

“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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Merry Christmas!
Wesołych Świąt!



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Stock Image
Christmas/New Year winter landscape

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President's Corner

December 2017

Dear Members,

Being we are in the final month of the year, it's a time of reflection and gratitude for what good has happened in the past year. We should also be thankful to all those that made a difference in our lives.

2017 was indeed an exciting year for the Polish National Alliance. Our newspaper, the Polish Daily News relocated to our building on 6100 N. Cicero Avenue. In January of this year, it will be celebrating 110 years of existence as the oldest daily ethnic publication in the United States.

As of September 1st, the Polish National Alliance started broadcasting on FM 103.1 FM, a local radio station which airs its program from our offices as well. It features a mixed format in both Polish and English languages to attract a broader audience. Please tune in and check it out online, 103.1 FM. Thus far, it has received many great reviews.

This past fall, we experienced many calamities in our country: the fires in California, and hurricanes in Florida and Texas. Immediately after the flooding affected Texas, the Polish National Alliance joined in a nationwide campaign to help affected families. As an organization, we were able to collect and provide \$20,000 to the victims of Hurricane Harvey. Director Jolanta Mazewski-Dryden oversaw the project in Houston. As an organization, we feel a deep sense of responsibility to help others when disaster strikes. This is one of the benefits

of belonging to a fraternal, by reaching out to help. We are grateful to all those who helped and contributed to this humanitarian cause and proud of their generosity.

I'm also pleased to share with you that our surplus has increased by 1.3 million for the first nine months, rising to 20.7 million. In our next issue of Zgoda, you will be provided with additional financial information.

At our last meeting, the Business Board of Directors elected a new Vice President to fill a vacancy for the Polish National Alliance. The individual elected was Mr. Marian Grabowski, who served as Treasurer. His election to this position created a vacancy for the position of Treasurer. The official announcement is published in this issue of Zgoda, and an election will be held to fill this vacancy as specified in the by-laws. We congratulate Mr. Grabowski in his new role as Vice President and wish him well.

To assist our members in purchasing a gift during this Christmas season for their children, grandchildren or loved ones, we are pleased to feature a Single Premium Life insurance program for newborns through age 15. A discount of 5% in the premium is provided for those who will take advantage of this exclusive offer. One single payment delivers a lifetime of protection. Also, a beautiful ornament will be provided to each child to hang on their family Christmas tree.

For individuals between ages 20 to 50 Polish National Alliance recommends the most affordable, 20 Year Term Plan of Insurance. It is essential to have an appropriate financial protection for those you love, as you live and enjoy your life.

As an organization, we look forward to servicing your insurance and retirement needs, as we have been doing for the last 137 years.

Wishing you and your family a very Merry Christmas filled with joy and peace, and a New Year filled with health and prosperity.

Wesołych Świąt Bożego Narodzenia i Szczęśliwego Nowego Roku!

Most Sincerely,

Frank J. Spula, FLMI
President



From the Editor

December 2017

Dear Members,

What's your favorite Christmas memory?

Mine is just being home, at the Wigilia table with my Mom, Dad, younger brother and aunt Klaudia. It was magical because we were awaiting the arrival of Santa (Św. Mikołaj). My brother and I showed our best behavior, obediently trying all of the twelve dishes prepared by my mom, and keeping as quiet as we could, so Santa could drop off the presents by the Christmas tree without being noticed.

I will never know how my father managed to place those presents without us noticing. No dish I make has quite the same flavor as my mom's. However, the spirit of Christmas is with me forever because of my parents, who taught me the importance of tradition, and consciousness about people less fortunate than us. My parents bestowed on me the spirit of Christianity.

Christmas is about giving. The tradition of presents at Christmas goes back to the gifts of gold, frankincense, and myrrh that were given to the Christ child by the Wise Men. It is essential, however, to remember that giving should be thoughtful. It is not about how many, or how big and expensive the presents are, but what is it that we want to accomplish by giving them.

Perhaps, once a year, we could look around us, and do something nice for those we love and those we just know. Let's not exhaust ourselves by mindless shopping, but spend some time with family and friends. Let's spread some goodness in the world around us!

I would like to start by thanking all of the Zgoda readers for their support, and express my sincere appreciation to all of the contributors, especially Teresa Struziak Sherman and Richard Poremski. Without all of you, there would be no Zgoda, just as without the Members there would be no Polish National Alliance. We are all part of something big and important, something that was given to us by our parents, or by ourselves. Let's keep the tradition going!

Please share your stories, photos, and ideas with other Zgoda readers. The deadline for the next submission is February 12th, 2018.

Merry Christmas and Happy and a Healthy New Year!

Wesołych Świąt i Szczęśliwego Nowego Roku!

Alicja Kuklińska
Editor-in-Chief



Christmas Giving

12 Random Acts of Kindness

1. Show off your best smile
2. Compliment someone
3. Donate items to a local food bank
4. Volunteer
5. Pay for someone's coffee or lunch
6. Give someone a "just because" gift
7. Let someone skip ahead of you in line
8. Leave a great big tip
9. Donate coins to the Salvation Army
10. Bring baked treats to work
11. Support local business
12. Keep acts of kindness going!

*Wesołych Świąt Bożego Narodzenia oraz
zdrowia i pomyślności w Nowym Roku
życzą czytelnikom Zgody -*

Alicja Kuklińska i Ewa Wiśniewska

Merry Christmas & Happy New Year



Wesołych Świąt i Szczęśliwego Nowego Roku!

**May this Christmas bring you all
the love and luck in the world!
Merry Christmas and a Happy New Year!**

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A Comparison: Term and Permanent Life Insurance

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

Term Life Insurance

Advantages

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

Disadvantages

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

Permanent Life Insurance

Advantages

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

Disadvantages

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

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



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Notice of Vacancy for PNA Treasurer

Notice is hereby given that the elective office of Treasurer of the Polish National Alliance of the U.S. of N.A. has become vacant due to the vacancy caused by the resignation of Mr. Marian Grabowski on November 14, 2017. By this announcement the vacancy is officially declared. Pursuant to the provisions as stated in section 91(15) of the By-Laws of the Alliance, the filling of the vacancy in the elective office of Treasurer shall be by the means of an election by the Business Board of Directors. In order for an individual to be elected he or she must receive a majority vote of the members of the Business Board of the Alliance who are present and voting. Such vacancy shall be filled **NOT LATER THAN NINETY (90) DAYS FROM THE DATE** of this publication in the Zgoda.

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

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

A. Elective Officers

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

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

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

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

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

Applications post marked later than **Friday, January 5th, 2018** will **NOT** be considered.

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

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

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



From the Manager of Sales

December 2017

Dear Members,

You asked for it, we listened, and now it is here!

I am delighted to inform you that the Membership Committee decided to make available to our members the following promotions:

1. Children's Christmas Promotion features our Single Premium Whole Life Insurance Plan with a premium discounted by 5% for children from birth to age 15. This life insurance certificate provides a lifetime of protection at a very low, onetime premium. With the face amount of \$10,000 or higher, in the future your child can apply for the PNA Scholarship Program. Promotion stands through January 10th, 2018.



A special Christmas PNA ornament will be mailed with every Certificate.

2. Twenty Year Term features the most affordable plan of insurance for individuals between the ages 20 to 50. This plan provides coverage for a 20 years period with premiums leveled for that amount of time. Before age 70, you can convert the term plan to a permanent plan of insurance without evidence of insurability. After the term expires, you can renew annually until age 95. Disability and Accidental Riders are available with this plan.

AGE	20 Year Level Term Plan			
	Amount of Insurance			
	\$100,000	\$150,000	\$100,000	\$150,000
	Monthly Premiums			
	MALE		FEMALE	
20	9.63	13.10	7.29	9.59
25	9.63	13.10	7.65	10.13
30	10.80	14.85	9.00	12.15
35	13.14	18.36	11.25	15.53
40	18.54	26.46	15.75	22.28
45	27.27	39.56	22.68	32.67
50	42.30	62.10	33.57	49.01

Please call your local Sales Representative or the Polish National Alliance Membership Department at **1-800-621-3723** ext. **330** (Jolanta) or **344** (Halina) for additional information as to how you can take advantage of these plans.

Since Christmas is a season of giving, make sure you give the gift of friendship, love, and financial security to those you care about the most.

Thank you for being our loyal members. Best wishes for a healthy, happy Christmas, and a prosperous 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
November 10th, 2017 through January 10th, 2018
 PNA will provide a **5% discount** on the premium payment.

The Single Premium Plan provides:

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

SINGLE PREMIUM WHOLE LIFE				
10,000 FACE VALUE				
AGE	MALE		FEMALE	
	ONE-TIME PAYMENT			
0	906.50	861.20	813.00	772.40
1	926.30	882.80	836.40	794.60
2	956.30	908.50	861.40	818.30
3	985.50	936.20	888.10	843.70
4	1,016.70	965.90	916.10	870.30
5	1,049.00	996.60	945.20	897.90
6	1,075.20	1,021.40	968.30	919.90
7	1,102.50	1,047.40	991.80	942.20
8	1,130.50	1,074.00	1,015.80	965.00
9	1,159.50	1,101.50	1,040.50	988.50
10	1,189.00	1,129.60	1,065.70	1,012.40
11	1,219.20	1,158.20	1,091.40	1,036.80
12	1,250.30	1,187.80	1,117.80	1,061.90
13	1,282.10	1,218.00	1,144.60	1,087.40
14	1,314.20	1,248.50	1,171.90	1,113.30
15	1,346.70	1,279.40	1,199.50	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  PNAZNP
 Please, contact your local sales representative or call the Membership Department: **1-800-621-3723** ext. 344 & 330

POLANIE's Trip to Poland

The XVII World Festival of Polish Folk Dancing (XVII Światowy Festiwal Polonijnych Zespołów Folklorystycznych) in Rzeszów, Poland is now behind us. POLANIE came home safe and sound and sleep deprived.

This past year was POLANIE's 20th Anniversary and 7th trip to the Festival. As always, it was a great experience filled with many wonderful memories and new friendships. This year, 37 dance groups, over 1100 dancers strong,

represented 14 different countries from 5 continents. Our participation in the Festival would not be possible if it were not for the contributions from the numerous sponsors and the support of parents and Polonia who attended many of our fund-raising events. POLANIE is under the auspices of Polish National Alliance Lodge 2525, Council 54.

The festival started with a colorful parade through the streets of Rzeszów lined with local onlookers. On Sunday, we all attended a special Mass celebrated in the Rzeszów Cathedral where two of our members were selected to do the readings. The weekend, designated as Polonian Podkarpacie Days, was filled with concerts. POLANIE performed in the Rzeszów Rynek (town Square) and a 30-minute program at the Millennium Hall and Haczów, a small town south of Rzeszów. In Haczów, POLANIE visited the wooden church built in the XIV century. The church of the Assumption of Mary has been on the UNESCO list of World Heritage Sites since 2003. The parish pastor showed us the figural wall paintings dating from around 1490's. This church is the biggest Gothic wooden church in Europe.

There were many rehearsals in preparation for the Concert of the Nations and the final Gala Concert, "Karczma na Podzamczu." POLANIE's 20 dancers performed the Charleston at the Concert of the Nations and Tańce Kaszubskie at the Gala Concert. Both dances were warmly received by the



audiences. All the hard work of the dancers and especially that of the never-ending dedication of POLANIE's choreographer, Natalie Jedruszko Jackson, paid off. On a personal note, I would like to thank Natalie for her hard work. No challenges were too big. When things looked like they would not happen, she made sure they did!

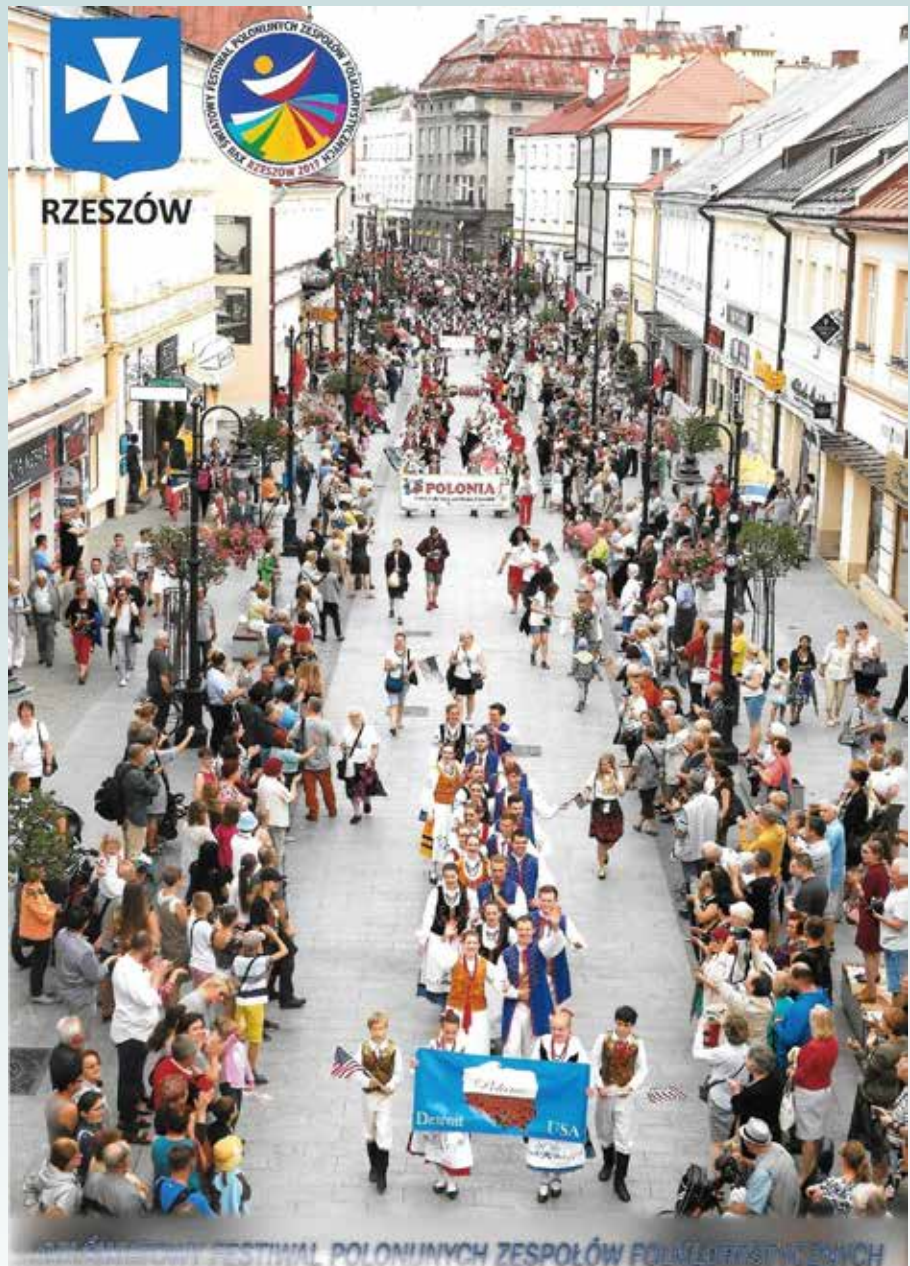
Prior to the Festival, POLANIE toured Warszawa, the capital of our beautiful Poland, where we visited many historical landmarks, such as Wilanów Palace, Łazienki Park and Chopin Monument, historical Stare Miasto (Old Town) and numerous monuments: Kolumna Zygmunta, Syrenka, (Warsaw Mermaid) War-



saw Uprising Monuments, Tomb of the Unknown Soldier and the Jewish Ghetto Memorial. POLANIE also visited the Warsaw Uprising Museum, which was a very moving experience. While in Stare Miasto we caught a glimpse of Prince William and his wife, Kate. A visit to Warszawa would not be complete without a shopping excursion to Złote Tarasy, a very modern shopping center near the Palace of Culture from which POLANIE viewed the panorama of Warszawa. We also took a side excursion to Żelazowa Wola, the birthplace of Chopin where we attended a piano concert.

