

**MERRY CHRISTMAS!**  
**WESOŁYCH ŚWIĄT!**



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Cover: Little boy and his sister.  
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## President's Corner

December 2016

**Dear Members,**

In this season of gratitude and giving, I offer my personal thanks to you, our members for being part of our fraternal family.

This is a wonderful time of the year. Many of us yearn for this time, awaiting a visit from Santa Claus or spending time with our families or friends. For many of us, the holidays are a time of brotherhood in the spirit of doing good deeds. One thing is for certain, the holiday season is an especially good time of the year for us to remember the not-for-profit charities that need our help. I encourage everyone to make a special emphasis to help bring joy to those who you might know need help, from the very young to the elderly.

It has been a little over a year since the convention in Cleveland, and we have incorporated many of the recommendations which were mandated. Adapting to changing market conditions is a key to survival in any industry including fraternal organizations because they need to be profitable to provide fraternal programs. In the last few years, regulations have gotten more demanding and are costing insurers more dollars to be compliant. Board governance and risk management are buzz words within the insurance industry.

On a financial note, I'm pleased to share with you that our premiums and annuity considerations are higher for the first nine months of this year in comparison to last year during the same period. Our net gain from operations for the first nine months of this year is \$1.6 million, approximately \$900,000 higher than last year, with surplus rising by \$2million to almost \$19

million.

Our two subsidiaries, Alliance Communications and Alliance Printers and Publishers are showing positive results as well. Total equity of Alliance Communications is approximate \$2.5 million; expenses are down from last year while net income is up 2.65%. We are optimistic that 2016 will end as a year of growth and financial improvement.

During the months of November and December, there is a special promotion in effect for children and adults. For children between the ages of 0 and 15, there is a single premium plan being offered with reduced rates of 5%. For adults, ages 25 through 80, there is a promotion in effect under a 20 Payment Life plan of insurance of \$15,000 for ages 25 through 65 and \$10,000 ages 66 through 80, with discounted premium for the entire contract period. The promotion expires December 23rd, 2016.

Congratulations to Vice-Censor Grabowy, who recently was elected President of the New England Fraternal Alliance, and best wishes for the upcoming term.

This past fall, the PNA Dance Studio celebrated its 10th anniversary of existence. Over the last decade, hundreds of adults have participated in lessons and enjoyed the camaraderie.

To expand membership and create interest within our lodges and councils, we're pleased to learn that certain lodges are taking it upon themselves to develop and create programs of interest to promote membership. Council 21 is an excellent example; they have taken it upon themselves to design and publish a calendar making it available to their members. Also they host various fraternal programs for all ages, from art classes to cooking classes to bring people together in a fraternal atmosphere.

Within the organization, we also have lost members who made an impact, and certainly will be missed. Let's remember them in our prayers and thoughts.

On Christmas Day, we celebrate the birth of Christ with prayer, feasting, and joy.

On behalf of the Executive Officers, Directors, Commissioners and Employees I extend our warmest holiday wishes to you and yours. May your holidays be joyous and peaceful and may the New Year be filled with health and prosperity.

Merry Christmas! *Wesołych Świąt!*

Fraternally yours,  
**Frank J. Spula, FLMI**  
*President*



## From the Editor

December 2016

### **Dear Members,**

Thank you for another year of reading Zgoda. Thank you for your letters and comments, and for sharing your accomplishments with the rest of our large fraternal family.

Being entrusted with editing this important publication, I have new ideas for the upcoming year. You can expect some changes, and I hope you will like and accept them. The “UNESCO World Heritage Sites” series came to an end; I hope to pick up with “A Remarkable Member” sequence, expand the Living Well section as well as have some room for economic information since the Polish National Alliance is indeed a financial organization.

Thank you to all of our Zgoda contributors for your articles and photos, and especially to Teresa Struziak Sherman and Richard Poremski. I would also like to acknowledge our graphic designer, Ms. Ewa Wisniewska for her patient efforts in fulfilling my aesthetic visions and requests.

As 2016 is coming to an end, I wish that all its issues and all its problems will stay behind us, leaving us with only pleasant memories. May the New Year bring nothing but good health, happiness, and prosperity.

Merry Christmas! Wesółych Świąt!

Yours Truly,

**Alicja Kuklińska**  
*Editor-in-Chief*



“There is no ideal Christmas; only the one Christmas you decide to make as a reflection of your values, desires, affections, traditions.”

*Bill McKibben*

Merry Christmas!

Wesołych Świąt Bożego  
Narodzenia oraz zdrowia,  
szczęścia i pomyślności  
w Nowym **2017** Roku,  
życzę czytelnikom „Zgody”:

*Alicja Kuklińska i Ewa Wiśniewska*



# Warmest Thoughts and Best Wishes for a Merry Christmas and a very Happy New Year! Wesołych Świąt i Szczęśliwego Nowego Roku!

On behalf of  
The Executive Officers, Directors, Supervisory Council and  
Employees of the Polish National Alliance

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# From the Manager of Sales

## Dear Members,

This year, we are providing you with not one, but two special promotions as a token of our appreciation. Such excellent promotions might not happen again! I am very pleased that the Membership Committee agreed to provide the following:

1. **“Children Christmas Promotion”** featuring our Single Premium Whole Life Insurance Plan with a discounted premium of 5% for children from birth to age 15. This life insurance certificate not only provides a lifetime of protection at a very low premium, but if the face amount is \$10,000 or more the child can apply for the Scholarship Program, Tuition Reward Program, and many others benefits. For example, if you purchase a policy for a five-year-old boy of \$10,000 you will pay only \$996.40 instead of \$1,049, while for a five-year-old girl for the same face amount you will pay only \$897.90. Please see this issue for further details.
2. **“Super Twenty”** features our 20 Pay Whole Life Plan of Insurance with premiums discounted 10% throughout the twenty year period. This can really save you some “big bucks.” For example, if a 50-year-old male would purchase \$20,000 of Super Twenty insurance, he would save \$1,288.80 based on having paid monthly premiums throughout the twenty year period. Please refer to the table below for additional examples for non-smoking men and women. For smoker rates, other age groups, or amount of insurance, please call 1-800-621-3723. Our standard underwriting requirements will apply.

| Age | 20 Pay Whole Life Insurance Plan |              |                   |                   |              |                   |
|-----|----------------------------------|--------------|-------------------|-------------------|--------------|-------------------|
|     | Male Non-smoker                  |              |                   | Female Non-smoker |              |                   |
|     | \$20,000                         |              |                   |                   |              |                   |
|     | Monthly Premiums                 |              |                   |                   |              |                   |
|     | Standard Premium                 | 10% discount | Lifetime Savings* | Standard Premium  | 10% discount | Lifetime Savings* |
| 30  | <del>28.24</del>                 | 25.42        | 676.80            | <del>25.25</del>  | 22.73        | 604.80            |
| 35  | <del>33.25</del>                 | 29.92        | 799.20            | <del>29.72</del>  | 26.75        | 712.80            |
| 40  | <del>38.84</del>                 | 34.96        | 931.20            | <del>34.79</del>  | 31.32        | 832.80            |
| 45  | <del>45.49</del>                 | 40.93        | 1,094.40          | <del>40.95</del>  | 36.86        | 981.60            |
| 50  | <del>53.59</del>                 | 48.22        | 1,288.80          | <del>47.83</del>  | 43.04        | 1,149.60          |
| 55  | <del>63.77</del>                 | 57.40        | 1,528.80          | <del>55.87</del>  | 50.29        | 1,339.20          |
| 60  | <del>74.88</del>                 | 67.39        | 1,797.60          | <del>65.43</del>  | 58.90        | 1,567.20          |

\*Lifetime savings based on monthly payments over the full 20 year period.

Please remember, both promotions are through December 23rd, 2016. Do not delay. Please call your local Sales Representative or the Polish National Alliance Membership Department at **1-800-621-3723** for additional information as to how you can take advantage of these two promotions.

**I wish all our members a very Merry Christmas and Happy New Year!**

*Fraternally yours,*

*Jolanta Walaszek  
Manager of Sales*







# 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  
**October 21st, 2016 through December 23rd, 2016**  
 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



# Council 21 Celebrated Polish Heritage Month

## Pulaski Day Parade in Philadelphia

On Sunday, October 2, 2016 members of Council 21 from Baltimore, Maryland took part in the 83rd Annual Pulaski Day Parade in Philadelphia.



## Celebration at the Pulaski Monument in Patterson Park in Baltimore.

PNA Council 21 participated in a special program at the Pulaski Monument in Patterson Park in Baltimore, MD on Sunday, October 16, 2016. The event was sponsored by the Polish Heritage Association of Maryland.

*Submitted by Małgorzata Bondyra, PNA Lodge 238.*



*From left to right: Maks Bondyra - Council 21 President, Theresa Kowiak- Hall, Lodge 238, Małgorzata Bondyra, Lodge 238 Financial Secretary and Council 21 Recording Secretary, Richard Poremski, Lodge 238 Vice President and Council 21 Vice President, Agnieszka Krajewski, Lodge 238, John, Josh and Joseph Chiosi, members of Krakowiaki Dancers.*



# Polski Festiwal w San Diego



*Śpiewające dzieci z zespołu Mały Polonez.*

W dniach od 7 do 9 października 2016 r. odbył się Polski Festiwal organizowany przez Polonię skupioną przy Polskiej Misji św. Maksymiliana Kolbe w San Diego, Kalifornia pod duchową opieką ks. Czesława Rybackiego.



*(l-p) Elżbieta Rudzińska, Grzegorz Chilecki, Tadeusz Lezak, Jarosław Musiał.*

Polski Festiwal w San Diego jest wielką, coroczną imprezą przyciągającą ponad 3,500 gości spragnionych polskiej kultury, tradycji oraz kuchni. Popularność tej imprezy wzrasta z roku na rok. Organizatorzy starają się przybliżyć bogactwo polskiej kultury oraz tradycji zarówno społeczności Amerykańskiej jak i Polakom mieszkającym w San Diego i okolicach.

Bogactwo polskich ludowych strojów, pieśni, tańca, polskiej muzyki, wspnianała polska kuchnia to tylko mała część tego, z czym odwiedzający mogli się spotkać na tegorocznym festiwalu. Ogromne zainteresowanie wzbudzała tegoroczna scenografia: wielkie tło przedstawiające Zamek Królewski na Wawelu w Krakowie oraz panoramyczne zdjęcie Rynku krakowskiego, które dały poczucie przemieszczenia się w przestrzeni.



*Występ Zespołu Tańca Polonez.*

Swoją obecność na Polskim Festiwalu w San Diego zaznaczył też Związek Narodowy Polski. W programie artystycznym wystąpił Zespół Tańca Polonez oraz Mały Polonez (Grupa 1443) pod kierownictwem Ewy Chrzanowskiej i opieką choreograficzną Natalii

Barnas. W imprezie wzięli udział Dyrektor Regionu „J” Grzegorz Chilecki, Komisarz Okręgu XVI Jarosław Musiał z małżonką oraz Elżbieta Rudzińska, przedstawiciel do spraw sprzedaży ZNP. Przeprowadzono rozmowy z miejscowymi działaczami polonijnymi propagującymi działalność Związku Narodowego Polskiego, a dzieciom rozdawano książeczki do kolorowania.

Tegoroczny Festiwal Polski w San Diego okazał się bardzo udaną imprezą. W następnym roku lokalni przedstawiciele ZNP na pewno również wezmą w niej udział.

*Grzegorz Chilecki, Dyrektor, PNA Region „J”*



*Występ Zespołu Tańca Polonez.*



*Występ zespołu Mały Polonez.*

# B envenuti Italia! – “Wici’s” Excursion to Italy



This summer, the Wici teenage group was invited by the International Council of Organization for Folklore Festivals (CIOFF) to the XXXIX Rassegna Internazionale Del Folklore in Castiglione Del Lago in Italy. We were very proud to go there and represent the U.S. in this prestigious event for the first time. Everybody - the dancers and their parents, as well as the choreographers; Kinga Wojdyla- Podstawska and Johanna Wawro - worked very hard to prepare for this festival.

The adventure began in Rome, the beautiful capital of the country. We had the opportunity to explore incredible places - real pearls of the Renaissance. We got to try a variety of local dishes, and we were even able to experience a meeting with the Head of the Catholic Church - Pope Francisco in Vatican City. We also had an opportunity to pray beside the tomb of Saint John Paul II.

Not only did we get to see Rome, but we also got to visit and explore Florence and Sienna, which were both truly beautiful cities. After this exciting field trip, we were invited to Castiglione Del Lago to participate in the festival. It hosted folk dancing groups from Mexico, South America, and Ukraine. Wici performed along with ensembles from Russia, Hungary and a group from Italy.

Wici's performances were welcomed with enormous enthusiasm and applause from the public that came from several towns around Castiglione Del Lago. American dances, which are full of energy and happiness, were especially popular. Many attendees wanted to learn our dances. The clogging steps caused particular interest, as locals attempted to imitate them from a distance. Both girls and boys danced beautifully, but the newest soloists of the group - Julia Tomczyk, Lukas Rywak, Jessica Opalka and Lukas Moskalis - received the most enthusiastic applause.

At the end of the festival, the hosts organized the Gala Concert in the Teatro Della Rocca Medievale. In front of the medieval castle, groups performed their best dances. The public was amazed and made the group feel very welcome and appreciated.

Sadly, our time in Tuscany came to a quick end, but we made so many friends, and we were even able to exchange contact information so that we could stay in touch. Exhausted, but happy, we headed home. It feels good to be back home, in Chicago with our loving parents. We are back at schools but excited to see what adventures are in store for us in the upcoming year.

*Wici Song and Dance Theatre*







# 60 lat działalności Zespołu Pieśni i Tańca „Krakusy” z Los Angeles

## Bal Karnawałowy

Rok 2016 to dla Zespołu Pieśni i Tańca „Krakusy” z Los Angeles szczególny czas obchodów pięknego jubileuszu 60-lecia działalności. Od 60 lat ten największy i najstarszy zespół w południowej Kalifornii, występuje na terenie Stanów Zjednoczonych dzieląc się polskim folklorem z amerykańską publicznością oraz prezentując polskie tańce na różnych festiwalach w Polsce i innych europejskich krajach.

Za propagowanie polskiego folkloru wśród amerykańskiej publiczności Zespół „Krakusy” zasłużył sobie niewątpliwie na miano ambasadora polskiej kultury.

Zespół folklorystyczny „Krakusy” rozpoczął uroczyste, jubileuszowe obchody w sobotę, 23 stycznia, 2016 roku dorocznym bal w sali „Britannia” na słynnym statku Queen, z którego pokładu można było podziwiać przepiękny port i zatokę w Long Beach, Kalifornia.

Kierownictwo i członkowie Zespołu wraz z choreografem, panem Edwardem Hoffmanem, z entuzjazmem przygotowali tę wyjątkową uroczystość. Niezwykle miejsce przyjęcia jak i szczególna okazja zgromadziły ogromną ilość gości. Obok prezesów i członków zarządów polskich organizacji obecny



*Tancerze Zespołu „Krakusy” oraz członkowie zarządu: (l-p) Żofia Fitkowska, Ewa Szymczyk, Urszula Grzelecka, Elżbieta Romuzga, Elżbieta Kozłowska, Edward Hoffman, Anna Borkowska. U dołu zdjęcia MC- Janusz Romuzga.*

był również przedstawiciel Konsulatu z Los Angeles, wicekonsul do spraw kultury, prasy, edukacji i Polonii, pan Ignacy Żarski. W jubileuszowym balu wzięli również udział przedstawiciele Związku Narodowego Polskiego, lokalnego środowiska kultury i biznesu.

