

“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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*Christmas is here,
all happiness bringing.
Even the birds their
carols are singing.*

Merry Christmas!
Wesołych Świąt!

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President's Corner

December 2018

Here we are again, coming to the end of another year! As we approach the Season of giving, it's also a time of reflection and thanks. We generally are at our best at this period of the year. We reach out to our friends and renew our friendships. We volunteer more and make additional donations to our favorite charities.

As President of the Polish National Alliance, I'm fortunate to be surrounded by a supportive team of Officers and Directors for which I am thankful. It is crucial to have the right officers working together as one team. It also applies to our group of employees who try to provide the best service to our members every day of the year.

It takes people working together to be successful, and no one can do it alone. Having individuals with different experiences contributes to diversity that leads to achievement.

2018, marked the 100th anniversary of Poland regaining its independence. To commemorate this occasion, a concert was held at Chicago Orchestra Hall, featuring the Paderewski Orchestra and the Three Tenors from Poland. The concert was a sellout, and indeed a celebration of a lifetime.

Two weeks later, our new radio station, 103.1 FM sponsored a 10K Run at Chicago's Montrose Harbor, with almost 3,000 individuals participating in this historical experience. This was the first event of this magnitude organized by our radio station. These two events co-sponsored by the PNA were by far the most

significant events in the U.S. celebrating Poland's rebirth.

Earlier in the year, during the regularly scheduled five-year exam by the Illinois Department of Insurance, the examiners addressed topics for the administration to consider and comply. The items were addressed to the Business Board of Directors and Supervisory Council, which required changes to the by-laws of the Polish National Alliance. On November 19, the ballots sent by the representatives to the last convention were opened and counted by the special committee, with the proposed changes approved. The amendments to the by-laws will take effect on January 1, 2020, pending approval of the Illinois Department of Insurance. They will be posted in the upcoming issue of *Zgoda*.

At the last teleconference of the Business Board, the issue of Annuity rates was discussed. Based on the rising rates, the Board decided to increase the current rate to 2.5 % effective November 19th, 2019. I hope you will take advantage of this offer.

At every holiday season, the thought of gift giving comes to mind, especially for children. This year is no different for many of us. The Polish National Alliance is offering a gift that lasts a lifetime - a gift of life insurance. For a single premium, children between the ages of 0 and 15 are eligible to have insurance purchased for them by their grandparents or parents. They will have a life insurance coverage lasting a lifetime, cash value increasing each year, and PNA membership, with all its benefits.

There is a special promotion for adults as well, between the ages of 25 and 70, under a Twenty Payment Life, our most popular plan. As a bonus, the premium is discounted by 10% for the entire twenty year period. This is a substantial saving over the life of the certificate. The promotion is through December 31st, 2018.

In closing, please reach out to your neighbors who may be less fortunate or just alone and help brighten their Christmas season. Let's remember the men and women who serve in our military, our police, fire department, and public service who work and protect our communities and our nations so we can be saved.

Wishing you and your family a very Blessed Christmas filled with joy and love and the New Year filled with health and happiness.

Merry Christmas & Happy New Year!

Fraternally yours,

Frank J. Spula, FLMI
President and CEO





From the Editor

December 2018

Dear Members,

As we are saying goodbye to another year, I would like to reflect on how special 2018 was for me.

2018 marks the 100th anniversary of Poland regaining its independence. I'm sure we all celebrated and participated in various events. I had the privilege of attending the 5th World Polonia Summit in Warsaw, Poland, "Songs of Independence" concert at the Chicago Orchestra Hall, and Polish Independence 10K Run/Walk on Chicago's lakefront. All three were truly extraordinary, once in a lifetime events.

As I was walking along Lake Michigan's shore, I was reflecting on my paternal grandfather, a boy, who in 1918, with his parents and younger siblings, was on a freight train returning to Poland from exile. We (the Poles, and Polonia) did it! We survived, and we succeeded! I am so proud of belonging to the Polish nation, and being part of American Polonia, just as well.

This year, I have achieved the great honor of being elected to the office of National Secretary of the PNA on June 4th. It is a great privilege and much work. Because of all the responsibilities and obligation to the Office I was entrusted with, I have to relinquish the Zgoda Editor duties to a new person. I'm going to continue with the publication for as long as it will take to find a suitable replacement. I love working on the "Zgoda." It is a demanding task, but also extremely rewarding. Thank you all for your cooperation.

I wish you a very Merry Christmas, and a Healthy, Happy, and Prosperous New Year!

Most Sincerely,

Alicja Kuklińska
Editor-in-Chief



„Dawna Wigilia”

*Przyszła mi na wigilię, zziębnięta, głuchociemna
z gwiazdką jak z jasną twarzą-wigilia przedwojenna,
z domem, co został jeszcze na cienkiej fotografii,
z sercem, co nigdy umrzeć porządnie nie potrafi,
z niemądrym bardzo piórem skrobiącym w katamarzu,
z przedpotopowym świętym – z Piłsudskim w kalendarzu,
z mamusią co od nieszczęść zastonić chciała łzami –
podając barszcz czerwony, co śmieszył nas uszkami,
z lampą, z czajnikiem starym wydartym chyba niebu,
z całą rodziną jeszcze, co znaczy sprzed pogrzebów.
Nad stołem mym samotnym zwiesiła czutą głowę –
nad wszystkie figi z makiem – dziś już posoborowe.
Przyszła usiadła sobie. Jak żołnierz pomilczata,
Jezusa z klasy pierwszej z oplatkiem mi podała.”*

J. Twardowski



*Świąt Bożego Narodzenia pełnych radości,
miłych wspomnień oraz wytchnienia
od trudów codzienności
życzę serdecznie czytelnikom „Zgody”
Alicja Kuklińska i Ewa Krutul*

Do siego roku!

★ *Dear Members,*
★ *May Christmas bring joy to your heart,*
★ *and happiness to your home!*
★ *Merry Christmas and Happy New Year!*
★ *Wesołych Świąt i Szczęśliwego Nowego Roku!*

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From the Manager of Sales

Dear Members,

At the end of this year, we are providing you with not one, but two special promotions and one great announcement. They are the following:

1. **“Children Christmas Promotion”** featuring our Single Premium Whole Life Insurance Plan with a discounted premium of 5% for children from birth to age 15. This life insurance certificate not only provides a lifetime of protection at a very low premium but if the face amount is \$10,000 or more the child can apply for the Scholarship Programs, competitions, and many other benefits.
2. **“Super Twenty”** features our 20 Pay Whole Life Plan of Insurance with premiums discounted 10% throughout the twenty year period. This offer can save you some “big bucks.” Please refer to the table below. For smoker rates, other age groups, or a higher amount of insurance, please call your local representative or the Home Office.
3. **“Annuity Rate Increase to 2.5%”**. The interest rate on existing and new annuity plan was increased by 1% from 1.5% to 2.5%. Mail the deposit today and make your money work for you.

Age	Holiday Special Super Twenty Monthly Premiums					
	Male non-smoker			Female non-smoker		
	\$25,000					
	No discount	10% discount	Lifetime Savings*	No discount	10% discount	Lifetime Savings*
25	28.80	25.92	691.20	25.54	23.00	609.60
30	33.71	30.33	811.20	30.06	27.05	722.40
35	39.78	35.80	955.20	35.51	31.95	854.40
40	46.55	41.90	1,116.00	41.67	37.51	998.40
45	54.61	49.14	1,312.80	49.10	44.19	1,178.40
50	64.40	57.96	1,545.60	57.42	51.68	1,377.60
55	76.70	69.03	1,840.80	67.12	60.41	1,610.40
60	90.05	81.05	2,160.00	78.66	70.79	1,888.80
65	107.53	96.77	2,582.40	93.44	84.11	2,239.20
70	135.07	121.57	3,240.00	113.58	102.22	2,726.40

*Lifetime savings based on monthly payments over the full 20 year period. Standard underwriting requirements will apply.

Please remember, “Children Christmas Promotion”, and “Super Twenty” are **through December 31, 2018**. Please call your local representative or the PNA Membership Department at **1-800-621-3723** for additional information as to how you can take advantage of these two promotions or how to open the annuity with this high rate of return. Do not delay!

May Joy, Hope, and Happiness be yours this Christmas Season.
Merry Christmas and Happy New Year!

Fraternally yours,

Jolanta Walaszek
Manager of Sales



Special Gift for Christmas

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

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

For Applications submitted from
November 1st, 2018 through December 31st, 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



ANNUITY RATE INCREASE

Traditional IRA

Your contribution may be tax deductible.*

Roth IRA

Tax-Free growth. Earnings may be distributed
Tax-Free after you retire.*

Tax Deferred Annuity

Save as much as you want. Don't pay taxes on the interest you make
until you will start withdrawing the money.*

Open a new
**ANNUITY PLAN or
deposit to your
existing one**

and get an amazing new
interest rate offered by
the Polish National Alliance
of

2.5%



Call: **1-800-621-3723**

Ext. 365 - John
Ext. 331 - Kasia

*This rate may be adjusted by the Polish National Alliance at any time after the first certificate year, but is guaranteed never to decrease below 1.00%. This rate will apply to the Traditional IRA, Roth IRA and Non-Qualified Annuity contracts with an 8 year surrender charge. The initial contribution must be \$500 or more. During the 8 year period, you may withdraw one-time up to 10% of the accumulation value without a surrender charge. IRS penalty may apply if under age 59 ½ at the time of withdrawal. Neither PNA nor its agents provide tax, legal, or accounting advice. Consult a tax, legal, or accounting professional with your specific situation. Annuity Plans are not available in all states.

Dębowa Aleja Niepodległości w Yorkville

Projekt Dębowa Aleja Niepodległości rozpoczął się 3 maja, kiedy to z inicjatywy Zrzeszenia Nauczycieli Polskich w Ameryce pierwszy dąb został posadzony przed chicagowską siedzibą Związku Narodowego



Polskiego (PNA). W sobotę 29 września, w Ośrodku Młodzieżowym Okręgu XII i XIII PNA w Yorkville, nastąpiło wydarzenie kulmi-

nacyjne. Posadzono 101 sadzonek dębów, aby uczcić 100. Rocznicę odzyskania przez Polskę niepodległości.

Na miejsce uroczystości przybyli przedstawiciele wielu polonijnych organizacji aglomeracji chicagowskiej. Byli przedstawiciele min. Związku Harcerstwa Polskiego w Chicago, klubów motocyklowych, Fundacji You Can Be My Angel, polonijnej prasy, radia i telewizji. Najliczniejszą grupę stanowiły polskie szkoły sobotnie. Przybyły też i osoby prywatne, dla których ta

uroczystość była symbolem łączenia się z Polską w doniosłą dla kraju rocznicę.

Każda zarejestrowana grupa czy osoba, w ramach swojego uczestnictwa i donacji w wysokości 100 dolarów, otrzymała sadzonkę dębu, biało-czerwoną wstęgę, oficjalny certyfikat, proklamację Dębowej Alei Niepodległości, a także wpis na tablicę fundatorów.

Część oficjalną rozpoczęła pomysłodawczyni projektu Helena Sołtys, wiceprezes ZNP. Natalia Kawalec, uczennica Szkoły im. Trójcy Świętej pięknie zaśpiewała hymny naro-



dowe oraz średniowieczny hymn Gaude Mater Polonia (Raduj się, Matko Polsko). Uczestnicy uroczystości wspólnie śpiewali patriotyczne pieśni pod dyktando Barbary Bilszty i Wojciecha Niewrzoła z chórkami Paderewski Symphony Orchestra.

Krótkie przemówienia wygłosili Frank Spula, prezes ZNP i KPA, Piotr Janicki, konsul generalny RP w Chicago, Edward Mika, prezes Ośrodka Młodzieżowego w Yorkville. Odczytano listy gratulacyjne, a Ewa Koch, prezes ZNP, odczytała oficjalną Proklamację Dębowej Alei Niepodległości. Ojciec Damian Mazurkiewicz pobłogosławił zebranych modlitwą, XII Pułk



Ułanów Podolskich Chicago oddał salwę honorową i przyszedł czas na sadzenie dębów.

Po posadzeniu drzewek uczestnicy, rozgrzani grochówką z kantyny wojskowej, rozjechali się do domów w poczuciu jedności z krajem i satysfakcji, że dokonali czegoś, po czym pozostanie ślad dla przyszłych pokoleń Polonii, jako że dąb to symbol siły, przetrwania i pamięci.

Zdjęcia: Artur Partyka

Szczegółowa relacja i pełna galeria zdjęć: dziennikzwiazkowy.com



2018 PNA Photo Contest Results



On Tuesday, October 23, 2018, a committee of three distinguished Judges: Alicja Kuklinska, PNA National Secretary, Lukasz Dudka, Polish Daily News General Manager, and Grzegorz Dziedzic, Polish Daily News City Editor, met at the Home Office to select the winners of 2018 Photo Contest. This year's theme "**Memories of Summer**".

This year, the Fraternal Activities department received 70 eligible entries, all beautiful photos of summer vacation. The committee perused over the photographs with great deal of attention, and chose 10 based on their originality, and technique. Each winner received \$100 prize, and their photo mounted on a plaque. Congratulations!