Although departing from Rzeszów was very emotional for POLANIE, our next stop was Krakow. On the way, we visited Zalipie, the painted village where many homes, barns, trees, dog houses, wells and other items are painted with flowers. In Krakow, POLANIE visited Wawel Castle and Cathedral, Kościół Mariacki, Sukiennice, Kazimierz District and a couple of museums. We also visited the salt mines in Wieliczka and the Auschwitz Concentration Camp. Then, there was a trip to the Monastery of Jasna Góra in Częstochowa, where besides sight-seeing, we had time to pray and reflect. Finally, to end our tour seeing that the weather was perfect, we went to Zakopane, where we toured Krupówki, went on Gubałówka and took a rafting trip down Dunajec River. POLANIE enjoyed great times and great friendships.

In 2019, it will be the 50th anniversary of the World Festival of Polish Folk Dancing. The officials of the City of Rzeszów and the Directors of the Festival have invited POLANIE to participate in this historic anniversary. We are looking forward to attending this special festival. In preparation, POLANIE will be learning a new repertoire of dances for this big event.



Any individuals (must be 16 years old in 2019) interested in joining POLANIE can contact POLANIE's director, Christine Kryszko at (313) 522-2748 or polaniedetroit@aol.com or our choreographer, Natalie Jackson at 734 674-7352 or njedruszko@gmail.com. We also offer dance and language classes for children ages three years and up.

Submitted by Christine Kryszko



Happenings in Region "H"

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

September 4th – Members of PNA and the Polish community, dance group Wawel got together, and pooled their efforts to help the community. This event started with the demo and mucking out the house of Christina and Stan Aponiuk. Christina, the Polish Dessert Lady, and Stan, our official photographer was heartbroken but grateful for the help. Over 20 people were on hand to demo the house for dry out and move all that could be salvaged. A tough time. It was just the beginning; many more houses were on the list, and various groups came out in force.



Christina Aponiuk with the only item left for hanging her Polish Costume.



Fraternal Director Dryden in rubber boots mucking out the floors.



Part of the Demo crew – thank you all!

September 10th, Our Lady of Czestochowa, Houston, Texas – A fundraising picnic was organized to raise money and collect items for families in the Polish community affected by Harvey. The fundraiser was sponsored by the Polish School in Houston. PNA members were there to support and learn about what was needed. Thank you Szkoła Polska w Houston im. Mikolaja Kopernika!



The wonderful teacher of Szkoła Polska, children working the picnic to raise money!



The Gazdyszyn home was flooded by Harvey, but they were out in force to support the event. In this picture, with the school director Hanna Tomaszkievicz and friends.

September 17th – Second Harvey Relief Effort – Houston, Texas Sponsored by Dance Group Wawel

The Houston Polish Dance Group Wawel organized the next significant effort, a luncheon to raise money for the Harvey Relief. We even had a surprise delivery from Polish Navy of Chicago – Thank you!



Polish Navy with relief supplies from Chicago – thank you from deep in the heart of Texas!



The line of people that came out to support.



Some of the merry workers.

September 24th, Slavic Festival, Houston, Texas

This year was the Polish year at the Slavic Festival, and we were well represented with music, song, food, and cultural display and PNA display organized by Jolanta Mazewski-Dryden. Chairman Maryna Kestowicz-Lech did an outstanding job, the Wawel dancers were terrific, and the food supplied by Polonia Restaurant was the best.



The Wawel Dancers



The Wawel Dancers with Fraternat Director Dryden at the PNA display.

October 1, St. Stanislaus 80th Anniversary and Bazar, Chappell Hill, Texas

PNA featured a cultural display and information booth at the Annual Bazar. Chappell Hill is one of the oldest and mostly Polish communities with a huge Polish history and museum.



PNA Booth and Polish Cultural Display with friends from Houston Chadd Huff, Christina Aponiuk and B Victoria Pollak photo courtesy of Stan Aponiuk.



80th Homecoming Celebration and „Dożynki” in Chappell Hill, Texas at St. Stanislaus Catholic Church. A photo was taken near the Polish Babusha and Dziadek Scarecrows located at the red light on Hwy 290 and Main. Photo by Stan Aponiuk, with Maryna Kestowicz-Lech, Kathy Mazurkiewicz, James Mazurkiewicz, and friends.

October 14-15, Scarecrow Festival, Chappell Hill, Texas

The Scarecrow Festival in Chappell Hill, Texas is a must-attend event. 1000's come for this 3-day event. For the first time was invited to create the Polish Cultural Display and PNA Exhibit. Director Dryden from Region H & Richard Mazewski, Lodge 2336 were on hand to talk with the community



Fraternat Director Dryden in front of the display.

October 21-22, 2nd Annual Polish Festival, St. Peter the Apostle Roman Catholic Church, Dallas, Texas

2nd Annual Polish Festival in Dallas was a success. Congratulations to the community for persevering to ensure the Polish culture thrives in Dallas. Thank you, Father, for your support of the event. PNA once again hosted the Polish Cultural Display and PNA booth.



PNA Display and Cultural Exhibit with the wonderful volunteers and friends who organized the festival along with Fraternat Director Dryden.



The future of the Polish Community in Dallas.

October 27-29th, Dożynki Festival at Our Lady of Czestochowa Catholic Church, Houston, Texas

Yearly Polish Harvest festival that keeps the traditions vibrant. The festival was pushed back due to Hurricane Harvey, and the weather was slightly chilly for Houston weather. Cold weather did not discourage people from coming to the festival. Just different outfits and great times! Many Festival visitors came to Polish Harvest Festival to experience the beautiful ceremony of bread blessing and sharing. For the Wawel dancers in traditional folk costumes, the weather was just perfect!



Richard Osuch, 50 years plus PNA Member, Alliance College Graduate stopped in to visit.



Marissa Bartkowiak and Tammie Bartkowiak stopped in to help out.



PNA members Lodge 2336, and Wawel Dancers Katie Kubiak, Thaddeus Dryden, and Erica Dryden and friends were out entertaining the crowds and assisting with the PNA booth.



Lodge 165 members Alex, Lucus, Krzysztof and Cupial, past Polish Eagle Dancers hooked up with current Wawel Dancer Erica Dryden as she tries to recruit them back to dancing! And they can still do the Żbonicki!



Visitors to the PNA booth, James Mazurkiewicz, Jerry Dorcz, Jola Dryden, Mike Kurtin.



Guests - Jagoda Dancers from Dallas, Texas at the Dozynki Festival in Houston.



Polish School in Houston at the Dozynki Festival – the future of Polonia



The Wawel Dance Group



Mike Kurtin and Marysia Czuprinowska enjoying the festival.



The Mayors of this year's festival with the entertainers



PNA booth support: Richard Mazewski, Erica Dryden, Thaddeus Dryden, Jolanta Mazewski-Dryden



PNA member Mrs. Borski enjoys the festival and the Pole Dancer T-shirt!

November 1-5, 20th Annual Polish Film Festival – Houston, Texas

20th Houston Film Festival brought so many great movies! The public enjoyed meeting the director of „Lullaby Killer,” Krzysztof Lang. Interesting talk with Jan Kidawa-Błoński after projection of „Gwiazdy,” and with Monika Melen after the moving documentary „Film dla Stasia.” The film „Wykłęty” by Konrad Łęcki had the largest audience. Meeting one of the actors, Robert Wrzosek, was a special moment for all.



Film Festival Poster displays

November 11th, 3rd Annual Festival of Polish Patriotic Song Evening, Houston, Texas

On Polish Independence Day at Our Lady of Czestochowa, Houston, a heartfelt celebration was organized by Piotr Przybylski, sponsored by the PNA. The event featured singing Polish patriotic and military songs accompanied by a piano and a guitar. A tear or two was shed with the singing of Czerwone Maki na Monte Cassino. It was a recollection of the turbulent history of our homeland and our national heroes from the national uprisings during the period of Partitions up to the present. This was followed by a lively competition on Polish History.

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



Collection of Polish medals on display.



Jolanta Mazewski-Dryden, PNA Region „H” Fraternal Director with Piotr Przybylski the event founder next to a historical war poster



PNA Lodge 165 member Maryann Ciaston telling about her family history



The audience participating in singing patriotic songs



Victoria Pollak and her husband giving sustenance to the audience with traditional split pea soup, and a variety of food that Polish soldiers had



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

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

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

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

Annual Convention of District XIII

The annual Convention of District 13, PNA along with the Women's Division of District XIII was held on Sunday, November 12, 2017, at the PNA Cafeteria. Commissioner Wanda Juda welcomed all present. Guests in attendance included: National President Frank Spula; National Treasurer Marian Grabowski; Business Director Irene Hercik; Fraternal Director Wanda Penar; Commissioner of Dt 12 Agata Mscisz; Editor in Chief of Zgoda Alicja Kuklińska; Former Directors Anna Wierzbicki and Stasia Rawicka; Former Commissioners Zenon Olejniczak and Joseph Hercik; Treasurer of the Youth Camp Association Leszek Krzyminski. Commissioner Wanda Juda appointed Anna Wierzbicki as the recording secretary. The singing of the Polish and American National



2017 District XII – the Man and Woman of the Year; Joseph Hercik & Alexandra Brzezinska.

Anthems was sung by Irena Klatka. Prayer was said by Ela Cimocho-wicz. There were 31 delegates present at the convention, with the oath of the delegates given by Commissioner of District XII Agata Mścisz. Letters of fruitful deliberations for the Convention were sent from Censor Wesley Musial and Vice Censor Irena Grabowy.

The main speaker of the convention was President Frank Spula. He spoke on behalf of the organization and its standing. We have 20 million in surplus. Sure there are the doubters and negative comments, as we needed to cut costs, programs, and benefits in order to survive. However at the end of the day, we are growing and prospering. By being a fraternal organization, it sets us apart from commercial insurance companies. He appealed to everyone the need to increase membership, and get younger people involved. He thanked the top three sellers of the District for their hard work and effort to gain new membership.

Sales Recognition Awards were presented to the top 3 sellers in the District: Wanda Penar, Stanisława Rawicka, and Elizabeth Stolarczuk. The Sales Manager of the PNA Jolanta Walaszak spoke about Christmas promotions being offered at this time along with new policies being offered.

This year's Man of the Year honor was bestowed upon Joseph Hercik from Council 3. He received a bottle of cognac. The Woman of the Year was District Treasurer Alex-



(l-r) Maria Roszek-Kucharski & Wanda Penar, back row: Irene Jarocinski, Maryla Słomski, Maria Chojnowka.



(l-r) Jadwiga Kalinowska, Janina Rogosz, Stella Wierzbicki.

andra Brzezinska, and she received flowers and a crystal vase. Elected for District 13 officers (till the end of the quadrennial term) are as follows: Katie Golowacz correspondent secretary; Maria Roszek Kucharski as Sgt of Arms; and Alexandra Brzezinski as treasurer.

The oath of the newly elected officers was given by Business Director Irene Hercik. Treasurer of the Youth Camp Association, Mr. Leszek Krzyminski, updated everyone on the status of the camp. He mentioned that the camp had the best year in a while in regards



(l-r) Stanistawa Rawicka, Frank Spula, Maria Roszek-Kucharski, Joseph Hercik, Janina Kopacz, Wanda Juda, Anna Wierzbicki, Alexandra Brzezinska, Wanda Penar, Irena Hercik, Agata Mscisz, Zenon Olejniczak



Presentation of the Sales Recognition Awards. (l-r) Jolanta Walaszek, Stanistawa Rawicka, Wanda Penar, Wanda Juda

to the amount of children present. They only had three weddings this year, and unfortunately invested quite a bit of money to the camp, but hopefully next year things will pick up and we'll get more bookings. In closing, he thanked all for their support of the camp.

Commissioner Wanda Juda thanked all for coming and spending the afternoon at the convention and wished everyone a Happy Thanksgiving. God Bless America and Rota were sung by Irena Klatka.

Report submitted by Anna Wierzbicki, Rec. Sec.

Photos submitted by Commissioner Wanda Juda and Alicja Kuklińska

Happy Holidays from Region "H"!

A big Texas thank you to the PNA community for the gracious support to Texas after Hurricane Harvey!

To all the Officers of PNA, Directors, Fraternal Members and friends, I and those in Texas would like to personally thank for the fantastic efforts to raise money to assist those in the Polish community in Texas who were hit by Hurricane Harvey on August 25th and just lingered. Much of the Texas Gulf Coast was hit with severe and horrific times. The impact/devastation was drastic, and many are still not living in their homes and are struggling. The community and people from all over the US came to help, and we are deeply thankful. Though the media has stopped its coverage of the area, the struggles, in some areas, are still being felt by those who have been affected. These funds will be distributed to those in need, and a full reporting to the board will be submitted.



Board of PNA Directors presenting Director Jolanta Mazewski-Dryden with a symbolic check.



We in Texas send our sincerest thanks to all for your support and generosity.

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

PNA's Amicus Poloniae

World Class Volunteers, Expert Lawyers



For close to 30 years, the Amicus Poloniae Volunteer Free Legal Clinic, part of the PNA Polish Information Center, has been helping people with all kinds of legal problems. Our volunteers work together to help our community by solving these legal issues. Many of the volunteers have no Polish affinity yet become part of our community and take part in Amicus Poloniae.

A new location has added more energy to the efforts and each month we reach new heights. Our volunteers are indeed world class, and the successes we achieve are because of their exemplary efforts. From attorneys to translators, we attract some of the best talent available in the Chicagoland legal community. Our volunteers include a retired judge, officers of some of the largest bar associations in the country, and even diplomats!

The PNA sponsors this amazing group of people, and we achieve many successes for people who otherwise could not afford to hire an attorney. The results come from a combination of people, planning, and persistence. The volunteers get the job done, and our clients are pleased with the outcomes.

Attorneys Alexander Fiedotjew and Robert Groszek have been the

co-chairs of the clinic for 12 years, and Mark Dobrzycki has managed the clinic for almost the past ten years. The volunteers range from lawyers with decades of experience to attorneys who just passed the bar and are newly sworn in. We also have a large group of people such as college and law students, as well as past clients who in gratitude come and assist as translators and clerks for the attorneys who don't speak Polish.

Amicus Poloniae works hand in hand with Chicago Volunteer Legal Services Foundation, and we are the biggest and busiest of all 24 legal clinics in the CVLS network. CVLS itself is the largest provider of Pro Bono legal services in the state of Illinois, last year helping over 14,000 clients. We follow CVLS guidelines, and rules and clients must meet those qualifications to be eligible to receive free legal help.

The legal clinic takes place on the third Saturday of each month with certain exceptions. Registration is required before each meeting and can be easily done by calling the dedicated telephone line, (773) 286-2325, to sign up.

The calendar for 2018 is out and includes the following dates; January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18, September 15, October 20, November 10 and December 8.

If you cannot afford an attorney for civil legal matters, please call, and we will be happy to help!

Mark Dobrzycki

20 tys. dolarów dla ofiar huraganu Harvey



3-letnia Zosia Bryta z przedszkola przy polskiej szkole gen. Wł. Andersa. Zosia przyniosła 201 dol. zebranych wśród koleżanek i kolegów i przekazała pieniądze na ręce prezesa Franka Spuli.

Huragan Harvey uderzył w wybrzeże Teksasu 25 sierpnia 2017. Z niszczycielskimi wiatrami w porywach do 215 km na godzinę był to najsilniejszy huragan w tym rejonie USA od ponad pół wieku. W ciągu czterech dni w powiecie Harris, w obrębie którego leży Houston, spadł bilion galonów wody. To mniej więcej tyle, ile wodospad Niagara przelewa przez ponad dwa tygodnie.

Tysiące mieszkańców Teksasu trafiło do przygotowanych dla nich schronisk. Straty materialne sięgnęły kilkudziesięciu miliardów dolarów. Wśród poszkodowanych jest wiele polskich rodzin.

Do akcji wsparcia powodzian przylączył się Związek Narodowy Polski, który zorganizował zbiórkę dla poszkodowanych Polaków zamieszkujących zalane tereny. Pieniądze były zbierane podczas festiwalu Taste of Polonia, w siedzibie Związku Narodowego Polskiego, za pośrednictwem Dziennika Związkowego, a także radia 103.1 FM. Łącznie udało się zebrać 16 112 dolarów. ZNP wsparł powodzian wyrównując kwotę do 20 tys. dolarów.

Pełna kwota 20 000 dol. trafiła do Houston do dyrektora okręgowej na stan Teksas Związku Narodowego Polskiego Jolanty Mazewskiej-Dryden, która przekazała pieniądze najbardziej potrzebującym polskim rodzinom za pośrednictwem kościoła pw. Matki Boskiej Częstochowskiej w Houston.