Mistrz ceremonii, pan Janusz Romuzga, gorąco przywitał wszystkich gości, oddając głos wicekonsulowi Ignacemu Żarskiemu, który zwrócił uwagę na piękną i długą tradycję Zespołu „Krakusy” oraz wysoką frekwencję balu, pokazującą, jak ważny dla Polonii kalifornijskiej jest ten Zespół. Pan wicekonsul serdecznie podzięko-

wał wszystkim zaangażowanym w działalność Zespołu, za „wielką pracę w integrowaniu Polonii w jednym z najbardziej odległych od Polski zakątków świata oraz zachowywanie tradycji i polskiej kultury ludowej dla kolejnych



*(l-r) Elżbieta Romuzga, Janusz Romuzga, Ignacy Żarski.*

pokoleń” jak również za „piękne reprezentowanie Polski podczas licznych występów w Stanach Zjednoczonych.” Zespołowi i jego kierownictwu gratulacje złożyli: pani Kasia Akrami, prezes Grupy 700 Związku Narodowego Polskiego, prezes Polskiego Ośrodka w Los Angeles, pan Andrzej



*„Krakusy” w finale poloneza.*



Kozłowski oraz przedstawicielka Polam Federal Credit Union z Los Angeles, pani Marzena Wiśniewski. Część oficjalna balu zakończyła prezes Zespołu Pieśni i Tańca „Krakusy”, pani Elżbieta Romuzga, dziękując wszystkim serdecznie za przybycie i wznosząc uroczysty toast za dalsze sukcesy i owocne lata działalności Zespołu.

Hasłem „Poloneza czas zacząć!” „Krakusy” rozpoczęły artystyczną część wieczoru polonezem rycerskim, do którego, pod przewodnictwem pana choreografa Edwarda Hoffmana, dołączyli również zebrani na sali goście. Smaczny obiad zakończony pysznym deserem uświetnił występ Ewy Angeli, po którym „Krakusy” entuzjastycznie zaprezentowały polkę „Dziadek”, popularną ludową melodią, która upowszechniła się na całym świecie, szczególnie zaś w Polsce gdzie od 1971 roku jest sygnałem audycji „Lato z Radiem” Programu 1 Polskiego Radia. Po niezwykle dynamicznym tańcu „Krakusów” rozochoceni goście zaproszeni zostali na parkiet przez zespół „Skorpion Band”. Wspaniała zabawa trwała do późnych godzin nocnych.

### Bankiet Jubileuszowy

Główne obchody 60-lecia działalności Zespołu Pieśni i Tańca „Krakusy” odbyły się 24 kwietnia 2016 roku w miejscu, gdzie 60 lat wcześniej wszystko się zaczęło, a więc na terenie Polskiej Parafii pw. Matki Boskiej Jasnogórskiej w Los Angeles.

Jubileusz rozpoczęła uroczysta msza święta w intencji Zespołu, celebrowana przez ks. proboszcza Rafała Dyguli, który podczas wygłoszonej homilii, gratulując Zespołowi, zwrócił uwagę na ogromną rolę, jaką Krakusy odgrywają podczas uroczystości kościelnych oraz licznych wydarzeń i spotkań polonijnych. Członkowie Zespołu,



*Absolwenci Zespołu Pieśni i Tańca „Krakusy”.*

w barwnych polskich strojach ludowych, uświetnili ceremonię czytaniem oraz pięknym śpiewem.

Po zakończeniu liturgii Krakusy wraz z licznie przybyłymi gośćmi udali się do imponująco udekorowanej sali parafialnej. Widok zapierał dech! Zdjęcia członków Zespołu na przestrzeni lat, historyczne stroje ludowe, przepiękne bukiety polnych kwiatów oraz dominujące białoczerwone barwy. Wszystko to to wyrażało przywiązanie Krakusów do korzeni, do „... kraju rodzinnego matki mej” – Polski.

Ujęci tym niezwykłym wystrojem i atmosferą goście powitani zostali przez prezes Zespołu, Elżbietę Romuzgę oraz mistrza ceremonii Janusza Romuzgę. Po



*(l-p) Elżbieta Romuzga, Elżbieta Rudzińska, Kasia Akrami, Anthony Nowak-Przygodzki, Urszula Grzelecka.*

przedstawieniu historii Krakusów pani prezes wręczyła kwiaty oraz specjalnie na tę okazję wykonane dyplomy - podziękowania dla obecnych na bankiecie założycieli Zespołu, długoletnich opiekunów kostiumów, choreografa, instruktorów oraz byłych prezesów i tancerzy. Szczególnymi podziękowaniami oraz kwiatami



*(l-p) Janusz Wilczek, Barbara Jarecka, Zofia Adamowicz-pierwsza prezeska Zespołu, Elżbieta Romuzga-obecna prezeska Zespołu, Jan Borkowski, Urszula Grzelecka, Edward Fitkowski, Joanna Szupńska.*





*Zespół Pieśni i Tańca „Krakusy”.*

mi i dyplomami za wieloletnie finansowe i duchowe wsparcie uhonorowani zostali dobroczyńcy i sponsorzy, dzięki którym możliwa była działalność Krakusów na przestrzeni 60-ciu lat. Dzięki ich hojności możliwy był zakup strojów oraz wyjazdy na festiwale w Stanach Zjednoczonych i Polsce.

Oficjalna część zakończyła się gratulacjami oraz życzeniami dalszych wspaniałych sukcesów dla Zespołu, które na ręce prezes złożyli: konsul RP w Los Angeles Ignacy Żarski, przedstawiciele Kongresu Polonii Amerykańskiej i Związku Narodowego Polskiego Kasia Akrami, Elżbieta Rudzińska, Anthony Nowak-Przygodzkim i Grzegorz Chilecki oraz Krzysztof Hiller, dyrektor generalny Polam Federal Credit Union. Życzenia zapału do dalszej pracy artystycznej i następnych pięknych jubileuszy skierowali do Zespołu: dyrektor Henryka Łazarz w imieniu Polskiej Szkoły w Los Angeles, Mieczysław Dutkowski w imieniu Polsko-Amerykańskiej Fundacji Charytatywnej oraz prezes Andrzej Kozłowski w imieniu Ośrodka Polskiego w Los Angeles.

Po wyśmienitym posiłku i

wybornych deserach nadszedł czas na część artystyczną. Na rozpoczęcie tancerze zaprezentowali dystyngowany polonez rycerski, następnie pełen elegancji walc Chopina, a na koniec widowisko „Na Krakow-



*Żołężyciele i pierwsi członkowie „Krakusów” (l-p): Krystyna Jankowska, Wiesław Adamowicz i Żofia Adamowicz oraz MC Janusz Romuzga i Elżbieta Romuzga.*

skim Rynku, “ którego punktem kulminacyjnym była wiązanka tańców krakowskich wykonana przez wszystkie grupy wiekowe. To nadzwyczajne widowisko w wykonaniu byłych i obecnych tancerzy wzbudziło niesłychany zachwyt gości. Entuzjazm, radość oraz szczere uśmiechy tancerzy pokazały jak bardzo kochają polski folklor. Wzrusze-



*Wieloletni opiekunowie kostiumów, (l-p) Stanisław Kazimierski, Barbara Kazimierska, Żofia Fitkowska, Izabela Frankowska oraz prezes Elżbieta Romuzga.*

nie gości oraz niebywały zapał tancerzy potwierdziły, iż taniec otwiera w ludziach to, co najpiękniejsze.

Sześćdziesiąt lat pracy na rzecz popularyzowania kultury, folkloru oraz podtrzymywania polskiego dziedzictwa w Stanach Zjednoczonych to wielkie osiągnięcie i powód do dumy dla tych wszystkich, którzy przyczynili się do istnienia i sukcesów Krakusów. Serdeczne gratulacje dla kierownictwa Zespołu, choreografa, a przede wszystkim tancerzy, którzy swoim kunsztem i talentem zachwycają polską i amerykańską publiczność!

*Napisała Elżbieta Romuzga.*

*Żdjęcia: Karolina Ratajczak-Bal & Albert Einstein*



# District VIII Bowling Tournament

**North Versailles, PA.** On October 15, 2016 Members of the various Lodges of District VIII gathered for the annual District VIII Bowling Tournament held at the Lanes outside of Pittsburgh, PA. As always **FRATERNALISM** was the key to another District VIII successful event.

## 2016 Winners of the District VIII Bowling Tournament:

**Women's First Place:** Lodge 352, McKeesport: Marcy Butler, Ellen Lobonno, Sue Ratesic, Lon Jean Krivda and Diane Smerecky.

**Women's Second Place:** Lodge 664, Westmoreland City: Lisa Myers, Julie Everson, Cathy "Beaker" Oblak, Tracey Mialo and Jesse Szymanski.

**Women's Third Place:** Lodge 506 Lawrenceville: Shannon Langer, Linda Lentz, Mara Fairley, Bri Wiz and Frank Piccolino.

**Women's High Game:** Lodge 664 Westmoreland City: Julie Everson (229)

**Women's High Series:** Lodge 664 Westmoreland City, Tracey Mialo (613)

**Men's First Place:** Lodge 352 McKeesport: Brandon Yauch, Brian Jones, Bill "Toots" Fredrick, Tony Brajdic and Jason Defelice.

**Men's Second Place:** Lodge 506 Lawrenceville: Will Yakubik, Jim O'Brien, Bill Kovels, Mike Maticik and Adam Lentz

**Men's Third Place:** Lodge 352 McKeesport: Joey Hetrick, Paul Couch, Ron Gregg, Jeff Gibala and Jay Peebly.

**Men's High Game:** Lodge 352 McKeesport, Ed Bavolar (235)

**Men's High Series:** Lodge 352 Jason Defelice (735)

## Congratulations to all for a great turn-out.

Next outing is scheduled for March 2017, with the hosting members of Lodge 1052 (West End Pulaski), looking forward to another great gathering of the District VIII members!

*Submitted by Commissioner David Sinclair*



*Edward "Corky" Martin, Sargent at arms Lodge 664, shoes his form at the height of the tournament.*



*Directors Val Pawlos and Jeff Twardy present the McKeesport Ladies team from Lodge 352 with the First Place Plaque.*



*Tracey Mialo (High Series) and Julie Everson (High Game) receive their respective plaques from our directors.*

*Directors Val Pawlos and Jeff Twardy present the McKeesport Men's first place team with the First Place Plaque.*



*The girls teams from Lodge 352 and 664 stop during a break in the action.*

# 10 – lecie Studia Tańca ZNP



24 września 2016, działające przy Związku Narodowym Polskim Studio Tańca obchodziło 10 rocznicę założenia, wydając, wspólnie ze Stowarzyszeniem Dobroczynności ZNP, wielki bal.

Jak przystało na grupę taneczną, uroczystość rozpoczęto prezentacją tańców standardowych w wykonaniu członków Studia. Program przygotował instruktor prowadzący zajęcia taneczne Wojciech Kozłowski. Gościnnie wystąpili także Agnieszka Szumińska i Daniel Suszyński, a partnerem dyrektora Studia Tańca ZNP, pani Elżbiety Stolarczuk w tańcach latynoamerykańskich był znany Polonii tancerz profesjonalny, Krzysztof Kasperowicz. W programie artystycznym wystąpił również Teatr Pieśni i Tańca „Wici” prezentując kunsztowne wykonanie oberka i kujawiaka.

Elżbieta Stolarczuk, prowadząca Studio Tańca ZNP od pierwszych jego zajęć, otrzymała z rąk skarbnika Mariana Grabowskiego puchar, list gratulacyjny i podziękowania w imieniu Zarządu Związku Narodowego Polskiego.

Wszyscy uczestnicy balu bawili się przy muzyce zespołu Goranie oraz doskonałym wokalu Mirosławy



(l-p) Louise McCarthy, Paulina Sołowiej, Klaudia Stolarczuk, Mikołaj Jasiński

Sojki-Topór, która również, wraz z Piotrem Michalakiem, poprowadziła imprezę. Błogosławieństwa zebranym udzielił ksiądz Tadeusz Dzieszko, proboszcz parafii św. Konstancji w Chicago, a wśród gości obecni byli była wiceprezes Teresa Abick, członkowie Rady Dyrektorów ZNP, działacze związkowi oraz przyjaciele i sympatycy tancerzy Studia Tańca PNA. Nad organizacją uroczystości czuwała z ramienia ZNP pani Maria Srodoń.

Dochód z balu przeznaczony zostanie na akcję „Świąteczna Paczka” prowadzoną od wielu lat przez Stowarzyszenie Dobroczynności ZNP w ramach pomocy osobom chorym, opuszczonym i potrzebującym.





*Krzysztof Kasperowicz, Elżbieta Stolarczuk*



*(l-p) Anna Strojny, Magdalena Solarz, Elżbieta Stolarczuk, Elżbieta Cebula*



*(l-p) Justyna Zawadzka, Konrad Tomaszewski, Elżbieta Stolarczuk, Nina Pikulska*



*(l-p) Shawn LaMar, Monica LaMar, Lukasz Belzek, Anette Belzek, Grzegorz Srodon, Leszek Bielko*



*(l-p) Irene Śpiewak, Barbara Wesołowski, Mary Srodon*



# It's COOL to be in Polish school

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

Senat RP, senatorowie RP Robert Gaweł oraz profesor Jan Żaryn.

Konkurs obejmował uczniów wszystkich szkół polonijnych aglomeracji chicagowskiej i przebiegał w pięciu grupach wiekowych. Mł-

## KONKURS HISTORYCZNY „1050-LECIE CHRTU POLSKI”

20 listopada, 2016, w centrum parafialnym przy kościele św. Jana Brebeuf w Niles odbył się międzyszkolny konkurs historyczny „1050-lecie chrztu Polski” oraz uroczysta gala wręczenia nagród

jego zwycięzcom. Organizatorzy, Zrzeszenie Nauczycieli Polskich w Ameryce oraz współpracująca od lat ze Związkiem Narodowym Polskim Polska Szkoła im. Mikołaja Kopernika w Niles, nie szczędzili sił i środków by konkurs stał się ważnym wydarzeniem kończącym obchody jubileuszu powstania państwa polskiego na terenie aglomeracji chicagowskiej.

Projekt został wsparty przez Stowarzyszenie Wspólnota Polska, Konsulat RP w Chicago reprezentowany na gali przez konsula generalnego Piotra Janickiego, Muzeum Początków Państwa Polskiego reprezentowane przez dyrektora Michała Bogackiego, Starostwo Powiatowe oraz Urząd Miasta Gniezno reprezentowane przez panią Małgorzatę Tomczak oraz działające na terenie Chicago organizacje polonijne i media. Honorowym patronatem objęli to edukacyjne przedsięwzięcie min.



*Otwarcie wystawy. Szarfy przecina dyrektor Muzeum Początków Państwa Polskiego w Gnieźnie Michał Bogacki, obok konsul generalny Piotr Janicki oraz koordynator konkursu Helena Sottys.*



*Żmagania konkursowe.*



*Laureaci, jury oraz organizatorzy konkursu wiedzy o Polsce.*



dzień od klasy pierwszej do ósmej wykonała autorskie prace plastyczne związane z tematem konkursu, uczniowie klas licealnych wzięli udział w drużynowym konkursie wiedzy na temat Polski.

Piętnaście trzyosobowych, doskonale przygotowanych drużyn zmierzyło się w turnieju wiedzy, nad przebiegiem którego czuwało jury, któremu przewodniczyła dr Jolanta Tatała, prezes Kongresu Oświaty Polonijnej. W zaciętej walce na wiedzę o polskiej historii, geografii, literaturze, tradycjach zwyciężyli gospodarze, drużyna Polskiej Szkoły im. Mikołaja Kopernika w Niles reprezentowana przez uczennice Nicole Kasperek, Nicole Kazanecką i Agatę Sołtys, miejsca drugie i trzecie kolejno drużyny Szkoły im. św. Faustyny Kowalskiej z Lombard i Tadeusza Kościuszki z Chicago.

Zmaganiom młodzieży towarzyszyło otwarcie wystawy „Chrzest 966. U źródeł Polski”, sprowadzonej przez Zrzeszenie Nauczycieli Polskich z Muzeum Początków Państwa Polskiego w Gnieźnie, odczytanie okolicznościowych listów nadesłanych z Polski przez patronów przedsięwzięcia, ekspozycja prac nagrodzonych w konkursie plastycznym, krótka inscenizacja chrztu księcia Mieszka I autorstwa Heleny Sołtys oraz staropolski poczęstunek przygotowany przez



*Najmłodsi zwycięzcy konkursu plastycznego w otoczeniu jury i organizatorów.*

komitet rodzicielski szkoły im. M. Kopernika.