Winners of the 2018 PNA Photo Contest: (In alphabetical order)

Joanna Bojarzynska, Buffalo Grove, IL
"Great Sand Dunes National Park"

Katarzyna Clarke, Richmond, VA
"San Francisco Serenade"

Ronaldo Dizon, Las Vegas, NV
"Monk Meditation – U-Bein Bridge – Myanmar"

Victoria Dorula, Bridgeview, IL
"Kasprowy Wierch"

Vivienne Dorula, Bridgeview, IL
"Ż rodzinka jest zawsze śmiesznie"

George Kurkowski, Algonquin, IL
"My Polacy" – Warszawa July 3, 2018

Jacob Mlot, Greendale, WI
"Two Suns"

Claudia Nerden, Wakefield, MA
"Sun's Warm Embrace"

Nancy I. Sidoruk, Fallbrook, CA
"Staring Down the World's Largest Buffalo"

Chester T. Stanislawski, Phoenix, AZ
"Last Days of Summer St. Joseph River – Mottville, MI"



Joanna Bojarzynska
"Great Sand Dunes National Park"



Katarzyna Clarke
"San Francisco Serenade"



George Kurkowski
"My Polacy" – Warszawa July 3, 2018



Victoria Dorula
"Kasprowy Wierch"



Claudia Nerden
"Sun's Warm Embrace"



Jacob Mlot
"Two Suns"



Nancy I. Sidoruk
"Staring Down the World's Largest Buffalo"



Vivienne Dorula
"Z rodziną jest zawsze śmiesznie"



Ronaldo Dizon
"Monk Meditation – U-Bein Bridge – Myanmar"



Chester T. Stanislawski
"Last Days of Summer St. Joseph River – Mottville, MI"

It's COOL to be in Polish school

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

POCIĄGIEM DO WOŁOŚCI NA URODZINY BIAŁO- CZERWONEJ

*“Kochana Polsko, życzymy Tobie opieki
Bożej, wielu wybitnych artystów, wynalaz-
ców, sportowców, i mądrych przywódców”*
– pocztówki z takimi życzeniami
ozdabiają tej jesieni korytarz Pol-
skiej Parafialnej Szkoły im. Juliusza
Słowackiego w Wheeling, Illinois.
Okazję w tym roku mamy szczegól-
ną - 100. rocznicę odzyskania przez
Polskę niepodległości.



Cała szkoła przez wiele tygodni
przygotowywała się do tego wspa-
niałego dnia robiąc pocztówki z
Polski, ucząc się wierszy i pieśni
patriotycznych, przygotowując w so-
botę 10 listopada uroczysty apel pt.
„Pociągiem do wołości na urodziny



biało-czerwonej.” Apel rozpoczął
się od odśpiewania polskiego hymnu
„Jeszcze Polska nie zginęła”. Sala
widowiskowa była pełna, bo świę-
towali z nami nie tylko uczniowie i
nauczyciele, ale rodzice, dziadkowie
i polska społeczność zgromadzona
wokół szkoły.

Na scenę wjechał pociąg do wol-
ności. Uroczystość podzielona była
na stacje: „Niewola”, „Powstania”,
„I Wojna Światowa”, „Walka Polo-
nii” przypominające dzieje Polski i
walkę Polaków o niepodległość oj-
czyzny. Uroczystość uświetnił występ
szkolnego zespołu „Gaik” działające-
go pod patronatem Związku Naro-
dowego Polskiego.

Dyrektor szkoły Renata Rudnic-
ki podkreśliła na mszy świętej w
niedzielę 11 listopada jak ważną
rolę odegrała Polonia w odzyskaniu
przez Polskę niepodległości i roli
ambasadorów polskości, którą pełni
teraz.



Czego życzyli Polsce w
rocznicę urodzin uczniowie?

Jeden z nich napisał: „*Kochana
Polsko, życzymy Ci pokoju, żebyś nigdy
nie musiała już walczyć o swoją niepod-
ległość – Twoi na zawsze oddani uczenio-
wie Polskiej Parafialnej Szkoły Juliusza
Słowackiego w Wheeling*”.

Joanna Rokosz

PASOWANIE NA UCZNIA W SZKOLE PUŁASKIEGO



17 listopada 2018, po uroczystym
ślubowaniu dzieci i rodziców, pierw-
szoklasiści zostali przyjęci w poczet
uczniów polskiej szkoły im. gen.
Kazimierza Pułaskiego w Harwood
Heights. W uroczystości brali udział
wicekonsul RP Piotr Semeniuk oraz
Frank Spula – prezes Związku Naro-
dowego Polskiego i Kongresu Polonii
Amerykańskiej i była wieloletnia
prezes szkoły Elżbieta Górniewicz.

Uroczystość rozpoczęła się wpro-
wadzeniem sztandaru szkoły i
wspólnym odśpiewaniem Mazurka
Dąbrowskiego. Dyrektor Agata
Michałkiewicz zwracając się do
pierwszoklasistów podkreśliła, że to
wielki zaszczyt być uczniem jed-
nej z najstarszych polskich szkół w
aglomeracji chicagowskiej, której
absolwentami zostało wiele znanych
osób”.

Konsul Semeniuk złożył podzięko-
wania rodzicom za zapisanie dzieci
do polskiej szkoły, przez co histo-
rycznie nawiązując do idei krzewienia
polskości na emigracji.

Prezes Frank Spula dziękował za-
równo rodzicom jak i nauczycielom.
– Żeby człowiek był silny musi znać
swoje korzenie, historię kraju, skąd
pochodzą jego przodkowie. Prezes
Związku Narodowego Polskiego

przypomniat, że jego organizacja popiera polonijne szkolnictwo i ściśle z nim współpracuje. Mówił także o długoletnim osobistym zaangażowaniu w działalność szkoły Pułaskiego i swoich częstych wizytach w tej placówce. Szkoła Pułaskiego należy do Gminy 3 ZNP.

W programie artystycznym wzięły udział wszystkie dzieci. Pasowania na ucznia dokonała dyrektorka Agata Michałkiewicz. Również rodzice złożyli uroczyste ślubowanie przyrzekając, że „będą wspierać dzieci w porażkach i cieszyć się ich sukcesami”. Po ślubowaniu uczniowie złożyli odcisk palca na pamiątkowej kartce do szkolnej kroniki.

Na zakończenie prezes szkoły Agata Woźny wyraziła nadzieję, że w identycznym składzie spotkamy się na studniówce, maturze i bankiecie.

*Jola Plesiewicz
Zdjęcia: Dariusz Piłka*

Artykuł w całości oraz pełna galeria
zdjęć: dziennikzwiazkowy.com



URODZINY BIAŁO-CZERWONEJ

Uczniowie z klas od siódmej do trzeciej licealnej szkoły im. gen. Władysława Andersa w Chicago wzięli w tym roku udział w ogólnoswiatowym konkursie „Urodziny Biało-Czerwonej”, zorganizowanym przez Stowarzyszenie „Wspólnota Polska.”

W szkole, która w tym roku obchodziła jubileusz 40-lecia istnienia, konkurs przyjął formę terenowego marszu. Uczniowie musieli wykonać polecenia, jak udzielenie odpowiedzi na pytania konkursowe związane z okresem walki o niepodległość Polski czy rozwiązywanie rebusów i łamigłówek. Młodzież miała też zadania praktyczne: wykonanie kotylionów w barwach narodowych czy zaśpiewanie pieśni niepodległościowej. Poszczególne klasy przyjęły historyczne nazwy. Na trasie pojawili się: „Kosynierzy”, „Hallerczyści”, „Orleńscy”, „Legiony Polskie Dąbrowskiego” i „Legiony Polskie Piłsudskiego”. Po powrocie z zajęć w terenie koperty z zadaniami trafiły w ręce komisji konkursowej. Jurorzy obejrzeli wykonane wcześniej prace i wysłuchali uczniowskiego opowiadania o ich znaczeniu i symbolice. W skład jury weszli: redaktor naczelna „Dziennika Związkowego” Alicja Otap, komisarz Okręgu XII ZNP Wanda Juda, Andrzej Stano z Towarzystwa Historycznego Armii Polskiej oraz dyrektor szkoły Wanda Penar. Realizatorką tego interesującego edukacyjnego projektu była pani Wiesława Dziedzic.

Ogłoszenie konkursowych rozstrzygnięć oraz wręczenie nagród odbyło się podczas szkolnego Świąta Niepodległości 10 listopada. Wśród gości, którzy zaszczylili akademię swoją obecnością byli obecni: komendant Okręgu I Stowarzyszenia Weteranów Armii Polskiej Zygmunt Goliński z kolegami, Andrzej Stano ze Stowarzyszenia Historycznego Armii Polskiej, prezes Związku



Sybiraków Eugeniusz Chmielowski, skarbnik wydziału stanowego Kongresu Polonii Amerykańskiej Ewa Cholewińska, dyrektorka biznesowa ZNP Irena Hercik, komisarz Okręgu XIII ZNP Wanda Juda oraz grupa byłych nauczycieli i działaczek ZNP.

W zaprezentowanym programie artystycznym uczniowie klasy szóstej pracujący pod okiem Doroty Malinowskiej i trzeciej liceum z panią Małgorzatą Harris przygotowały teksty, pieśni oraz muzykę dotyczącą historycznych wydarzeń oraz współczesności. Całość została wsparta pięciominutowym filmem. W finale spektaklu na salę wjechał urodzinowy tort. Dzieci wystąpiły w biało-czerwonych strojach oraz na scenie przyozdobionej wykonaną przez siebie scenografią nawiązującą do historycznych wydarzeń. Utwory na pianinie grał Jan Klimczuk.

Andrzej Baraniak



We are proud of

Richard Poremski

NATIONAL SERVICE AWARD RECIPIENT



On August 10th, in Minneapolis, Minnesota, Richard Poremski of Baltimore, MD, was recognized for his tireless efforts to promote Polish and Polish-American culture, as he received the 2018 Distinguished Service Award of the American Council for Polish Culture at the

organization's annual convention. This award recognizes outstanding contributions and commitments to the Polish-American community and to Poland.

Richard Poremski, a long-time advocate for Baltimore, Polonia and Poland, was selected for this award, which he richly deserved. For decades Poremski has served in a variety of capacities with multiple organizations in and around Baltimore. Currently, he serves as the Chairman of the National Katyn Memorial Foundation, as Vice President of Polish National Alliance Council 21 and Lodge 238, as Judge Advocate for the Department of Maryland of the Polish Legion of American Veterans, and as a Board Member of the Polish Home Club, and that's the beginning of the list..

It's not surprising that Poremski has built such a history of service to a community that he holds near and dear. He started his service career in the United States Army (Reserves) 1966-1972, after which he joined the service industry at the Port of Baltimore. Believing that his brothers and sisters at the Port deserved the best representation possible, he ran for, and was elected to, office in the International Longshoremen's Association. Eventually he moved on to protecting their retirements, representing two management/union benefits trust funds for longshoremen/women. In all, Poremski's time at the port spanned over five decades, culminating in his quiet and humble retirement last November.

With his new found free time, he spends countless hours devoted to his calling of service within the Polish community. He travels frequently to the Polish Embassy

in Washington, DC, and he also reports on those activities and others for several prominent Polish publications throughout the country, including the Polish American Journal, for which he serves as the Washington, DC correspondent, and ZGODA, the official magazine of the Polish National Alliance.

He also enjoys putting his writing talents to use telling the stories of local Polish individuals and families, such as the success of one immigrant who celebrated becoming a citizen last year, and a mother and daughter duo who were the first-ever such recipients of college scholarships from the Polish Heritage Association of Maryland. Additionally, Poremski greatly enjoys the local folk group, Ojczyzna Polish Dancers, and he helps to promote them via publicity efforts and articles in those publications for which he writes.

The United States of America is built on the foundation of ethnic groups coming to build better lives and to seek freedoms that did not exist in their homelands. Maintaining that heritage in this country is of utmost importance if future generations are to truly understand the complexities and intricacies of how and why this country was able to become the beacon of hope to so many millions of people from all over the world. Overall, Richard Poremski is the epitome of the leadership required for that heritage to continue to be appreciated, and as he leads selflessly and by his example, he continuously shows others what is meant by a "legacy of service."

By Michael Carnahan

Jaqueline Scislowski

YELLOW RANGER



Jacqueline Scislowski is an American actress, dancer, and martial artist who now plays Zoey, the Yellow Ranger in Power Rangers Beast Morphers. She is also a PNA Lodge 2475 member, and a granddaughter of Fraternal Director Region "G" Wanda Penar, and Joseph



Penar. She comes from the 100% PNA Family!

Jacqueline began her acting career at the age of 3, spending the next few years working on short films, commercials, and independent projects. She trained with a hip-hop dance team for seven years as well as danced on her high school's dance team. She received her martial arts training

at XMA World Headquarters and is still training there today.

Jacqueline's grandparents and parents came from Poland. She speaks Polish, and she was attending the Polish School. At the age of 5, she appeared in her first student film. She was a model for American Girl and Kohl's, and guest starred in 2014 episodes of Criminal Minds. In 2016, Jaqueline appeared in the Love Meet Hope film.

Born and raised in Arlington Heights, IL, she now resides in Los Angeles, California. Congratulations Jaqueline, and good luck with your career!

Lidia Filus

LAUREATKA FUNDACJI KOŚCIUSZKOWSKIEJ



Zgodnie z tradycją Fundacji Kościuszkowskiej, z okazji imienin patrona organizacji w październiku, Miesiącu Dziedzictwa Polskiego, wręczane są nagrody dla osób najbardziej zaangażowanych w sprawę Polski na ziemi

amerykańskiej. W jubileuszowym roku stulecia niepodległości Polski, wieniec laurowy otrzymała profesor Lidia Filus, szef katedry matematyki na Northeastern Illinois University, prezes chicagowskiego oddziału tej organizacji.

Tegoroczna uroczystość imieninowa bohatera dwóch narodów, Tadeusza Kościuszki, na której wręczono nagrodę, odbyła się 25 października w Muzeum Polskim w Ameryce. Do licznie zgromadzonych gości słowa skierowali m.in.: Małgorzata Kot, dyrektorka zarządzająca PMA, Richard Owsiany, prezes PMA, Frank Spula, prezes Kongresu Polonii Amerykańskiej oraz Związku Narodowego Polskiego, (których to organizacji profesor Filus jest wieloletnim członkiem), oraz dr Ewa Radwańska, skarbnik Fundacji Kościuszkowskiej.