Dziękujemy wszystkim, którzy odpowiedzieli na apel o pomoc.

Z DZIAŁALNOŚCI OKRĘGU XIII ZNP

JESIENNA MODLITWA RÓŻAŃCOWA

*„Ż wierności dla ciebie ziemio, mówię o świetle,
którego ty dać nie możesz,
mówię o świetle
bez niego nie spełni się człowiek
bez niego i ty się nie spełnisz - ziemia - w człowieku.”
„Obrzęd” Karol Wojtyła*

5 października, jak co roku, członkowie Wydziału Kobiet Okręgu XIII oraz Wydziału Dobroczynności ZNP, spotkali się na wspólnej modlitwie odmawiając różańcową Tajemnicę Światła zapoczątkowaną przez Św. Jana Pawła II. Modliliśmy się za żyjących, chorych i zmarłych członków naszego okręgu oraz za ofiary ostatnich huraganów oraz trzęsienia ziemi w Meksyku. Modlitwom przewodniczyła pani Elżbieta Cimocho-wicz, pomagały jej Krystyna Tarchała i Joanna Stasiak. Śpiewaliśmy pieśni religijne, a na koniec spotkania został podany poczęstunek przygotowany przez Gminę 3 i Wydział Kobiet. Był to bardzo mile spędzony czwartkowy wieczór.



Panie prowadzące różaniec: Elżbieta Cimocho-wicz, Joanna Stasiak, Krystyna Tarchała.



Pamiątkowe zdjęcie uczestników spotkania z figurką Matki Boskiej.

ŚWIĘTO DZIĘKCZYNIENIA W GMINIE 120

W czwartek 9 października 2017 członkowie Gminy 120 ZNP spotkali się na tradycyjnym, dorocznym przyjęciu z okazji Święta Dzięczynienia. Zebranych gości przywitały dyrektor Regionu „G” Wanda Penar i komisarka Okręgu XIII ZNP Wanda Juda.



Członkowie Chóru Filareci-Dudziarz oraz zarządu Gminy 120



Solista - Jurek Kozyra, akompaniament - Jadzia Koszałka.

Na początku wieczoru czas umilił wszystkim zebranym krótki koncert pieśni z dawnych lat w wykonaniu Chóru Filareci-Dudziarz. Akompaniowała mu na elektrycznym pianinie pani Jadzia Koszałka, a partie solowe wykonał pan Jerzy Kozyra. W tym roku Chór Filareci-Dudziarz obchodził 110 rocznicę istnienia. Obecnie jego prezesem jest pani Danuta Gruszka.

Wanda Juda, komisarka Okręgu XIII



Członkowie Gminy 120: (l-p) Zenon Olejniczak, Józef Penar, Adam Kopacz, Janina Kopacz, Olejniczak, Wanda Juda, Wanda Penar, Elżbieta Ścisłowski, Krystyna Tarchała, Aleksandra Kot.

Annual Convention of District XII

The annual convention of District XII PNA was held at Royal Palace Banquets in Chicago Ridge, Illinois on October 15, 2017. Commissioner Agata Mścisz called the convention to order and welcomed all delegates and guests. Since the District's Secretary, Shirley Wass, was stranded in Baltimore due to torrential rainstorms, Fraternal Director Barbara Wesolowski was appointed to be the Secretary of the Convention with the approval of the delegates. The Polish and American anthems were sung accompanied by recorded music. Former Commissioner Anna Kokoszka was invited to offer the invocation prayer for all



Cecelia & Melanie Tomasziewicz.



(l-r) Agata Mścisz, Barbara Wesolowski, Irene Spiewak.

deceased and ill members of District XII.

Commissioner Mścisz introduced several distinguished guests in attendance; Marian Grabowski, PNA National Treasurer; Irene Hercik, PNA Business Director; Barbara Wesolowski, PNA Fraternal Director and President of the Youth Home Corporation of District XII; Wanda Juda, District XIII Commissioner; Arthur Trybek and Cecelia Tomasziewicz, former PNA Directors; Anna Kokoszka and Roman Bucon, former District XII Commissioners, and Leszek Krzyminski, PNA Youth Camp Association Treasurer.

The mandate committee called the roll call of delegates, and the following numbers were reported: 3 delegates representing District XII, 15 delegates representing Councils, 16 delegates representing lodges for a total of 34 delegates. Twelve guests were also in attendance. Director Barbara Wesolowski administered the oath to the delegates. Minutes of the October 23, 2016, annual convention, distributed upon arrival, were approved with no corrections. Two letters of correspondence were read. PNA President Frank Spula, who had originally planned to attend, was in Washington, D.C. He was representing PNA at the Kosciuszko Monument celebrating the Anniversary of the Death of Tadeusz Kosciuszko. President Spula applauded all in District XII for trying to make a difference in promoting membership, education, and Polish heritage. He was pleased to inform the delegates that PNA is financially improving each quarter through the monitoring

of investments as well as expenses. He sent best wishes for successful deliberations and hoped to see us at another District XII function in the near future.

PNA Censor Wesley Musial also extended his best wishes and warmest regards to the delegates assembled for the Sejmik. He stated that the present state of the PNA is very good. The current surplus was just shy of \$20M. Combining this with two other categories, we have over \$32M in unassigned funds to invest. The Polish Daily Newspaper and radio station 103.1 FM are now on site at the Home Office. Both are profitable at this time. However, membership is still lagging. District XII is behind last year's totals. Last year, District XII had its best results in 5 years with 67 sales. With many Polish Schools in the District and the extension of the Back-to-School sales promotion, he hoped that our District results would be enhanced.

National Treasurer Marian Grabowski, also a delegate to the convention, delivered the Keynote. He extended greetings to all the delegates from the Executive Committee. He affirmed the financial information shared by Censor Musial in his letter and added that as of December 31, 2016, PNA had \$463M in Assets. He stated that membership is essential and that as the national economy is slowly being restored, he is hopeful that sales will increase. He thanked all in District XII for their contributions to the PNA. Treasurer Grabowski then shared some of the same information in the Polish language.

District XII Treasurer Joseph



(l-r) Jan Chlipala, Joseph Dobersztyn, Roman Bucon, Marian Grabowski, Anna Kokoszka, Irene Śpiewak, Barbara Wesolowski, Irene Hercik, Wanda Juda, Cecelia Tomaszewicz, Agata Mścisz.

Dobersztyn delivered the financial reports. Since the merger of the Women's Division with the Men's Division, two separate accounts were shared. Delegates received printed copies of the reports. Both accounts have been merged into one, and the balance of funds as of 8/31/17 was \$22,054.17. After a question and answer period, the reports were approved.

Judith Trybek, Treasurer of the Youth Home Corporation of District XII and Scholarship Committee Chairperson, presented her report. Ten undergraduate scholarships were awarded for the 2017-18 school year for a total of \$8,000. Six students with a GPA of 3.5+ received \$1,000, and the remaining students received \$500. She named the Scholarship Committee members and shared that since 1986, 869 scholarships have been awarded for a total of \$423,500.

Leszek Krzyminski, Treasurer of the Youth Camp Association of Districts XII and XIII delivered a brief report on the camp in Yorkville, Illinois. The Camp President, Edward Mika, was in Poland, following the death of his father and illness of his

mother and sent his greetings.

Mr. Krzyminski shared that the camp had a good year. The camping program had its best year yet. During the five weeks of the camping season, each week had 90 campers participating and the barracks filled to capacity. Fifty-two children who were PNA members from District XII attended the camp, and a check for \$1,300 was issued to the Youth Camp from District XII. A few years ago, it was decided that District XII would subsidize \$25 for each child from the District who was in attendance. Commissioner Mścisz also added some information since she directs the Camping Program. A choreographer from Poland taught the campers modern dances and his wife taught Polish songs. A program for parents was held showcasing the talents of the children. A soccer coach also worked with campers. The instructors and camp counselors were excellent. Several PNA insurance sales were made during the camping season.

Irene Śpiewak, District XII delegate to the Polish American Congress delivered a report on PAC activities in the Polish language. She spoke about the celebration of

Casimir Pulaski in March, PAC membership status and election results for PAC Illinois. She also shared information about the status of the Visa Waiver Program.

Commissioner Agata Mścisz proceeded to review the Production Report for District XII as of September 30, 2017, which lists 35 sales. Of the 35 sales, Convention delegates Commissioner Mścisz and her husband, Krzysztof, have sold 24 policies, Marian Grabowski and Barbara Wesolowski each sold 3 policies, and Anna Zalinska sold 1 policy. Com. Mścisz was very hopeful that our numbers would increase by the end of 2017.

Treasurer Grabowski was invited to conduct the District XII elections. As the introductions were made, a motion to retain the current officers was made and seconded. All delegates approved. The following were re-elected: Irene Śpiewak, Vice-President; Joseph Dobersztyn, Treasurer; Shirley Wass, Secretary; and Jan Chlipala, Marshall. Annual stipends were to remain the same. The oath of office was administered by Director Irene Hercik.

Delegates were then appointed to represent District XII at the meetings of the Youth Home Corpora-



(l-r) Mrs. & Mr. Piekarczyk, Roman Bucon.

tion, the Youth Camp Association, and the Polish American Congress. Discussion followed on a number of issues. The semi-annual meeting, restoring Christmas dinner for District XII, Christmas party for children and fundraising possibilities were a few of the topics discussed. Council Presidents were then invited to share a brief report on Council activities. Councils 23, 55, 80, 123, and 143 reported on the many fraternal and charitable works engaged in by the delegates from the various lodges in their Councils.



(l-r) Jan Chlipata, Joseph Dobersztyn, Irene Śpiewak.

With no other business, Commissioner Mścisz thanked all for their participation and their hard work for the good of the organization. A motion to adjourn followed and all joined in singing *Boże Coś Polskę* and *God Bless America*. A delicious meal was enjoyed by all delegates and guests. Fraternalism abounded!

*Submitted by: Barbara Wesolowski,
Fraternal Director Region "F"
Photos by: Anna Żalinska*

Marian Grabowski New Vice President of the PNA



(l-r) PNA Vice President Marian Grabowski with Censor Wesley Musial, who administered the oath of office.

On November 14, 2017, Mr. Marian Grabowski was elected as PNA Part-time Vice President at the quarterly Business Board of Directors meeting held at the Home Office in Chicago, Illinois. Upon his election, Marian Grabowski officially resigned the full-time position as National Treasurer and of the PNA.

Marian Grabowski is from District XII, Council 80, and a longtime member and officer of PNA Lodge 1824 in Chicago. In 2015, he was reelected to his third term as the National Treasurer of the Polish National Alliance.

Marian Grabowski was born in Poland and immigrated to this country in 1961, and became a PNA member in 1962. In 1999, he became the Man Commissioner for PNA District 12 and became involved at the PNA District 12 & 13 Youth Camp being elected as President in 2000. The camp was rundown and debt-ridden, and he decided to help assemble a new team of people to renew and revitalize the property. Under his leadership and hard work, the Camp has turned around. Over the years at the PNA, Marian Grabowski serves on the Executive Committee, Investment Committee and currently is Chairman of both the Audit Committee and the Enterprise Risk Management Committee. Marian Grabowski has retired to the Phoenix, Arizona area with his fiancée Roma and plans to spend more time with his three adult children Christine, Casey and Mark and numerous grandchildren!

The PNA congratulates Marian Grabowski on his election as PNA part-time Vice President and his new endeavors.

*Charles A. Komosa, National Secretary
Photo by Alicja Kuklińska*



Wierni tradycji

– otwarci na nowoczesność

Radio **wpna** w nowym roku
na dwóch częstotliwościach

103.1FM
wpna.fm

Polish American Mix
Best variety of music and entertainment

wpna
1490AM
radiowpna.com

Best choice for news and talk

Wesołych Świąt! Happy New Year!

Wici at International Folk Festivals

Croatia * Slovenia * Netherlands * Belgium

Summer this year was very hot and sunny, especially in the South of Europe. Festivals in Croatia and Slovenia went through not only in the warm atmosphere, but also in the high temperatures. More than 20 folk dance groups came from many different countries to participate in those events. Wici was very popular, so they performed every day.

In the center of Zagreb, the capital city of Croatia, the stage was set up, and every day the dance groups presented their artistic programs. The audience was full, not only

with the citizens of Zagreb but also tourists watching the traditional folk dances and admiring original costumes. Many people had their umbrellas open because the sun was powerful. We were very proud of the Wici dancers because they were one of the most popular groups. Many people came just to watch their dances; they clapped enthusiastically during the dances and at the end of the performance. American dances choreographed by the Artistic Director of Wici, Magdalena Solarz, were especially energetic, happy, and fast. People loved to watch them, and they always asked for more. In the evenings, there were concerts organized in front of the medieval castles in Croatia and Slovenia, and after the performances dancers had disco parties and other integration events. At the Gala Concert, Wici presented the original Croatian song and dance. When the audience recognized the music, everybody stood up, and

sang with the Wici band, cheering and applauding the dancers. At the end of that festival, we had a lovely field trip to the Plitvice Lakes National Park to see the amazing waterfalls. After that, we traveled to Rijeka by the Adriatic Sea.

The next trip was to Amsterdam, called the Venice of the North, and from there a very comfortable bus took us to the festival in Hoogstraten, Belgium. The event was well organized. Dancers stayed in the volunteer families' homes. The hosts were very accommodating and friendly. The Wici gave many concerts for huge audiences and participated in beautiful field trips to Antwerp and around Belgium. Performers from each group had a chance to teach others their dances, and they had an enjoyable time doing it. The street parades were very popular, and a gala concert gained a whole town audience. Again, the American folk was the one that ev-





everybody prized, as well as our band with the singers; Anna Kamyk, Emili Trop, and Victor Guru.

The members of the Wici Song and Dance Theater and its Artistic Director Magdalena Solarz worked very hard before the festivals and during them to be well prepared and to demonstrate the best performances. They did a fantastic job!

CIOFF, the international organization representing the folk ensembles around the world, gave Wici the best grades for their choreography, dances, and performances. We already received new invitations to take part in many great festivals around the world.



*Submitted by:
The Wici Song and Dance Theatre*

District I Annual Joint Convention & Region “A” Sales Meeting

Worcester, MA. District 1 PNA held its Annual Joint Convention for 2017 at the White Eagles Association Club in Worcester, MA, hosted by PNA Lodge 1063. Commissioner Wanda Milecki conducted the meeting and election of treasurer and appointment of Joseph Sendrowski as secretary for PNA District 1. Re-elected Treasurer of District 1 was Kamila Wnuk. There were 34 delegates present representing 4 Councils and 9 Lodges. The Convention delegates were honored with the presence of PNA Vice Censor, Irene Grabowy from Bristol, CT. Also present were PNA National Business Board Director, Teresa Struziak Sherman, National Director Region “A” Walter J. Tokarz, Jolanta Walaszek, PNA National Manager of Sales and Edward Zavaski, PNA Training Consultant. 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 2017” was presented to Cindy Kirejczyk of PNA Lodge 711 of Chicopee, MA. Cindy has been a member of Lodge 711 since 1997, and assists at many events and meetings whenever needed. She always provides very delicious homemade desserts for attendees at our meetings. Cindy is a newly appointed Recording Secretary for PNA Lodge 711. She is a delegate to PNA Council 62 (for 21 years) where she serves as Chairperson of the Audit Committee. She is a delegate to the Polish Alliance

Youth Camp, Camp Stanica. Cindy has been a delegate to PNA District 1 for 21 years. She is someone you can depend on whether it is for the Lodge Christmas party, Easter Egg Hunt, District 1 Debutante/Squire Ball or any event the PNA sponsors. Cindy is a member of the Polish Junior League, a director on the Kosciuszko Foundation New England Chapter Board, Chicopee Falls Women’s Club, Polanie Club, and volunteers to help at events for the Polish Center of Discovery and Learning at Elms College and on church committees.