Wszyscy uczestnicy gali otrzymali dyplomy, atrakcyjne nagrody ufundowane przez Instytut Pamięci Narodowej, Polsko-Słowiańską Federalną Unię Kredytową, wydawnictwo Wisdom Publishers, Western & Southern Life, jak również specjalnie na tę okoliczność przygotowane medale.

Koordinatorem konkursu z ramienia Zrzeszenia Nauczycieli Polskich była wiceprezes tej organizacji Helena Sołtys.

AK

*Zdjęcia – Andrzej Baraniak*



*Zwycięska drużyna konkursu, (l-p) dyrektor Szkoły im. M. Kopernika Bernarda Redlinska, Agata Sołtys, Nicole Kazanecka, Nicole Kasperek oraz nauczycielka prowadząca Marzanna Zapał.*

## PNA Supports Polish Heritage

Did you know that the Polish National Alliance provides subsidies for Polish Schools?  
If you are Polish school principal,

board member or a teacher please call our Fraternal Activities Department for more information at

**773-286-0500 ext. 312**



*Publiczność gali konkursowej.*

## 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)**



## *"I Love My Polish Heritage."*

### 2016 PNA Photo Contest Results



*Jury of the 2016 PNA Photo Contest (l-r) Halina Kuczynski, Magdalena Marczevska, Dariusz Lachowski.*

On Wednesday, October 12th, 2016 a committee of three members (Mr. Dariusz Lachowski of the Polish Daily News; Ms. Magdalena Marczevska of the WPNA 1490 AM Radio Station and Halina Kuczynska representing the PNA Membership Department) met at the Home Office to review the photographs submitted at the 2016 PNA Photo Contest and choose its

winners. This year's theme was "I love My Polish Heritage."

Each contestant/member was allowed to submit one 8' x 10' photo. The committee perused over the entries, looking at each photo with a close attention and chose ten best photographs considering its originality as well as technique.

#### **Winners of the 2016 PNA Photo Contest**

(in alphabetical order):

*"On our Way to the Game"*

**Maksymilian Bondyra, Perry Hall, MD**

*"My Favorite Meal"*

**Thaddeus Chapa, Merritt Island, FL**

*"Celebrating Grandparents 40th Anniversary"*

**Kimberly Chrostowski-Roland, Portland, OR**

*"Even the Oceans Cannot Tear Us Apart"*

**Victor Kowalinski-Manalac, Los Angeles, CA**

*"Passing the Power to a New Generation"*

**Christine Lesinski, Randolph, VT**

*"Polish Love"*

**Helaina Motts, Northville, MI**

*"Polish Puppy"*

**Trisha Motts, Northville, MI**

*"Warszawa District"*

**Virginia Nemecek, Cleveland, OH**

*"Zosia"*

**Amy Niemecek, Garfield Hts., OH**

*"Babcia's Pisanki"*

**Dante Taliani, New Kensington, PA**



## WINNERS OF THE 2016 PNA PHOTO CONTEST



*„On our Way to the Game”*  
Maksymilian Bondyra



*“My Favorite Meal”*  
Thaddeus Chapa



*“Celebrating Grandparents 40th Anniversary”*  
Kimberly Chrostowski-Roland



*“Even the Oceans Cannot Tear Us Apart”*  
Victor Kowalinski-Manalac



*“Passing the Power to a New Generation”*  
Christine Lesinski



*“Polish Love”*  
Helaina Motts



*“Polish Puppy”*  
Trisha Motts, Northville, MI



*“Warszawa District”*  
Virginia Nemecek



*“Zosia”*  
Amy Niemecek



*“Babcia’s Pisanki”*  
Dante Taliani



# Fraternal Life of Council 21

## DECORATING PUMPKINS



## THANKSGIVING GATHERING



## MUSIC NIGHT



Trio OPSA performed at the PNA Council 21 in Baltimore, Maryland on Friday, November 18, 2016. We had the pleasure to listen to the variety of music conducted by Trio OPSA (opera/sacra) from Kraków.

Trio OPSA is an off-spring of Kraków-based OCTAVA Ensemble, a 'Capella vocal group, part of Kraków Opera, specializing in a wide variety of period music, from late Medieval liturgical and religious, through Renaissance to contemporary modern as well as the avant-garde compositions, including opera and operetta pieces.

### Trio OPSA:

Sonia Warzyńska – *soprano*,  
Zygmunt Magiera – *tenor*,  
Malgorzata Langer-Krol – *mezzo-soprano*



The program of this concert included a selection of favorite patriotic songs, famous opera arias, a few very special sacral pieces as well as a tribute to the late singer/songwriter Leonard Cohen. The audience was delighted by the high level of performance presented by the three young and talented performers.



## PAINT NIGHT

“When I first heard about Council 21 Paint Night, I started getting my brushes, rollers, ladders, and scaffolds ready to go. Was I surprised! Paint Night turn out to be an evening of the arts”

*Paul Binkowski*

*Submitted by Małgorzata Bondyra,  
Council 21 Corresponding Secretary*





# Dożynki w Ośrodku Polonijnym im. Św. Jana Pawła II w Yorba Linda, Kalifornia.

Dożynki to piękna polska tradycja, sięgająca XVI wieku. Zapoczątkowane w 1978 roku przez śp. ks. Józefa Karpa, w Polskim Ośrodku im. Św. Jana Pawła II w Yorba Linda w Kalifornii dożynki stały się doroczną, polonijną tradycją. Od samego początku impreza ta cieszy się wielkim zainteresowaniem i entuzjazmem, ściągając tysiące ludzi z bliższych i dalszych okolic południowej Kalifornii.

W tym roku, w dniach 17-18 września 2016 r., dożynki obchodzone były po raz trzydziesty ósmy, tym razem pod patronatem nowego dyrektora Polskiego Ośrodka Polonijnego ks. Zbigniewa Frąszczaka, SVD. Głównym celem dożynek było zaprezentowanie bogatej polskiej historii i kultury, pięknych zwyczajów i tradycji, oraz polskiej sztuki kulinarnej. Dużą atrakcją były występy lokalnych zespołów ludowych. Kulminacyjnym punktem obchodów była dziękczynna Msza św., procesja dożynekowa i przedstawienie starostów – gospodarzy święta plonów. W tym roku starostami zostali państwo: Małgorzata i Zbigniew Kosteccy, członkowie Grupy 3118 ZNP z Riverside.

Jak co roku, w przygotowanie dożynek zaangażowani byli członkowie wszystkich lokalnych grup ZNP z Południowej Kalifornii: grupy 3259 „Piaś”, 3193 z Orange County, 700 z Los Angeles oraz grupy 1443 z San Diego. Członkowie ZNP przygotowali stoiska, ugotowali tradycyjne, polskie potrawy, poprowadzili program artystyczny z pokazem tańca i śpiewu. Dzieci z Polskiej Szkoły im. Heleny Modrzejewskiej zaprezen-



*Starostowie dożynek, państwo Kosteccy i ks. Dyrektor Zbigniew Frąszczak.*



*Prowadzący program artystyczny: Julia Golonka i Rick Kobzi.*



*Starostowie dożynek dzielący się chlebem. (l-p) Andrzej Warzocha, Alicja Chilecka, Grzegorz Chilecki, Małgorzata i Zbigniew Kosteccy.*

towały wszystkim zebranym swoje talenty artystyczne.

Dyrektor Grzegorz Chilecki wspólnie z komisarzem Jarosławem Musiałem oraz z pomocą pań: Barbary Jarosławskiej z grupy 3259 „Piaś” i Elżbiety Rudzińskiej z Grupy 700, prowadzili stoisko ZNP, prezentując i reklamując działalność związkową.

Rick Kobzi z grupy 3193 wspólnie z Julią Golonką z grupy 3259 „Piaś” poprowadzili program artystyczny. Na scenie publiczność mogła podziwiać przepiękne tańce ludowe w wykonaniu zespołów tanecznych Krakusy (grupa 700) z Los Angeles, Polonez (grupa 1443) z San Diego i Polanie (grupa 3259) z Yorba Linda. Zorganizowano również historyczną wystawę z okazji 1050 - lecia Chrztu Polski.

Organizatorzy przygotowali wiele atrakcji z myślą o dzieciach: gry i zabawy zręcznościowe, zdjęcia w tra-





*Uroczysta procesja z płonami.*



*Stoisko ŻNP (l-p) Grzegorz Chilecki, Barbara Jarostawski, Jarostaw Musiał, Elżbieta Piątek.*

dycyjnych, polskich strojach ludowych, cukrową watę i pyszne lody.

Polskie potrawy, takie jak placki ziemniaczane, pierogi (w kilku smakach), gołąbki, czy wyroby cukiernicze cieszyły się ogromną popularnością. Tegoroczne dożynki w Yorba Linda odwiedziło ponad 4,000 osób i była to doskonała okazja do zaprezentowania Polonii oraz kultury polskiej Kalifornijczykom.

Pełna galeria zdjęć z dożynek w Yorba Linda –  
**[www.pna-znp.org](http://www.pna-znp.org)**

*Grzegorz Chilecki,  
Dyrektor Regionu „J”*



*Występ zespołu „Polonez”.*



*Krakowiak w wykonaniu zespołu „Polanie”.*



# A Run for Camp Stanica

**Bondsville, MA.** September 10, 2016 at 10 A.M. was the start of the second annual 5K Run/Walk event at Camp Stanica, sponsored by the Polish Alliance Youth Camp in Bondsville, MA. The 28 runners and 10 walkers trekked 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 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. 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, and of course, local communities as well. 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 year 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. 5K Registration fee, included a BBQ lunch 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 5K Run/Walk 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. Local businesses also donated prizes for the participants. Palmer High School graduate and cross country runner, Henry Domnarski from Ware, MA, was the first place male runner and overall winner for his second year, with a time of 18.02 minutes. Kelsey Seddon from Westerly, RI was the fe-

male first place winner, also for her second consecutive year, at 20.00 minutes. Kelsey also recently completed the Boston Marathon. She learned of the run from her sister, Vicki George of Belchertown, MA.

## AS THE RUNNERS ASSEMBLE



**Bondsville, MA.** Runners at the Camp Stanica 5K Run/Walk fundraiser for Camp Stanica, the Polish Alliance Youth Camp in Bondsville, MA gather at the start line on a beautiful fair weather day on September 10th. Thirty-eight runners and walkers took part in this second year event which also provided an opportunity for newcomers to see the hidden treasure of Camp Stanica.

## ROUNDING THE CORNER...



**Bondsville, MA.** Runners round the corner by the cabin area where campers stay during the camping season. Cabins hold 8 to 12 campers, depending on the size of the cabin, plus a counselor and a counselor in training.



AND THE WINNERS ARE...



**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 and Vice President of PNA Council 62, gave the runners instructions before the start whistle was blown. And off they went.

Pictured left to right are: Henry Domnarski, from Ware, MA male and overall winner at 18.02 minutes; Richard Knurek, President Camp Stanica and event organizer, and Kelsey Seddon, from Westerly, RI female winner at 20.00.

#### PNA INFORMATION OFFERED AT 5K RUN/WALK CAMP STANICA FUNDRAISER



**Bondsville, MA.** Along with the 5K Run/Walk fundraiser for Camp Stanica equipment and maintenance projects, was a PNA information table organized by PNA National Business Board Director and Sales Representative, Teresa Struziak Sherman to allow interested individuals to learn more about the PNA and what benefits can be derived from PNA membership.

Seated by the display are left to right: Teresa Struziak Sherman, Maria Kruzal, Secretary Camp Stanica, Patricia M. Poehler, Palmer, MA, District Court Judge and walker in the race, and Jeannie Zapala, former PNA District 1 Commissioner and Vice President Camp Stanica.

## Polish National Alliance Scholarship Program

Deadline is April 15th, 2017



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 2017 semesters.

Full-time students who will be Sophomores, Juniors and Seniors in the Fall 2017 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](mailto:mary.srodon@pna-znp.org)**

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

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

# Pulaski Parade 2016

**Polish National Alliance Council 9,  
Passaic, New Jersey at the Parade in  
New York City, October 02, 2016.**

*Submitted by Tadeusz Kutarba.*



*Caring PNA Banner Stanislaw and Danusia Buron. (l-r)  
Leah Calandriello, Sophie Dul, Teresa Kutarba, M. Butryn,  
Tylor Wilson, Meagan Dul, Richard Dul, Olivia Butryn.*



*PNA members and friends.*



*PNA members at the Parade.*



*PNA members in the front of the St. Patrick Cathedral.*



*Joseph Zak 2016 Marshal with Marzena Fernandes 2015  
Marshal of Passaic-Clifton and Vicinity Contingent at the  
Parade. Joe is the owner of Panorama Tours in Clifton NJ.*



*Stanislaw Buron, Tadeusz Kutarba, Danusia Buron with Dr.  
Donna Koch-Kapturski, Grand Marshal of the Pulaski Parade  
in front of the main podium.*



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| 65                  | \$10,024 | \$11,037 |
| 70                  | \$8,729  | \$9,526  |
| 75                  | \$7,938  | \$8,512  |
| 80                  | \$7,071  | \$7,582  |

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At the age of 65, for a male the immediate benefits are 100 %, at the age of 80,  
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If one were planning to leave a loved one or an organization some funds, there is no safer  
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**Now, you make the choice which is better and more attractive?**

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the Membership Department of the Polish National Alliance at **1-800-621-3723**



# Gmina 178 Związku Narodowego Polskiego

Od ponad 130 lat imigranci, którzy przybyli do Ameryki za chlebem oraz ci, którzy musieli uciekać przed represjami zaborców i reżimów totalitarnych, zabrali ze sobą do nowej ojczyzny wiarę, tradycję i język polski. Te wartości łączyły imigrantów przybyłych z różnych regionów Polski, którzy organizowali się by pomóc sobie ułożyć życie na nowej ziemi. Tak powstał Związek Narodowy Polski, bratnia organizacja imigrantów polskich. W ramach ogólnokrajowej organizacji powstawały grupy, gminy i okręgi i dystrykty. Mijał

czas, zmieniały się warunki życia, ale tradycje przekazywane z pokolenia na pokolenie przetrwały do dziś.



(l-r) *Olivia Peksa & Maya Skrzyaniarz (dancers)*

11 września 2018 Gmina 178 ZNP zorganizowała spotkanie towarzyskie w Restauracji Lone Tree Manor w Niles, Illinois by zgromadzić dodatkowe fundusze na swoją działalność. W tegorocznej uroczystości uczestniczyło sześćdziesięciu siedmiu gości reprezentujących poszczególne grupy oraz inne gminy, co potwierdziło ciągle istniejącą potrzebę takich spotkań.

Przybyłych gości, wśród nich proboszcza parafii Św. Konstancji ks. Tadeusza Dzieszko, dyrektorów, prezesów grup i gmin powitał ustępujący prezes Gminy 178 Jerzy Banasiak. Swą obecnością na spotkaniu zaszczylili również gospodarzy weterani: kończący w tym roku 99 lat Tadeusz Terlikowski, który walczył w słynnym dywizjonie 303, Feliks Rembiałkowski z Dywizji Pancerniej gen. Maczka (97), komendant Placówki 90 SWAP Zygmunt Goliński, oraz panie Korpusu Pomocniczego Pań. Pan Goliński, który jest wiceprezsem należącej do Gminy 91 Grupy 877, poprowadził uroczystość.

Polonijne imprezy są zwykle urozmaicane występami młodzieżowych i dziecięcych zespołów tanecznych, które wykonują tradycyjne tańce polskie, promujące polską kulturę i tradycję. Na uroczystości Gminy 178 wystąpił zespół taneczny „Mała Wisła”. Dzieci w wieku od 2,5 do 12, lat pod kierownictwem założycielki i prowadzącej zespół pani Irene Jarociński, rozradowały serca gości swym pięknym popisem.

Zarząd Gminy 178 postanowił przekazać dochód z tegorocznej imprezy na Zakład dla Niewidomych w Laskach oraz Centrum Onkologii w Krakowie.