Kulminacyjnym punktem spotkania było założenie wieńca laurowego profesor Lidii Filus przez zeszłoroczną laureatkę nagrody, dr Kornelię Król. Wzruszona pani prezes podziękowała za zaszczyt oraz za doskonałą współpracę chicagowskiego oddziału Fundacji Kościuszkowskiej.

Podczas uroczystości historyk MPA, Jan Loryś, zaprosił do obejrzenia nowej ekspozycji muzealnej pt. „Polonia Goes to War. 100 Years of Poland's Independence”. Odbył się także koncert muzyki klasycznej znanego kompozytora i pianisty dr Jarosława Gołombiowskiego, który po mistrzowsku wykonał utwory Fryderyka Chopina i Ignacego Jana Paderewskiego.



Michael J. Krass

COMMUNITY VOLUNTEER



The PNA Milwaukee Society Pulaski Day Banquet was held on Sunday, October 7, 2018, honoring Michael J. Krass of Lodge 2159. Michael was honored for his many years of volunteering for his church and community. The Basilica of Saint Josaphat and the Polish Center of Wisconsin have been blessed with his dedication to serving others. Michael served in U.S.

Navy spending four years active duty and four years active reserve. Congratulations Michael and Sto Lat!

*Submitted by
Teresa Jankowski,
Fraternal Director
Region "I"*



District I Annual Joint Convention and Sales Meeting

Chicopee, MA. District 1 PNA held its Annual Joint Convention for 2018 at the Chicopee Falls Polish Home in Chicopee, MA, hosted by PNA Lodge 711. 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 43 delegates present representing 6 Councils and 11 Lodges. The Convention delegates were honored with the presence of PNA/PAC President, Frank J. Spula from Chicago, Illinois, and Vice Censor, Irene Grabowy from Bristol, CT. Also present were PNA National Business Board Director, Teresa Struziak Sherman, National Fraternal Director Region „A” Walter J. Tokarz, and Edward Zavaski, PNA Training Consultant.

Keynote speaker, PNA President Frank J. Spula spoke about the many changes the PNA must implement if we are to remain in the forefront of the industry. Our computer system is far outdated and must be replaced. This will mean changes will have to be made to our fraternal Lodge payment method of premium collections. The Commissioner position will be eliminated with a different designation and responsibility for that role. Some National Convention positions will be slightly changed to allow flexibility. The delegates well received his speech, and we all look forward to the 2019 PNA National Convention in Arizona.

The District annually presents a distinguished Man and Woman of

the Year award at the District Convention. The award for „Woman of the Year 2018” was presented to Kathleen Waldron-Los, President of PNA Council 81 and PNA Lodge 1667 of New Bedford, MA. Kathleen has dedicated much of her time to Polish activities, dressed in Polish costume with her family, and is proud of her Polish heritage. Her family has been and still is, involved in the PNA. She has followed in her father’s footsteps of becoming the Lodge’s and Council’s President. She has been the National PNA Convention delegate from Council 81 for the past two conventions. In her spare time, Kathy enjoys spending time training and breeding her Golden Retrievers. Her family, especially her two young grandchildren, is very special in Kathy’s life.

Receiving the award for „Man of the Year 2018” was Joseph Sendrowski President of PNA Lodge 2876 of Dudley, MA since 2007, Secretary of PNA District 1 and a PNA member since 1994. Joseph is the fabric of the community serving as Honor Guard at church and cemetery, supporting Veterans, Senior Centers, and Lodge sponsored youth programs including scholarships. Joseph is a strong promoter of Camp Stanica in Bondsville, MA and recommends sponsoring campers. He is tireless, determined, persistent, and enjoys having a good time.

After lunch, District 1 was joined by 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 confident as a sales representative.

CONGRATULATIONS TO THE DISTRICT 1 PNA MAN AND WOMAN OF THE YEAR FOR 2018



Chicopee Falls, MA. Pictured with the award winners at the 2018 PNA District 1 Convention are left to right: PNA National Director Region „A” Walter W. Tokarz; Kathleen Waldron-Los, 2018 District 1 Woman of the Year; Wanda Milecki, PNA District 1 Commissioner; Joseph Sendrowski, 2018 District 1 Man of the Year; Teresa Struziak Sherman, PNA National Business Board Director and Irene Grabowy, PNA Vice Censor We were all very thankful for a beautiful and productive day. Thank you to our sales meeting presenter, Edward J. Zavaski.

SPECIAL AWARD TO PRE-



SIDENT SPULA

Chicopee Falls, MA. Taking a moment to present a special award to PNA President Frank J. Spula at the PNA District 1 Convention is left to right: Helena Jalbert, Chairperson of the Camp Stanica Camping Committee; PNA President Frank J. Spula, and Richard Knurek, President of the Polish Alliance Youth Camp, Camp Stanica. President Spula was presented a golden T-shirt as an honorary participant in the Camp Stanica September 8 Run/Walk Race.

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



Voyage to China

Last October, two PNA members; Agata Mścisz – District XII Commissioner, and Anna Dziejma, visited Beijing, China. They were invited by the Pitner Family, who for the last few years sent their children to the PNA summer camp in Yorkville, which both ladies work for; Ms. Mscisz is a long-time Director, Ms. Dziejma is one of the counselors.

During their China visit, Commissioner Mścisz and Mrs. Dziejma participated in the Multicultural Day where they proudly represented Poland, as well as the PNA. They even brought our „Zgoda” magazine with them, and talked about the Polish National Alliance!



Agata Mścisz and Anna Dziejma (sitting) promoting PNA and „Zgoda” magazine in China!



District XII Annual Convention



(l-r) Jan Chlipata, Shirley Wass, Agata Mścisz, Frank Spula, Irene Śpiewak, Joseph Dobersztyn

Chicago, IL. The District XII Annual Convention was held on Sunday, October 28, 2018, at Royal Palace Banquets in Chicago Ridge, Illinois. Commissioner Agata Mścisz welcomed all present. Honored guests included Frank Spula, PNA National President, Irene Hercik, PNA Business Director, Barbara Wesolowski, PNA Fraternal Director, Wanda Juda, District XIII Commissioner, Arthur Trybek and Cecelia Tomaszewicz, former District XII Directors, Anna Kokoszka and Roman Bucon, former District XII Commissioners, and Leszek Krzyminski, Treasurer of the PNA Youth Camp.

Shirley Wass was appointed as Recording Secretary. Anna Kokoszka led the group in the singing of the American and Polish National Anthems. The Mandate Commit-

tee's Report of 29 Delegates attending was approved, and Director Wesolowski administered the Oath to all Delegates. The Minutes of the last Convention was approved, as well.

Joseph Dobersztyn, District XII Treasurer, delivered his Financial Report which was approved, followed by a report given by Judith Trybek, District XII PNA Youth Home Corporation Scholarship Chair. She reported that the Youth Corp awarded \$9,000 of college scholarships this year.

Leszek Krzyminski, PNA Youth Camp Treasurer, spoke about the continued successful efforts to rent out the camp facilities, camp maintenance, and camp improvements. Irene Spiewak, delegate to the Polish American Congress, reported on the many activities of the Congress

this past year.

This year District XII allotted each of their campers a \$25 subsidy, totaling \$1,225. It was decided that this practice will continue in 2019.

Commissioner Mścisz gave a Membership Report. She reported that District XII sold 48 certificates. Top salespersons included Krzysztof and Agata Mścisz (21 policies), Agata Czerwosz (10 certificates), Barbara Wesolowski (4 certificates), and Anna Zalinska (3 certificates). For the period of November 1-December 31, 2018, there will be a 5% discount on single premiums for children, aged 0-15 years old.

Frank Spula, PNA National President, addressed the group and presented several informational items, which included this year's good rating by the Illinois Department of Insurance, increased assets, a surplus of over \$1,000,000 this year, the national scholarship program, the need for Direct Billing, the competitiveness of PNA policies, the recently proposed Bylaw changes, the upcoming National Convention, and recent changes in Officer and Board positions.

Representatives of Councils 39, 55, 80, 123, and 143 gave reports of the many fraternal and charitable activities taking place within their groups.

The following appointments were made: Irene Spiewak, Raymond Kosinski, Krzysztof Mścisz, and Shirley Wass as Delegates to the Youth Camp Association; Irene Spiewak, Barbara La Rocco, and Raymond Kosinski as Delegates to



District XII Delegates



(l-r) Business Director Irene Hercik, District XII Commissioner Wanda Juda and Delegates

the Youth Home Corporation; and Irene Spiewak, Delegate to the Polish American Congress.

Officers for the next term include Irene Spiewak as Vice-President, Joseph Dobersztyn as Treasurer, Shirley Wass as Secretary, and Jan Clipala as Marshall. Commissioner Mscisz will continue as President and be responsible for organizing fundraising efforts.

As a closing activity, Anna Kokoszka led the group in the singing of "God Bless America" and "Boze Cos Polske."

Upon adjournment, all the delegates and guests enjoyed dinner and fraternal fellowship.

Submitted by Shirley Wass

Polish National Alliance Scholarship Program

Deadline is April 15th, 2019



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 2019 semesters.

Full-time students who will be Sophomores, Juniors and Seniors in the Fall 2019 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.

Happy Holidays from Region H!

Wishing all a wonderful Holiday Season, special times with family and friends. Pure enjoyment and celebration of our amazing Polish Traditions – Opłatek, Wigilia, Kolędy, and Sylwester.

Wesołych Świąt i Szczęśliwego Nowego Roku!

Jolanta Mazewska-Dryden

September 2nd - Chappell Hill, Texas

2018 St. Stanislaus Catholic Church Dozynki Mass and Homecoming Festival in Chappell Hill, Texas. This parish was established in 1889 from St. Mary's Catholic Church in Brenham, Texas formed in 1871.



Group after the Dozynki Mass with the traditional presentation of bread to all at the event.

September 5th – San Antonio, Texas

Polish Heritage Center Museum meeting with President of the Heritage Center, PNA member - John Cebrowski, Champions and PNA Director Region H Jolanta Maze-

wski-Dryden to discuss the plans and how to work together on this massive undertaking to complete the Heritage Center. It was a great meeting with new renditions of the museum and center. To review the video or donate go to www.polish-heritagecenterpannamaria.org/.



John Cebrowski and Director, Jolanta Mazewska – Dryden displaying the layout of the new center.

September 30th, Houston, Texas 55th Slavic Heritage Festival

The Slavic community gathers yearly to celebrate their Slavic heritage with ethnic food, singing, dancing, and cultural displays. The Polish Community with the Polish National Alliance was once again on hand to create a beautiful cultural display with PNA information being given out. The Houston Wawel Dancers were on the side to assist and perform along with the Our Lady of Czestochowa Catholic Church who supplied the Polish Food. The Polish groups once again complimented the festival with fantastic entertainment.



Director Dryden with Wawel Dance Group in front of PNA Display and Cultural booth.



PNA Members and Friends at the Polish Food Booth: Marysia Kaczorowska, Hanka Binford, Danka Gazdyszyn, Victoria and Matt Pollak and Christina Aponiuk our Polish Baker!



this year's Polish Princess --- Isabela Przybylska at the Houston Slavic Heritage Festival featured with Director Dryden.



*PNA members enjoying the festival
Lodge 2336 – Roza Ekimow, Marysia
Czuprynowska, Polish Baker Christina
and friend.*

October 12-14, Houston, Texas Dozynki Festival – Polish Har- vest Festival

Bringing the Polish tradition of Dozynki to Houston for 10 years. This festival is based on the century's old Polish tradition of Dozynki, an end of harvest 3-day jubilee celebration. Houstonians and guests enjoyed 3 days of Polish culture, food, entertainment, and celebration. This festival is one of the most beautiful festivals in Houston when you enter you know you have a bit of Poland in Houston, and the decorations remind you of the Polish Harvest. The Polish Food was terrific, the Polish desserts as always, a crowd pleaser! Congratulations to the Committee and all the volunteers from PNA Region H for hosting an amazing festival. PNA and its members once again participated in this spectacular festival that hosted over 1000 attendees. PNA once again was on hand to distribute information on PNA and to talk with attendees. PNA sponsored a Polish Cultural booth and assisted with the Silent Auction. PNA member Maryann Caiston was committee chair for the silent auction that was spectacular. PNA Members Martina Rogowsky, Richard Mazewski, Erica and Thaddeus Dryden, assisted in the PNA display. The Wawel Dancers once again gave a spectacular performance. This year the performers expanded with a

new Mini- Wawel dancers that gave crowd-pleasing performances. The children from the Polish School Mikołaja Kopernika also entertained the crowd with performances that gave great joy and a few tears.



*Director Dryden with PNA Member
Richard Mazewski, Erica & Thaddeus
Dryden at the PNA Booth.*



*PNA Lodge
2336 members
Mr. & Mrs.
Brzeski enjoying
the festival.*



*Polish Student Association at Texas
A & M with Consul General of
Houston Robert Rusiecki and Dr. Jim
Mazurkiewicz at the Festival.*



*Polish school children – Szkoła im.
Mikołaja Kopernika w Houston.*



October 21st, Bremond, Texas Polish Harvest Festival – St. Mary's Catholic Church

The Polish Harvest Festival is prevalent in the many small Polish communities in Texas. Bremond joined in the celebration with Brian Marshall, PNA member 2336 and the Polish Fiddler being on hand to represent PNA and entertain the crowd as the Polish Fiddler along with long time and well-known musician Eddie Marshall.