Receiving the award for “Man of the Year 2017” was Gene P. Kirejczyk of PNA Lodge 711 of Chicopee, MA, and a member since 1994. Gene has owned several businesses and is active in many organizations. He has been Vice President and Auditor for PNA Lodge 711 for 21 years. A delegate to PNA Council 62 and member of the Sports and Youth Committee, and delegate to PNA District 1 for 21 years. He is a person who gladly volunteers to help with all events sponsored, not only by the PNA Lodge, Council or District, but also he is the Treasurer of Camp Stanica and actively helps to support its programs. He recently was successful in raising funds for the purchase of a new commercial stove for the camp. Gene is also known as “Mr. Tickets” since he is an expert at running successful raffles for many organizations allowing them to raise necessary funds for the good of the organization and the community. Our Man of the Year has been an officer for the Polish Center of Discovery and Learning

at Elms College, Chicopee, MA, the Chicopee Rotary Club, and is Treasurer of the Chicopee Falls Polish Home Association. Gene is tireless, determined, persistent, and enjoys having a good time.

After lunch, District 1 was joined by District 2 for a Sales meeting presented by Jolanta Walaszek, PNA Manager of Sales and Edward Zavaski, PNA Training Consultant. Topics discussed were “Sales Concepts to Live By (for the Experienced or Rookie Sales People), “8 Myths of Selling” and “Price Versus Value.” There were handouts available about the PNA Portfolio, the PNA as a life insurance institution, what PNA has to offer and many other helpful facts to make a person a confident sales representative.

PRESENTATION OF AWARDS



Presenting the beautifully engraved plaques and PNA certificate awards to the PNA District 1 Woman and Man of the Year for 2017 are left to right: Teresa Struziak Sherman, PNA National Business Board Director; Cindy Kirejczyk, Woman of the Year 2017; Gene P. Kirejczyk, Man of the Year 2017, and Wanda Milecki, Commissioner, PNA District 1.

CONGRATULATIONS TO THE DISTRICT 1 PNA MAN AND WOMAN OF THE YEAR FOR 2017



Worcester, MA. Pictured congratulating the award winners at the PNA District 1 Convention are left to right front row: PNA National Director Region "A" Walter W. Tokarz; Jolanta Walaszek, PNA Manager of Sales; Wanda Milecki, PNA District 1 Commissioner; Cindy Kirejczyk, PNA District 1 Woman of the Year 2017; Gene P. Kirejczyk, Man of the Year 2017; Teresa Struziak Sherman, PNA National Business Board Director; Irene Grabowy, PNA Vice Censor; Kamila Wnuk, PNA District 1 Treasurer, and Joseph E. Sendrowski, PNA District 1 Secretary. We were all very thankful for a beautiful and productive day. Thank you to our sales meeting presenters, Jolanta Waleszek and Edward J. Zawaski.

2017 DISTRICT I ANNUAL JOINT CONVENTION & SALES MEETING



*Submitted by
Teresa Struziak Sherman,
PNA Business Director*

PNA GIFT CARD PROGRAM



Fundraising agenda for our organization!

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

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

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

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

www.pna-znp.org

or call the Fraternal Department of the Polish National Alliance:

1-800-621-3723 ext. 312

We hope you will take advantage of this great opportunity.

Please, note:

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

Please allow up to one week for the mailing.

Polish National Alliance's 55th National Golf Tournament, Myrtle Beach, South Carolina

Polish National Alliance's 55th National Golf Tournament was held on Sunday and Monday, October 15 and 16, 2017 in Myrtle Beach, SC.

Over 90 golfers, male and female, enjoyed two days of sun-soaked weather and golf at the Indian Wells and Litchfield Country Clubs.

Upon arrival on Saturday, many of the PNA golfers enjoyed an evening of camaraderie and fraternalism, including a night of karaoke led by PNA National Business Director Val Pawlos, at Neil and Pam's Pub. After the 1st day of golf, the golfers and guests enjoyed an evening of hospitality with an outstanding buffet at the VFW Post in Murrells Inlet.

After the final and second day of the golf tournament, an awards banquet with a delicious buffet dinner was followed by the presentations of cash awards and prizes to the flight and contest winners. PNA Fraternal Activities Chairman and National Secretary Charles A. Komosa thanked the golfers and offered greetings on behalf of PNA National President Frank Spula and PNA National Treasurer Marian Grabowski who could not attend the tournament due to other PNA business responsibilities. Charles A. Komosa then introduced and thanked Mrs. Mary Srodon, PNA Fraternal Activities Coordinator and my husband John who drove 17 hours from Chicago with all the tee signs, tournament supplies and prizes to Myrtle Beach, SC., former District I Commissioner and golfer John Mailloux with lady friend Ms. Donna Corrigan, PNA National Fraternal Director (Pittsburgh) Jeffrey Twardy and introduced PNA Business Director and Fraternal Activities member Val Pawlos who welcomed the 90 plus PNA golfers and guests to 55th National Golf Tournament. After PNA National Business Director Val Pawlos and PNA National Secretary Charles A. Komosa handed out all the awards to the golfers, a hearty thank you and farewell were offered to all! The fraternal torch continued to burn that evening for some of the PNA golfers and guests at the Wicked Tuna Bar to the wee hours of the morning!

The Polish National Alliance Officers, Directors, and Fraternal Committee members want to thank each and every golfer and guest who attended or assisted with the success of Polish National Alliance's 2017 55th National Golf Tournament in Myrtle Beach, SC. A special thank

you to Directors Val Pawlos, Jeff Twardy, and members of Lodge 1052 for their enormous involvement in the success of this tournament.

We had an outstanding tournament filled with fraternalism, great golf, friendship, and fun! I can't thank all of you enough for your support by participating in this year's tournament.

Mary Srodon
Fraternal Activities Coordinator

2017 National Golf Tournament Winners

Champion Flight

1st	161	Eric Pawlos
2nd	161	Dean Maraccini
3rd	172	Bryan Betzler

A Flight

1st	167	Cliff Beverly
2nd	171	Vinnie Vennero
3rd	174	Jeff Kiss

B Flight

1st	176	Ron Viskovicz
2nd	179	Jeff Twardy
3rd	182	Brian Jones

C Flight

1st	182	Wayne Jones
2nd	185	Dana DePaolo
3rd	192	Ed Wonsevic

D Flight

1st	193	Tom Pietrzak
2nd	194	Rick Price
3rd	195	Mike Rosenbaum

E Flight

1st	188	Ed Blais
2nd	200	Joseph Baran
3rd	203	James O'Donnell

Women Flight

1st	183	Terry Viskovicz
2nd	208	Monica Letta
3rd	228	Kath Abruzzese





For the full gallery of photos and Hole Sponsors of the 55th PNA National Golf Tournament visit: www.pna-znp.org

The Third Annual Run for Camp Stanica

Bondsville, MA. September 9, 2017, at 10 A.M. was the start of the Third Annual 5K Run/Walk event at Camp Stanica, sponsored by the Polish Alliance Youth Camp in Bondsville, MA. The 38 runners and 12 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 far and near. Camp Stanica has 11 cabins with beds for sleeping. The Polish National Alliance (PNA) Council 62 sponsors a two week co-ed camping season for children ages 6-14 during the last two weeks of July. The cost for one week of camping is \$225.00 for PNA members and \$275.00 for non-members. Campers come from as far away as Chicago, Illinois, New York, New Jersey, and from our neighboring states of New Hampshire, Connecticut, and Rhode Island, 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 an increased enrollment this year that, "summer camp is a good learning experience for the children." They learn to live in a group, take part in new adventures and, the kids who come here have a great time. Camp Stanica Committee members are always looking for ways to raise funds and

give them (children) that opportunity. Proceeds from the race are used to support camperships for needy campers and building and grounds maintenance. The \$20.00, 5K Registration fee, included a BBQ lunch for the runners and spectators. In case of emergencies, PNA National Business Board Director, 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 higher 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.

Recently, Camp Stanica needed to purchase a commercial gas range for the camp. The cost was \$4500. The Chicopee Savings Bank Charitable Foundation Board of Directors donated \$2,300; the Chicopee Rotary Club offered \$1,500, and the Polish National Alliance donated \$1,000. Other individuals and organizations gave prizes for the Run/Walk event to make it a success. Camp President, Richard Knurek thanked the many volunteers who assisted in the event and brought homemade desserts.

Along with the 5K Run/Walk fundraiser for Camp Stanica programs, 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.

Cash prizes were awarded to the first male and female to finish the run. Local businesses also donated prizes for the participants. Brimfield, MA resident, and cross country runner, Jim Madden, was the first place male runner with a time of 23.06 minutes. Karyn Marciniak, a teacher from Palmer, MA was the female first place winner at 26.07 minutes. She is training for an upcoming marathon in Rhode Island, and this was an excellent course to train for it she remarked.

For more information about Camp Stanica, contact Knurek at 413-283-9525, or on the Web at campstanica@yahoo.com, or Terrysherm@aol.com.

RUNNERS IN MOTION



Bondsville, MA. Runners at the Camp Stanica 5K Run/Walk fundraiser for Camp Stanica, the Polish Alliance Youth Camp in Bondsville, MA are shown in action as they proceed to the finish on a beautiful fair weather day this past September 9th. A total of 38 runners

and 12 walkers took part in this third-year event which also provided an opportunity for newcomers to see the hidden treasure called Camp Stanica.



Bondsville, MA. Many volunteers are needed to organize an event like the 5K Run/Walk. Pictured left to right: Melissa Petrashiewicz, Lodge 711; Helena Jalbert, President Lodge 2279; Jeannie Zapala, former PNA District 1 Commissioner and current Vice President Council 62; Maria Kruzel, Secretary Camp Stanica, member Lodge 3279; President Camp Stanica and Vice President Council 62, Richard Knurek, member Lodge 711 and holding the PNA sign; Mitchell Nowak, Vice President Lodge 711; Teresa Struziak Sherman, PNA National Business Board Director, Financial Secretary Lodge 711; Cindy Kirejczyk, Recording Secretary Lodge 711, and Gene Kirejczyk, Treasurer Camp Stanica and Vice President Lodge 711. Participants, guests, and volunteers had a happy time together.



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 Jim Madden, from Brimfield, MA, male and overall winner at 23.06 minutes and Karyn Marciniak, from Palmer, MA, female winner at 26.07.

Submitted by Teresa Struziak Sherman, PNA Business Director

Polish National Alliance Scholarship Program

Deadline is April 15th, 2018



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 2018 semesters.

Full-time students who will be Sophomores, Juniors and Seniors in the Fall 2018 semester qualify for scholarships. Incoming freshmen do not qualify.

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

You may also request the Application by e-mailing:

mary.srodon@pna-znp.org

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

www.pna-znp.org



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

It's COOL to be in Polish school

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



CZUŁAM, ŻE WRESZCIE MAMY WOLNĄ POLSKĘ...

Wrzesień to miesiąc obfitujący w tragiczne dla Polaków rocznice i wydarzenia. Bohaterskie zrywy żołnierza polskiego we wrześniu 1939 roku udowodniły, że ducha walki nie da się łatwo złamać. Wrzesień '44 to także czas, w którym powstańcy warszawscy kolejny miesiąc bili się o każdy skrawek swojego miasta. Wyćienzeni walką, ale wciąż mający nadzieję na zwycięstwo czekali na pomoc, która nigdy nie nadeszła...

Wraz z rozpoczęciem nowego roku szkolnego w większości szkół polonijnych już podczas pierwszych zajęć odbywają się pogadanki, spotkania i wystawy poświęcone tamtym wydarzeniom. Nauczyciele przekazują swoim uczniom prawdę o okrucieństwach II wojny światowej, uświadamiając jednocześnie, czym jest pamięć narodowa. Wśród nas żyją świadkowie wydarzeń z 1939 roku, wciąż żyją powstańcy warszawscy, których bohaterstwo nie miało sobie równych i których

w sposób szczególny powinniśmy otaczać troską i opieką.

Poza granicami Polski żyje jeszcze tylko około 150 powstańców, a wśród nich pani Zofia Barczyk, rocznik '25 – dyrektor Polskiej Szkoły im. Fryderyka Chopina w Palatine i Buffalo Grove. Pani Zofia – pseudonim „Hanka”, strzelec i sanitariuszka zgrupowania Chrobry II oraz II batalionu Lecha Grzybowskiego, spotkała się już po raz kolejny z uczniami szkoły, którą wraz z mężem, śp. Wiktorem Barczykiem, założyli blisko 40 lat temu.

– To był najpiękniejszy chyba moment, jak powiedzieli, że będzie powstanie. Czułam, że wreszcie mamy wolną Polskę (...), kiedy mogliśmy śpiewać, a na ulicach zaczęły grać głośniki z „Jeszcze Polska nie zginęła” – tymi słowami i drżącym ze wzruszenia głosem pani Zofia rozpoczęła spotkanie z młodzieżą. W niezwykłym skupieniu słuchaliśmy wszyscy opowieści o walce i pracy sanitariuszki w szpitalu przy ulicy Śliskiej, pomocy niesionej rannym, często w ekstremalnych warunkach, codziennym obcowaniu z cierpieniem i śmiercią. W trakcie spotkania uczniowie zadawali bohaterce wiele pytań dotyczących przynależności do Armii Krajowej, życia w powstańczej Warszawie, a także dalszych, powojennych już losów spędzonych poza ojczystym krajem. Pani Barczyk z trudem, ale i z wielką cierpliwością odpowiadała na wszystkie pytania młodzieży.

Spotkaniu towarzyszyła wystawa pamiątek powstańczych należących do rodziny autorki tekstu: listów, dokumentów, fragmentów umun-

durowania, biżuterii patriotycznej, które cudem udało się uratować z płonącej Warszawy. Z każdą z tych niezwykłych rzeczy związana jest jakaś historia przekazana autorce przez dziadków i ciotki – żołnierzy Armii Krajowej zgrupowania Krybar, którą teraz, tak jak potrafi najlepiej, dzieli się rokrocznie ze swoimi uczniami.



Pani Zofia Barczyk jest długoletnią członkinią Grupy 1936 ŻNP.

To była niezwykła lekcja historii i patriotyzmu. Dziękujemy Pani Dyrektor, dziękujemy Pani Zofio, dziękujemy Hanko...

*Małgorzata Rudzińska,
nauczycielka w Polskiej Szkole
im. Fryderyka Chopina w Buffalo Grove*

ŚLUBOWANIA NADSZEDŁ CZAS

Listopad to czas przepięknych uroczystości w polskich szkołach – pasowania na pierwszoklasistów. Do uroczystości ślubowania uczniowie i nauczyciele przygotowywali się przez dwa miesiące. Program składający się z wierszy, piosenek, tańców i zabaw zawsze wzrusza rodziców i nauczycieli, którzy są pełni podziwu dla swoich podopiecznych.

W Polskiej Szkole im. Tadeusza



Kościuszki w Chicago do ślubowania przystąpiło ponad 80 uczniów. Pierwszoklasiści pięknie i odświętnie ubrani, z symbolami polskimi na piersi, z łezką w oku ślubowali, że będą dbać o dobre imię szkoły i klasy, że będą się uczyć języka polskiego, który łączy ich z rodziną w Polsce, i że będą poznawać i szanować tradycję i kulturę ojczyzny ich rodziców i dziadków. Uczniowie po zaprezentowaniu programu artystycznego byli gotowi na najważniejszy moment, czyli na położenie ogromnych rozmiarów ołówka przez dyrektora szkoły na ramieniu pasowanego, który tym aktem został przyjęty w poczet uczniów szkoły. Podziękowaniom i gratulacjom nie było końca. Ślubowanie zakończyło się poczęstunkiem dla uczniów i rodziców oraz wspólnym zdjęciem i prezentami.



Tegoroczni pierwszoklasiści zostali przyjęci w poczet uczniów szkoły w bardzo szczególnym dniu i roku – 11 listopada to największe i najpiękniejsze patriotyczne polskie święto, a rok 2017 to Rok Tadeusza Kościuszki – patrona naszej szkoły, dlatego też dzień i rok tegorocznego ślubowania wszyscy będziemy dobrze pamiętać.

Dziękujemy wszystkim, którzy przybyli na święto ślubowania, bo takie uroczystości łączą i wzmacniają wiarę w potrzebę istnienia polskich szkół na obczyźnie.

Urszula A. Gawolik, dyrektor szkoły

DZIEŃ NIEPODLEGŁOŚCI W SZKOLE ANDERSA

Polska Szkoła im. gen. Władysława Andersa w Chicago uroczystą akademią i wspólnym śpiewaniem pieśni patriotycznych uczciła 99. rocznicę odzyskania przez Polskę niepodległości.