Zapraszamy wszystkich serdecznie na następne imprezy Gminy 178!

*Wiceprezesa Gminy 178  
Maria Chojnowski*



(l-r) *Standing: Maria Chojnowski, Irene Jarociński, Jerzy Banasiak, sitting: rev. Ted Dzieszko, Elizabeth Banasiak.*



(l-r) *Sylvia Łupa, Mrs. Monika Łupa, Adam Skrzyaniarz, Alexa Skrzyaniarz*



*Mrs. Agnieszka Gawron, with son Alex and daughter Victoria, in the back- Mrs. Agnes Miller*



(l-r) *Janina Kopacz, Adam Kopacz, Józef Penar, Wanda Penar*



# Council 178 Social Party



*(l-r) Mrs. Krzyzanowska, Martyna Ciborowski, Mrs. Monica Ciborowski*

Council 178 of District XIII held their annual Social Party on September 11, 2016 at Lone Tree Manor Banquet Hall in Niles, Illinois. Master of Ceremony, Mr. Zygmunt Golinski, Commander of PAVA 90 #1, greeted members and dignitaries which included Fraternal Director Mrs. Wanda Penar, District XIII Commissioner Wanda Juda, past Director Mrs. Stanislaw Rawicki, past President of Council 178 Jerzy Banasiak, and Council 178 Honorary President Sophia Kusnierz.

Mrs. Maria Chojnowski, Chairman of the Party as well as Vice President of Council 178, asked Rev. Thaddeus Dziesko from St. Constance Parish for a few words and prayers. Mrs. Irene Jarocinski, Recording Secretary of Council 178, presented "Mala Wisla" dance group which entertained the audience with 6 dances from various regions of Poland dressed in costumes from the Cieszyn, and Sacz regions. Mrs. Jarocinski started the dance group 23 years ago in the western suburbs of Chicago for ages 3 and up, and practices year round at Medinah Park Dist. in Medinah, Illinois, and at Divine Mercy Polish Church in Lombard, IL. Dance classes are free for PNA members. The luncheon, accompanied by music was enjoyed by all. A raffle, from which proceeds will benefit an orphanage in Poland, concluded the festivities.

*Article and photos by Irene Jarocinski,  
Recording Secretary of Council 178.*



*Młodzież z zespołu „Mala Wisla”.*



*Henry Skarbowski, Zofia Kusnierz,  
Barbara Skowzgird.*



*(l-r) Teresa Malicka, Stanislaw Rawicki, Elzbieta Cimochowicz.*

Send all articles, pictures, and correspondence to:

**[zgoda@pna-znp.org](mailto:zgoda@pna-znp.org)**

or mail to: Alicja Kuklinska  
Zgoda Magazine  
6100 N. Cicero Avenue  
Chicago, IL 60646

# We are proud of

## Samantha Ernst Aspiring Scientist



Samantha Ernst is a third-year undergraduate student pursuing Behavioral Neuroscience at Northeastern University in Boston, Massachusetts and a member of PNA Lodge 780. She is named to a Dean's List since 2014, and was awarded PNA

scholarships in 2015 and 2016.

Part of the curriculum at Northeastern University involves a cooperative education (co-op) program, where students alternate academic semesters with four- to six-month periods of full-time work in their field of study. She just completed her first co-op this past spring (2016) at Harvard Medical School working in the Harvey Lab investigating the neural pathways underlying spatial navigation. She studied the mouse lateral mammillary nucleus and the head direction signal pathway through techniques including 2-photon calcium imaging, immunohistochemistry, and genetic mouse lines. Her neuroscience interests are also fueled by my involvement in the Nu Rho Psi Honors Society and NEURONS groups on my campus.

Outside of neuroscience research, she is involved with many clubs on campus. For example, she volunteer and serve as the treasurer for the Students to Seniors club which organizes events with local assisted living homes and Dementia/Alzheimer's units. Samantha has also played for the Northeastern University Women's Club Rugby team for the past two years and enjoys fitness activities such as Zumba and running. She has served her community as a volunteer at Brigham and Women's Hospital and as a dog handler for Last Hope K9 Rescue.

*"All of these activities inspire and fulfill different parts of my life and personality. My dreams for the future are to graduate and enter into a PhD program in order to study clinical psychology and/or neuroscience. It would be incredible to continue to study the brain and help to heal and aid those facing mental illnesses"* Miss Ernst stated.

## Zofia Więciorkowska Kobieta z Pasją



Zofia Więciorkowska to kobieta z pasją, mama dwójki dzieci, żona, dumna Polka mieszkającą w USA, od lat zadziwiająca świat sportu swoimi sukcesami, ale również znajdująca czas na działalność polonijną. Pani Zofia jest aktywnym członkiem Związku Narodowego Polskiego (Grupa 315), klubu „Biały Orzeł” w Bridgeport, Connecticut oraz

Kongresu Polonii Amerykańskiej na stan Connecticut. Śpiewa również w chórze Św. Faustyny przy parafii Św. Michała w Bridgeport oraz redaguje stronę „Samo Życie” w polonijnym dwutygodniku POLONIA, ukazującym się w Connecticut.

Kariera sportowa pani Zofii to trwające 39 lat pasmo sukcesów. W wieku 53 lat pani Więciorkowska wygrywa zawody na najwyższym poziomie z rywalkami o wiele od siebie młodszymi. Jest wzorem do naśladowania dla wszystkich, a szczególnie dla młodego pokolenia.

Zofia Więciorkowska to 16-krotna rekordzistka Polski na stadionie, 19 krotna rekordzistka Polski w hali, zdobywczyni 29. medali na Mistrzostwach Świata i Europy Masters (16 złotych, 8 srebrnych oraz 5 brązowych), aktualna rekordzistka Europy w hali w biegu na 800 m., rekordzistka Mistrzostw Europy i Świata w biegu na 2.000 m. z przeszkodami.

Pani Zofia należy do nowojorskiego klubu biegacza „New York Road Runners”, organizatora słynnego Nowojorskiego Maratonu, a w 2000 roku, za osiągnięcia sportowe, została uhonorowana przez ten klub tytułem „Biegacza Roku”. Wzięła udział w 18 maratonach na terenie USA min. w Bridgeport, Nowym Jorku, Bostonie, Wisconsin, Kalifornii, Las Vegas i Rhode Island. Startowała 6-krotnie w Nowojorskim Maratonie sześć razy zajmując miejsce w pierwszej piętnastce kobiet.

Ostatnie cztery lata to pasmo sukcesów Zofii Więciorkowskiej na arenach światowych zakończone w sierpniu tego roku kolejnym rekordem oraz złotym medalem w biegu na 2000 m z przeszkodami na Mistrzostwach Świata Masters w Perth, Australia.

*Andrzej Więciorkowski,  
prezes Grupy 315 ŻNP w Bridgeport, Connecticut.*



## Camille Kopielski Heritage Award Recipient



Camille Kopielski, (PNA Lodge 1792) is this year's recipient of the Distinguished Member Heritage Award by The Council of Educators in Polonia and Northeastern University.

Ms. Kopielski is a high school counselor-teacher, received her B.A. in History and Government from St. Mary of the Woods College, Indiana, and earned a M.A. in History and Political Sciences from Boston College, Massachusetts. Her counseling hours were earned at NEIU. Her teaching-counseling career was spent at Carl Schurz High School, where she established a first Polish bi-lingual program in the CPS. In addition to working directly with students, Camille was one of the first to be a Nationally Certified Counselor, represented the faculty on the Local School Council, served on North Central Evaluation teams, was the long time secretary of the Secondary School Counselor Association, served on an ad hoc Holocaust Committee for CPS, and for her work was awarded a life membership in the Parent Teacher Association.

Camille's participation in Polonian organizations includes serving as President of the Polish Women's Civic Club, Inc., for ten years, Treasurer of the Polish Museum of America for over 15 years, Historian of

the Legion of Young Polish Women, National Director of the Polish American Congress, Director of the Polish American Leadership Initiative, Director of the Copernicus Foundation, Director of the Polish Arts Club, serves as chair of the Lira Ensemble, and recently was elected President of the American Council for Polish Culture.

In addition, Camille served on the Advisory-Trustee Board of the Holy Trinity High School, was the first women appointed to the Gordon Technical H.S. Board, is on the Bishop Abramowicz Seminary Board, St. Mary of the Woods College Board and is on the Boards of the Polish American Association, and Catholic Charities.

In 2014, Camille received the Bishop Abramowicz Seminary "Caritas Christi" by Francis cardinal George. She was awarded the Krzyż Kawalerski Order Zasługi Rzeczypospolitej from the President of Poland, received the Paderewski Medal from the Polish Army in America. In 2015, she received the "Founder's Award" from the American Council for the Polish Culture. In 2016, Camille received the Francis Murphy Rumely Award, one of the most prestigious Alumni Award from St. Mary of the Woods, Indiana, for her outstanding work as a philanthropist and activities in the Catholic, Polish Americans and women's right communities. She is a Dame of the Sovereign of Malta of St. John.



## Don't Pay Full Price for Medication!

The Polish National Alliance is happy to offer to its members new prescription drugs benefit:

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# In Memoriam

## **WOJCIECH BIAŁASIEWICZ (1940-2016)**



Wojciech Białasiewicz, były redaktor naczelny „Dziennika Związkowego”, publicysta, historyk i pisarz zmarł 31 sierpnia w Zamościu, w wieku 76 lat.

Wojciech Białasiewicz urodził się w 1940 r. w Warszawie.

Był absolwentem historii Katolickiego Uniwersytetu Lubelskiego. W 1973 r. obronił doktorat z historii na Uniwersytecie Warszawskim. Pracował jako dziennikarz i publicysta lubelskiego oddziału „Słowa Powszechnego” oraz reporter „Tygodnika Zamojskiego”. Na łamach tygodnika „WTK” i „Kuriera Lubelskiego” ogłosił wiele materiałów z historii najnowszej Polski. Był autorem wielu książek wydanych, m.in.: „Afera Wismana. O działalności zamojskich grup szturmowych ZWZ-AK”, „Pomiędzy lojalnością a sercoprywem. Polonia amerykańska we wrześniu 1939”, „W kręgu chicagowskiej Polonii”, „Wrzesień 1939 roku na Zamojszczyźnie”. W przygotowaniu pozostał tom złożony z rozmów z ważnymi postaciami, min. prezydentem Lechem Kaczyńskim i oraz biografia generała Bolesława Wieniawy-Długoszowskiego.

W 1985 przyjechał do Stanów Zjednoczonych. Pracował w tygodniku „Panorama”, a następnie w „Nowym Dzienniku Chicagowskim” i w tygodniku „Relax”. W latach 1988-1989 r był redaktorem naczelnym „Dziennika Polskiego” w Detroit. W październiku 1989 roku został redaktorem naczelnym „Dziennika Związkowego”, najstarszej gazety polonijnej, wydawanej w Chicago od 1908 roku. W październiku 2009 roku, powrócił do Polski i zamieszkał w Zwierzyńcu, skąd pochodzili jego rodzice.

Wojciech Białasiewicz był również dyrektorem krajowym Kongresu Polonii Amerykańskiej, a za działalność na rzecz Polski został odznaczony m.in. Krzyżem Kawalerskim i Krzyżem Oficerskim Orderu Zasługi RP

## **WŁADYSŁAW (WALTER) ZACHARIASIEWICZ (1911-2016)**



Władysław Zachariasiewicz was born on November 7, 1911, in Kraków and graduated from Jagiellonian University with a law degree. Active in the World League of Poles Abroad, he was the last surviving member of this renowned pre-war organization. In September 1939, Zachariasiewicz fought in defense of Poland. Captured by Soviet forces,

he was sent to a GULAG in the Archangelsk region.

Released from captivity after the Sikorski-Mayski Agreement, he became an official of the Polish government tasked with assisting Poles who were being released from Soviet captivity. He was subsequently arrested by the Soviet NKVD and held for several months. Exiled from the USSR, Zachariasiewicz was sent at the behest of the Polish government in exile to Constantinople, London, and later Rome to care for Polish soldiers serving in General Anders' II Polish Corps.

In 1948, he immigrated to the United States, where he continued his involvement on behalf of the Polish cause and cared for Polish refugees. Numerous Polish-American organizations benefited immensely from his dedication and leadership, including the National Council of Polish Cultural Clubs, the Polish American Congress, and the Pulaski Parade Committee to name a few. Władysław Zachariasiewicz was elected to the Board of Directors of Radio Free Europe and Radio Liberty and personally appointed by the Holy Father to the Board of Directors of the John Paul II Foundation.

Throughout the course of his successful career in the United States, which included over a decade as a special assistant to the Postmaster General, Władysław Zachariasiewicz never ceased to care for his homeland and his compatriots. He was a leader in the Polish-American community and active until the end of his life.

His many awards include the Commander's Cross with Star of the Order of Polonia Restituta and Commander's Cross with Star of the Order of Saint Gregory presented by Pope John Paul II.



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# PNA's "Old Man River" Excursion



On Tuesday and Wednesday, September 20 and 21, the Polish National Alliance (PNA) hosted a wonderful two-day motor coach excursion to Moline, Illinois, and Davenport, Iowa, the Quad Cities area. Fifty-seven guests left from Chicago's Northwest Side and Southwest Side to journey on this sold-out trip. The first stop was the Lavender Crest Winery in Colona, Illinois, where they enjoyed a winery tour, winetasting, and luncheon. The group then travelled to the studio of Isabelle Bloom Sculptures in East Davenport to view USA handmade Isabelle Bloom inspired sculptures. The final destination was the Isle of Capri Hotel and Casino, situated on the Mississippi River in Bettendorf, Iowa. The evening was reserved for relaxation, dining, and casino action. The following morning the PNA travellers boarded the Celebration Belle, a classic wheel paddle riverboat, and set out for a four-hour scenic cruise on "Old Man River."

The Mississippi River provided everyone the opportunity to view the wonderful sights of the Illinois and Iowa shores of its banks. Of particular interest was the Government Bridge, a rail/auto bridge that links Davenport, Iowa, with Rock Island, Illinois. This was the first bridge designed by Polish-born American structural bridge designer extraordinaire, Ralph Modjeski. It became officially operational in 1896.

A second bridge in that same area created by Modjeski is the Iowa-Illinois Memorial Bridge, a twin-suspension bridge connecting Moline, Illinois, and Bettendorf, Iowa (Interstate 74) that became operational in 1935 and 1939. Interestingly, Modjeski is considered America's greatest bridge designer and builder and was, incidentally, the son of the renowned Polish Shakespearean actress, Helena Modrzejewska (Modjeska).



*On the "Celebration Belle" cruiser.*

During the cruise, the guests were treated to a buffet luncheon along with live music of the Big Band era. The two-day excursion ended with a scenic drive back to Chicago.

Special thanks to Mary Srodon, the PNA's Fraternal Activities Coordinator, and Charles Komosa, PNA National Secretary and its Fraternal Activities Chair. They travelled with the group and made sure that schedules were kept and excursion guests' needs were met. Also, "Dziękuję bardzo" to Mirek, the motor coach driver, who safely drove the PNA group to Iowa and back.

*Geraldine Balut Coleman, Ph.D.  
Polish American Journal Reporter, Writer, Editor.*

*Photos by Mary Srodon*

For a full photo gallery from the trip visit:

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





*Members of the „Chicago Society” Lodge 1450.*



*(l-r) Fred Medina, Janina Kosinska ,  
Anna Kokoszka, Mary Anette Klein,  
Carol Medina, Ted Bas, Victoria Bas.*



*Anna Kokoszka, Teresa Abick,  
Joyce Oboj.*



*Lecture at the “Isabelle Bloom” Showroom in Davenport.*



*front row (l-r): Mary and Jan Srodon, Zenon and Jola Belzek (celebrating their 30th  
Wedding Anniversary!), Mieczyslaw and Tadeusz Gawel.*

## PNA GIFT CARD PROGRAM



### New fundraising agenda for our organization!

The purchase of the gift cards  
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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.