*Brian Marshall and Eddie Marshall
doing some Polish fiddling!
Photo Courtesy of James P Smock*

October – November, 2018, Magnolia - Houston, Texas Renaissance Festival

The Polish community is once again, heavily represented at this 7-weekend festival that is 44 years old. Andrej and Sharon Szpak and son Michael Szpak, PNA members, proprietors of Polonia Restaurant & Deli, created a beautiful recreation of Poland at this festival with the Polish Pub. This Polish pub hosts the 10's of 1000's of people who attend and keep Poland and all our organizations on the map.



The Szpak Family

October 20-21st, Houston, Texas PNA at the Orbis Festival

The PNA was once again on hand at another local festival with a PNA booth and a cultural display to promote the organizations. The Wawel Dancers of Houston came out to support and perform at the event.



The Wawel dancer of Houston and the PNA display.

*Submitted by: Jolanta Mazewski-Dryden,
Fraternal Director Region "H"
Photo Credits: Stan Aponiuk and
James Smock*

Sales Seminar in District XII

On the evening of October 18, 2018, six sales agents from District XII PNA met with Sales Manager Jolanta Walaszek for a Sales Seminar in the southern suburb of Hickory Hills, Illinois. Three of the participants were licensed agents, and the other three were fraternal agents. After warm greetings were extended, each participant received a packet filled with materials highlighting the various plans of insurance and additional pertinent information.

While the group may have been small and comprised of veteran sales agents, each person walked away with new information. Interesting illustrations and comparisons were provided proving that once again the Polish National Alliance offers the best premiums over those of some larger companies such as New York Life, State Farm, and Gerber to name a few.

Specific plans were discussed such as Single Premium Whole Life, 20-Pay Life, Life Paid up at 90, and Term Plans. Getting to know more about which product to offer to our clients depending on their needs and circumstances was extremely helpful.

All the materials were professionally prepared by Ms. Walaszek. During the course of the evening, many questions were posed by the sales agents. Ms. Walaszek answered everyone's questions without hesitation. Reviewing the technical aspects of proposal preparation using Life-base and medical requirements were also presented. Forms for



electronic withdrawal of monthly payments and accepting credit card payments for initial premium payment were distributed. None of the agents had these forms before this evening.

All in all, the Sales Seminar proved beneficial to all the participants. Each one left with greater knowledge and confidence. While all of the agents have attended other Sales Seminars in the past, the consensus was that it was the best one ever attended! It was an evening well spent. Jolanta Walaszek is indeed an asset for our organization - knowledgeable and enthusiastic! Hopefully, these qualities rubbed off on the Sales Seminar attendees.

If your District hasn't scheduled a Sales Seminar in a while, consider doing so. You won't be disappointed!

*Photo by Bogumila Hejna
Submitted by: Barbara Wesołowski, Fraternal Director Region "F"*

2018-2019 PNA District XII Youth Home Corporation Scholarships

The PNA District XII Youth Home Corporation is happy to announce it has awarded 6 \$1000 scholarships, and 6 \$500 scholarship for the 2018-2019 school year. Total amount of scholarships is \$9000.

The recipients are: Tyler Berger, Julianna Bochnak, Chloe Cosgrove, Kassandra Fuks, Nicole Kosinski, James Most, Brian Papiernik, Tim Papiernik, Jakob Podczerwinski, and Mark Sekula.

The officers of the Youth Home Corporation District XII are National Director Barbara Wesolowski, President, Arthur Trybek, 1st Vice President, Anna Kokoszka, 2nd Vice President, Shirley Wass, Secretary, and Judith Trybek, Treasurer.

The Scholarship Committee members are Judith Trybek, Chairman, and Secretary of the Scholarship Committee, Barbara Wesolowski, Arthur Trybek, Anna Kokoszka, Shirley Wass, and Gail Bialas.

Since 1987, District XII Youth Home Corporation has awarded 881 scholarships for a total of \$432,500.00.

*Submitted by Judith Trybek,
Secretary of District XII Scholarship Committee*



(l-r) Shirley Wass, Anna Kokoszka, Barbara Wesolowski, Arthur Trybek, Judith Trybek, Gail Bialas

District VIII Junior Bowling Tournament

November 17, 2018. North Versailles, PA. The children of the Polish National Alliance District VIII participated in the annual bowling tournament held at the Bowling Center in North Versailles, Pennsylvania. Along with the fraternalism among the young throwers, trophies donated by the Home Office were awarded for the top scores, and a pizza party was held afterward. Cheering the youth rollers on were directors Val Pawlos, Jeff Twardy, and former Director Joe Kaminski.

*Submitted by
Commissioner
David Sinclair*



*Starla Davies,
Trista Davies, and
Addison Granny*



*Richard, Sophia,
and Rachel Prince*



*Business Board
Director Val Pawlos
with grandsons
Robbie and Marino*



*Business Board
Directors Jeff
Twardy, Val Pawlos
and District VIII
Commissioner
David Sinclair*

„Krakusy” z Los Angeles w Iwoniczu-Zdroju

20 lipca 2018 roku, uroczystą mszą świętą w Kościele Matki Bożej Uzdrawienia Chorych w Iwoniczu-Zdroju, rozpoczął się długo wyczekiwany przez najmłodszych członków Zespołu Pieśni i Tańca „Krakusy”, jubileuszowy, X Polonijny Festiwal Dziecięcych Zespołów Folklorystycznych.

Festiwal, zorganizowany przez rzeszowski oddział Stowarzyszenia „Wspólnota Polska”, zgromadził dzieci i młodzież w wieku od 5 do 16 lat z polonijnych zespołów folklorystycznych z całego świata. W tym roku na tę piękną imprezę przyjechało około 600 osób, z których najlichnieszą grupę stanowili Polonusi ze Stanów Zjednoczonych.

„Krakusy” z Los Angeles już po raz czwarty uczestniczyły w iwoniczkiej imprezie, dzieląc w tym roku scenę z szesnastoma grupami reprezentującymi osiem krajów. Choć zespół występował w Iwoniczu już po raz czwarty, dla tegorocznych uczestników było to pierwsze festiwalowe doświadczenie.

Dzieci miały okazję czynnie uczestniczyć w mszy świętej w intencji uczestników festiwalu i Polonii, czytając modlitwy wiernych i niosąc dary, a także włączyć się do wspólnego odśpiewania hymnu Polonii „Marsz, Marsz Polonia.”

Barwny festiwalowy korowód iwoniczką ulicą do sceny, gdzie staropolskim zwyczajem nastąpiło powitanie chlebem i solą, dostarczyło tancerzom wiele radości i poczucia wspólnoty. Najmłodszej parze uczestników festiwalu przekazano symboliczny klucz do bram miasta i oficjalnie otwarto festiwal. Jesteśmy dumni, iż najmłodszą uczestniczką okazała się nasza słodka tancerka, Kaya Samras, która kilka dni przed festiwalem ukończyła pięć lat. To właśnie Kaya, w towarzystwie najmłodszego tancerza pochodzącego z Białorusi, otrzymała z rąk burmi-



stra Gminy Iwonicz-Zdrój klucz do bram miasta.

Kalifornijskie „Krakusy” już na pierwszym koncercie zdobyły serca iwoniczkiej publiczności wykonując przeuroczy taniec meksykański. Przez kolejne dni, wraz z innymi zespołami, zaprezentowały się również w Krośnie i Lubaczowie, prezentując nie tylko takie tańce jak krakowiacek, tańce lasowiackie i meksykańskie, ale również pieśni patriotyczne i ciekawe inscenizacje obrzędów ludowych jak „chodzenie z gaikiem” i „chodzenie po dyngusie.”

„Iwoniczka Ballada” uwieńczyła festiwalowe koncerty. Po radosnym i kolorowym tańcu skrzatów „Kra-



„Krakusy” z prezesa zespołu Elżbietą Romuzgą i choreografem Edwardem Hoffmanem

*Najmłodsi członkowie zespołu:
Bruce Samras i Isabella Manalac*



Kaya Samras



kusy”, z wielkim entuzjazmem, po raz ostatni na iwoniczkiej scenie, zaprezentowały swój repertuar, a na koniec, z wielkim wzruszeniem, razem ze wszystkimi uczestnikami, odśpiewały “Kraj rodzinny matki mej.”

Wyjazd na festiwal do Iwonicza-Zdroju był dla „Krakusów” niezwykle przeżyciem dającym możliwość wspólnej zabawy i nauki, poznawania nowych miejsc i radosnego świętowania oraz głębszego zaznajomienia się z kulturą i

tradycjami polskimi. Wierzymy, że tę wspaniałą przygodę „Krakusy” będą miały możliwość powtórzyć za niespełna trzy lata.

*Elżbieta Romuzga, prezes Zespołu
Pieśni i Tańca „Krakusy”*



Wycieczka do Zamku w Łańcut



Zespół „Krakusy” z rodzicami i rodziną z Polski.

Wydarzenia Regionu „J”

Plażowy piknik Grupy 3259 Piast



Uczestnicy tegorocznego spotkania na plaży w Huntington Beach.

W dniu 18 sierpnia, 2018 Grupa 3259 Piast, już po raz 23, zorganizowała doroczne ognisko dla swoich członków i przyjaciół na plaży w Huntington Beach. W imprezie uczestniczyło ponad 120 osób, było tradycyjne pieczenie kiełbasek i wspólne śpiewanie przy akompaniamencie gitary do późnych godzin wieczornych.

W plażowym spotkaniu uczestniczyli również członkowie zaprzyjaźnionej Grupy 700 z Los Angeles, komisarz Okręgu XVI Jarosław Musiał, dyrektor Regionu „J” Grzegorz Chilecki i przebywający na wakacjach w Kalifornii ksiądz profesor Stanisław Urbański z Polski.

Rozchodząc się uczestnicy obiecali sobie spotkać się w przyszłym roku, jako że takie spotkania są świetną okazją spędzenia czasu w gronie starych przyjaciół oraz do zawierania nowych znajomości.

Dożynki w Ośrodku Polonijnym im. Świętego Jana Pawła II w Yorba Linda

Piękną polską tradycją, sięgającą XVI wieku, jest świętowanie dożynek.

Dożynki zapoczątkowane w 1978 roku w Polskim Ośrodku im. Św. Jana Pawła II w Yorba Linda, w czasie duszpasterstwa śp. ks. Józefa Karpa, stały się doroczną tradycją. Do dziś polskie święto plonów cieszy się popularnością i przyciąga tysiące mieszkańców Południowej Kalifornii.



Dziewczynki z Zespołu Polanie z Yorba Linda, Kalifornia



Barbara Jarosławski (z prawej) przekazuje w imieniu ZNP czek dla Zespołu Polanie.



Stoisko ZNP i członkowie Grupy 3259 Piast

nii. Festiwal dożynkowy prezentuje polską historię i kulturę, pokazuje piękne, polskie zwyczaje i tradycje oraz daje możliwość posmakowania polskiej kuchni. Dużą atrakcją są zawsze występy zespołów ludowych.



(L-p) Ks. Douglas Cook, ks. Zbigniew Fraszczak, konsul Jarosław Łasński, Jerzy i Alicja Czarneccy



Zespół Piast z Las Vegas



Członkowie Grupy 3259 Piast Julie Golonka i Jaś Kujawski



Członkowie Zespołu Piast z Las Vegas z dożynkowym wieńcem

W tym roku, w dniach 15-16 września 2018 roku, świętowaliśmy dożynki w Yorba Linda po raz 40-ty. Głównym punktem obchodów była uroczysta, dziękczynna msza św., procesja dożynkowa i przedstawienie starostów – gospodarzy dożynek. W tym roku starostami zostali państwo Czarneccy.



Stoisko z polskimi pamiątkami prowadzone przez wiceprezes Grupy 3259 Piast Marię Hulisz



Dożynki od kuchni!



Zespół Polanie z Yorba Linda

Jak co roku, przy organizacji dożynek pracują przedstawiciele wszystkich lokalnych grup Związku Narodowego Polskiego z Południowej Kalifornii i Nevady. Nie zabrakło stoiska ZNP prowadzonego przez dyrektora Regionu "J"

Grzegorza Chileckiego, komisarza Jarosława Musiała, Barbarę Jarosławską z Grupy 3259 „Piaś” i Elżbietę Rudzińską z Grupy 700.

Organizatorzy przygotowali wiele atrakcji z myślą o dzieciach, zorganizowano również wystawę z okazji 100-lecia odzyskania niepodległości przez Polskę. Ogromną popularnością cieszyły się jak zawsze polskie potrawy i wyroby cukiernicze.

Festiwal dożynkowy w Yorba Linda był doskonałą okazją do zaprezentowania Polonii oraz kultury polskiej mieszkańcom słonecznej Kalifornii.



Dyrektor Grzegorz Chilecki wręcza nagrodę

7 października 2018 w Curtis Theatre w Brea. Każdy z uczestników zagrał jeden z utworów Chopina lub Paderewskiego. W jury zasiadli kompozytor Andrzej Warzocha oraz profesor Wojciech Kocyan, który po zakończeniu konkursu zagrał utwory Chopina i Paderewskiego dostarczając publiczności prawdziwej uczty duchowej.

Ponad 150 osób zgromadzonych na widowni w teatrze podziwiała talenty młodych pianistów z Południowej Kalifornii, wśród których znalazły się 3 członkinie Grupy 3259 ZNP: Helena Munson, Julia Machon i Julia Globisz.

W grupie najmłodszej Konkurs

im. Ignacego Jan Paderewskiego wygrała Julia Musiał z San Pedro, w grupie średniej Astin Henry Unilowski z Anaheim Hills, a grupie najstarszej Ryan Wisniewski z San Fernando Valley.

Prezes Grzegorz Chilecki wręczył zwycięzcom ufundowane przez Grupę 3259 „Piaś” nagrody pieniężne oraz obdarował wszystkich uczestników i członków jury znaczkami ZNP. Konsul RP Ignacy Żarski przekazał uczestnikom konkursu albumy o Polsce.