Obchody Narodowego Święta Niepodległości odbyły się w sobotę, 11 listopada, w siedzibie szkoły. Przed akademią dyrektor Wanda Penar serdecznie powitała zaproszonych na uroczystość rodziców oraz gości: panie Urszulę Szatan, Elżbietę Wajdeman – żony weteranów II wojny światowej, przedstawicielki Związku Narodowego Polskiego – Wandę Judę, komisarza okręgu 13. ZNP, Janinę Kopacz oraz członków 12. Pułku Ułanów Podolskich z chicagowskiego Stowarzyszenia Historycznego Armii Polskiej. Każda z przybyłych na uroczystość osób została udekorowana białoczerwonymi kotylionami.

Po powitaniu i wprowadzeniu sztandaru szkoły rozpoczęła się część artystyczna. Tegoroczny program uroczystości upamiętniający odrodzenie się niepodległego państwa polskiego zawierał m.in. najważniejsze informacje historyczne dotyczące tego okresu oraz krótką charakterystykę wybranych wybitnych Polaków, w tym Józefa Wybickiego, Fryderyka Chopina, Jana Matejki.

Uroczystość uświetniło zaproszenie uczestników akademii do wspólnego odśpiewania polskich pieśni. Usłyszeliśmy m.in. „Wojenka, wojenka”, „Szara piechotę”, „Rozkwitały pąki białych róż” i „My, Pierwsza Brygada” – ulubioną pieśń marszałka Józefa Piłsudskiego.



Śpiewającym akompaniowała Jadwiga Koszałka. Program akademii przygotowały wychowawczynie klas 6 i 2 LO: Dorota Malinowska i Małgorzata Myślińska-Harris.

Dyrektor Wanda Penar uważa, że wspólne celebrowanie Narodowego Święta Niepodległości z uczniami i rodzicami jest bardzo ważne w krzewieniu polskości i pamięci o tych, którzy walczyli o odzyskanie przez Polskę niepodległości. – Od lat polska szkoła generała Andersa przygotowuje specjalny program z okazji Święta Niepodległości. W tym roku tak się złożyło, że jest to 11 listopada.

*Jola Plesiewicz
Zdjęcia: Dariusz Piłka*



2017 PNA Photo Contest Results

On Thursday, October 26th, 2017, a committee of three distinguished members: Ms. Magdalena Marczevska, and Mr. Mateusz Pankiewicz - dynamic radio hosts of the new WPNA 103.1 morning show, and Ms. Marlene Johnson PNA HR Manager, met at the Home Office to choose the winners of the 2017 PNA Photo Contest

This year's theme was **"My Everyday Hero."**

Fraternal Activities Department received 12 entries. The committee perused over the submitted photographs with considerable attention and chose three winning photos based on their eligibility, originality, technique



(l-r) Marlene Johnson, Magdalena Marczevska, Mateusz Pankiewicz

Winners of the 2017 PNA Photo Contest: (in alphabetical order)

Lukasz Bondyra, Lodge 238,
Perry Hall, MD – „My Mom – My Hero”

Victor Kowalinski-Manalac, Lodge 700,
Los Angeles, CA – „My Inspiration”

Susan Ritzenthaler, Lodge 2422,
Pickerington, OH – „The Courage to Fight”

PNA Art Gallery



Lukasz Bondyra
„My Mom – My Hero”



Susan Ritzenthaler
„The Courage to Fight”



Victor Kowalinski-
Manalac
„My Inspiration”

The Story of Saint Nicholas



Nicholas was born in the third century in the village of Patara, in Greece. His parents were very wealthy, but they died while he was still young, leaving him a lot of money. Nicholas was a very

kind man; helping others, giving money to the poor, and giving secret gifts to people who needed it. He spent his inheritance helping the sick and poor in his village. Eventually, he was made a bishop of the area called Myra.

The most famous tale of Nicholas' giving involves three poor sisters who had no dowry, which meant they were unable to marry, and would possibly be sold into slavery, as was the custom in those days. One morning, the family woke up to three bags of gold mysteriously appearing in their home, allowing the girls to marry. It was Nicholas that had tossed the gold coins into their window at night so that nobody could see. The legend says, the bags with coins accidentally landed in socks that were drying by the fireplace, which probably led to the custom of children hanging stockings or putting out shoes, awaiting gifts from Saint Nicholas.

One story states that when a ship full of wheat made port into the town, Nicholas asked the sailors to give half of their stash to the poor, promising that they'd still have the same amount in their stock. They listened to Nicholas and shared, and as the story goes, the sailors had the same quantity of wheat in their ship by the time they reached their destination.

Nicholas was known for his generosity in the name of Christ by sharing his wealth among those who needed it the most. Because of his kindness, Nicholas was made a Saint, and patron of children and sailors.

There is also a story about the sailors that were caught in a dreadful storm off the coast of Turkey. The wind was raging around them, and all the men were terrified their ship would sink under the giant waves. They prayed to St. Nicholas to help them, and suddenly, he appeared on the deck right before them. He ordered the sea to be calm, the storm died away, and they were able to sail their ship safely to port.

Saint Nicholas died on December 6th, and on the eve of his death, children are given gifts in his honor. Many countries in Europe, including Poland, celebrate December 6th as St. Nicholas Day. Every year, children around the world anxiously wait for the arrival of Saint Nicholas, who nowadays is called Santa Clause.

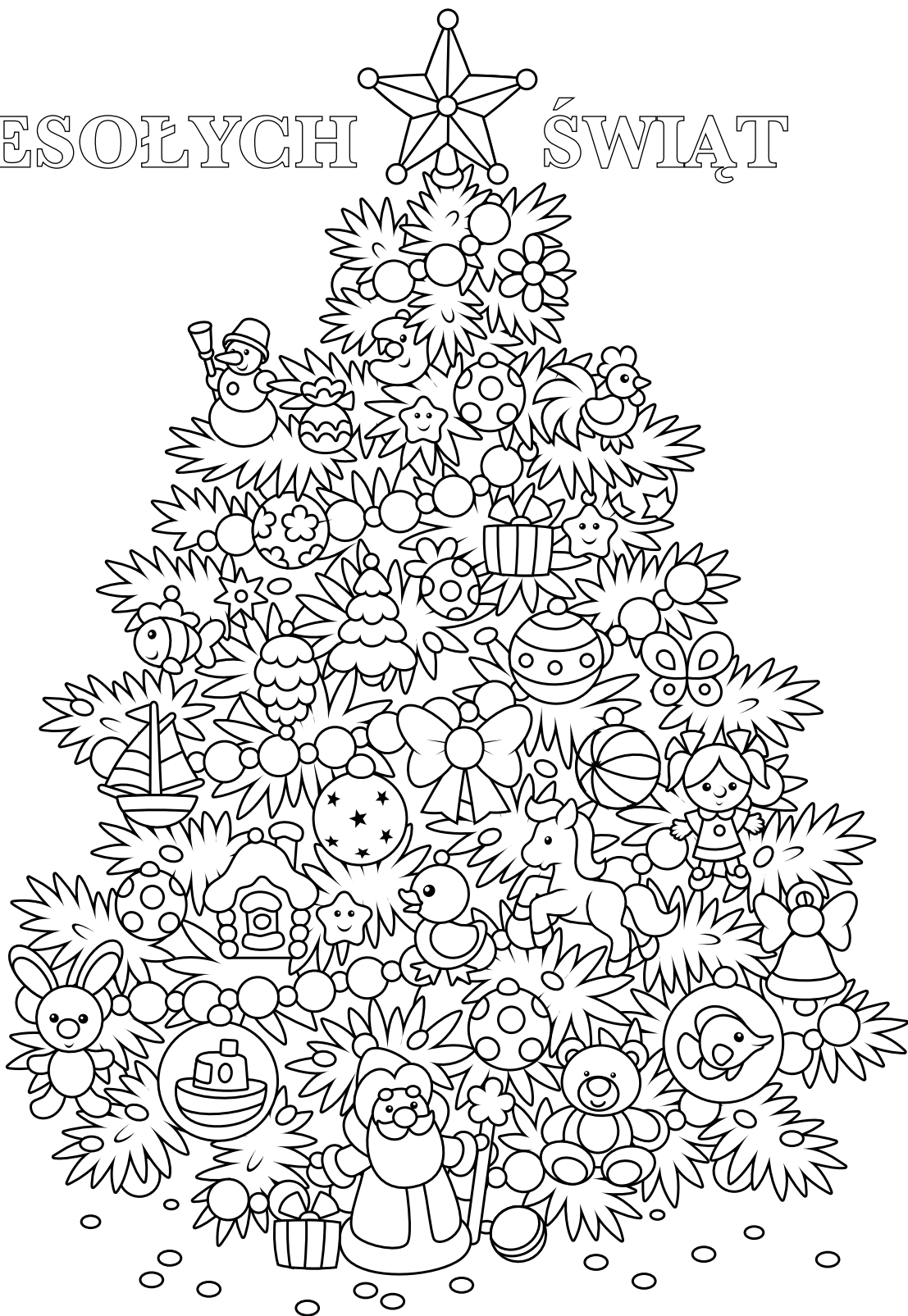
Therefore, to all the children who read this story: "You better watch out, you better not cry, better not pout, I'm telling you why: Santa Claus is coming to town!"



AK

MERRY CHRISTMAS!

WESOŁYCH ŚWIĄT



COLORING PAGE

We are proud of

Dyzio J. Guzierowicz

TAMIDA AWARD RECIPIANT

Dyzio Jan Guzierowicz należy do Grupy 512 “Wolna Polska” w Rochester, Nowy York. Wychowany w patriotycznej, polskiej rodzinie, z domu wyniósł miłość do Polski. Pan Dyzio jest zawsze gotowy do wszelkiej pomocy w prowadzeniu działalności naszej grupy związkowej, jak również pomocy Kościołowi p.w. Św. Stanisław Kostki w Rochester, NY.

Dyzio Guzierowicz ukończył studia prawnicze na Uniwersytecie DePaul w Chicago, studiował również w Europie, uzyskując dyplom magistra prawa międzynarodowego. W ubiegłym roku podjął pracę w Rochester, NY, dzięki czemu mamy tu polskiego adwokata. Doceniając zaangażowanie społeczne pana Guzierowicza, Grupa 512 ZNP, na zebraniu w dniu 25 czerwca 2017, postanowiła nagrodzić go statuetką “Tamida”. Gratulujemy serdecznie panu Guzierowiczowi oraz jego rodzicom.

W imieniu Zarządu oraz członków Grupy 512 ZNP,

Marta Wyrozebski



Ks. Roman Caby, Państwo Guzierowiczowie z synem Dyziem.



Członkowie Grupy 512 „Wolna Polska” w Rochester NY.

Rick & Patty Kobzi

LORD AND LADY OF THE MANOR



(L-r) Fr. Zbigniew Fraszczak, Patty Kobzi and Rick Kobzi.

This year, the Director of the St. John Paul II Polish Center in Yorba Linda—Fr. Zbigniew Fraszczak chose former PNA Vice Censor/National Director Rick Kobzi along with his wife Patty Kobzi as “Lord and Lady of the Manor” for the 39th Annual Dożynki. Rick has been involved with the festival since the inception in 1978 and has served as Master of Ceremonies and Entertainment Chairmen from the very beginning. Rick’s parents, Regina and Clark Kobzi were also “Lord and Lady” back in 1991. Patty also has been Financial Chairperson for many years and has volunteered at many activities when called upon. The Kobzi family and the PNA have been involved with the Center from the very beginning and has provided financial help along with many hours of labor to provide and make this Center possible for the Poles and Polish Americans in the Southern California area. This year’s festival was no different with National Business Board Director Tony Nowak-Przygodzki, Fraternal Board Director Greg Chilecki, District Commissioner Jaroslaw Musial along with many former Commissioners including Elizabeth Rudzinski and other officers and members of Lodge 3193 and Lodge 3259 working many hours for another successful celebration with attendance of over 8,000 people for the two-day event. This year as well brought “Vinyl Moods” Lodge 1443/San Diego, “Piaś Dancers” from Lodge 3281/Las Vegas along with “Krakusy” from Lodge 700/Los Angeles and Lodge 3259 “Polonia.” Also, the Helena Modjewska Polish School and Kasia Bitner of Lodge 3259 performed on stage. Mark your calendars for next year September 15 & 16, 2018 as they celebrate 40 years of Dożynki.

*Submitted by Anthony Nowak-Przygodzki, PNA Business Director
Photo by Slaw Żatoka*

Val Pawlos

OUTSTANDING POLONIAN



On Saturday, September 23, 2017, the Kosciuszko Foundation-Pittsburgh Chapter honored Mr. Val Pawlos, a PNA Business Board Director and President of both PNA Lodge 1052 and Council 145, with the lofty Outstanding Polonian Award at a luncheon held with over 110 guests at the DoubleTree Hotel

in Pittsburgh, PA. The program opened with greetings by Mrs. Mary Louise Ellena -Wygonik, President of the Kosciuszko Foundation-Pittsburgh Chapter, who then introduced the Foundation's officers and board members.

The President and emcee then introduced The Most Reverend Thomas Schaefer, Ph.D, and Associate Vice President for Academic Affairs at LaRoche College and Chaplain for the Kosciuszko Foundation, who provided the guests with superior spiritual nourishment prior to lunch followed by the singing of the Polish and American National Anthems beautifully sung by Mrs. Cynthia Maleski-Groch, Esq.



(l-r) Anthony Nowak-Przygodzki, Joseph Magielski, Charles Komosa, Val Pawlos, David Sinclair, Joseph Kaminski, Jeffrey Twardy

After a delicious lunch, Ms. Paula Dzimira, the recipient of the Tomasz-kiewicz-Florio Scholarship Award from Pittsburgh, sincerely thanked the Kosciuszko Foundation for the experience to travel to and study in Poland for three (3) weeks at the Jagiellonian University in Kraków, Poland.

Former PNA National Director Mr. Joseph Kaminski, a past Outstanding Polonian Award recipient was introduced, and he presented Val an official proclamation on behalf of the City of Pittsburgh!

"NOW, THEREFORE BE IT RESOLVED, that the Council of the City of Pittsburgh does hereby congratulate Mr. Val Pawlos for being named Polonian of the Year and commend him for keeping his Polish heritage and traditions alive; and, BE IT FURTHER RESOLVED, that the Council of the City of Pittsburgh does hereby declare Saturday, September 23, 2017, to be "Val Pawlos Day" in the City of Pittsburgh".

Then Mr. Kaminski addressed the guests speaking of his longtime friendship with Val before he presented him the Outstanding Polonian Award.

Val's wife, Janet Pawlos, was presented with beautiful red roses before he delivered a heartfelt speech mentioning his grandfathers, father, his wife, brothers, children, grandchildren, family, friends, and his PNA friendships that have developed his passion for helping others and the community over the years. Many of the guests had tears in their eyes during his remarks! The event was especially important because many members of Val's family were at the luncheon including, wife Janet, daughter Erin, son Michael with wife, Emily, daughter of Terri Barger, and granddaughter of Joseph and Marlene Kaminski, his grandsons Marino Pawlos, Robert Pawlos, his brothers Jeffrey Pawlos and family, Mark Pawlos and family, and Eric Pawlos and family.

After Val's remarks, the Kosciuszko Foundation surprised Val with two framed sketches of his grandsons Marino, 4, and Robert, 2, whose photos were sketched by professional artist James M. Sulkowski. Val's wife, Janet secretly supplied the pictures of their grandsons to the artist as to surprise him at the luncheon.

In attendance and celebrating the excitement of the afternoon with Val were many members of PNA Lodge 1052 and other lodges representing PNA District VIII, PNA Fraternal Directors Mr. Joseph Magielski, Mr. Jeffrey Twardy, PNA Business Board Director Mr. Anthony Nowak-Przygodzki, PNA District VIII Commissioner Mr. David Sinclair, and PNA National Secretary Charles A. Komosa from Chicago.

The luncheon ended with a surprise recognition award for Mr. Ted Michalik, a longtime member of the Kosciuszko Foundation and member of PNA Lodge 1013 in Council 165. After the luncheon, several of the guests continued to celebrate with Val at the PNA Club Lodge 1052 (West End) in Pittsburgh.

Val, all of your friends at the PNA wish you a sincere Congratulations and Sto lat!