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

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

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

or call the Sport and Youth  
Department of the Polish  
National Alliance:

**1-800-621-3723 ext. 316**

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.**

# The Silver Bell Club Celebrates 90<sup>th</sup> Anniversary



On March 13, 2016, PNA Lodge 2365, known as the Silver Bell Club, celebrated their 90th Anniversary Celebration at the beautiful Innsbrook Country Club in Merrillville, Indiana. Co-chairperson of the 90th Anniversary Celebration David S. Tokarski welcomed the honored guests and introduced Steve H. Tokarski, former president of the Silver Bell Club and current Business Director in the Polish National Alliance as the master of ceremonies. After dinner, the guests were entertained with choral selections by the Wolfgang Musical Group from Hobart High School.



The guest speaker was PNA General Legal Counsel Christopher T. Nowotarski, who highlighted the Silver Bell Club's activities. During its many years of existence, the Silver Bell Club has produced many government officials and

sports champions. The Hank Stram-Tony Zale Sports Awards Banquets were honoring our two champion members, Tony Zale, former world middleweight boxing champion and Hank Stram, former head coach of the Super Bowl champion Kansas City Chiefs, honored outstanding high school athletes who excelled in both sports and academic achievements with excellent speakers from the world of sports. The club also co-sponsored the Senior League World Series for six years. Overall, the club has awarded college scholarships to well over 150 members for a value of over \$100,000.00.



Silver Bell Club president Sal Muffoletto bestowed two members, Daniel Gustas and Joshua Jachowski, with scholarship awards. Daniel Gustas, a PNA member since 2000, attends Oliver Nazarene University in Bourbonnais, Illinois with a major in physical education. He volunteers as a volleyball referee, is involved with Bible study, youth groups, Youth for Christ, and participates on the cross-country team. Joshua Jackowski, a PNA member since 2001, attends Purdue University Calumet in Hammond, Indiana majoring in finance. He is a member of the Boy Scouts of America, Knights of Columbus, and participates in

the Purdue Calumet Men's Golf Team.

The Silver Bell Club had four past and present members honored at the anniversary celebration: long-serving treasurer Phyllis Ann Dunajski, long-serving Sergeant-At-Arms John Sobczak, and renowned vocalist Evelyn Lisek. A special presentation was made by National Treasurer Marion



Grabowski of the Silver Eagle Award for former Silver Bell Club President and National Director of the Polish National Alliance Joseph A. Samreta. Joseph Samreta was the longest-serving president of Lodge 2365, from 1994 through his untimely death in 2015.

In 2005, the Silver Bell Club merged with Marshal Jozef Pilsudski PNA Lodge 2431 and then in 2008 merged with PNA Lodge 2947, then in 2008 merged with PNA Lodge 1810, and in 2010 merged with General Tadeusz Kosciuszko PNA Lodge 912. The merged lodges have retained the name Silver Bell Club, PNA Lodge 2365 and have become the second largest PNA Lodge in Indiana.

The Silver Bell Club has been honored by having Anthony Dziuba, Walter Nawrocki, John Muraida, and Steve H. Tokarski elected to serve as Presidents of PNA Council 127; having Anthony Dziuba, Joseph Sanok, Joseph Samreta, and George Gustas elected to serve as Commissioners of PNA District XV, and Steve H. To-





karski and Joseph Samreta elected as National PNA Directors as well as serving as National Directors of the PNA Business Board.

The Current officers of the Silver Bell Club are Sal Muffoletto (President), David S. Tokarski (Vice President), Phyllis Dunajski (Treasurer), Jeff Jackowski (Secretary), Laurie Baumgart (Financial Secretary), Carol Mytyk (Chaplin), Ken York (Land Manager),

John Sobczak (Sergeant at Arms), and Catherine Zieba (Inner Door Guard).

The future of the Silver Bell Club has been based on a firm foundation; its goal will be to increase its membership to continue fraternal and civic endeavors for the Northwest Indiana Community as well as Polonia.

*Submitted by David S. Tokarski.*



# District 1 PNA Holds Annual Joint Convention

**Worcester, MA.** District 1 PNA held its Annual Joint Convention for 2016 at the White Eagles Association Club in Worcester, MA, hosted by PNA Lodge 1063. Commissioner Wanda Milecki conducted the meeting and elections of secretary and treasurer. Commissioner Milecki will appoint the Secretary for PNA District 1. Re-elected Treasurer of District 1 was Kamila Wnuk. The Convention delegates were honored with the presence of PNA National Vice President, David Milcinovic.

## DISTRICT 1 PNA MAN AND WOMAN OF THE YEAR FOR 2016



**Worcester, MA.** Pictured congratulating the award winners at the PNA District 1 Convention are left to right front row: Teresa Struziak Sherman, PNA National Business Board Director; Frank J. Wolanin, Man of the Year 2016; Jeannie Zapala; Woman of the Year 2016, and Wanda Milecki, PNA District 1 Commissioner. Back row: PNA National Vice President, David Milcinovic and PNA National Director Region "A" Walter Tokarz.

Also present were PNA National Business Board Director, Teresa Struziak Sherman and National Director Region "A" Walter J. Tokarz. Vice President Milcinovic spoke about the positive directions the PNA is heading and the need to focus on increasing membership. He even offered to sponsor a party for District 1 if the delegates could enroll 50 new members between the Convention date of August 7 and the end of the 2016 year. The meeting was productive and the dinner was delicious and a delight for all the delegates present.

The District annually presents a distinguished Man and Woman of the Year award at the District Convention. The award for "Woman of the Year 2016" was presented to former PNA District 1 Commissioner, Jeannie Zapala of PNA Lodge 3276 of Ludlow, MA. Jeannie has been a member of Lodge 3276 since her pre-teen years, and assists at many events and meetings whenever needed. Jeannie has been a Lodge Financial Secretary/Sales Representative for at least 25 years, serves as Vice President of PNA Council 62 and the Polish Alliance Youth Camp, Camp Stanica. Jeannie has been a PNA District 1 Commissioner from 2007 to 2015, and is a delegate to PNA District 1. Jeannie has been elected as a Delegate to several PNA National Conventions and served on pre-convention committees. She has been an active Sales Representative, signing up many family and friends as new members. Jeannie is a delegate to the Polish American Congress of Western Massachusetts, is a member of the Polanie Club and volunteers on her church committees.

## DISTRICT 1 MEMBERSHIP



**Worcester, MA.** Pictured at the PNA District 1 Joint Convention for 2016 discussing membership and the District 1 Membership Contest are left to right: PNA District 1 Commissioner, Wanda Milecki and PNA National Vice President, David Milcinovic. Vice President Milcinovic offered to personally sponsor a District 1 party for the District if we could enroll 50 new members from August 7 to December 31, 2016. Get going PNA District 1!!! We like parties.

Receiving the award for "Man of the Year 2016" was Frank J. Wolanin of PNA Lodge 525 of Holyoke, MA. Frank is President of PNA Council 82, Holyoke, MA. He serves on the Board of Pilsudski Park and is an auditor for PNA Lodge 525. He is a National Director of the Polish American Congress of Western Massachusetts, Chairs the Polish American Heritage Annual Banquet sponsored by the Polish American Congress of Western Massachusetts and serves on the Miss Polonia Massachusetts Committee. Frank was elected as PNA District 1 Commissioner from 2011 to 2015.

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



*"Christmas is not as much about  
opening our presents  
as opening our hearts."*



The Polish National Alliance  
**Annual Christmas Drive**

benefiting

**Single Mother's Home**

Dom Samotnej Matki

This year the Polish National Alliance would like to encourage you to support **Single Mother's Home** under the auspices of the Missionary Sister of Christ the King in Chicago. It is a safe and confidential shelter for women who are pregnant, and with children, single, abused, homeless, and in financial crises.

In the spirit of Christmas, please help them to find their path to a better life and support The Single Mothers Home by donating everyday items in dire need.

Please, donate only new, unopened, and unused things like diapers (different sizes), baby wash/shampoo, towels, detergent, kitchen utensils, paper towels, etc.

Any donation will be greatly appreciated. Cash donations are also welcomed.

**Donation Drop Box**  
**Locations available until**  
**December 31, 2016:**

**Polish National Alliance**  
**(Lobby)**

6100 N. Cicero Ave.  
Chicago, IL

**Polish Daily News**  
**"Dziennik Związkowy"**

5711 N. Milwaukee Ave.  
Chicago, IL



For additional information, please contact the  
Fraternal Activities Coordinator Mary Srodon at  
**773 286-0500 ext. 312** or **mary.srodon@pna-znp.org**

Thank You for making Christmas a little brighter for those in need!

**Polish American**  
**Congress**  
**Charitable Foundation**



5711 N. Milwaukee Ave.  
Chicago, IL 60646  
773-763-9942

*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](http://www.paccf.org)**

Applications must be submitted by **March 15, 2017**

# Madeleine Albright Meets with the PAC



On October 10, 2016, former Secretary of State Madeleine Albright met with representatives of the Polish American Congress as well as other leaders of the Polish American community at the office of the Polish National Alliance in Chicago. Secretary Albright – a founder and a partner of DC-based advisory firm, the Albright Stonebridge Group – spoke on behalf of the Hillary Clinton Presidential Campaign.

PAC President, Frank Spula asked Secretary Albright to explain Hillary Clinton's views on issues of importance to Polish Americans and Poland; specifically, the critical need for a strong NATO engagement in Poland in the region of Central and Eastern Europe (CEE), as well as Poland's inclusion

into the U.S. Visa Waiver Program.

Secretary Albright relayed Secretary Clinton's strong support for Poland and the CEE region. As one of the examples, she cited Poland's inclusion into the NATO Alliance in 1999 during her husband Bill Clinton's Administration. Regarding the inclusion of Poland



in the U.S. Visa Waiver Program (VWP), for which the Polish American Congress has been strongly advocating in recent years, Albright said, "There is no question that something needs to be done".

The meeting offered ample time to address in depth not only the topics of NATO and inclusion of Poland in the VWP, but also other matters raised by PAC hosts that included the issue of lump-

sum compensations and property restitution in Poland, the ongoing investigation of the Smolensk plane crash, as well the growing concern about negative publicity that Poland's newly-elected government has been receiving in recent months in Europe and worldwide as well.

Secretary Albright expressed her appreciation for the opportunity to share her views on behalf of Hillary Clinton, and stated that Secretary Clinton has great admiration for the Polish American community and the nation of Poland, a long-standing ally of the United States.



**The Polish American Congress does not endorse candidates for elected offices. The organization meets with representatives of all political fractions in effort to present and discuss issues of key importance to the Polish American community, Poland, and the region of Central and Eastern Europe.**

*Dr. Mark Pienkos,  
PAC VP for Public Relations*

*Photos: Alicja Kuklinska,  
Jacek Boczarowski*

For full Press Release visit:  
**[www.pac1944.org](http://www.pac1944.org)**





# Donald Trump Meets with The Polish American Congress

On September 28, 2016, Republican Presidential candidate Donald J. Trump, accompanied by former New York Mayor Rudy Giuliani, met with representatives of the Polish American Congress (PAC) as well as other leaders of the Polish American community at the office of the Polish National Alliance in Chicago.

President Spula addressed issues of importance to Polish Americans and Poland, specifically the critical need for a strong NATO, of which the Republic of Poland has been a member since 1999, as well as Poland's inclusion into the U.S. Visa Waiver Program. Mr. Trump expressed strong support for both issues, including the support of a missile defense system which's elements have been located in Poland. Mr. Trump said, "I am all for NATO and in a Trump Administration, we will have a friendly and strong partnership with Poland and Polish Americans."

Although unfamiliar with the issue of inclusion of Poland into the U.S. Visa Waiver Program, Trump expressed concern that Poland is not a member of the Program. Trump said, "I promise that within weeks of



my Administration being sworn into office, I will see to the approval of Poland in the Visa Waiver Program."

Following the meeting with leaders of the Polish American community, Mr. Trump spoke to nearly two hundred Polish Americans who gathered in the PNA headquarters. Mr. Trump reinforced his fondness and commitment to Poland and Polish Americans.

**The Polish American Congress does not endorse candidates, but hopes to inform candidates as to the issues facing Poland and Polish Americans.**

*Dr. Mark Pienkos, PAC VP for Public Relations*  
For the full Press Release visit: **[www.pac1944.org](http://www.pac1944.org)**



**The 2016 race for the White House has reached its conclusion on November 8<sup>th</sup>. Mr. Donald Trump was elected 45<sup>th</sup> President of the United States of America.**

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

Holyoke, MA. The Polish American Congress (PAC) of Western Massachusetts held its Polish American Heritage Banquet at Pilsudski Park, Holyoke, MA on October 2, 2016. The event was well attended by many dignitaries and guests. Frank Wolanin, PNA former 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 present. Representing the Polish National Alliance and Polish American Congress was National PNA and PAC President, Frank J. Spula, from Chicago, Illinois, Vice President of PAC American Affairs and President Polish American Congress of New Hampshire, Anthony J. Bajdek; Chairperson of the event, Past Commissioner of PNA District

1 and a PAC Director, Frank Wolanin; Teresa Struziak Sherman, PNA National Business Board Director, Wanda Milecki, Commissioner PNA District 1, PAC of Western MA officers, Joseph M. Kos, President; Lech Sadkowski, Vice President; Mary Wolanin, Vice President, and Alvira Balut, PAC Treasurer/Financial Secretary.

Also present were: The Honorable Donald Humason, Massachusetts State Senator; The Honorable Mayor of the City of Holyoke, Alex B. Morse; Rev. Charles DiMascola, Pastor Emeritus at Our Lady of Czestochowa Parish, Turners Falls, MA, who delivered the Invocation and Benediction and Stas Radosz, award recipient and member of PNA Lodge 711 of Chicopee, MA. President Kos delivered congratulatory messages and proclamations from State and local government officials assisted by PAC/PNA National President Frank J. Spula.

The program began with singing of both the American and Polish National Anthems by Oliwia Bragiel, Miss Polonia Massachusetts 2017. The Main Speaker was National President, Frank J. Spula. Mr. Spula spoke about the many challenges Poles and Polish Americans face in our society today. He also shared information regarding the recent visit by Republican Presidential Candidate, Donald Trump and his support of Polish people who work very hard to make this country great. President Spula also mentioned that the PNA or the PAC do not endorse any particular candidate. He has invited Democratic Presidential Candidate, Hilary Clinton, to visit, but has had no response from her campaign headquarters at this time. 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 J. 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. Stanislaw "Stas" Radosz.

## OFFERING CONGRATULATIONS



**Holyoke, MA.** Taking a special moment to congratulate the 2016 Polish American Congress of Western Massachusetts Achievement Award Winner are left to right: Anthony J. Bajdek, National Vice President for American Affairs, Polish American Congress and President Polish American Congress, New Hampshire Division; Frank J. Spula, National President Polish American Congress and Polish National Alliance; Joseph M. Kos, President Polish American Congress of Western Massachusetts; Stas Radosz, PAC Achievement Award Recipient and Executive Director Polish Center of Discovery and Learning at Elms College, and Frank Wolanin, PAC Director and President PNA Council 82.



Stas was born in Chicago, Illinois in 1940. He always has had a strong interest in the arts combined with great knowledge of Polish history, culture, traditions, and folklore. He can relate many stories of old and entertains listeners of all ages. In high school, Stas won an all-Chicago contest as the best singer in the Chicago Public School System. His interest in museums and exhibit design follows his exposure, at a young age, to the Art Institute in Chicago and his summer employment at the Chicago Field Natural History Museum. Stas received his undergraduate and graduate degrees from Indiana University in Bloomington, Indiana majoring in Slavic Studies and Library Science.

For many years, Stas taught Polish Language along with a course he developed called, "Introduction to the Polish People" at the University of Massachusetts in Amherst. He has also taught at Our Lady of the Elms College, Chicopee, MA and other community colleges. For 31 years, Stas was employed as Slavic Bibliographer and Coordinator for Collection Development at the UMass Amherst Library where he developed the Slavic and Eastern European collection.