*Grzegorz Chilecki,
Dyrektor Regionu „J”*



Prowadzący program Julia Golonko i Rick Kobzi

Konkurs pianistyczny im. Ignacego Jana Paderewskiego

W Południowej Kalifornii odbywa się w tym roku wiele ciekawych imprez z okazji obchodów 100-lecia odzyskania przez Polskę niepodległości. Jedną z nich był, zorganizowany przez Polską Szkołę im. Heleny Modrzejewskiej w Yorba Linda, Konkurs im. Ignacego Jan Paderewskiego, pod patronatem Konsulatu Generalnego RP w Los Angeles, Związku Narodowego Polskiego Grupy „Piaś” i Polish American Performing Arts Club.

Konkurs, do którego przystąpiło 11 młodych ludzi w trzech grupach wiekowych od 10 do 15 lat odbył się



Uczestnicy i organizatorzy konkursu

Great Hall of PNA Council 21



Baltimore, MD – By the end of this past summer the much-required repairs and renovations to the Great Hall of Polish National Alliance Council 21 were completed. The water damaged ceiling and lighting were repaired and the water- warped wooden floor completely replaced. New carpeting bordering the floor was installed, and the hall repainted. The sizable eye-catching PNA logo was painstakingly hand-painted on the proscenium high above the stage.



The depicted renovation team consists of all PNA members except for Mr. Phillips: From left – Lukas, Nick and Maks Bondyra, Adam Rybczynski and Errol Phillips. Seated is Rebecca Rybczynski, PNA Logo Artist. Team leader Maks Bondyra is also president of both Council 21 and Lodge 238.

The Great Hall is now ready to carry Council 21 into the future as the main catalyst for a wide variety of our enjoyable fraternal events, including those of the greater Baltimore Polonia.

*Submitted by: Richard P. Poremski,
Council 21 V.P. and Lodge 238 V.P.*



PNA Lodge 841

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\$1,000

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Piknik Grupy 1264



W niedzielę 29 lipca 2018, odbył się piknik Grupy 1264 „Jan Zamoyski Solidarność”. Prezesem Grupy 1264 ZNP jest pan Romuald Łopacki. Na imprezie w parku „Wanda” pojawiło się wiele osób, zarówno członków grupy, jak i gości, którzy chcieli zjeść polski obiad, wypić dobre polskie piwo, zatańczyć przy muzyce zespołu „Melodia Trio”, czy po prostu spotkać znajomych.

dzieci. W kulinarnym repertuarze znalazło się tyle pysznych dań, że trudno było się zdecydować. Każdy mógł wybrać coś dla siebie. Wśród gości spotkałam wielu znajomych, niektórych uwieczniłam na załączonych zdjęciach.

Jak wiadomo, organizatorzy traktują często pikniki, jako dodatkowe źródło funduszy na działalność społeczną i liczą na poparcie uczestników. Często nawet, gdy impreza jest dobrze reklamowana, niewielu korzysta z tej formy zabawy. Mam nadzieję, że tym razem organizatorzy byli zadowoleni z frekwencji, ponieważ wiele włożyli trudu w to, by każdy, kto przybył na piknik odjechał zadowolony. Krótko mówiąc impreza była świetnie przygotowana, a prezes Romuald Łopacki postarał się by wszystko przebiegło jak najlepiej.

Alicja Karlic, Ph.D.



Organizatorzy dołożyli wszelkich starań by zapewnić przyjacielską atmosferę zabawy oraz atrakcje dla



Cities Hold Polish Flag Raising and Pulaski Day Parade

Northampton, MA. The Western Massachusetts cities of Northampton, Holyoke, and Chicopee, Massachusetts promoted Polish heritage and culture during October of this year. The flag raisings were held on October 4, 2018, in honor of Polish Heritage Month, and also this year being special, to celebrate the 100th Anniversary of Poland's Independence.



Northampton, MA. Polish Flag Raising in downtown Northampton to celebrate Polish Heritage Month and kick off the countdown to what has become one of the largest Polish events in Western Massachusetts, the Pulaski Day Parade which was held on October 8th. The Polish Heritage Committee of Northampton was responsible for organizing the event for the past 32 years. The individual who was the first Northampton Pulaski Parade organizer was Kazimierz Kuczynski of PNA Lodge 1168. Since his passing

several years ago, his wife, Carolyn Kuczynski, and daughters, along with the formation of the Polish Heritage Committee, have made the Pulaski Day Parade grow to be the largest in the region.

Standing at the Northampton Polish Flag Raising left to right are PNA members John Skibiski; Christine Majewski, President PNA Lodge 1168; Bob Gibowicz; Fred Zimnoch, Northampton Mayor, David Narkewicz and Carolyn Kuczynski, Financial Secretary PNA Lodge 1168.

The day of the parade, in its 32nd year, began with a memorial Mass at 10:00 A.M. at St. Elizabeth Ann Seton Church followed by the parade through downtown Northampton to the beautifully renovated Pulaski Park. A commemorative program honoring General Casimir Pulaski, a hero of the American Revolutionary War and Father of the American Cavalry was held at the park. The parade features Polish organizations, (such as the PNA), local and state officials, military groups, civic and community organizations. The Polish Heritage Committee of Northampton has the support of many friends and supporters in Western Massachusetts and southern New England who share in the Committee's goal of perpetuating respect for, and pride in, Polish heritage and culture.

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

Lighting Ceremony 2018

On Monday, November 19, 2018, the annual Christmas Lighting Ceremony by the Edgebrook Sauganash Chamber of Commerce took place in front of the Polish National Alliance Building in Chicago. Alderman Margaret Laurino "flipped the switch" to illuminate the Sauganash business district with festive holiday lights, brightening up the winter darkness.



The PNA building, located in one of Chicago's prettiest neighborhoods, is a perfect venue for such a celebration. It is beautifully decorated on the outside and even more so inside. The "Sauganash Singers" from Sauganash Elementary School, and musicians from Edgebrook's Northside Music Academy provided live entertainment. Hot chocolate and cookies were compliments of the PNA. Even Santa stopped by to visit children in attendance.

It is a lovely tradition, and great event getting everybody in a celebratory, Christmas spirit!

Photos by Ewa Malcher



The Fourth Annual 5K Run/Walk for Camp Stanica

Bondsville, MA. September 8, 2018, at 10 A.M. was the start of the Fourth Annual 5K Run/Walk event at Camp Stanica, sponsored by the Polish Alliance Youth Camp in Bondsville, MA. The 20 runners and 10 walkers trekked around the 60 acres of property located near the Palmer Industrial Park and Swift River and a pond used for swimming, boating, and other water activities. It was the idea of camp President, Richard Knurek, a runner himself, to plan and organize the event that drew runners from 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.

Individuals and organizations donated prizes for the Run/Walk event to make it a success. Camp President, Richard Knurek thanked the many volunteers who assisted in the Run/Walk and also brought homemade desserts that were enjoyed by everyone present.

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 of \$100 donated by the national office of the Polish National Alliance were awarded to the first male and female to finish the run. Local businesses also donated prizes for the participants. Palmer, MA resident and a cross country team member at Palmer High School runner, Jack Baker, age 16, was the first place male and overall runner with a time of 20.55 minutes. Kristen Konetzny, a nurse from Ware, MA was the female first place winner at 25.43 minutes. She runs at many events, but this was the first time running at Camp Stanica. She enjoyed the course and said it was a beautiful property for a race.

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

WELCOME TO THE PARTICIPANTS OF THE CAMP STANICA RUN/WALK AT THE PNA DISPLAY



Bondsville, MA. Many volunteers are needed to organize an event like the 5K Run/Walk. Pictured left to right: President Camp Stanica and Vice President Council 62, Richard Knurek, member Lodge 711; Jean-nie Zapala, former PNA District 1 Commissioner and current Vice President Council 62 and Camp Stanica; Teresa Struziak Sherman, PNA National Business Board Director, Secretary PNA Council 62 and Financial Secretary Lodge 711, and Helena Jalbert, Chairman of the Camp Stanica Camping Committee and President of PNA Lodge 2279. Participants, guests, and volunteers had an enjoyable time together on a sunny day.

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 8th. Runners and walkers took part in this fourth-year event, which also provided an opportunity for newcomers to see the hidden treasure called Camp Stanica.

AND THE WINNERS ARE...



Bondsville, MA. Professional timekeepers and race referees assured that the race was fair and all participants observed all rules. Organizer, Richard Knurek, President of Camp Stanica, 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. Jack Baker, age 16 from Palmer High School, finished at 20:55 minutes to win the overall race.



Kristen Konetzny, wearing #41, is shown finishing the race. She won the female division with a time of 25:43 minutes. She resides in Ware, MA.

5K RUN/WALK WINNERS REWARDED WITH \$100 EACH



Bondsville, MA. Winners of the 5K Camp Stanica Run/Walk held on September 8, 2018 show proud smiles as they accepted their \$100.00 prizes for winning the race. Pictured by the PNA display are left to right: Maria Kruzel, Secretary Camp Stanica and President of PNA Lodge 3276; Jack Baker overall winner of the male race category, and the race as well; Teresa Struziak Sherman, PNA National Business Board Director and Kristen Konetzny, overall winner of the female race category.

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



Z Działalności Okręgu XIII

WIECZÓR MODLITEWNY

W czwartek 4 października 2018, jak co roku, członkowie Wydziału Kobiet Okręgu XIII oraz Wydziału Dobroczynności, zebrali się na modlitwie różańcowej, Tajemnica Światła zapoczątkowanej przez Św. Jana Pawła II.

Modliliśmy się za wszystkich zgromadzonych oraz za związkowców, którzy z powodu choroby nie mogli być z nami, a szczególnie za Władzię Rogozińską i byłego komisarza Okręgu XIII Zenona Olejniczaka. Modliliśmy się również za tych, którzy odeszli w tym roku na wieczny spoczynek; śp. Władysława Cygana, Teresę Malicką, Władysławę Kielar i Jana Olendra.

Modliliśmy się również w intencji pokoju na świecie, aby wszyscy żołnierze wrócili z misji bezpiecznie do domów, za Polskę i Polaków w setną rocznicę odzyskania niepodległości i aby Polska już zawsze była wolna.

Modlitewną część wieczoru zakończyliśmy pieśnią „Czarna Madonna”, a następnie sekretarz



Prowadzące modlitwę różańcową - Joanna Stasiak oraz Krystyna Tarchata



Uczestniczki modlitwy różańcowej 2018.



Panie, które obchodziły urodziny od lipca do grudnia.

Okręgu XIII Anna Wierzbicka obdarowała podarunkami wszystkich obecnych, którzy obchodzili swe urodziny od lipca do grudnia. Jest to nasza tradycja, którą wznowiliśmy po krótkiej przerwie. Po małej loterii fantowej

Podany został poczęstunek zafundowany przez Gminę 3 i Wydział Kobiet Okręgu XIII.

Był to bardzo przyjemnie spędzony czwartkowy wieczór.

ŚWIĘTO DZIĘKCZYNIEŃ W GMINIE 120



Członkowie Chóru Filareci-Dudziarz wraz z akompaniaturką Jadzią Koszałką

W czwartek 8 listopada, 2018 członkowie Gminy 120 oraz zaproszeni goście, oraz spotkali się na tradycyjnym dorocznym przyjęciu z okazji zbliżającego się Dnia Dziękczynienia. Przybyłych na odświętną kolację przywitała sekretarka gminy i komisarka Okręgu XIII Wanda Juda dziękując wszystkim za przybycie. Wśród gości byli obecni dyrektor biznesowa ZNP Irena Hercik oraz były komisarz Zenon Olejnicz.

Pierwszym punktem programu był występ Chóru Filareci-Dudziarz Nr. 15 ZSP w Ameryce, który wykonał pieśni związane ze 100-leciem odzyskania przez Polskę nieodległości.

Akompaniowała pani Jadzia Koszałka. Partie solowe zaśpiewali panowie Jerzy Kozyra, Jan Borałynski i Jan Wolak. Uczestnicy dziękczynnego spotkania, wprowadzeni w nastrój, wspólnie z chórem śpiewali znane pieśni żołnierskie. Chórzyści zostali obdarowani gromkimi brawami. Należy nadmienić, iż obecnie prezesem chóru jest p. Anna Smoroń.

Po poczęstunku rozlosowano loterie pieniężną i fantową. Uczestnicy spotkania mile spędzili czas w gronie związkowej rodziny.

Wanda Juda, komisarka Okręgu XIII.

SEJMIK OKRĘGU XIII

W niedzielę 18 listopada 2018 odbył się w kafeterii siedziby głównej ZNP Sejmik Okręgu XIII ZNP. Spotkanie, które sprawnie poprowadziła komisarka Wanda Juda, zgromadziło 37 delegatów.

Głównym mówcą spotkania był prezes Frank Spula, który zreferował zebranym sytuację finansową organizacji, podkreślił zmiany personalne w Zarządzie ZNP, które

nastąpiły w ciągu ostatniego roku i nakreślił zebranym plany organizacyjne na najbliższą przyszłość. Prezes Spula mówił również o ostatnich sukcesach stacji radiowej WPNA 103.1FM, Dziennika Związkowego oraz wspominał niedawną, inspirującą wizytę w Polskiej Szkole im. Generała Kazimierza Pułaskiego w Harwood Heights. W swej wypowiedzi prezes podkreślił znaczenie współpracy z polskimi szkołami działającymi na terenie aglomeracji chicagowskiej i w innych częściach kraju oraz wyraził podziw dla rodziców i nauczycieli, którzy wytrwale przekazują młodemu pokoleniu polskie dziedzictwo narodowe.