(l-r) Val Pawlos, the Outstanding Polonian Award Recipient with his wife Janet, son Michael and daughter-in-law Emily. Marino & Robert Pawlos. 100% PNA Family!

Photos by Mrs. Terri Barger and article by National Secretary Charles A. Komosa

Major General John Borling

visits Polish Community of Chicago

"Nation Building in America"



*PNA President
Frank Spula with
Major General
John Borling*

On Wednesday, October 25, 2017, representatives of the Chicago Polish community had an opportunity to meet with Major General of the United States Air Force John Lorin Borling. The conference was arranged by the PNA Na-

tional Secretary Charles Komosa who introduced distinguished guest; General Borling and Mr. Kenneth Kogut both representing SOS (Service Over Self) America, an organization that promotes the concept that all of America's youth should serve their country in some capacity for a year.

General Borling founded and chairs SOS America an advocacy organization in support of an affordable and profitable national program of military service directed at young men (18-26), and women who choose to participate, the opportunity to serve for one year in the military to supplement American all-volunteer force. "Our goal is to provide a structured, disciplined, and cohesive setting that benefits both the individual and the nation. This program is designed to build characters, skills, and ethics in young Americans," stated General Borling.

Major General John L. Borling is a native of Chicago, now residing in Rockford, IL. He is a career Air Force officer who spent over six and

a half years as a prisoner of war in North Vietnam, including the notorious "Hanoi Hilton." During the first few years as a prisoner of war (POW), he was kept in solitary confinement, subjected to torture and near starvation diet. To keep his mind active, Borling wrote poems and passed it along to his fellow POWs by tapping them on the walls using a code system they developed themselves. In 2013, Borling published "Taps on the Wall," a collection of his poetry created while a POW during the Vietnam War.

Following his release in 1973, Borling received pilot refresher training and continued his remarkable military career. After his military retirement in 1996, Borling, a highly decorated officer, became the President of the Chicago area United Way and remained active in a variety of different capacities. In 2004, he ran in the Republican primary for the U.S. Senate, the year

that Barack Obama was elected to that seat, and founded Service Over Self - America (SOS). His current civic activities include Life Member, The Commercial Club of Chicago, Trustee and Regent, The Lincoln Academy of Illinois, President, Sister Lakes Michigan Land Conservancy, Illinois Aviation Hall of Fame, Who's Who in America and numerous other local and national organizations.

General Borling is a war hero, a poet, and a gifted speaker, who was able to captivate the participants of the meeting at the Office of the Polish National Alliance with his life story and civic ideas.

For information on SOS America visit: www.sosamerica.org

For a comprehensive interview (in Polish) with General Borling visit: dziennikzwiazkowy.com

AK



Representatives of the Chicago Polish community at the meeting with Major General John Borling and Mr. Kenneth Kogut, Ph.D. (l-r) Ted Makarewicz, Mina Gerall, Urszula Gawlik, Grzegorz Dziedzic, Kenneth Kogut, Andrzej Gedlek, Steve Rakowski, Mary Anselmo, General John Borling, Bożena Haszłakiewicz, Frank Spula, Roman Poplawski, Bożena Nowicka McLees, Anna Wierzbicki, Renata Rudnicki, Mario Mikoda, Charles Komosa.

Commemoration at the Kościuszko Monument



Kosciuszko in Washington, D.C. Illustrated is the magnificent General Thaddeus Kosciuszko Monument in Lafayette Square across from the White House. It commemorates the revolutionary battles for freedom that Kosciuszko engaged in both for Poland and the United States.

Poland's distinct honor to conduct a grand commemoration at the Kosciuszko Monument in Lafayette Square across from the White House. The main celebrants were Poland's Ambassador Piotr Wilczek, Lithuanian Ambassador Rolandas Krisciunas and Francis 'Frank' Spula, President of the Polish National Alliance. Inscribed on the pedestal of the monument are the words "ERECTED BY THE POLISH NATIONAL ALLIANCE OF AMERICA AND PRESENTED TO THE UNITED STATES ON BEHALF OF THE POLISH AMERICAN CITIZENS MAY 11, 1910." Also notably in attendance was cadets comprising the Kosciuszko Squadron from the U.S. Military Academy at West Point.

WASHINGTON, D.C. – As per the Embassy of the Republic of Poland on the 200th Anniversary of the Death of Thaddeus Kosciuszko (1746-1817): Thaddeus Kosciuszko, a Polish and American general, participated in the American Revolutionary War, Supreme Commander of the Polish National Armed Forces during the Kosciuszko Uprising (against Russia in 1794), died in Solothurn, Switzerland on 15 October 1817. To mark this anniversary, the Sejm of the Republic of Poland proclaimed 2017 as The Year of Kosciuszko.

During this year many Kosciuszko-dedicated events were held across America in cities large and small. Here, on October 15, 2017 - as the celebratory year draws to a close - it was the Embassy of the Republic of

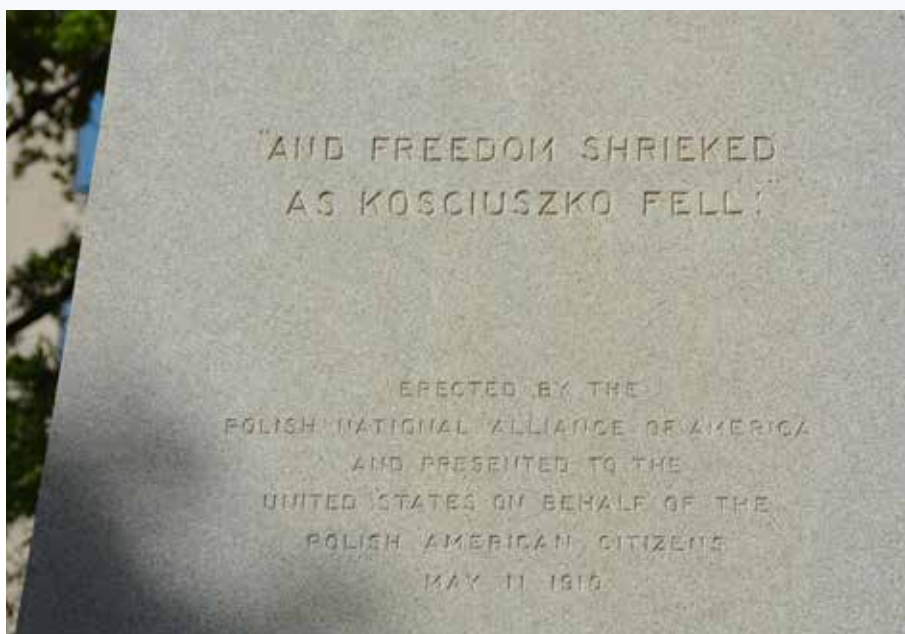
General Kosciuszko served seven years in General George Washington's Continental Army. As an engineer, his plans were instrumental in the key American victory at the Battle of Saratoga (1777). In recognition of his engineering skills, Kosciuszko was entrusted with construction of the key fortress at West Point. He also authored the U.S. Army's first artillery manual.

The three aforementioned main celebrants all spoke eloquently about Kosciuszko's love – and selfless pursuit - of liberty, both in Poland and America.

George Washington wrote to Kosciuszko that "No one has a higher respect and veneration for your character than I have." Kosciuszko was described by his close friend Thomas Jefferson as "Pure a son of



West Point's Kosciuszko Squadron. Pictured are members of the Kosciuszko Squadron from the U.S. Military Academy at West Point. They are posing with Poland's Ambassador Piotr Wilczek at the base of the Kosciuszko Monument at the conclusion of the ceremonies.



liberty as I have ever known, and of that liberty which is to go to all, and not to the few or rich alone." Kosciuszko was a strong proponent of universal liberty and human rights, who deeded his wartime pay to purchase freedom for American slaves.

During the proceedings the U.S. Army Brass Quintet provided musical interludes in addition to the playing of the Polish and American national anthems after the Presentation of the Colors by U.S. Army soldiers in colonial uniforms.

The 200th observance concluded with the laying of wreaths at the monument in fitting tribute to the freedom-fighting hero on two continents – Andrzej Tadeusz Bonawentura Kościuszko.

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

Polish American Congress Meets in Washington, D.C.



National Directors of the PAC at the Capitol Hills, Washington, DC

September 25 - 28, 2017. The Polish American Congress (PAC) held its annual Council of National Directors (CND) Meeting September 25-28, 2017 at the Hilton Garden Inn, in Arlington, VA.

On Tuesday, September 26, the National Directors and their guests boarded a bus to Washington, DC for an all-day-event, Polish American Congress Advocacy Day For Poland on Capitol Hill, which included, for the first time, a Reception/ Rally in prestigious Congressional Meeting Room, North, with brief speeches delivered by members of the Congressional Caucus on Poland and Polish Government officials representing the Embassy and the Polish Cultural Institute in New York City.

The CND continued its business meetings at the Hilton Garden Inn

on Wednesday and Thursday. The keynote speaker and Guest of Honor at the CND's opening session was Reverend Mirosław Krol, newly appointed Chancellor of Orchard Lake Seminary in Michigan. Reverend Krol thanked the PAC for playing a significant role in helping Orchard Lake to continue its mission on behalf of the Church and Polonia.

The members of the PAC Executive Committee, Mrs. Micheline Jaminski, Honorary Consul Debbie Majka, and Messrs. Anthony Bajdek, Hubert Cioromski, and Richard Mazella delivered their reports at Monday afternoon's session. Mrs. Bożena Kamiński's well-received report on Polish Affairs included remarks by a surprise guest speaker: Mrs. Anna Holden, Unit Chief, Counter Terrorism Division of the U. S. Department of Justice.

The Guest of Honor at Monday evening's banquet, Piotr Wilczek, Ambassador of the Republic of Poland, praised the achievements of the PAC from its establishment, in 1944, to the present. Ambassador Wilczek called on the PAC to continue its advocacy for permanent NATO armed forces bases in Poland, with troops from Western Europe and North America, at this time of resurgent Russian imperialism and aggression. Professor Marek Chodakiewicz's keynote address called on the PAC and Polonia to open their checkbooks so we can persuade official and public opinion that a strong and truly sovereign Poland protects United States National Security Interests and promotes American values of freedom and free enterprise in the lands between the Baltic and Black Seas.



Illinois Delegation at the office of U.S. Senator (IL-D) Tammie Duckworth. Sitting (l-r) Stanisław Żagata, Marian Grabowski, Senator Tammy Duckworth, Mary Anselmo. Standing (l-r) Alicja Kuklińska, Dr. Henryk Roztoczyński, Anna Wierzbicki, Wanda Juda, Jacek Niemczyk.



Illinois delegation at the office of U.S. Congressman (IL-D) Dan Lipinski

Polish American Congress Advocacy Day for Poland on Capitol Hill had two components. First, PAC National Directors, who represent the 19 states where the PAC has Divisions, and their guests, visited the offices of their United States Senators and Members of the House of Representatives. They delivered two strong messages. First, resurgent Russian imperialism requires strengthening NATO's northeastern flank to ensure Poland's security. Second, members of the House of Representatives should co-sponsor H.R. 2388. President Spula persuaded Congressman Mike Quigley to sponsor this resolution calling for Poland's prompt accession to the Visa Waiver Program. Soon there will be a similar Senate resolution.

Advocacy Day for Poland on Capitol Hill concluded with a Reception/Rally in Congressional meeting Room, North. President Spula asked Congressman Quigley to sponsor this prestigious room for the PAC's event. Brief speeches were delivered by: Mrs. Bozena Buda, Washington DC Chapter, Friends of Saint Pope John Paul Foundation II

/ Congressman Mike Quigley (Illinois) who was the Key-Note Speaker / Congressman Tim Murphy (Pennsylvania, first vice-president Rick Pierchalski's is his top Polish American constituent) / Congresswoman Marcy Kaptur (Ohio, introduced by PAC National Director David Milcinovic) / Congressman Lipinski (Illinois, presented by National director Mary Anselmo) / Congresswoman Debbie Dingell (Michigan) / Pawel Kotowski, Deputy Chief of Mission, Embassy of the Republic of Poland in Washington D.C. / Izabela Gola, Polish Cultural Institute, New York City / Dr. Lucja Swiatkowska Cannon, Chairwoman of Polish Americans for Trump Advisory Committee / Mrs. Monika Jablonska, author of a new biography of Saint Pope John Paul II / Mrs. Anna Wellisz, strategic communications expert on correcting the image of Poland and the Poles. / Mr. Brandon Weichert, an expert on Russia.

To commemorate the 200th anniversary of the death of the great hero of the American Revolution and patriot of his native Poland, General Tadeusz Kosciuszko, a

delegation representing the Polish American Congress and Polonia throughout the United States, laid a wreath at the Kosciuszko Monument located in Lafayette Square, across from the White House. Members of the delegation were Micheline Jaminski, Hubert Cioromski, and Dr. Mark Pienkos, who delivered remarks about Kosciuszko. In 1910 the Polish National Alliance gave this magnificent monument to the United States. President William Howard Taft presided over the dedication ceremonies.

The PAC Council of National Directors resumed its business meeting on Wednesday. Ian Brzezinski, Director of the Brent Scowcroft Center, of the Atlantic Council, explained the various measures taking place to protect Eastern European nations that are NATO members, including the Republic of Poland. Wednesday's meeting continued with discussions on ways to improve communication within the organization, as well as action on resolutions. The PAC annual meeting continued on Thursday morning with speaker Dale Denda who described how General Kazimierz Pulaski was leading his Legion, composed mainly of cavalry, kept open the overland supply route to Philadelphia, capital of the Continental Congress, from Little Egg Harbor, on the Atlantic coast of New Jersey.

*Source: PAC Press Release
Photos by: Alicja Kuklińska*

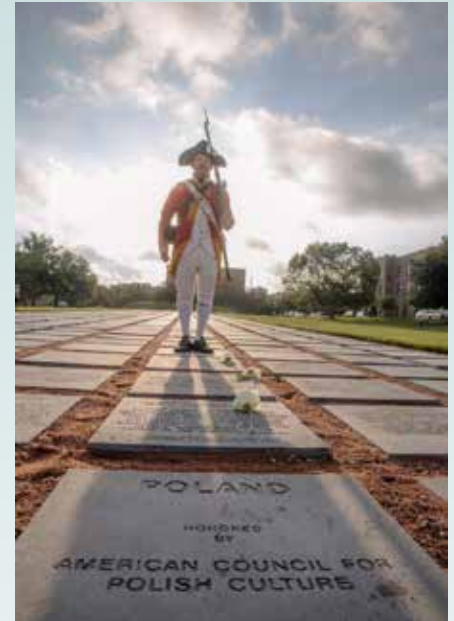


Battle of Savannah Celebration 2017

As the sun rose over Savannah, GA on the warm and humid early morning of October 9th, re-enactors of Revolutionary War military history affiliated with the Coastal Heritage Society (CHS) gathered in the parking lot of the Savannah History Museum. Joining them were friends and interested persons, both local and from out of town. The march, led by a color guard, followed the trail up to the battlefield, retracing the steps of Colonial soldiers who marched that same road on the same morning in 1779.

The atmosphere was tense as the column approached the redoubt where a bloody encounter of the Revolutionary War took place. For effect, cannons firing blank rounds thundered, setting the atmosphere. On reaching the battlefield, the soldiers formed ranks, and the civilian guests took their seats. Two of the uniformed re-enactors from the CHS explained the course of the battle. Those assembled were welcomed to the event in the name of the Coastal Heritage Society.

In addition to observing the 236th anniversary of the battle, three granite tablets were dedicated for Polish-born heroes of the American Revolution: Gen. Tadeusz Kościuszko, Gen. Kazimierz Pułaski and Capt. Jan Żelinski. Poland's Ambassador Piotr Wilczek explained the significance of these three persons in Polish and American history.



Kosciuszko was a military engineer who planned defensive fortifications at Ft. Mercer, West Point, and the victorious battle at Saratoga. He later returned to Poland and led an insurrection (albeit unsuccessful) to wrest the country from the clutches of the occupying powers of Austria, Prussia, and Russia. Casimir Pułaski fought for Polish independence as a cavalry commander in the Bar Confederation. Later he came to America and organized Washington's Continental Cavalry. Ultimately, he laid down his life for the cause of American freedom at the Battle of Savannah. Capt. Jan Żelinski was Pułaski's cousin who commanded the 2nd Dragoons, a cavalry unit in the Pułaski Legion, during the Battle of Charleston just before the Battle of Savannah, and eventually died from the wounds he received.