Stas has been designated a Five-College specialist and special advisor to students working on Polish subject honors papers at Smith College and Hampshire College. He has worked in Poland as an interpreter and translator for the United States Information Service, the Joint Publication Research, and others.

In 1998, Stas retired from the University of Massachusetts and was approached by the President of Elms College to find a way to bring the Polish community closer to the college. Stas proposed a center that would celebrate the contributions of the Polish people to the economy, arts and sciences of New England. Thus, the Polish Center of Discovery and Learning at Elms College was founded. Since 1998, Stas serves as the Executive Director of the Polish Center of Discovery and Learning in a gratis position. For the past 18 years, with the help and support of many individuals, the Polish Center has grown into an impressive Polish heritage museum that strives to safeguard historical objects representative of the culture of the Polish people. The Polish Center also provides resources to assist individuals searching for information for projects, provides support to local schools, colleges and other educational institutions. The Polish Center organizes a rich variety of exhibits and sponsoring lectures.

Stas and his wife, Sonie, have been married for 51 years, and have two children and three grandchildren. After an extended applause by 140 guests, everyone joined in to the singing of "Sto Lat". The outstanding Banquet Committee included: Joseph M. and Christine Kos; Lech Sadkowski; Mary and Frank Wolanin; Irena and Richard Gadecki, and Alvira and Gerald

## PAC OF WESTERN MASSACHUSETTS AWARD WINNER



**Holyoke, MA.** Pictured at the Polish American Heritage Banquet are back row left to right: PAC/PNA National President Frank J. Spula; Joseph Kos, President PAC of Western MA and Treasurer PNA Lodge 525; Lech Sadkowski, Vice President PAC of Western Massachusetts, and Sondra Radosz. Front row left to right: Anthony Bajdek, Vice President of PAC American Affairs; Frank Wolanin, Former Commissioner PNA District 1, President PNA Council 82, and PAC of Western MA Director; Mary Wolanin, Vice President PAC of Western Massachusetts; Wanda Milecki, PNA District 1 Commissioner; Stas Radosz, Achievement Award Recipient for 2016; Teresa Struziak Sherman, National PNA Business Board Director, and Jeannie Zapala, former PNA Commissioner District 1. Stas 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.

Balut.

The Polish American Congress has championed many positive programs and has always supported causes for immigrants. As part of its agenda for 2017, 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.

*Submitted by Teresa Struziak, PNA Business Director.*

# "THE WHISPERERS" ARRIVE AT THE POLISH CENTER

**Chicopee, MA.** Internationally recognized photojournalist, Kuba Kaminski, made his three day debut in the United States with his 23 works of photographic art at the Polish Center of Discovery and Learning in Chicopee, MA. The exhibit is called "The Whisperers" and is based on people who believe they possess a gift from God, thereby giving them healing powers for many diseases and physical pain. The name may have come from the way they treat their believers by whispering special prayers into their ears. They have been a part of the culture for hundreds of years in Podlasie, Poland, a land of mysticism and symbols that dictates the rhythm of life for many people living there. Mr. Kaminski identifies "Whisperers" as mostly elder women who live in small villages in Podlasie located in the eastern part of Poland. Their services are free as they believe they are doing the work God asked them to do. They are caring for others and that is what matters. Kuba's works tell interesting and unique stories.

## ATTENDEES AT "THE WHISPERERS" EXHIBIT



**Chicopee, MA.** Pictured at "The Whisperers" exhibit by Polish photojournalist, Kuba Kaminski, at the opening reception at the Polish Center of Discovery and Learning are left to right: Joseph M.

Kos, President of the Polish American Congress of Western MA and Treasurer of PNA Lodge 525; Teresa Struziak Sherman, PNA National Business Board Director; Kuba Kaminski, Polish photojournalist artist and producer of "The Whisperers" exhibit, and Christopher P. Ball, Director, Central European Institute and Honorary Hungarian Consul at Quinnipiac University, Hampden, CT. The University has created a relationship with the Polish Center to foster future programs and activities.



Photographs by  
Kuba Kaminski



Kuba Kaminski was born in 1985 in Warsaw, Poland and received a degree on photography from Lodz Film School. He currently is a staff photographer at the Polish Press Agency and European Photopress Agency. For more information about Kuba Kaminski, go to [kubakaminski.com](http://kubakaminski.com). Should you want to arrange for an exhibit in your area contact Kaminski on line or through the Quinnipiac University, Christopher P. Ball, Director, Central European Institute in Hampden, CT at 203-582-8745 or [Christopher.ball@quinnipiac.edu](mailto:Christopher.ball@quinnipiac.edu).

The Kaminski exhibit was held on September 28, 2016 with an opening reception. It was sponsored by The Polish Center of Discovery and Learning and the Novak Family Chair in Polish Studies at the Central European Institute at Quinnipiac University. Many people attended the premiere exhibit and were able to purchase some of Kaminski's works.

From Chicopee, MA, the exhibit will travel to Hartford and New Haven, Connecticut, then to New York City. Culture and heritage are important to a civilized world. They must be respected, honored and preserved. We learn from the past to progress to a positive future.

Submitted by Teresa Struziak Scherman,  
PNA Business Director.



# The Orchard Lake Schools

*“Education alone makes men free.”*

*Fr. Józef Dąbrowski*

Those words echo around the halls of America’s oldest Polish cultural and educational institution, nestled among the rolling countryside Northwest of Detroit, on the shores of Orchard Lake. Fr. Dąbrowski, emigrated from Poland in 1870, following the January 1863 Uprising, and his exile to Germany and France. The work of Fr. Leopold Moczygemba was passed unto him, to establish an institution of higher learning for Polish people in America. So in 1885, Polish people everywhere donated to erect a “Polish” Seminary in Detroit, under the patronage of Ss. Cyril & Methodius. To this day, Fr. Dąbrowski’s vision is alive and well.

Today the Orchard Lake Schools is a three tiered educational institution, including the original Ss. Cyril & Methodius Seminary, St. Mary’s Preparatory High School, and The Polish Mission. Altogether, these departments unite under a banner of faith, excellence, and Polish identity. While the Prep and Seminary fulfill our educational vocation, The Polish Mission has undertaken the Orchard Lake Schools’ obligation to protect and promote the Polish cultural heritage at the core of the organization’s existence.

For over 130 years, our campus has witnessed some of the most powerful events in Polish American history. From General Haller’s

recruitment surge during WWI, to the welcoming of Polish refugees from India following WWII, to St. John Paul II’s famous kayak paddle on the choppy waters of Orchard Lake, to Lech Walesa’s famous address to our student body in 2010. In more recent times, we’re proud to have become the first institution in the United States to earn the gold degree of the Gloria Artis in 2015, following an intense and regular stream of Polish cultural activity that includes exhibitions, events, and artistic performances that highlight the best of our beloved ancestry.

A few of the most notable of these are the Passage to India, and They Risked Their Lives exhibitions, produced by our colleagues at the Museum of Polish History, and the POLIN Museum of the History of Polish Jews, respectively. The Forbidden Art educational program, which we offer in exclusive partnership with the Auschwitz-Birkenau State Museum of Poland, has traveled over 11,000 miles to over fifteen venues across the country, including the Eisenhower Presidential Museum, The Polish Museum of America, and even the United Nations. In honor of the 72nd Anniversary of the Liberation of Auschwitz, the three-ton exhibition will go to West Point Military Academy in January 2017.

The foundation of our organization lies not only in the hearts of

our founder and his colleagues, but in the permanence of our stately Victorian campus, and great collections of art, archives and artifacts. With America’s largest collection of Polish-related WWII artifacts, the Central Archives of Poland, over 400 Masterpiece Polish paintings, and one of the largest Polish numismatic collections in the world, it’s our responsibility to ensure that future generations will have the treasures of our history to revere as we do. That’s why we’re renovating and expanding our 1888 Galeria to become America’s first purpose-built Polish Art gallery and education center, incorporating state of the art security, climate control, and fine craftsmanship. Altogether, the new 12,000 square-foot Gallery, like the founding of our institution, will be a permanent landmark on our shared Polish-American legacy. For more information on everything we do at The Polish Mission, please visit our website at [www.polish-mission.com](http://www.polish-mission.com), and follow us on social media.



# Miss Polonia Massachusetts 2017

**HOLYOKE, MA.** The Miss Polonia Massachusetts Pageant 2017 was held at Pilsudski Park, Holyoke, MA on Sunday, August 14, 2016. The Polish National Alliance Lodge 525 and the Polish American Congress of Western Massachusetts organized the fourteenth annual event.

Judges for the pageant were: Robert J. Lepecki, Board Member at the Polish Center of Discovery and Learning, Chicopee, MA; Alexander M. Lewinski, owner of A&D Metal, Inc. of Westfield, MA; Jessica Sudyka, Miss Polonia

## CONGRATULATIONS TO THE MISS POLONIA MASSACHUSETTS 2017 WINNER



**Holyoke, MA.** Oliwia Bragiel of Springfield, MA is shown having been crowned Miss Polonia Massachusetts 2017 at the Pageant held at Pilsudski Park, Holyoke, MA on August 14, 2016 by Natalie Wolanski, Miss Polonia 2016. The event is sponsored by PNA Lodge 525 of Holyoke, MA and the Polish American Congress of Western Massachusetts.

## CROWNING OF MISS POLONIA MASSACHUSETTS 2017



**Holyoke, MA.** Congratulating the 14th Anniversary winner of the 2017 Miss Polonia Massachusetts Pageant with great pride are left to right: Jeannie Zapala, former Commissioner PNA District 1; Natalia Kaczor, first Runner-up, and member of PNA Lodge 711, Chicopee, MA; Oliwia Bragiel, winner Miss Polonia Massachusetts 2017; Joseph M. Kos, President Polish American Congress of Western MA; Teresa Struziak Sherman, PNA National Business Board Director; Commissioner of PNA District 1, Wanda Milecki, and Dorothy Wolanski, President PNA Lodge 525, Holyoke, MA.

MA 2015; Arnold Niedbala, owner of KAME Tool Co., Chicopee, MA, and Beata O'Brien, Senior Clinical Consultant at UNUM. The band "RHYTHM" under the direction of Kazimierz Pabisiak provided live music that entertained the audience of more than 225 people. Urszula Stetson and Edward Bernat served as Masters of Ceremony and introduced the contestants.

During breaks in the competition, a Junior Miss Polonia Pageant 2017 was held. Six girls ages 7-10 competed on stage in casual wear and fancy dress wear. Elzbieta and Wacław Szymczakiewicz introduced the Junior Miss Polonia contestants. Hannah Debian, from West Springfield, MA age 10, won the Junior Miss Polonia 2017 title. She loves to dance and play sports.

Of the eight Miss Polonia Massachusetts 2017 contestants, all

of whom were very beautiful and intelligent young women, Oliwia Bragiel, age 19, of Springfield, MA won the title of Miss Polonia Massachusetts 2017. Ms. Natalie Wolanski, who currently holds the title of Miss Polonia MA 2016, presented Oliwia her crown. Ms. Bragiel is a graduate of Ludlow High School and currently attends Springfield Technical Community College, Springfield, MA. Her outside interests include drawing, painting, singing and playing the piano. Born in the United States to Polish immigrants, Oliwia reads, writes and speaks fluently in Polish and English. Oliwia and the first runner-up will next compete for the Miss Polonia USA 2017 title scheduled for October 8, 2016 in New York City. The winner of that competition will vie for the title of Miss Polonia World 2017.

First runner-up was Natalia



Kaczor, of Chicopee, MA. Natalia is well known for her swimming competition awards. She is a member of **PNA Lodge 711**, Chicopee, MA. Second runner-up was Angela French, of Granby, MA. Third runner-up and winner of the "People's Choice" award was Anna Plewa of Chicopee, MA. Magdalena Mruk of Hadley, MA won the "Glamour" award"; Ariana Geryk of Westhampton, MA won the "Swimwear" award, and Emily Grochowski of Medford, MA, won the "Photogenic" award. Matthew Wolanski and Michael Pierzchalski, both members of PNA Lodge 525, served as escorts for the contestants.

Mr. Edward Bernat and Ms. Ursula Stetson served as Masters of Ceremony and Committee members. Other committee members included Irena and Richard Gadecki, Wacław and Elżbieta Szymczakiewicz, Lech Sadkowski; former Commissioner PNA District 1, Frank Wolanin and Mary Wolanin; John and Dorothy Wolanski and Joseph M. Kos.

Special guests attending the event were: PNA National Business Board Director, Teresa Struziak Sherman; former PNA Commissioners District 1, Frank Wolanin and Jeannie Zapala, and many current PNA Council and Lodge officers who offered congratulations to the pageant winners.

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

## Celebration of 1050th Anniversary of Poland's Christianity

**Merrillville, IN.** On Sunday, August 28, 2016, Polish Americans assembled at the Shrine of Our Lady of Czestochowa in Merrillville, Indiana for the celebration of the 1050th Anniversary of Polish Christianity. His Excellency Bishop Joseph Zawitkowski from Łowicz, Poland was the principal celebrant of the Mass. Concelebrating with him were: Auxiliary Bishop of the Archdiocese of Chicago Bishop Andrew Wypych, Provincial of the Polish Province of Salvatorian Fathers Rev. Piotr Filas SDS, Curator of the Shrine of Our Lady of Czestochowa in Merrillville, IN, Rev. Luke Kleczka SDS, and other priests.



The event was organized by the 1050th Anniversary of Poland's Christianity Committee chaired by Mr. Andrzej Gedlek. Key Polonia organizations were represented including the Polish American Congress, Polish National Alliance, Polish Roman Catholic Union of America, as well as the Consulate General of the Republic of Poland in Chicago.

Celebrations concluded with a Jubilee Concert, which featured patriotic songs and poems as well as performances of folk ensembles including PNA's Wici Song and Dance Theatre.



**28 sierpnia w Sanktuarium Matki Boskiej Częstochowskiej ojców salwatorianów w Merrillville w stanie Indiana odbyły się centralne, polonijne uroczystości rocznicowe 1050 rocznicy chrztu Polski.**

W obchodach zorganizowanych przez specjalny komitet, któremu przewodniczył Andrzej Gędek, wzięli udział przedstawiciele organizacji polonijnych oraz polskich władz konsularnych min. Piotr Janicki, konsul generalny RP w Chicago, wicekonsul Robert Rusiecki, prezes Kongresu Polonii Amerykańskiej i Związku Narodowego Polskiego Frank Spuła, wiceprezes Zjednoczenia Polskiego Rzymsko-Katolickiego w Ameryce Micheline Jamiński, prezes Związku Klubów Polskich Jan Kopeć.

Mszę świętą odprawiło trzynastu księży, a głównym celebransem był biskup Józef Zawitkowski z Łowicza.

Uroczystość uświetnił patriotyczny program artystyczny w wykonaniu polonijnych artystów oraz zespołów ludowych.



# The Polish American Congress Annual Meeting and Elections

The Polish American Congress held the election of officers at its annual meeting of the Council of National Directors on Sept. 15-17 in Chicago, Illinois.



*(l-r) Rev. Józef Szpilski, Rick Pierchalski, Tony Bajdek, Debbie Majka, Frank Spula, Bozena Kaminski, Rick Mazzella, Micheline Jaminski, Mark Pienkos*

More than 80 National Directors were in attendance at the meeting; 84 votes were cast during the election. The Council of National Directors constitutes the organization's highest level decision-making body and is comprised of presidents of PAC divisions and chapters, presidents of member organizations, as well other elected and appointed delegates. Frank J. Spula was reelected to another two-year term as President of the PAC. Other officers elected were: First Vice President: Rick Pierchalski; Vice President for American Agenda: Anthony J. Bajdek; Vice President for Polish Affairs: Bozena Kaminski; Vice President for Membership Development: Rick Mazella; Vice President for Cultural Affairs: Debbie Majka; Vice President for Public Relations: Mark Pienkos; Vice President for Financial Development: Hubert Cioromski; Secretary: Timothy Kuzma; and Treasurer: Micheline Jaminski.