Irene Jarocinski i Maryla Stomski



Komitet rezolucji: Wanda Penar, Krystyna Żak, Krystyna Tarchala

W sejmiku uczestniczyli również sekretarz krajowa ZNP Alicja Kuklińska, która przyjęła przysięgę od delegatów na sejmik, dyrektor biznesowa Irene Hercik, dyrektor



Soliści: Jan Borałynski, Jan Wolak i Jurek Kozyra



(l-p) Aleksandra Brzezinski, Alicja Kuklinska, Anna Wierzbicki, Frank Spula, Wanda Penar, Peter Biernat, Wanda Juda, Maria Roszek, Janina Kopec, Elżbieta Cimochoicz

Wanda Penar, komisarka Okręgu XII Agata Mścisz, dyrektor artystyczna Teatru Pieśni i Tańca „Wici” Magdalena Solarz oraz wielu innych szacownych gości.

Raport Ośrodka Młodzieżowego Okręgu XII I XIII ZNP w Yorkville/Plano złożył pan Leszek Krze-
miński, komisji stypendialnej Anna

Wierzbicki, komisji finansowej Aleksandra Brzezinski. Wymieniono również najlepszych sprzedawców ubezpieczeń w Okręgu XIII oraz przyznano tytuł kobiety i mężczyzny roku 2018. To zaszczytne wyróżnienie przypadło w tym roku w udziale pani Wandzie Penar, oraz panu Piotrowi Biernatowi.

Semik Okręgu XIII przyjął również rezolucję nawiązującą zarówno do misji przewodniej Związku Narodowego Polskiego jak i listopadowego jubileuszu 100.



Maria Środoń, Jan Środoń, Agata Mścisz



Irena Klatka

rocznicy odzyskania przez Polskę niepodległości, którą przedstawiła Wanda Penar.

AK



Maria Wiekierak, Janina Rogóż



Maria Roszek, Elżbieta Cimochoicz



(l-p) Aleksandra Brzezinski, Anna Wierzbicki, Wanda Juda, Frank Spula

Święto polskiej kultury na amerykańskiej uczelni



Barbara Bilszta, Denise L. Coonan Cortez de Andersen, Alicja Otap, Frank J. Spula, Piotr Semeniuk, Gloria J. Gibson, Vivian A. Walkosz

14 listopada 2018, Rada Nauczycieli Polonijnych (Council of Educators in Polonia) obchodziła święto polskiego dziedzictwa kulturowego na Northeastern Illinois University. Z tej okazji na uroczystej akademii uhonorowano zasłużonych działaczy i przyznano stypendia wyróżniającym się studentom.

Swoją obecnością uświetnili wieczór wicekonsul Piotr Semeniuk, Frank Spula, prezes Związku Narodowego Polskiego i Kongresu Polonii Amerykańskiej, Gloria J. Gibson – rektor Northeastern Illinois University oraz Robert Radkowski z Polsko-Słowiańskiej Unii Kredytowej.

Przybyłych gości powitała profesor Lidia Filus, szef katedry matematyki na NEIU, prezes RNP. Ceremonię wręczenia wyróżnień prowadziła Czesława Kolak, wykładowca języka polskiego w NEIU i wiceprezes RNP, uroczystość uświetnił występ dzieci z Paderewski Symphony Orchestra, podopiecznych Barbary Bilszty i Wojciecha Niewrzoła.

Rada Nauczycieli Polonijnych, jak co roku, uhonorowała osoby,

wyróżniające się polu działalności społecznej i edukacyjnej. Tegoroczne nagrody trafiły do rąk: Denise L. Coonan Cortez de Andersen (Special Award), profesor języka hiszpańskiego na NEIU, Alicji Otap (Community Service Award), redaktor naczelnej Dziennika Związkowego, Vivian A. Walkosz (Distinguished Emerita Award), emerytowanej profesor NEIU oraz Barbary Bilszty (Educator of the Year) założycielki i dyrektor wykonawczej Paderewski Symphony Orchestra of Chicago.

Konsulat RP w Chicago ufundował dwie dodatkowe nagrody w wysokości trzystu dolarów każda za szerzenie kultury polskiej. Otrzymali je Marek Zajączkowski i John Brożyna..

Stanowa uczelnia NEIU współpracuje z Instytutem Stosunków Międzynarodowych Uniwersytetu Warszawskiego, Szkołą Główną Handlową, Politechniką Częstochowską i Uniwersytetem Jagiellońskim.

Rada Nauczycieli Polonijnych (RNP), Council of Educators in Polonia (CEP) – działa od 1930 roku. Jest najstarszą polonijną edukacyjną organizacją charytatywną. RNP-CEP propaguje polskość wśród młodzieży akademickiej. Organizuje między innymi konkursy literackie z nagrodami, poświęcone wielkim Polakom. Ostatnie dwie edycje konkursu były poświęcone Tadeuszowi Kościuszce i Henrykowi Sienkiewiczowi.

Artur Partyka

Artykuł w całości i pełna galeria zdjęć: dziennikzwiazkowy.com

Happy 100th, Poland!

W jubileuszowym roku Polonia zamieszkująca San Francisco uczciła 100-lecie odzyskania przez Polskę niepodległości happeningiem „Happy 100th, Poland”. Głównymi organizatorami byli Paweł Tomasz Długosz i Wojciech Osowiecki. Pomimo uciążliwego smogu (AQI 170+), będącego następstwem pożarów w Chico County, udało się zgromadzić 200 osób, co przerosło oczekiwania organizatorów i naprawdę potwierdziło, że akcja miała sens.

Najpierw rozdano wszystkim uczestnikom happeningu polskie flagi oraz mapy i broszurki promujące Polskę (dzięki uprzejmości Polskiej Agencji Turystycznej), a potem wszyscy zebrani uformowali symbolizującą rocznicę „żywą” setkę. Była to ogromna frajda dla wszystkich móc uczestniczyć w tym wydarzeniu i jednoczyć się, by świętować niepodległość.



200 osób - dorosłych i dzieci, celebrowały ten wyjątkowy jubileusz na tle Golden Gate, jednej z bardziej rozpoznawalnych budowli Kalifornii. Warto również zaznaczyć, że obecnie głównym inżynierem wspomnianego mostu jest Ewa Bauer, która jest nie tylko Polką (absolwentką Politechniki Świętokrzyskiej), ale także pierwszą kobietą na tym stanowisku.

100 lat Niepodległej życzy Polonia z Kalifornii!

*Informacja: Magda Szczodrach
Zdjęcia: Daniel Kinda*

V Congress of the World Polonia

On September 19th through September 23, 2018, in Warsaw, Poland approximately six hundred representatives of Polonia from 44 countries met in the Polish Parliament and reflected on the subject related to Polonia's organizations, education, culture, and clergy. This conference, commemorating the 100th anniversary of Poland regaining its independence, was arranged by the Senate of the Republic of Poland, "Wspólnota Polska" Association, and the World Council of Polonia.



The events started with a Holy Mass in the St. John Cathedral in Warsaw, then the wreath-laying ceremony at the Tomb of the Unknown Soldier, and session at the Polish Parliament. The welcoming remarks were delivered by the Speaker of the Polish House of Representatives Marek Kuchciński, Speaker of the Senate Stanisław Karczewski, President of the "Wspólnota Polska" Dariusz P. Bonisławski, President of the World Council of Polonia Teresa



Berezowski, and other distinguished speakers. Mrs. Bożena Kamińska, Vice President of the PAC, and PNA Fraternal Director delivered remarks on behalf of the United States delegation.

The Grand Theatre in Warsaw was reserved for Polonia representatives with the spectacular concert featuring renowned Polish performers in repertoire commemorating Polish roads to independence. In



attendance were many legislators, including Prime Minister Mateusz Morawiecki.

The residence of the "Wspólnota Polska," known as Dom Polonii, was dedicated to late Professor Andrzej Stelmachowski, organization's first president, and one of the father founders.

For the next few days, delegates had an opportunity to meet with various Polish dignitaries, exchange valuable ideas, experience unprecedented hospitality from the Polish government, President, and "Wspólnota Polska" Association.

V Congress of the World Polonia concluded with a Holy Mass at the Temple of Divine Providence, one of the newest and most magnificent churches in Warsaw, with one of the chapels dedicated to Polonia around the world.

AK

Photos courtesy of "Wspólnota Polska"

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Polish American Congress of Western Massachusetts 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 7, 2018. Many dignitaries and guests well attended the event. Frank Wolanin, PNA former Commissioner District 1, was banquet Chairperson and is also National Director of PAC of Western Massachusetts. Joseph M. Kos, President of the Polish American Congress of Western Massachusetts, 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, and PAC of Western MA officers, Joseph M. Kos, 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; Fr. Piotr Pawlus, Pastor Most Holy Redeemer Parish, Hadley, MA, who delivered the Invocation and Benediction in song and prayer; Julia Sudol, Miss Polonia Massachusetts 2019, and Carl and Shirley Eger, Jr. the 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 Jeffrey M. Chirgwin, organist at Christ the King Parish, Ludlow, MA. 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 74-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 to lead this effort actively.

November 11, 2018, marks the 100th Anniversary of Poland regaining its independence after 123 years of being partitioned by Russian, German and Austro-Hungarian empires. From 1795 to 1918, Poland ceased to exist on the maps of Europe. November 11, 1918, also marks the end of World War I. On that day, Jozef Pilsudski, after whom this park is named, became the leader of the Polish Army and de facto chief of state of the indepen-

dent Second Polish Republic.

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. Carl Eger, Jr., Chairman of the Board of Directors at the Polish Center of Discovery and Learning at Elms College, Chicopee, MA.

Mr. Carl Eger, Jr. was born in Holyoke, MA on January 29, 1936. He graduated from the University of Massachusetts earning a Bachelor of Science degree, a Master’s of Public Administration and postgraduate studies in Community/Economic Development. He continued to further his knowledge by attending several colleges and earning various certifications from National and Regional Councils and Institutions.

Carl served active duty in the U.S. Army and held a Top-Secret Security Clearance. After his 45-year government service career, Carl started several business ventures involving real estate sales, another for commercial, industrial and



residential developers, and commercial property contracting. He is also a Deputy Sheriff in the Hampden County Sheriff's Department. As the Chairman of the Polish Center of Discovery and Learning at Elms College Board of Directors, Carl's educational and professional experiences will lead him to bring the Polish Center to new heights of progress and recognition.

Carl and his wife, Shirley, have been married for 53 years. They are active members of the Blessed Sacrament Community where Carl serves as a Eucharistic Minister.

After 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 affirmative programs and has always supported causes for immigrants. As part of its agenda for 2018, 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 to promote worldwide peace.

CONGRATULATIONS TO PAC OF WESTERN MASSACHUSETTS 2018 AWARD RECIPIENT



Holyoke, MA. Holyoke, MA. Pictured at the Polish American Heritage Banquet are left to right: Pawel Misniakiewicz, Vice President PNA Lodge 525; Dorothy Wolanski, President PNA Lodge 525; Joseph M. Kos, President PAC of Western MA and Treasurer PNA Lodge 525; Miss Polonia Massachusetts 2019, Julia Sudol; National PNA Business Board Director, Teresa Struziak Sherman, and PAC Achievement Award recipient, Carl Eger, Jr. Wanda Milecki, Commissioner PNA District 1 and Frank Wolanin, Former Commissioner PNA District 1, President PNA Council 82, and PAC of Western MA National Director were missing from the photo. Carl received several plaque awards and citations from local, state and federal government officials. Many PNA members and guests well attended the event and enjoyed by all present.

Submitted by:
Teresa Struziak Sherman,
PNA Business Board Director.

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Miss Polonia Massachusetts 2019

HOLYOKE, MA. The Miss Polonia Massachusetts Pageant 2019 was held at Pilsudski Park, Holyoke, MA on Saturday, August 25, 2018. The Polish National Alliance Lodge 525 and the Polish American Congress of Western Massachusetts organized the sixteenth annual event.

Judges for the pageant were: Marcin Bolec, Editor of White Eagle Media, LLC in Boston, MA; Carl Eger, Chairman of the Board, Polish Center of Discovery and Learning, Chicopee, MA; Cheryl Shattuck, Vice President, Branch Manager, United Bank; Paul Sowa, Service Director, Balise Lexus, West Springfield, MA and Stasia Wojcik, Doctor of Pharmacy. 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 vocalists, Oliwia Bragieli, Miss Polonia MA 2017 and Joanna Kubiak, also a Miss Polonia winner 2018. The Dance Academy of Somers, CT was also a part of the entertainment. 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 5th Annual Junior Miss Polonia Pageant 2019 was held for girls ages 7-10. Four girls competed on stage in casual wear and fancy dress wear. Maya Garnicarz, age 8, from Chicopee, MA, won the Junior Miss Polonia 2019 title. She

loves to dance and play sports. Also competing was Eva Cowles, age 7, from Wilbraham, MA who won the „Miss Photogenic” award. Eva is a member of PNA Lodge 3276 of Wilbraham, MA. Eva loves to read books and collect Teddy bears. She is the daughter of Agnieszka Swistek of Wilbraham. Sophie Stetson served as the Jr. Miss Polonia Assistant.

Of the six Miss Polonia Massachusetts 2019 contestants, all of whom were very beautiful and intelligent young women, Julia Sudol, age 19, of Chicopee, MA won the title of Miss Polonia Massachusetts 2019. Ms. Joanna Kubiak, who currently holds the title of Miss Polonia MA 2018, presented Julia her crown. Ms. Sudol is a sophomore at Western New England University, Springfield, MA where she is studying political science and philosophy. Her outside interests include singing and dancing. Joanna was born in the United States and speaks both in Polish and English. Julia and the first runner-up competed for the Miss Polonia USA 2019 title in October 2018 in New York City. The winner of that competition will vie for the title of Miss Polonia World 2019.