After him, spoke Mr. Ray Okonski, of Detroit, who sponsored two of the tablets. The third (for Zielinski) was funded by the Savannah Gen. Pulaski Committee. Additional speakers were: Andrew Boguszewski of the Gen. Pulaski Committee and Mrs. Halina Bieniecka, an actual descendant of the Pulaski family. She ended her brief comment with a quote from Pres. Donald Trump speech given in Poland: „The nation which forgets its defenders will be itself forgotten.” In succession, Edward Królikowski, member of PNA Lodge 1474, and an officer of the Savannah Gen. K. Pułaski Committee of the American Council for Polish Culture (ACPC), in the uniform of Gen. Pulaski, underscored the importance of the role Pulaski played in creating the American Cavalry. Mr. Daniel Fils-Aime, representing the Haitian Honorary Consul, talked about the presence of Haitian troops (in French uniform) on the field and the unique Polish-Haitian connection.



A number of wreaths were placed on the redoubt by various organizations: the Embassy of the



Republic of Poland (Ambassador Piotr Wilczek), the Poles in America Foundation (Pres. Jack and Monica Pinkowski), the American Council of Polish Culture (Pres. Tom Payne and Hon. Consul Deborah M. Majka), the Savannah Gen. Pułaski Committee (Edward Królikowski and Dr. Glenn Ball), the Sons of the American Revolution, the Family of Antoni Pulaski, the Sons of the American Revolution and other patriotic organizations. A musket salute was fired in honor of those who fell in battle on the field. White roses were placed on the three new tablets.

After the ceremonies concluded, the participants were invited to a delicious breakfast set out in one of the buildings belonging to the Coastal Heritage Society's Railroad Museum. There, Joan Wilson and Mel Gordon were signing their new historical novel „Pulaski: The Forgotten Hero of Two Worlds.”

Thanks to the efforts of the Coastal Heritage Society, the Savannah Gen. Pulaski Committee and Mr. Ray Okonski of the American Council for Polish Culture, proper tribute was given to three Polish

heroes of the American Revolution. Keeping their memory alive is a duty we owe them for sacrificing so much to win the liberties which we enjoy today.

*Submitted by
Edward Królikowski*



Miss Polonia Massachusetts 2018

Holyoke, MA. The Miss Polonia Massachusetts Pageant 2018 was held at Pilsudski Park, Holyoke, MA on Saturday, August 19, 2017. The Polish National Alliance Lodge 525 and the Polish American Congress of Western Massachusetts organized the fifteenth annual event.

MISS POLONIA MASSACHUSETTS 2018 HAILS FROM GRANBY, MA



*Holyoke, MA. **Joanna Kubiak**, age 18, from Billerica, MA was crowned Miss Polonia Massachusetts 2018 at the 15th Annual Pageant on August 19, 2017 at Pilsudski Park, Holyoke, MA. Over 225 guests attended the event sponsored by PNA Lodge 525 and the Polish American Congress of Western MA. The evening featured authentic homemade Polish foods, dancing, entertainment and enjoyable fun.*

CONGRATULATIONS TO THE MISS POLONIA MASSACHUSETTS 2018 WINNER



Holyoke, MA. Congratulating the 15th Anniversary winner of the 2018 Miss Polonia Massachusetts Pageant with great pride are left to right: Junior Miss Polonia, Analise Heurtas, age 7 from Granby, MA; Dorothy Wolanski, President PNA Lodge 525, Holyoke, MA; Miss Polonia Massachusetts 2018, Joanna Kubiak from Billerica, MA; first Runner-up, and member of PNA Lodge 525, Holyoke, MA, Hannah Ditto, who is the granddaughter of PNA Lodge 525 Treasurer and President of the Polish American Congress of Western MA, Joseph M. Kos; Teresa Struziak Sherman, PNA National Business Board Director, and Joseph M. Kos.

Judges for the pageant were: William Stetson, owner of the Collegian Court Restaurant in Chicopee, MA; Elizabeth Niedbala, owner of VIN Spa, LLC; Ron Lech, President of the Polish Center of Discovery and Learning, Renata Legowski, owner of Legowski Landscaping and Construction and Alexander Binczyk, owner of AB Events, LLC. The band "RHYTHM" under the direction of Kazimierz Pabisiak provided live music that entertained the audience of more than 225 people. Entertainment during the segments of the Pageant was provided by vo-

calist, Oliwia Bragiel, Miss Polonia MA 2017 and The Dance Academy of Somers, CT. Urszula Stetson and Edward Bernat served as Masters of Ceremony and introduced the contestants in both English and Polish.

During breaks in the competition, the 4th Annual Junior Miss Polonia Pageant 2018 was held for ages 7-10. Three girls competed on stage in casual wear and fancy dress wear. Analise Heurtas, age 7, from Granby, MA, won the Junior Miss Polonia 2018 title. She loves to dance and play sports. Also competing was Oksana Dobranska, age

7, from Springfield, MA who won the “Casual” competition, and Lilly Forget, age 6, from Chicopee, MA, and a member of PNA Lodge 711 of Chicopee. Lilly was the winner of the “Glamour” award. Sophie Stetson served as the Jr. Miss Polonia Assistant.

Of the five Miss Polonia Massachusetts 2018 contestants, all of whom were very beautiful and intelligent young women, Joanna Kubiak, age 18, of Billerica, MA won the title of Miss Polonia Massachusetts 2018. Ms. Oliwia Bragiel, who currently holds the title of Miss Polonia MA 2017, presented Joanna her crown. Ms. Kubiak is a freshman at Assumption College, Worcester, MA. Her outside interests include singing and dancing. Joanna was born in the United States, and speaks in both Polish and English. Joanna and the first runner-up competed for the Miss Polonia USA 2018 title on October 7, 2017 in New York City. The winner of that competition will vie for the title of Miss Polonia World 2018.

First runner-up and People’s Choice Award winner was Hannah Ditto, of Westfield, MA. Hannah, age 19, is a sophomore at the University of Rhode Island majoring in electrical engineering. Hannah is a

member of PNA Lodge 525, Holyoke, MA. Paulina Urbanek, age 17 of Westfield, MA. won the “Glamour” award.” Jessica Cialek of Westhampton, MA won the “Swimwear” award, and Victoria Dazblaz age 18 of Chicopee, MA won the “Photogenic” and “Personality” awards. Matthew Wolanski, Michael Pierzchalski, Luke Theroux and Matthew Wolanski 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 Gadecski, 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; Commissioner PNA District 1, Wanda Milecki; 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.

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

JUNIOR MISS POLONIA MASSACHUSETTS 2018 “GLAMOUR AWARD” WINNER



Holyoke, MA. Lilly Forget, age 6, from Chicopee, MA is pictured with PNA National Business Board Director, Teresa Struziak Sherman at the Miss Polonia Massachusetts 2018 Pageant held at Pilsudski Park, Holyoke, MA on August 19, 2017, after having received the “Glamour” Award at the event. Lilly is a member of PNA Lodge 711 of Chicopee, MA. She is the granddaughter of Jane Sturtevant a long time member of PNA Lodge 711. The Pageant is sponsored by PNA Lodge 525 of Holyoke, MA and the Polish American Congress of Western Massachusetts.



Don't Pay Full Price for Medication!

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

Rx Help Centers is a drug advocacy program dedicated to helping the customers get the price on all of your medications. The expert team will help you receive the lowest prices for all your name brand drugs.

This service will complement any existing coverage that you already have.

Whether you are insured, uninsured, underinsured or have Medicare, **Rx Help Centers** can help.

Register for free at www.pnarxhelpcenters.org
You will receive assistance for only a nominal charge with NO LIMIT on the number of medications.

With thousands of name brand and generic medications you and your family can maximize your savings on prescription medications.



PAC 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 1, 2017. 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 who introduced the distinguished guests present. Attending the event were banquet chairperson, 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; Irena Gadecki, Secretary and Alvira Balut, Treasurer/Financial Secretary.

Also present were: The Honorable Donald Humason, Massachusetts State Senator; The Honorable Aaron Vega, Massachusetts State Representative; The Honorable Mayor of the City of Holyoke, Alex B. Morse; Mayoral Aide City of Holyoke, Tessa Murphy-Romboletti; Fr. Andrzej Brzezinski, Parochial Vicar, Our Lady of the Cross Parish, Holyoke, MA, who delivered the Invocation and Benediction; Joanna Kubiak, Miss Polonia Massachusetts 2018, and Wieslaw and Maria Olszak, Guests of Honor. President Kos delivered congratulatory messages and proclamations from State and local government officials.

The program began with the singing of both the American and Polish National Anthems by Joanna Kubiak, Miss Polonia Massachusetts 2018. The Main Speaker was PAC President, Joseph M. Kos. He spoke about the many challenges Poles and Polish Americans face in our society today. He also shared information regarding the 73 year history and development of the PAC, which, 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 continue lead this effort actively.

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. Wieslaw Olszak, member of PNA Lodge 525.

Mr. Olszak was born in Puławy, near Lublin, Poland on February 1, 1941. He graduated from trade school and began working as a machinist, then continued his education to become a lathe operator. He served two years in the army, met his to be wife in 1964 in Gdansk, and married in 1965. In 1980, Wiesław was employed in a machine shop that manufactured equipment for shipyards in Gdansk, Gdynia and Szczecin. He was part of the "Solidarność or Solidarity" movement. A week later, he was chosen the president of his department assigned to resolve personnel problems of young factory workers.

In 1981, the Communist government felt threatened by the Solidarity movement. On December 13, 1981, General Wojciech Jaruzelski declared Martial Law and no longer recognized Solidarity as a union and ordered that members who continued Solidarity activities would be arrested. Wieslaw Olszak was arrested on December 19, 1981. Her 12-year old daughter, Iwona, was told that she may not see her father ever again. His wife and 15-year old son were threatened with arrest. Wiesław was tortured while under captivity and was sentenced to 4.5 years in prison and 3.5 years of loss of his civil rights because he would not cooperate and plead guilty. He eventually served 3.5 years in prison. It was the longest sentence of those persons convicted. In spite of the harsh treatment he suffered, Wieslaw did not lose faith. While in prison, the Potulice prison, he made a rosary from bread. It is on display, along with other items, at the Polish Center of Discovery and Learning.

In 1983, under the influence of President Regan, General Jaruzelski announced an amnesty for all political prisoners and allowed them to leave the country if they so wished. Wiesław and his wife were expecting their third child when they decided to leave Poland and come to the United States. They arrived in New York on No-



Holyoke, MA. Pictured at the Polish American Heritage Banquet are left to right: Tessa Murphy-Romboletti, Mayoral Aide City of Holyoke; Joanna Kubiak, Miss Polonia Massachusetts 2018; Lech Sadkowski, Treasurer PNA Lodge 525 and Vice President PAC of Western Massachusetts; Jeannie Zapala, former PNA Commissioner District 1 and Vice President PNA Council 62 and Camp Stanica; Maria Olszak; Wieslaw Olszak, PAC Achievement Award recipient; Teresa Struziak Sherman, National PNA Business Board Director; Joseph M. Kos, President PAC of Western MA and Treasurer PNA Lodge 525; Wanda Milecki, Commissioner PNA District 1; Frank Wolanin, Former Commissioner PNA District 1, President PNA Council 82, and PAC of Western MA Director, and Honorable Alex B. Morse Mayor City of Holyoke. Wieslaw 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.

vember 1, 1983, lived in Georgia for three years, then he relocated to Holyoke, MA where he found work to support his family. He became involved in several Polish organizations, such as PNA Lodge 525; Polish American Congress; President of the Association of Poles UNITAS; director and Vice President of the Pulaski Club in Chicopee, MA, and director of the Chicopee Falls Polish Home Association. In 2009, Mr. Olszak received special recognition and the Officer's Cross of the Order of the Rebirth of Poland by Poland's President, Lech Kaczynski. He was commended for his outstanding contributions to the democratic transition in Poland.

Wiesław and his wife, Maria, have been married for 52 years, and have three children and five grandchildren. After an extended applause by 140 guests, everyone joined into 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 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.

CONGRATULATIONS TO PAC OF WESTERN MASSACHUSETTS AWARD RECIPIENT

Submitted by Teresa Struziak Sherman



(l-r) Joseph Kos, Iwona Olszak-Poznansky, Wieslaw Olszak.

Pulaski Parade 2017

PNA Council 9 from Passaic, New Jersey at the 2017 Pulaski Parade in New York City. October 1st, 2017



PNA members at the rising Polish Flag ceremony by the City Hall in Clifton, N.J.



Members of Lodge 2571



Passaic-Clifton and Vicinity Contingent Marshal Dr. Andrew Maciak with Grand Marshal of the Pulaski Parade Slawomir Platta Esq., and former Grand Marshals Dr. Donna Koch and Stanley Trojaniak with former Marshals Krystyna Bladek, Marzena Fernandes and Joseph Żak.



Council 9 members and friends. Carrying PNA Banner Grazyna and Stanislaw Buron. In front of the PNA Banner are Natalka Maciag and Alexa Żak.



(l-r) Slawomir Platta Esq. the Grand Marshal of the Pulaski Parade, Senator Anna Maria Anders from Poland, and former PNA Director Tadeusz Kutarba.



PNA members with Polish Army Veterans Post # 36 Clifton, N.J., and Ladies Auxiliary.



PNA members in the front of the St. Patrick Cathedral with Polish Primate, Archbishop Wojciech Polak

*Submitted by Tadeusz Kutarba,
Former PNA Director, Region "C"*

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Enjoy Holidays by Sorting out the “Good Carbs” From The “Bad Carbs”

Carbohydrates (carbs), or sugars, are naturally found in foods such as fruits, vegetables, and milk. For example, when you eat an apple, you are getting many good nutrients and dietary fiber along with the natural sugars. Carbohydrates are present in food as starch, sugar, and fiber (cellulose). Carbs provide you with most of your energy. Sugar is not bad for you. It has a bad reputation because we eat much, too much, of it. Even worse, much of the sugar we consume is not natural sugar, but sugar that is added during preparation or processing. Sugar is in about every food we eat. The American adult diet consists of approximately 15% calories from added sugars or about 22 teaspoons of added sugars per day. Sugar added to beverages such as soda, energy drinks, and sports drinks are the main source of added sugars in the American diet. Juices naturally contain sugar, but more is usually added to make them taste better. It is critical for you to read the labels on the products you buy to notice an amount of grams of total carbohydrate in the food and to check the listed ingredients to see where sugar is named. The closer to the beginning of the list, the more sugar is in the product. It is not enough to read how much sugar is on the list, but to know how many grams of carbohydrates are contained in the food as well. An average-sized adult should eat 40-45 grams of carbohydrates per meal. Sugar contains 16 calories per teaspoon, can be used in moderation and is considered a safe food by the U.S. Food and Drug Administration (FDA). Flour is also a carbohydrate. When you add flour to sugar, as in most dessert foods, you have a double whammy of carbs, something to avoid as much as possible.

The term sugar is used to describe many varieties that range in their degree of sweetness. If an ingredient ends in “ose” it is most probably a form of sugar. The most

common sugars include glucose, fructose, galactose, sucrose (your common table sugar), lactose (milk sugar), and maltose (the product of starch digestion, one example, pasta). **Most of us know that there is added**

sugar in soda, but the “popular vitamin-type” waters, sports drinks, coffee drinks and energy drinks also contain a very high amount of added sugar and can be dangerous to your health.

SUCROSE.

It is our regular table sugar. It is made from low-sugar, sugar cane or beet juice. It contains half glucose and half fructose. **Raw sugar** is granulated, coarse or solid and brown in color. It is the solid part left when the juice of the sugar cane evaporates. **Brown sugar** is made from sugar crystals that come from molasses syrup, and **confectioner’s sugar** is finely ground sucrose and known as powdered sugar. **Turbinado sugar** is unrefined and made from sugar cane juice. **Fructose, also called levulose**, is the fruit sugar occurring naturally in all fruits. **Honey**, which is produced by bees, is a combination of fructose, glucose and water. **High fructose corn syrup (HFCS)** and **corn syrup** are made from corn. Sugar and HFCS have about the

same level of sweetness. Often used in soft drinks, baked foods, and some canned products, HFCS has been involved in the scientific debates about its role in increasing the risks of people for type 2 diabetes and obesity.