"The PAC delegates sent a strong message that they wish for the Polish American Congress to continue its primary and statutory focus on the Polish American Community in the U.S. The organization should also remain politically independent and free of any partisan influences," said Mr. Spula about the results of the election. The three-day meeting offered ample time for discussions that traditionally revolved around three matters of organizational growth and development: activities, fundraising, and membership.

Guest speakers included Congressman Robert Dold (R-IL) and Piotr Janicki, Consul General of the Republic of Poland in Chicago. Damon Wilson (Executive Vice President of Atlantic Council) spoke on behalf of the Hillary Clinton Presidential Campaign while Thomas Cioppa and Martha Medina of the USIS office in Chicago outlined steps needed to be taken for a green card holder to obtain U.S. citizenship. They urged community-based organizations and national organizations, such as the Polish American Congress, to encourage green card holders to move towards full citizenship which entitles one the important responsibility to be able to vote. The last speaker to address the Council was Stanislaw Karczewski, MD, Marshall of the Senate of the Republic of Poland, who spoke on the current state of Polish affairs both within Poland and the world. He also outlined both successes and concerns facing Poland and Polish communities worldwide. He also thanked the Polish American Congress for its many years of its dedicated service to American Polonia and Poland and encouraged continued concern and work for the benefit of both.



*(l-r) Piotr Janicki, Frank Spula, Stanislaw Karczewski*

**Founded in 1944 in Buffalo, the Polish American Congress is today the largest and one of the oldest Polish American organizations with a presence nationwide. The primary goal of the organization is dedicated to providing national leadership for expanding and sustaining organized Polish American political and cultural life in the United States.**

[www.pac1944.org](http://www.pac1944.org)

*Photos by Alicja Kuklinska*



# Christopher Marini Featured at Kosciuszko Imieniny

**Chicopee, MA.** Christopher, (Chris) Marini, was the featured singer and musician at the Thaddeus Kosciuszko “Imieniny”, or name day, celebration held on October 28 at the Polish Center of Discovery and Learning at Elms College in Chicopee, MA. The event was sponsored by the Kosciuszko Foundation New England Chapter, Carolyn Topor, President. Chris is a resident of West Springfield, MA and graduated from the University of Massachusetts, Isenberg School of Management in 2013, with a music minor in piano performance. He also graduated from the University of Connecticut in 2015 with a Master of Science in Accounting and is currently employed as a senior auditor at Meyers Brothers Kalicka in Holyoke, MA.

Chris has worked for five years as a professional piano and voice teacher at a local music school, and was the percussion instructor for the West Springfield High School band camp for three summers. He serves on the Board of Trustees for the Springfield Symphony and volunteers as a mentor to students in the accounting program at Westfield State University, Westfield, MA.

Chris Marini does have a Polish connection. He is Director of the San Damian Choir at St. Stanislaus Basilica, the largest Polish Roman Catholic Church in Chicopee, MA. His choir will perform at the St. Stanislaus Advent Concert on Sunday, December 11 at 3 P.M. For more information about Chris Marini, go to: cmarinimusic@gmail.com

Chris played and sang several outstanding pieces for the audience, romantic songs from Elvis Presley, Josh Grobin, Andre Botticelli and other vocal artists. His performance definitely pleased the entire audience as evidenced by the standing ovation he received.



On October 28, 1792, which is Thaddeus Kosciuszko's “IMIENINY”, (name day), Prince Czartoryski held a party at his SIENIAWA PALACE to honor Kosciuszko on this date. Russia had just crushed the Polish Army, outlawed the 1791 May 3rd Polish Constitution, and banned the Virtuti Militari medals given to the Polish soldier heroes. The officers, who had received these medals, were ordered to throw the medals away. While the officers took the medals off their chests, they sent the blue ribbons from these medals to their wives and sweethearts. At this party for Kosciuszko, the women wore white dresses with black and azure sashes and braided the blue medal ribbons into their hair. For Kosciuszko, these same women fashioned a garland crown made of branches and leaves from the oak tree planted 100 years earlier by King Sobieski and placed it on Kosciuszko's head to honor him.

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



**Chicopee, MA.** Pictured in the traditional party wear at the “Imieniny” event at the Polish Center in Chicopee, MA, left to right are: Jeannie Zapala, Vice President PNA Council 62 and Polish Alliance Youth Camp, Camp Stanica and former PNA District 1 Commissioner; Cindy Kirejczyk, member PNA Lodge 711; Christopher Marini, guest performing artist at the celebration of Thaddeus Kosciuszko's Imieniny; Teresa Struziak Sherman, Wilbraham, MA, Polish National Alliance (PNA) National Business Board Director and officer of PNA Council 62 and PNA Lodge 711 of Chicopee, MA, and Elaine Wajda Lavoie, Wilbraham, MA, member of PNA Lodge 711. The event was well attended, and the guests look forward to future performances by Chris who received a standing ovation from all the guests present.

## Piotr Wilczek – Polish Ambassador in the United States



On November 9, 2016 the Ambassador of the Republic of Poland to the United States of America, Piotr Wilczek, presented copies of Letters of Credence to US Chief of Protocol, Ambassador Peter Selfridge.

Ambassador Piotr Wilczek, Ph.D., was born in Chorzów, Poland. A prolific literary scholar, intellectual historian, writer, and translator, graduated from the University of Silesia in Katowice, where he remained until 2008 as a professor and Faculty Dean. In 2006, he received the title of Professor of the Humanities from the President of the Republic of Poland.

An international scholar active in Europe and the United States, Founding Director of *Collegium Artes Liberales* (College of Liberal Arts and Sciences), he has been promoting liberal arts education, which breaks the existing barriers between narrow fields of specialization traditionally favored in the continental Europe.

Professor Wilczek taught Polish literature and language as a visiting professor at Rice University, the University of Illinois, and the University of Chicago. He was invited to give public lectures at Harvard University and the University of Texas at Austin and conducted research as a visiting scholar at Boston College and Cleveland State University. Until his diplomatic appointment in the US, he was Representative in Poland of the New York-based Kosciuszko Foundation, and served as President of the Foundation's affiliate in Warsaw.

Piotr Wilczek published many monographs and numerous journal articles in Poland, the UK, and the United States, both in English and Polish language. He belongs to a number of professional groups and associations, and is a board member of various international advisory councils.

On the 21 of October 2016, the President of the Republic of Poland nominated him Ambassador to the United States and the Commonwealth of the Bahamas.

## Polish National Alliance

### *Song and Dance Concert 2017*

Sunday, March 12, 2017 – 1:00 P.M.

### Lane Technical High School Auditorium

2501 W. Addison St.  
Chicago, Illinois



**1-773-286-0500  
ext. 312**

**Proceeds benefit  
participating groups**

Tickets will also be available through the dance groups participating in the concert.



**Polish National Alliance**

6100 N. Cicero Ave  
Chicago, IL 60646

1-800-621-3723 | [pna-znp.org](http://pna-znp.org)





Wspaniałych Świąt Bożego Narodzenia  
spędzonych w ciepłej,  
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szampańskiej zabawy sylwestrowej  
oraz samych szczęśliwych dni  
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# UNESCO World Heritage Sites in Poland

## Muskau Park



Muskau Park (Park Mużakowski) is a landscape park in the Upper Lusatia region of Germany and Poland. It is the largest and one of the most famous English gardens in Central Europe, stretching along both sides of the Neisse River, which constitutes the border between Poland and Germany. The park covers 3.5 square kilometers (1.4 sq. mi) of land in Poland and 2.1 km<sup>2</sup> (0.81 sq. mi) in Germany.



In June 2004, UNESCO added the park to its World Heritage List, as an exemplary example of cross-border cultural collaboration between Poland and Germany. It

was added to the list on two criteria: for breaking new ground in terms of development towards the ideal man-made landscape, and for its influence on the development of landscape architecture as a discipline.



The park was laid out from 1815 onwards at the directive of Prince Hermann von Pückler-Muskau, centered on his Schloss Muskau residence. Prince Hermann von Pückler-Muskau, the author of the influential “Remarks on Landscape Gardening”, established an international school of landscape management in Bad Muskau and outlined the construction of an extensive landscape park which would enclose the town. Pückler reconstructed one the old medieval fortress as the “New Castle”, the compositional center of the



park, with a network of paths radiating from it. The extensions went on until 1845, when he was constrained to sell the patrimony because of enormous debts.

During the Battle of Berlin, castles were levelled and all four bridges across the Neisse were destroyed. In 1945, the park has been divided by the state border between Poland and Germany. After the Revolutions of 1989 the German and Polish administration joined forces in the redevelopment of the park ensemble. Since Poland entered the Schengen Area in 2007, visitors may freely explore both parts of the park without border checks.



# Park Mużakowski

W maju 1815 roku spadkobierca posiadłości w Muskau, Hermann Ludwig Heinrich książę von Pückler-Muskau ogłosił mieszkańcom miasteczka Muskau zamiar przekształcenia siedziby i jej otoczenia w park krajobrazowy.

XVII-wieczną rezydencję, powstałą w miejscu starego zamku obronnego, pałac, teatr i budynek urzędu, położone w zachodniej części doliny Nysy, otaczały od północy i wschodu regularne ogrody. Naturalne zadrzewienia na łąkach nadrzecznych i malownicze ukształtowanie otaczającego terenu tworzyły wyjątkową scenę.



Późniejsi właściciele Muskau, książę Fryderyk Niderlandzki oraz rodzina von Arnim okazali się troskliwymi gospodarzami i rozumieli koncept i dzieło swego poprzednika. Prowadzono dalsze prace nad kształtowaniem krajobrazu, układu dróg i cieków, modernizowano obiekty architektoniczne tak, by nie naruszały zasadniczej kompozycji parku.



Właściciel posiadłości zaprosił do współpracy architektów, projektantów oraz autorytety w dziedzinie ogrodów krajobrazowych tego czasu. Główne budynki otoczone zostały rozległymi przestrzeniami parku, część wschodnia i zachodnia połączone zostały w jednorodny kompleks, zrealizowano wiele ambitnych projektów budowlanych. Niestety, koszty realizacji tych ambitnych projektów parkowych, podróże i wystawny styl życia Pücklera sprawiły, że właściciel zmuszony został sprzedać swoją posiadłość.

II wojna światowa i jej polityczne konsekwencje odcisnęły piętno na losach parku. Zniszczone zostały budynki, budowle i mosty, łąki parkowe rozryte były lejami po bombach i liniami okopów. Nowy ład polityczny w powojennej Europie doprowadził do podziału parku pomiędzy Polskę i Niemcy, co stało się przyczyną zniszczenia jego układu przestrzenno-kompozycyjnego. Po stronie niemieckiej znalazło się centrum rezydencjonalne wraz z Parkiem Zamkowym i Parkiem Górkim oraz Uzdrowiskiem, po stronie polskiej, większość terenów parkowych zwana dziś Parkiem Mużakowskim.

Polską częścią parku zarządza Narodowy Instytut Dziedzictwa w Warszawie, za część po niemieckiej stronie granicy odpowiada fundacja Fürst-Pückler-Park Bad Muskau. Od lat 80. ubiegłego stulecia oba państwa objęły park wspólnym programem rewaloryzacji. W 2004 roku Park Mużakowski wpisany został na Listę Światowego Dziedzictwa UNESCO, jako jedno z najwybitniejszych dzieł europejskiej architektury ogrodowej dziewiętnastego stulecia.

# Why Do We Have Christmas Trees?

The evergreen tree was an ancient symbol of life in the midst of winter. Romans decorated their houses with evergreen branches during the New Year, and ancient inhabitants of northern Europe cut evergreen trees and planted them in boxes inside their homes in wintertime. Many early Christians were hostile to such practices, but by the early Middle Ages, the legend had grown that when Christ was born in the dead of winter, every tree throughout the world miraculously shook off its ice and snow and produced new shoots of green.

Not until the Renaissance are there clear records of trees being used as a symbol of Christmas. The most likely theory is that Christmas trees started with medieval plays portraying biblical themes. The plays celebrating the Nativity were linked to the story of creation. The Garden of Eden was symbolized by a “paradise tree” hung with fruit.

In the 16th century, these plays were banned by the Church, and people began to set up „paradise trees” in their homes to compensate for the public celebration they could no longer enjoy. The earliest Christmas trees (or evergreen branches) used in homes were referred to as „paradises.” They were often hung with round pastry wafers symbolizing the Eucharist, which developed into the cookie ornaments decorating German Christmas trees today.

The custom gained popularity throughout the 17th and 18th centuries, against the protests of some clergy. However, this did not stop many churches from setting up Christmas trees inside the sanctuary. Alongside the tree often stood wooden „pyramids”—stacks of shelves bearing candles, sometimes one for each family member. Eventually, these candles were placed on the tree, becoming the ancestors of modern Christmas tree lights and ornaments.

It took a long time for trees to get associated with presents. Legend connects the idea of Christmas gifts with the gifts the Magi brought Jesus, however, like trees, gifts were first a Roman practice—traded during the winter solstice. Gifts were also associated with St. Nicholas, bishop of Myra, who became famous for giving gifts to poor children. His feast day (December 6) became another occasion for gift exchanges. During the early Middle Ages, Christmas gifts most often took the form of tributes paid to monarchs. The custom of

giving gifts to friends and family members developed in Germany, the Netherlands, and Scandinavia around the time of Luther. Often these were given anonymously or hidden.

In the English-speaking world, the union of gifts, trees, and Christmas was due to the influence of Queen Victoria and her husband Prince Albert, a native of Saxony. German immigrants had brought the custom of Christmas trees with them in the early 1800s, but it spread widely after Victoria and Albert set up an elaborate tree for their children at Windsor Castle in 1841. Then, Christmas presents were usually hung on the tree itself.

German and Dutch immigrants also brought their traditions of trees and presents to the New World in the early 1800s. Happy families exchanging gifts around a tree became a powerful image for American authors and civic leaders who wished to replace older, rowdier, and more alcohol-fueled Christmas traditions (such as wassailing) with a more family-friendly holiday.

As many of us make trees and gifts the center of our Christmas practice, we shall always remember what they symbolize.

AK

*Based on an article in [christianitytoday.com](http://christianitytoday.com)*





# Polish Christmas Carols (Kolędy)

"The richness of Polish carols is unusual and their artistic values are unique. I do not know of any other country that could pride itself on having carols similar to the ones we have in Poland."

*Adam Mickiewicz*



According to Church regulations, carols, religious songs glorifying the birth of Jesus, should be sung from Christmas Eve to the Baptism of Jesus commemorated on the first Sunday after the 6th of January. Traditionally, they are performed until the Presentation of Jesus at the Temple, which is celebrated on February 2nd. The first carols were written in the Middle Ages when people began to express their cheerful spirituality, unrestrained by rigid Church forms.

The Polish word for Christmas carol is *kolęda*, and it comes from the Latin word "*calendae*," meaning the first day of the month. In Poland, the singing of carols is not acceptable during Advent, considered to be a time of reflection and solemn preparation for the birth of Christ. The joyful celebration of His Nativity happens after Christmas Day.

Most Polish carols have a folk origin, and they are anonymous.

They are tender, joyful, humorous, sometimes combining both religious and patriotic ideas reflecting heartrending Polish history. An example of such a unique carol is "*Bóg się rodzi*" with lyrics by Franciszek Karpiński, a Polish poet of the Enlightenment.

Carols flourished in Poland during 17th and 18th centuries, with lyrics accustomed to fit the Polish reality. The oldest discovered Polish carol dates from 15th century, the most popular old carol is the 16th century "*Anioł pasterzom mówił*". Poland has a larger cannon of Christmas carols than any other Christian nation. Some, more traditional, are well known to the whole Polish nation, some are regional.

One of the most beloved Polish traditions of the post-Christmas season are *kolędnicy* (carolers): groups of children or young people dressed in costumes. They go from house to house reenact-

ing the story of the Nativity and sing carols. They usually carry a six- or eight-pointed star and wear costumes portraying shepherds, angels, devil, kings, queens, jesters, Mary and Joseph, Herod, the Grim Reaper, and a historic animal called the *turoń*, or *tur*, an extinct Polish bison. People, whose home they visit, treat them with food, drinks, coins, sometimes little gifts.