First runner-up and Swimsuit Award winner was Olivia Cyr, of South Hadley, MA. Olivia, age 18, is a freshman at Springfield College in the Physician Assistant Program. Second Runner-up and the ‘People’s Choice’ award winner was Tamara Pierzchalski, age 19 of Holyoke, MA. Tamara is a member of PNA

Lodge 525 of Holyoke, MA. She is a sophomore at Holyoke Community College majoring in Nutrition. Brittany Kowalski, age 19 of Westfield, MA, won the „Glamour” award.” Brittany is a Sophomore at Western New England University majoring in Pharmaceutical Business. Adriana Czarniecki age 19 of Belchertown, MA won the „Ms. Personality” award. She is a sophomore Business and Marketing major at Bryant University. Paulina Urbanek, age 18 of Westfield, MA won the „Miss Photogenic” award. She is a freshman at Johnson and Wales University majoring in Culinary Arts and Business Management.

Escorts for the event were David Goudreault, Kyle Wolanski and Cody DeFillipi. They are all members of PNA Lodge 525.

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

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

MISS POLONIA MASSACHUSETTS 2019 HAILS FROM CHICOPEE, MASSACHUSETTS



Holyoke, MA. Julia Sudol, age 18, from Chicopee, MA was crowned Miss Polonia Massachusetts 2019 at the 16th Annual Pageant on August 25, 2018, at Pilsudski Park, Holyoke, MA. Over 225 guests attended the event sponsored by PNA Lodge 525 and the Polish American Congress of Western MA. The evening featured traditional homemade Polish foods, dancing, entertainment, and fun for everyone.

CONGRATULATIONS TO THE MISS POLONIA MASSACHUSETTS 2019 TOP THREE WINNERS



Holyoke, MA. Pictured as the top three winners of the Miss Polonia Massachusetts 2019 are left to right: First Runner-up, Olivia Cyr of South Hadley, MA; Miss Polonia Massachusetts 2019, Julia Sudol, of Chicopee, MA, and Second Runner-up, Tamara Pierzchalski of Holyoke, MA, and member of PNA Lodge 525.

JUNIOR MISS POLONIA MASSACHUSETTS 2019 “MISS PHOTOGENIC” WINNER AND MEMBER PNA LODGE 3276



Holyoke, MA. Ava Cowles, age 7, from Wilbraham, MA is pictured with PNA National Business Board Director, Teresa Struziak Sherman at the Miss Polonia Massachusetts 2019 Pageant held at Pilsudski Park, Holyoke, MA on August 25, 2018, after having received the “Miss Photogenic” award at the Junior Miss Polonia Massachusetts 2019 event. Ava is a member of PNA Lodge 3276 of Wilbraham, MA. The Pageant is sponsored by PNA Lodge 525 of Holyoke, MA and the Polish American Congress of Western Massachusetts.

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

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News from Texas

August 5th - Houston, Texas 74th Anniversary of the Warsaw Uprising

Houston Polonia commemorated the 74th anniversary of the Warsaw Uprising with an extraordinary celebration in at Our Lady of Czestochowa Polish Church organized by Julian Orkisz and Paulina Kulesza.



Organizers and friends of the event.

August 10th, El Paso, Texas



*Polish American Society of El Paso Film Festival
Moving Screening in El Paso for the movie
„The Promised Land.”*

August 13th - Houston, Texas Ball for the Consul Generals in Houston

The City of Houston hosted a ball for the Consul Generals in Houston Polish Consul General of Houston Robert Rusiecki and Dr. Jim and Kathy Mazurkiewicz and Dr.

Waldemar and Teresa Preibe and Thalia Kruger.



Consul Robert Rusiecki, Kathy and Dr. Mazurkiewicz.

October 20th, Dallas Texas 100th Anniversary of Poland Independence, 60th Anniversary of the Polish Association in Texas, and the Launch of Project ACP

James and Stephanie Mazurkiewicz spoke at this illustrious event —” Duze Dziękuje (Big Thank you) to Pan Krzysztof Drynda, Pan Christopher Jozef Gajda, Pan Jan Wojciechowski, Pani Maryna Kowalczyk Mierzwa and the wonderful, amazing people of the Polish Association of Texas for having my sister and I speak at the 100 year anniversary celebration of Poland’s independence celebration yesterday in Dallas, Texas.” The event included important dignitaries and special guest Jagoda dance Group, Pan Krzysztof Gajda, a very successful attorney in Poland Pani. Bożena Niemczyk-Drania, Pan Grzegorz Kowalczyk, Pan Grzegorz and Pani Ewa Pysiak, Dr. Andrzej Brudnicki MD, Ph.D. from Poland and the “Council General of The Republic of Poland”— Consul General Robert

Rusiecki. James with all of them the roots of the Mazurkiewicz Family from when our ancestors left Poland and the reason why they left Poland. We have a saying amongst the Mazurkiewicz family. “We did not leave Poland (1885), we brought Poland with us to Texas”. During this event I had the honor to talk about the Mazurkiewicz farm I had to pause for a second because I am so proud of this farm, I almost got a little emotional. The same when I talked about when some of my ancestors would play for a lot of the Polish weddings in Chappell Hill and me and dad play the same music as my ancestors did was also hard for me to say this. James spoke of the deep Polish Roots we have in Texas.



Jagoda Dancers of Dallas

October 20 - 21, Houston, Texas Polish School Picnic, Day of Education and Bilingual School Day

Three Celebrations – One Day!
The Polish School - Szkoła im Mikolaja Kopernika W Houston, with teachers, students, family, and friends celebrated 3 big occasions – Education Day, Bilingual Day and a big Polish Picnic. Director Hanna Tomaszekiewicz had the “big pencil”

out in honor of the celebrations. Special thanks to Polish Consul General, Robert Rusiecki for being on hand for the festivities.



Polish school children, parents and teachers with Consul General of Houston Robert Rusiecki

October 26th, El Paso, Texas Polish Collection from El Paso Donated to Poland

The magnificent compendium of archives, correspondence, manuscripts, books, world atlases, uniforms, artifacts and other materials collected through the years by Colonel Francis Kajencki, Colonel Joseph Ostrowidzki, and Dr. Kruszewski arrived from El Paso to Poland. The collection includes the legacy of Polonia in El Paso and represents a rich source of knowledge for historians about Polish emigration. The collection was donated by the General Casimir Pulaski Society of El Paso, and it is on display at the Central Archives of Modern Records in Poland.



Polish American Society of El Paso with Mayor receiving the Proclamation

October 30th, El Paso, Texas Polish Heritage Month Proclaimed in El Paso, Texas

Mayor of the City of El Paso proclaims November 2018 as Polish

Heritage Month in recognition of historic 100th Anniversary of Poland's Independence honoring the contributions of Poles to the world, as well honoring the people of Polish descent in the City of El Paso.

Niech żyje Polska!



Polish American Society of El Paso with Mayor receiving the Proclamation

October 31 – November 4th, Houston, Texas Polish Film Festival Houston Celebration 100 Years of Polish Independence

The Houston Film Festival was a tremendous success thanks to past Honorary Consul, Dr. Zbigniew Wojciechowski, who founded the event and volunteers. The Event featured 13 films, socials, and receptions with special guests. The last day of the Festival surprised all with two great movies and the story about them shared by the actress, Barbara Stachura, and the director, Magdalena Lazarkiewicz.

Day four of the film festival had the largest audience ever for "Squadron 303" and "The Clergy!". As for all great movies, everybody had different opinions and views, but we all were so glad we could see both films! The third day of the Polish Film Festival: meeting Filip Bajon, the director and Olga Bieniek, the producer of the film "The Butler," followed by a reception, great discussions and a spectacular evening.



Dr. Wojciechowski and friends at the Houston Polish Film Festival

November 3rd, Dallas, Texas Slavic Heritage Luncheon

Slavic organization of Dallas luncheon organized to celebrate, educate, and bring Slavic Cultures together and educate the public about the many unusual events taking place in the Dallas Slavic Circles.



Dallas Slavic Heritage Luncheon pictured from left to right: Martin Valko, Honorary Consul for Slovakia; Dr. Paul Magocsi, Professor of History and Political Science at the University of Toronto; Brian Allen Vaniček, Honorary Consul for the Czech Republic; Dr. Jim Mazurkiewicz, President of the Polish American Council of Texas, PNA Lodge 165 Houston.

November 4th, El Paso, Texas

Centennial of Poland's Independence Dinner, By the General Casimir Pulaski Society.

Honoring Contribution of Poles to the World and People of Polish Heritage and Friends of Poland in our City.



Submitted by: Jolanta Mazewski-Dryden

Photo Credits: Stan Aponiuk and James Smock

Celebration at the John Marshall Law School

On November 8th, 2018, The Polish American Law Student Association at The John Marshall Law School, hosted the Commemoration of Poland's 100th Anniversary of Independence. The event, hosted by the president of PALSA Caroline Mazurek, was an excellent opportunity to promote Polish heritage, and history amongst students, and faculty of the prominent Chicago law school.



Photo: Peter Serocki

Nagrody Dziedzictwa Polskiego 2018

7 października 2019, wydział na stan Illinois Kongresu Polonii Amerykańskiej przyznał doroczne wyróżnienia dla zasłużonych działaczy oraz instytucji podczas uroczystej, 49. gali, która zapoczątkowała obchody Miesiąca Dziedzictwa Polskiego w Chicago. Inauguracja Miesiąca Dziedzictwa zbiegła się z obchodami 100-lecia odzyskania przez Polskę niepodległości i 200-leciem przyłączenia Illinois do unii stanów amerykańskich.

Gości, wśród których byli m. in.: przedstawiciele lokalnych władz i administracji państwowej, sądow-

nictwa i służb publicznych, konsulatów generalnych RP i Węgier, organizacji polonijnych, środowisk zawodowych i biznesowych – powitał Michael Niedziński, prezes wydziału stanowego KPA. Uroczystość rozpoczęło wprowadzenie sztandarów przez żołnierzy Gwardii Narodowej stanu Illinois i ułanów Stowarzyszenia Przyjaciół Ułanów Polskich im. gen. Tadeusza Kościuszki i odśpiewanie hymnów narodowych przez Karolinę Baran, młodą utalentowaną wokalistkę. Gościem honorowym gali był Bruce Rauner, gubernator stanu Illinois.

Historia polskiej drogi do wolności została zaprezentowana w programie słowno-muzycznym przygotowanym przez pana Waltera Bochenka zatytułowanym „Oni dali nam wolność”. Gorąco okłaskiwane przedstawienie wykonał Zespół Pieśni i Tańca „Polonia” kierowany przez Annę Krysińską.

Wręczono prestiżowe Nagrody Dziedzictwa Polskiego, którymi uhonorowano osoby, wyróżniające się ofiarną służbą lub godną szacunku wzorową postawą obywatelską oraz organizacje, których działalność społeczno-kulturalna ma doniosłe znaczenie dla Polski i Polonii. Główną doroczną Nagrodę Dziedzictwa Polskiego otrzymał Frank J. Spula, prezes Kongresu Polonii Amerykańskiej i Związku Narodowego Polskiego, wydawca polskiej gazety codziennej „Dziennik Związkowy” i prezes stacji radiowej WPNA FM/AM.

Wyróżnienie za służbę publiczną wręczono Mary Sendrzej Anselmo, długoletniej działaczce wielu polonijnych organizacji, również byłej prezes wydziału Illinois. W kategorii partnerstwa i współpracy, w tym przypadku pomiędzy żołnierzami polskimi i żołnierzami Gwardii Narodowej stanu Illinois, zostali wyróżnieni generałowie Richard Heyes i Cezary Wiśniewski – attaché obrony przy polskiej ambasadzie w Waszyngtonie. Za wieloletnią



działalność filantropijną wyróżnienia otrzymali Grzegorz i Marzena Handzel, a redaktor Zofia Boris za 50-letnie prowadzenie audycji radiowych. W 2018 roku, który przez Senat RP został ogłoszony Rokiem Harcerstwa, musieli zostać uhonorowani przez wydział stanowy KPA chicagowscy harcerze. Nagrodę odebrała drużyna Barbara Niebrugge. Nagrodą specjalną prezesa wydziału stanowego Kongresu Polonii Amerykańskiej zostali wyróżnieni: Jan Kopeć, prezes Związku Klubów Polskich i Komitetu Parady Dnia Konstytucji 3 Maja i jego żona, dr Łucja Mirowska-Kopeć, rzecznik ZKP, wieloletnia pedagog Chicago Public Schools, zaangażowana w działalność licznych organizacji w Chicago i w Polsce.

Program wieczoru prowadzili ze swadą i poczuciem humoru drużyna Barbara Chałko i Jacek Niemczyk, generalny menadżer radia 103.1 FM. Uroczysty toast podczas bankietu wzniosła Micheline Jaminski. Modlitwę przed elegancką kolacją zmówił ks. Piotr Samborski, a polonezem z tancerzami Polonii rozpoczęła się wspólna zabawa uczestników wieczoru.

Jola Plesiewicz

Zdjęcia: Darek Pitka

Artykuł w całości oraz pełna galeria zdjęć: dziennikzwiazkowy.com

2018 Council of National Directors Meeting



The Annual Meeting of the Polish American Congress Council of National Directors in Chicago, October 18-20, 2018. Besides business matters and reports by national officers, there were informational sessions that provided information to those in attendance.

The PAC's guests were Polish Senator Jan Maria Jackowski, U.S. Congressman Dan Lipinski, and Chancellor of the Orchard Lake Schools, Reverend Mirosław Krol, and Margaret Schulz, a producer of the "Auschwitz Volunteer" film.