SUGAR ALCOHOLS.

These sweeteners are used in many food products that are labeled “sugar-free,” “diabetic” or “low carb.” Examples of sugar alcohols are **mannitol, sorbitol, and xylitol**. These sweeteners contain half the calories of sugar and are absorbed by the body at a slower rate. They should not be confused with sugar substitutes



that are calorie free. Sugar alcohol can cause stomach cramping and diarrhea. **Erythritol**, a sugar alcohol, occurs naturally in fruit and fermented foods, is 60-70% as sweet as table sugar, has fewer calories, but does not result in raising blood sugar as high as sucrose and does not cause stomach discomforts.

OTHER TYPES OF NATURAL SUGARS.

Glucose combined with water is **Dextrose** and is often used to administer intravenous solutions in the hospital setting. **Invert sugar** is used in a liquid form to help keep candies and baked items sweet. **Agave nectar** is a highly processed type of sugar, is 1.5 times sweeter than regular sugar and is not any healthier than any other type of sweetener. **Maple Sugar** comes from the sap of maple trees and is made up of sucrose, fructose and glucose. **Molasses** is a residue product of sugar cane processing. Lactose, or milk sugar, is made up of glucose and galactose.

What are the effects of excessive amounts of sugar in the body?

Over time, the consumption of excessive sugars can cause a negative impact on your body. Worldwide, studies have linked eating excessive amounts of sugar with obesity in children and adults, metabolic syndrome (diabetes), high blood pressure and heart problems. Added sugars can be difficult to notice. Read the food labels! Sugar only provides calories, no other nutrients. Sugars and other sweeteners can cause tooth decay if proper oral care is not maintained. Sugar alcohols may cause stomach cramping and diarrhea. If you are a fan of sugary sports drinks, fruit juices, and sodas, you could be hurting your heart. These drinks can also contribute to weight gain, diabetes, high blood pressure and heart disease. Energy drinks are often marketed as a way to boost power. Teens and college-age students are prone to seek that extra boost to stay alert longer or to improve performance. What these drinks do is give you monster doses of caffeine and other chemicals to increase your body functions. They boost your heart rate, can cause stomach distress and may have some addicting effects by making you feel like you can't manage without it. Is it worth the possible health risks? Better to eat a balanced diet, exercise routinely, get enough sleep (7-8 hours per night) and not depend on chemicals for energy. Let your body function in the healthy state you provide for it.

Artificial sweeteners.

Substances that are used instead of sucrose, or table sugar, to sweeten foods and beverages are called artificial sweeteners or sugar substitutes. They are many times sweeter, so less is needed to create the same level of sweetness as table sugar. Artificial sweeteners are regu-

lated by the U.S. Food and Drug Administration (FDA) and must be approved before they can be made available in the United States. There have been claims that artificial sweeteners are linked with various cancers. The FDA reviewed more than 100 studies for each artificial sweetener and found no evidence that these sweeteners cause cancer or pose any serious threats to human life.

Negative effects of artificial sweeteners.

One of the latest research findings in the use of artificial sweeteners is that they can affect the healthy microbes in our digestive tract that help us in the process of food digestion. This can cause problems for the body to use the glucose it needs for survival, which may result in weight gain and possible Type 2 Diabetes. Research must continue in this area. The brain enjoys sweet tastes. Research is needed to determine if artificial sweeteners cause changes in the brain and its functions. Artificial sweeteners are more potent than sugar and may give the brain the message that it needs more sweetener to be satisfied.

THE KEY TO GOOD HEALTH.

Eating a balanced diet with a variety of foods, along with keeping physically active, is the key to good health. Try to eat whole foods and limit foods with added sugars.

Wise choices to cut “bad carbs” from your diet.

- Choose water, fat-free milk, or unsweetened tea or coffee instead of sodas, sports drinks, energy drinks, and fruit drinks.
- Reduce sugar in recipes. If a recipe says 1 cup, use 2/3 cup.
- To enhance flavor, add vanilla, cinnamon, or nutmeg.
- Eat fresh, canned, frozen, and dried fruits without added sugar. Choose fruits canned in their own juice rather than syrup.
- Use fruits to top foods like cereal and pancakes rather than sugars, syrups, or other sweet toppings.
- Read the ingredients list to pick food with little or no added sugar.
- Use the Nutrition Facts label to choose packaged foods with less total sugar.
- Eat whole grain foods rather than highly processed breads, rolls, and pastas.

Additional information about artificial sweeteners can be found at:

FDA, 10903 New Hampshire Avenue, Silver Springs, MD 20993; phone: 1-888-463-6332; or on line: <http://www.fda.gov/>



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PNA Business Board Director.

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Naughty or Nice?

CARBS



Carbohydrates are an essential part of a healthy, well-balanced diet, yet it's important to know that not all of them are created equal. Some are good, and some of them are bad for you. Be sensible about the carbs you choose.

Good (complex) carbs come from real food: unprocessed, unbleached, unrefined, etc. They are what our grandmothers used to cook with, and they come from our mother earth.

GOOD CARBS EXAMPLES:

- Fresh fruit
- Vegetables
- Legumes
- Whole grains
- Brown and wild rice
- Barley
- Quinoa
- Potatoes
- Corn
- Nuts & seeds

Bad (simple) carbs usually come from the factory. They are highly processed, refined and transformed foods that quickly convert into fat cells in your body.

BAD CARBS EXAMPLES:

- Soda
- Candy and chocolate
- Chips
- Pastries
- Cereal
- Ice cream
- Fruit juices
- French fries

If you stick to the real foods, you will keep your stomach full and happy, your body energized, and perhaps you will be able to shed a pound or two and avoid unnecessary visits to doctor's office.

Make sure your holiday diet includes plenty of good carbs!

AK





Polish Wigilia

To the Polish people, no part of the year is more sacred than Christmas. It is indeed a lot more than just a holiday for the exchanging of gifts. Christmas is a holiday intimately connected with family life, and Wigilia – **Christmas Eve dinner is for many the most important celebration of the year.**

Christmas Eve practices in Poland are guided by both; tradition and religion.

Poles **wait until the first star appears in the sky** before sitting down to an elaborate, meatless dinner. This tradition commemorates the Star of Bethlehem guiding the Wise Men to the birthplace of Christ.

Before supper, the head of the family says grace. Dinner starts with the **sharing of an opłatek**, a wafer made of flour and water with a religious image embossed. Every person gets one and breaks it with others extending good wishes. This custom can be linked to the breaking of the bread at the Last Supper. It is sometimes practiced to give a piece of opłatek to the animals or pets in a household, for good health.

According to the old Polish tale, animals are granted the gift of speech on Christmas night, right around midnight.

There is always an **empty place set at the table**, in case of an unexpected guest or traveler stops by, and asks for shelter. There is an old Polish proverb: "Gość w dom, Bóg w dom," meaning: A guest in the house is God in the house.

On the table, a bunch of **hay under the tablecloth** is placed, as a reminder of Jesus Christ born in a humble stable, and put in a manger to rest.

Wigilia is a vegetarian meal; **no meat**, and usually no alcohol is served. The supper includes **twelve dishes**. The number is the symbol of the richness, represent twelve months of the year, and twelve Apostles. There is plenty of fish served including a traditional carp and herring. Other typical dishes include soup (red borscht or mushroom), sauerkraut, and poppy seed dishes, dried fruit compote, gingerbread and many more, depending on the region. Some of the dishes are unique, and rarely served at any

other time of the year. **Tasting a bit of everything** on the table is customary.

After the Wigilia dinner, presents can be opened or exchanged, and families enjoy singing Christmas Carols, **Kolędy**. Supposedly, no other country in the world has as many carols as Poland. Polish kolędy have a tender melody and a native, heartfelt poetry about them.

At midnight, many people in Poland attend the Mass at the church, called **Pasterka** – "the Mass of the Shepherds." Then, it is time to go home and rest, so the two-day Christmas merriments would begin.

AK



Zakopane – The Winter Capital of Poland

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



Zakopane is a lovely town situated in the foothills of the majestic Tatra Mountains, known for its charming highland architecture, colorful folk culture, and remarkable sights. It is a winter wonderland for anyone who loves snow and winter sports.



History

Zakopane is only four centuries old. The first record of its name dates back to the 17th century as farmer and shepherd' settlement of 43 people, and for many years it was a godforsaken village. In the middle of the 18th-century, steelworks were built in the nearby Kuźnice and iron ore mined in the Tatras was processed there. The manor house of the owners often received visitors and mountain climbers. The beauty of the Zakopane valley was discovered!

In the 19th century, Zakopane became a famous tourist resort and a health spa. In 1845, the first par-



ish was set up, and people started building separate houses for guests coming to the village to delight in nature, and unique Tatra folklore.

In 1899, Zakopane was given a railway line connecting Chabówka and Zakopane, which started a new chapter in the town's history. Development of Zakopane was actively connected with Towarzystwo Tatrzańskie (Tatra Society) and Doctor Tytus Chałubiński, who is often referred to as the discoverer of Za-



kopane, and the king of the Tatras. The famous Warsaw doctor encouraged people suffering from heart disease or tuberculosis to come and stay in Zakopane. Among the most famous visitors and residents were the composer Karol Szymanowski, the actress Helena Modrzejewska, the writer Henryk Sienkiewicz and the painter and designer Stanislaw Witkiewicz (Witkacy) - who invented the „Zakopane style,” inspired by the traditional architecture of the region. The village received a status of a health resort, and in 1935 it was granted municipal rights. Although Zakopane attracted many tourists and artists, the Highlanders themselves were rather poor, and many of them immigrated to the United States.

During World War II, Zakopane was not the scene of any significant activity. Following the war, Zakopane, as part of the Polish People's Republic, continued to develop as a mountain resort. In 1954, the Tatra National Park was founded to protect the territory of the Tatra Mountains.

Today, Zakopane has a population of approximately 28,000 and gets about 2, 5 million visitors a year. This amazing mountain getaway is a beautiful place to visit any time of the year.

Architecture

One of the most charming aspects of Zakopane is its architecture. Wooden villas built at the turn

of the 20th century are icons of Zakopane-style architecture. The inspiration for these buildings came from Highlander art and their traditional huts. The first house that was designed in this style is Koliba Villa which is also home to the Museum of the Zakopane Style, a branch of the Tatra Museum. In Zakopane, everywhere you look there is an incredible wooden building, single and double story. Fortunately for the area, most of the new houses are also being built in this traditional, Podhale style of architecture.

Mountains

The mighty Tatra Mountains tower over the charming town of Zakopane, which offers the ideal opportunity for hiking, rock climbing, rafting, cycling, and paragliding endeavors in the summer and fabulous skiing activities in the winter. The summits of Kasprowy Wierch and Gubałówka can be reached by foot or by cable car and funicular from the heart of Zakopane. The views from the top are breathtaking and well worth the journey.

Culture

Many of the visitors limit their Zakopane experience to just walking the town's streets. The Krupówki Street is the main pedestrian thoroughfare in town, lined with restaurants, bars, shops, and hotels. You can admire town's architecture from the horse-drawn carriage, get off to visit one of the museums, buy

handcrafted souvenirs, and try local culinary specialties. Zakopane is famous for its oscypek - a smoked cheese made of salted sheep milk exclusively in this region.

The Tatra Mountains, and Zakopane were very dear to St. John Paul's II heart. He spent a lot of time here in his youth and visited on numerous occasions as a priest, and Pope.

Zakopane is indeed a unique and mesmerizing town, well-worth visiting while in Poland!

AK





The Best Present Ever

Those who have pets know how pleasing it is to come home and be greeted by a wagging tale, as you were returning from a long trip, or hear a familiar meowing in the hallway.

A puppy or a kitten is on many children's Christmas wish list, while their parents ignore it or use the "responsibility" excuses. Perhaps, if it's suitable, this year you could think of expanding your family by a special friend that will love you unconditionally, and teach your children responsibility. Recently, I came across an article about how pets can help you stick to your New Year's resolutions, so I thought, I should share this plan with my fraternal family.

Pets can help you with:

Quitting Smoking

If you don't stop smoking for your health, do it for your pets! Exposure to tobacco smoke has been linked to nasal and lung cancer in dogs, as

well as mouth cancer and lymphoma in cats. A smoky environment is particularly dangerous for cats because, when they're grooming, they lick up cancer-causing carcinogens that settle on their coats. Pet birds can also be affected due to their hypersensitive respiratory systems.

Getting in Shape

The obesity epidemic expands beyond people. More than 50% of dogs and cats are overweight. Just as in humans, obesity in animals is linked to cancer, diabetes, heart disease, high blood pressure, osteoarthritis, respiratory problems, and decreased life expectancy (up to 14 years for people and up to 2.5 years for pets).

Eating healthier food and exercising can help both you and your pet shed excess weight. Use measuring cups to make sure your pet is getting appropriate portions. If you give them additional treats, decrease the amount you feed them at mealtime.

Take at least a 10-15 minute walk with your dog or, if you and the dog are healthy enough, go for a hike or jog. It should help you both!

Relaxing

Stress in humans has been linked to many diseases, including obesity, depression, and heart disease. Pet owners have an advantage. Petting a dog or a cat releases relaxation hormones, decreases stress hormones, and lowers your blood pressure. Playing with your pets will not only reduce your stress, but theirs as well, as stressed dogs and cats can develop a variety of behavioral, and health problems.

Socializing

Pets are natural icebreakers. Walking around with your dog can make you more approachable and help spark conversation. If you have a cat that walks on a leash, even better! Just talking about your pet, whether it as dog, cat, guinea pig or a bird makes you seem friendly.

Volunteering

If helping others is part of your self-improvement plan, be sure to get your dog involved too. Certify him to be a therapy dog, and bring the joys of animal interaction to those who are sick, sad, and lonely. If you don't have a pet, there are still ways to get involved. You can volunteer at a local animal shelter, or foster a pet while it waits to be adopted. If you need a walking companion, ask to borrow sick or elderly neighbor's dog, and go out for a walk.

*Based on an article on
everydayhealth.com*

AK



Preparing for Winter Driving

Driving in winter weather can be challenging, even for experienced drivers. Slowing down, allowing increased time to come to a stop, wearing your seatbelt, devoting your full attention to the road and being aware of changing conditions can help you drive and keep you safe.

Prepare your car:

- Have a mechanic inspect your vehicle, check the ignition, brakes, battery, spark plugs, wiring etc.
- Have a winter driving survival kit; including an ice scraper, a snow shovel and sand or salt, warm blanket, cell phone charger
- Make sure your tires have good traction and they are properly inflated
- Keep your windshield wipers in good condition and your windshield fluid reservoir filled
- Keep your gas tank at least half full so you can run your engine and stay warm if you get stuck or stranded
- Remember, you are your car's best safety feature

Check the weather:

- If the forecast looks risky, wait out the storm if possible
- If you must travel make sure you share your travel plans and route with someone before you leave
- If the weather is frigid and you're going to warm up the car don't leave a vehicle running in an enclosed area, such as a garage
- If visibility is severely limited due to a whiteout, pull off the road and don't attempt to drive until conditions improve

- Make sure the exhaust pipe is not blocked by snow
- If stranded in an unfamiliar area, do not leave your car

Adjust your driving:

- Give yourself an extra time to get to your destination
- Accelerate and decelerate slowly, it takes longer to slow down on icy road
- Don't follow too closely, give yourself and other drivers extra space
- Don't power up hills and don't stop going up the hill
- If skidding on the road, turn the steering wheel in a direction you want your car to go
- Avoid unnecessary distractions such as checking your phone
- Stay calm and remember that you are in control of your vehicle and your reactions

Driving in the winter can be dreadful, especially where blizzard and icy conditions occur seemingly out of nowhere. If you really don't have to go out, stay home and watch the storm from indoors.

Winter road trips can be a great way to celebrate the Holiday Season with family and friends. Being well prepared can ensure a safe and joyful time is had by all.
Safe travels!

AK

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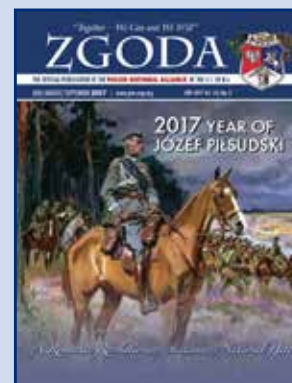
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