Polish tradition of singing carols is not limited to the Catholic Church. Eastern Orthodox Church performs carols in the Church Slavonic language, and Protestant carols include Silent Night sung with Polish lyrics.

Christmas carols, *kolędy*, a vibrant part of Polish customs and traditions are well worth passing on to new generations in Poland, and Polish communities around the world.

*AK*

# Remembering Facts about Memory



Have you ever wondered why you were able to remember some things and not others? Has your memory been failing you lately? What is memory anyway? Why do some people remember facts and events better than others? The answers are very complex, but perhaps some simple steps may help to improve your memory. The Internet has many volumes of articles and resources on the subject of memory. Memory is a very complicated topic and is still being studied to improve our understanding of its many areas of involvement in our lives. A fact to consider is that our brain functions with only 13 watts of electricity. Compared to even a 60 watt light bulb, it is not very much. So, if someone says to you, “Can’t you remember anything?” You can reply, “Well, what you expect at 13 watts of brain power?”

**Memory** is a person’s ability to recall, or bring to mind an event, or fact(s) from the past. First, it is important to understand some of the processes the brain undergoes to preserve memory. It must receive, or acquire the information, and process it as important enough to store, or not. In 30 to 60 seconds, information is lost unless rehearsed repeatedly. This is short-term memory, and it is used very often throughout the day for typical mental activities of daily life.

If the short-term memory information is considered important, and may need to be recalled at a later time, the information is stored in long-term memory for later retrieval. This process is called consolidation. It is not known exactly how this happens, but humans have a great ability to store an incredible amount of information in their brains, and it may be retained more accurately and longer if:

- Practiced or rehearsed often;
- Related to familiar prior memories in some way;
- Similar to other known meaningful information;
- Associated with strong emotional content or meaning, and
- Preceded by a “good night’s sleep” as long-term memory is stored particularly during Rapid Eye Movement (REM) Sleep.

The third part of the process is to retrieve the stored information, or memories. Bits of information are taken from the long-term memory storage, recalled and formed into a logical event, or fact. The person believes it to be accurate, but in many instances it is not. Also, based on the association of facts for that particular person, the perspective of the event may be altered. That is why, many times, the same event may be described very differently by several individuals.



## Guidelines for Keeping Your Memory Sharp

- Keep your **mind active**. Keep learning and seek challenging mental activity. Examples include: learning a new skill or hobby, reading, playing new games, socializing with friends and family.
- Keep your **body active** and your blood pressure normal. Many studies have shown that high blood pressure can cause memory loss. Walking 6 hours per week at a leisurely pace, or 1.5 hours of brisk walking per week can increase blood flow to your brain and help memory. Other forms of exercise



are also helpful. Exercise releases the “feel good chemicals” in your body and gives you a feeling of well being.

- Eat a **healthy diet** and drink 6-8 glasses of water daily.
- Reduce the intake of **alcohol** and **stop smoking** to improve memory. Heavy or binge drinking over time can cause memory loss and permanent brain damage. Alcohol can cause impairments in memory even after only a few drinks. The more you drink alcohol, the more your memory is affected. Heavy drinking of alcohol effects the brain by simple memory “slips” to permanent and debilitating conditions that require custodial care. The good news is that there can be some improvement in brain function within a year or sometimes more after complete abstinence from alcohol or other drug abuse substances.
- **Use reminders and cues** such as having lists, or routines to remember to do tasks or know where things are located, for example leave your keys in the same place all the time. Repetition helps memory.
- **Take your time** when trying to remember things. Aging also decreases thinking speed.
- **Relaxation** improves memory. A calm mind and body reduces muscle tension and increased anxiety that interferes with memory.
- Keep a **positive attitude**. Having a positive emotional state greatly impacts the memory processes of acquisition, consolidation and retrieval of memory.
- Check with your **health care professional** regarding factors that may affect memory such as, stress, fatigue, vitamin deficiencies, medications, depression, poor hearing and vision, and some illnesses. If you are concerned about memory failures, consult your health care provider.
- **Control stress.** The greatest stressor affecting memory is job stress, but there are many stressors that we all face during a lifetime. High stress over time, (5-7 years), can cause significant memory problems. Develop stress management techniques and get proper rest and sleep to control stress.

**Stress is one of the most important factors affecting memory.** It may be difficult to control, but it is worth every effort to do so. Stress not only affects memory, but also damages many organs in our bodies by causing diseases, such as, high blood pressure, heart disease, diabetes, autoimmune diseases and diseases of the digestive tract to name a few.

- Memory benefits from **sleep**. There are many different theories about how this happens, but there is agreement that memory does benefit from a pro-



longed sleep of at least 7-8 consecutive uninterrupted hours. Sleep and wakefulness seem to be associated with different modes of memory processing. Sleep favors the process of memory consolidation. The wake phase is more concerned with efficient encoding and retrieval of information as needed while coping with the demands of the environment.

- **Keep rational.** Know that everyone forgets things. Focus on what you are able to remember, not so much on when your memory fails. It is our memory that often comprises our wisdom. Remember, as we age, we all lose some of our memory, known as mild forgetfulness. It may take longer to learn new things, remember certain words or phrases or locate our keys. These are common occurrences and not a serious memory problem. So what did you remember about this article??



*Author:*

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

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# 10 Foods to Improve Memory Power



**Avocados** are an excellent source of monounsaturated fats, which help keep the brain cell membrane flexible. The fruit can aid in the absorption of antioxidants, increase blood flow

to the brain and contribute to stroke prevention by lowering cholesterol level as well as help improve cognitive function, especially memory and concentration. They're rich in vitamin B and vitamin C and have the highest protein and lowest sugar content of any fruit.



**Blueberries** are one of the highest antioxidant-rich foods known to man, including vitamin C and vitamin K and fiber. A photochemical known as anthocyanin,

which is found in blueberries, contains memory-boosting properties. Anthocyanin can also help reduce the effect of old age-related conditions such as Alzheimer's disease and dementia.



**Green, Leafy Vegetables** like kale, Swiss chard and romaine lettuce can help keep dementia away. In the study, which evaluated the eating habits and mental ability of more than 950

older adults for an average of five years, those who ate a serving of leafy green veggies once or twice a day experienced slower mental deterioration than those who ate no vegetables, even when factors like age, education and family history of dementia were factored in.



**Tomatoes** contain lycopene-powerful antioxidant great for the brain. It can protect against free radical damage to cells and prevent the development of dementia.



**Seeds** like pumpkin, sunflower, flax and sesame seeds are a rich source of protein, Vitamin B, and omega fatty acids. These healthy nu-

trients can enhance memory power, and help relieve depression.

Walnuts are a great source of Vitamin E and omega-3 fatty acids that can boost significantly memory power. Walnuts contain an antioxidant called ellagic acid, which helps protect the brain from free radical damage.



**Eggs** are protein-rich foods, and a great source of omega fatty acid and choline, an enzyme that is found in the egg yolk that acts as an enhancing brain-power neurotransmitter. It also breaks down bethane, a chemical that produces hormones related to happiness.



**Salmon** is one of the most nutritious, brain food-friendly packed with memory-boosting omega-3 fatty acids. Feeding children salmon can help prevent ADHD by improving their focus. These same fatty acids can also contribute to preventing cancer and kill tumors, according to medical research.



**Extra virgin olive oil** has powerful antioxidants known as polyphenols that may not only improve learning and memory, but also reverse the age, and disease-related changes. The oil also helps fight against ADDLs, proteins that are toxic to the brain and induce Alzheimer's.



**Dark chocolate** contains powerful antioxidants and anti-inflammatory properties improving concentration and focus. It boosts brainpower and stimulates the production of endorphins. It can also help lower blood pressure and increase blood flow to both the brain and heart.



## DISTRICT VIII – ANNUAL CONVENTION

**January 21, 2017**  
WESTMORELAND CITY, PA 15692

**To: All COUNCILS AND LODGES DISTRICT VIII OF THE POLISH NATIONAL ALLIANCE.**

BY THE AUTHORITY VESTED IN ME, ACCORDING TO THE CONSTITUTION OF THE POLISH NATIONAL ALLIANCE, I AM CALLING

**THE ANNUAL DISTRICT VIII CONVENTION FOR**

**SATURDAY JANUARY 21, 2017**

**AT P.N.A. LODGE 664 WESTMORELAND CITY, PA AT 10:00 A.M.**

**COFFEE AND ROLLS AT 9:30 A.M.**

WE ARE HOPING FOR A FULL COMPLIMENT OF DELEGATES FROM ALL COUNCILS AND LODGES TO THIS CONVENTION.  
COUNCILS ARE ENTITLED TO ONE (1) DELEGATE FOR EVERY FIVE HUNDRED MEMBERS (500) AND LODGES ARE ENTITLED TO TWO (2) DELEGATES.  
I ENCOURAGE COUNCILS AND LODGES TO BRING EXTRA REPRESENTATIVES AS GUEST.  
A LARGE DELEGATION OF MEN AND WOMEN WILL BENEFIT OUR DISTRICT AND ENSURE FUTURE MEMBERSHIP.

FRATERNALLY YOURS,

DAVID M. SINCLAIR, COMMISSIONER

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**APRIL 28-30, 2017**  
**CHICAGO, ILLINOIS**

For more information and  
reservations contact Fraternal

Activities Coordinator,

Mary Srodon:

mary.srodon@pna-znp.org

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

*Merry Christmas*  
**& HAPPY NEW YEAR**



# Are You Ready for Winter?

If you are fortunate to live in a warm climate, enjoy the weather. If you are living in cooler parts of the country, please remember that winter storms can hit very hard. People who prepare ahead of time are more likely to stay safe and healthy during winter months. Be defensive about it, and before winter sets in, make sure that you are prepared.

## Get your house ready for winter:

- Clear out gutters and fix roof leaks.
- Inspect and clean fireplaces and chimneys.
- Install weather-stripping, insulation and storm windows.
- Insulate water pipes along exterior walls.
- Have your heating system serviced to make sure it's clean and working properly.
- Install smoke detectors and check batteries each month.
- Stock up on water and nonperishable foods that don't need to be cooked.
- Keep cell phones fully charged.
- Put together an emergency kit (flashlights or battery-operated lamps, extra batteries, a first-aid kit and extra medicine, baby items, cat litter or sand to provide traction on icy walkways).

**Be sure to check on relatives or neighbors who are more vulnerable to the cold, such as older people, those with health issues and very young children. Bring your pets inside or provide them with dry, warm shelter.**

## Prepare your car for cold and slippery conditions:

- Service the radiator and check the antifreeze level.
- Check tire tread and, if necessary, replace tires with all-weather or snow tires.

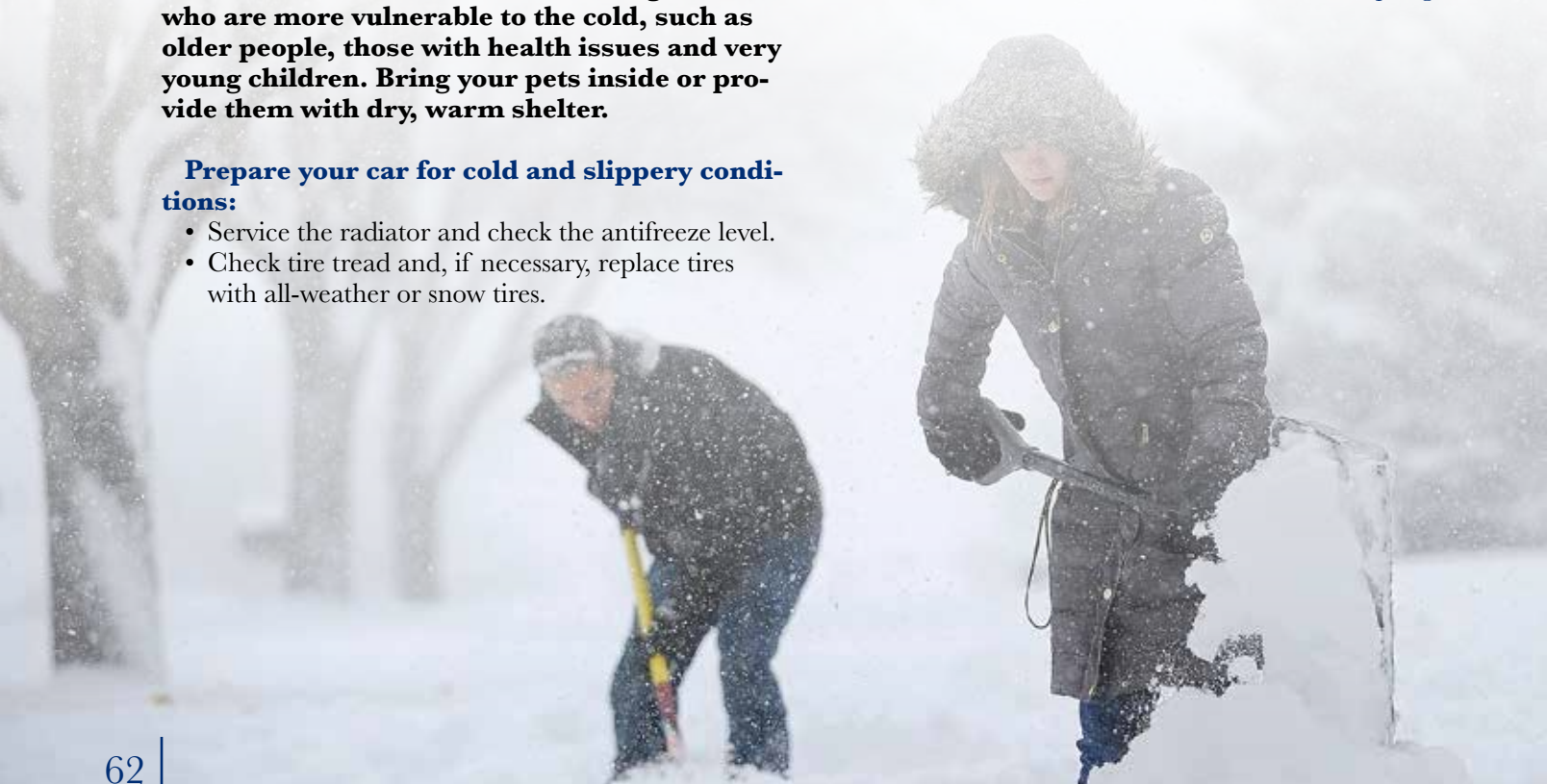
- Keep the gas tank full to prevent the fuel tank and lines from getting icy.
- Use a winterized windshield washer.
- If necessary, assemble a winter emergency kit and put it in your car. It should include blankets, food, and water, booster cables, bag of sand or cat litter to help with traction, flashlight, and a first-aid kit.

## Take precautions while participating in the outdoor winter activities:

- Dress for the weather, putting on layers of light, warm clothing as well as mittens, hats, scarves and waterproof boots.
- Pour cat litter or sand on icy patches.
- Check the weather report and consider wind chill.
- Work slowly when working outside.
- Always engage in outdoor winter activities with a friend and carry a cell phone.
- If you plan to travel, tell a friend or relative where you are headed, your route and when you expect to reach your destination. Check the weather forecast; perhaps you can reschedule your trip.

Based on recommendations from the U.S. Centers for Disease Control and Prevention.

Source: [medlineplus.gov](http://medlineplus.gov)







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POLISH NATIONAL ALLIANCE

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*The PNA emblem is a relic from the January 1863, uprising of Poland against Russia. It was designed by the Revolutionary Government as a reminder that the Royal Republic of Poland was a commonwealth of three nations who shared the glories and misfortunes of the state.*

*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.*



*All of us join in wishing you a  
**Happy Holiday Season  
and a Prosperous New Year!***

*Officers and Employees of the PNA.*

The Polish National Alliance has been protecting the financial futures of their members for over 136 years.

Through a wide array of life insurance products, PNA can provide tax-free life insurance proceeds to provide for final expenses, mortgage cancellation, emergency funds, college funds, child care, and a monthly income. These same products that protect our members's families in the event of premature death also provide tax-advantaged method for accumulating additional monies for cash needs and/or retirement.

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