Professors Donald Pienkos and Professor James Pula gave presentations on the value and contributions of the Polish American Congress and the many eminent and notable Polish scientists, mathematicians, business leaders, and artists who have contributed greatly to the world in their respective fields.

Elections for Polish American Congress Executive Committee Officers were held. Elected for two year terms were:

Frank Spula	<i>President</i>
Rick Pierchalski	<i>First Vice President</i>
Timothy Kuzma	<i>Secretary</i>
Micheline Jaminski	<i>Treasurer</i>
Anthony Bajdek	<i>Vice President for American Affairs</i>
Bozena Kaminski	<i>Vice President for Polish Affairs</i>
Deborah Majka	<i>Vice President for Cultural Affairs</i>
Mark Pienkos	<i>Vice President for Public Relations</i>
Mary Anselmo	<i>Vice President for Financial Development</i>
Bozena Nowicka-McLees	<i>Vice President for Education & Learning</i>
Rick Mazella	<i>Vice President for Membership Development</i>

Following the meeting on Sunday, October 21, the Polish American Congress was one of the major sponsors of the "Songs of Freedom" concert celebrating the 100th anniversary of Poland regaining its independence. The concert was held at the Chicago Symphony Center. Over 2400 guests were in attendance. Performing were the Paderewski Orchestra, as well as performers from Poland and Chicago.

Dr. Mark Pienkos, National Vice President for Public Relations



„Przeboje Niepodległej”



Koncert „Przeboje Niepodległej” był jednym z najjaśniejszych punktów w szeregu wydarzeń świętowanego w tym roku przez Polonię chicagowską stulecia odzyskania niepodległości Polski. Przygotowany wspólnie z wybitnymi artystami z kraju nad Wisłą, odbył się w niedzielę 21 października w chicagowskim Orchestra Hall at Symphony Center, miejscu podkreślającym jego znaczenie dla amerykańskiej Polonii.



Przed publicznością wypełniającą salę chicagowskiej filharmonii wystąpiła Orkiestra Symfoniczna im. Ignacego Jana Paderewskiego (PaSO) pod dyktando Wojciecha Niewrzoła oraz gwiazdora polskiej sceny muzycznej, Janusza Stokłosa, chóry PaSO – również dziecięcy, Tre Voci – trzech polscy tenorzy – oraz soliści z Chicago i z Polski. Koncert prowadzili dyrektor PaSO Barbara Bilszta i krytyk muzyczny Zbigniew Banaś.

Pierwsza część koncertu była poświęcona piosenkom żołnierskim, nierozłącznie związanym z polską

historią, zawsze budzącym w Polakach wzruszenia. Nastrój zmieniał się od wspaniale zaśpiewanej przez trzech tenorów – Miłosza Gałaja, Mikołaja Adamczaka i Wojtka Soko – „Pierwszej Brygady”, do której momentami włączała się publiczność. Dziecięcy chór Akademii Muzycznej PaSO poruszył słuchaczy nie tylko wykonaniem „Warszawskich dzieci”. Teatr Tańca „Wici” zauroczył widzów wdzięcznymi tańcami do muzyki m.in. Chopina, w choreografii Magdaleny Solarz. Nie było niespodzianką wysłuchanie „Czerwonych maków” w wykonaniu Tre Voci. Piosenka traktowana w PRL-u, jako nieoficjalny polski hymn, niesie szczególne emocje dla chicagowskiej Polonii, która przez wiele lat znała autora słów, Feliksa Konarskiego Ref-Rena. Wieńcząca pierwszą część, powstała w końcu XIX wieku w Stanach Zjednoczonych, pieśń „Marsz, marsz Polonia”, poderwała publiczność na nogi.

Po przerwie, były piosenki, które polscy imigranci pamiętają. Teksty pisane w latach trzydziestych i później przez znanych poetów, jak Julian Tuwim, Agnieszka Osiecka czy Wojciech Młynarski, i muzyka m.in. Wojciecha Kilara, Tadeusza Sygietyńskiego, Zbigniewa Wodeckiego czy Czesława Niemena, rozmarzyły starszych i młodszych. Wspaniali wokaliści – Tre Voci, Mirosława Sojka-Topór, Mariola Napieralska, Karolina Baran i Jan Król – znakomicie wchodzili w styl

i nastrój tamtych czasów, a czaru dopełniała orkiestra pod niepohamowanie dynamiczną batutą Janusza Stokłosa.

Największą jednak niespodzianką artystyczną koncertu była Mariola Napieralska, ku naszej radości łącząca w swojej biografii Polskę z Chicago, gdzie kończyła studia muzyczne i przez kilka lat śpiewała. Koronny utwór Niemena „Dziwny jest ten świat” wykonała tak ekspresyjnie, jak Niemen.

Koncert zakończyła długotrwała owacja na stojąco. Tak Polonia dziękowała za długą i piękną dawkę patriotycznych przeżyć, które pozostaną w naszej pamięci, jako muzyczny wyraz stulecia odzyskania niepodległości.

Koncert sponsorowali: Senat RP, Stowarzyszenie Wspólnota Polska, Polish National Alliance, Copernicus Foundation, Illinois Council of Performing Arts, City of Chicago, Dr Jadwiga Roguska-Kyts Foundation, Adam Mickiewicz Institute, Fundraising Committee of the Paderewski Orchestra, Polish American Congress Illinois Division, Sling Television, Oak Mill Bakery, Shop and Save. Głównymi partnerami medialnymi byli „Dziennik Związkowy” i Radio WPNA 103.1 FM.

Krystyna Cygielska
Zdjęcia: Dariusz Lachowski

Artykuł w całości oraz pełna galeria
zdjęć: dziennikzwiazkowy.com

Bieg Stulecia 2018

Był to pokaz polonijnej siły i dumy w sercu Chicago! Dziesięciokilometrowy Bieg Stulecia, upamiętniający setną rocznicę odzyskania przez Polskę niepodległości, zgromadził na starcie 1918 zarejestrowanych biegaczy, którzy za dotarcie do mety otrzymali piękne, specjalnie na tę okazję zaprojektowane medale. Wiele osób przyjechało nad jezioro Michigan by dopingować uczestnikom lub nawet indywidualnie spróbować sił na trasie.



W poczuciu dumy i jedności, po krótkiej rozgrzewce przygotowanej przez „Dzika Fitness”, odśpiewaniu hymnów narodowych i kilku budujących słowach od konsula RP Piotra Janickiego, prezesa PNA Franka Spuli oraz gospodarza biegu, menadżera generalnego radiostacji

WPNA 103.1FM Jacka Niemczyka, 11 listopada o godzinie 11:11, na trasę przy jeziorze Michigan wyruszyli ubrani w specjalne koszulki i



polskie barwy biegacze. Był to widok niezapomniany dla tych, którzy w biegu uczestniczyli, oraz dla tych, którzy obserwowali biało-czerwona wstęgę biegaczy. Doznanie radości, dumy i patriotyzmu, które pozostanie w sercu na zawsze.

Zwycięzcą biegu został Damian Bednorz, który już po 36 minutach i 32 sekundach przekroczył linię mety, tuż za nim przybiegli Jacek Kafel i Krzysztof Bąk. Aneta Ziemiańska, Justyna Tylka i Magdalena Mrozek były najszybsze wśród kobiet, a najmłodszym triumfátorem został 12-letni Patryk Jankowski. Jednak wszyscy, którzy dobiegli lub doszli do mety byli zwycięzcami tego dnia.

Bieg Stulecia został zorganizowany przez należącą do Związku Narodowego Polskiego radiostację WPNA 103.1 FM, przy wsparciu teŹe organizacji, Dziennika Związkowego, Aetna Health Insurance i Greenridge Farm, która zapewniła uczestnikom pyszne kiełbaski.

Imponująca galeria zdjęć z Biegu Stulecia: dziennikzwiazkowy.com





„Marsz, marsz Polonia”

Muzyka i słowa: autor nieznany

Rozproszeni po całym świecie, gnani w obce wojny.

Zgromadziliśmy się przecie w jedno kółko zbrojne.

Marsz, marsz, Polonia, ty dzielny narodzi.

Odpoczniemy po swej pracy w ojczystej zagrodzie.(bis)

Z wiosną zabrzmi trąbka nasza, pocwałużą konie.

Stawą polskiego pałasa zabrzmią nasze błonie.

Marsz, marsz, Polonia...

Przejdziem Litwę, przejdziem Wołyń, popasiem w Kijowie.

Zimą przy węgierskim winie staniemy w Krakowie.

Marsz, marsz, Polonia...

Od Krakowa bitą drogą do Warszawy wrócim.

Co zastaniem, resztę wroga za tę Wistę wrzucim.

Marsz, marsz, Polonia...

Nad królewski gród zhańbiony wzleci orły białe.

Hukną działa, jękną dzwony, Polakom na chwałę.

Marsz, marsz, Polonia...

Marsz, marsz Polonia

muzyka i słowa: autor nieznany

Chord progression and lyrics for the song "Marsz, marsz Polonia". The music is in 4/4 time, key of F major (three flats).

Lyrics:

Roz - pro-sze - ni po wszem świe-cie gna - ni w ob - ce woj - ny.

Zgro - ma-dzi - liś - my się prze- cie, w jed - no kół - ko zbroj - ne.

Marsz, marsz Po - lo - nia, nasz dziel-ny na - ro - dzie, od - po-chnie-my

po swej pra - cy, w oj - czy-stej za - gro - dzie. gro - dzie.



Marsz, marsz Polonia (1863)

Historia tej anonimowej pieśni jest tak złożona, jak polskie losy w XIX wieku. W czasie powstania listopadowego, w grudniu 1830 roku, powstała w Kaliszu „Pieśń ułanów kaliskich”, skomponowana na melodię „Mazurka Dąbrowskiego” i częściowo nawiązuje do jego tekstu. W tym czasie znana była, jako „Marsz Czachowskiego”. Pułkownik Dionizy Czachowski był powstańczym naczelnikiem Rządu Narodowego dla województwa sandomierskiego i jednym z najstojniejszych dowódców pierwszych miesięcy powstania.

Po upadku powstania styczniowego w 1864 roku dawny „Marsz Czachowskiego” doczekał się licznych przeróbek i zyskał znaczną popularność, szczególnie wśród polskiej emigracji w obu Amerykach, gdzie nazywany był „Pieśnią Polaków”, lub „Marszem Polonii” („Marsz Polonia”). W czasie I wojny światowej pieśń była śpiewana przez ochotników „Błękitnej Armii” generała Józefa Hallera, wywodzących się z amerykańskiej Polonii oraz żołnierzy Legionów Polskich.

W czasach II Rzeczypospolitej „Marsz Polonii” był często śpiewany przez harcerzy. Na przestrzeni czasu, pieśń zmieniała się i doczekała wielu wersji i wielu zwrotek. Współcześnie, utrwalona w okresie międzywojennym wersja utworu, jest wykonywana przy okazji uroczystości patriotycznych i polonijnych zarówno w kraju, jak i za granicą.

AK

Zdjęcia: archiwum PNA

Opracowane w oparciu o spiewnikniepodleglosci.pl



Władysław Benda, Plakat rekrutacyjny Armii Polskiej we Francji.



An Empty Seat at the Polish Christmas Table



Christmas traditions are some of the most enchanting parts of Polish culture and heritage. Leaving a chair empty at the Christmas table may be one of the most popular customs, but very few people know where it originates from. This commonly observed custom is very well-matched with traditional Polish hospitality, a trait Poles have always been very proud of. Indeed, Poles strongly believe in an old saying, which has it that “a guest at home is God at home.”

There are some theories on why Poles leave one chair and table setting empty on the table during the most important supper of the year.

The Pagan Ritual

Many Polish traditions derive from pagan rites because the lands that became Poland, before their baptism and conversion to Catholicism, had their own system of Slavic pagan beliefs. One of these rituals was called “obiat.” It was a big feast in memory of ancestors and recently-deceased tribe members. A participant would have to sweep their empty chair before sitting at the table to excuse the soul that might be seated on it. After everyone had finished eating, the table was supposed to be left as is for a few hours so that the dead could take their turn in the banquet. After Poland’s baptism, this tradition became adopted into the new reality. In its early Christian form, the empty seat was being

left to commemorate those who had passed away earlier in the year. Since many pagan Slavic traditions were transformed into Christian customs, and remain popular despite the 1050 years of Christianity in Poland, this theory has its merits.

The Holy Bible

The Holy Family-to-be had to travel to Nazareth in Judea despite the Virgin Mary being heavily pregnant. Baby Jesus was born in Bethlehem in a humble stable. The story of Mary and Joseph wandering and looking for shelter is said to be another possible source of the empty chair tradition. Perhaps, it is to remind us that we should be ready to accept an unexpected guest, and never turn away somebody in need. This theory perfectly agrees with the saying “a guest at home is God at home.”

The January Uprising

In the mid-19th century, Poland had been partitioned by its three hostile neighbors; Russia, Prussia, and Austria, with each of them imposing a strict policy for eradicating Polish culture and language on occupied lands. Poles couldn’t tolerate foreign occupation, and every few decades of the partitions took part in massive uprisings. One of the biggest, triggered by the forced enlistment of Poles into the Russian Army, was the January Uprising in 1863. The rebellion started in Warsaw and spilled over into other partitioned Polish lands. It soon turned into several months of paramilitary war against overwhelming occupant forces and, tragically, led to the massive deportation of captured insurgents to Siberia. The empty chair tradition gained a new dimension. It was not only left for ancestors or an unexpected guest but in memory of those who had been deported east, to strengthen the hope of their comeback.

Perhaps all these theories are by some means accurate. This Polish tradition has evolved according to the circumstances, but remained an essential part of celebrating Christmas, and is definite proof of Poles’ well-known hospitality.

Source of information: culture.pl

AK

The Breaking of the Opłatek



The Christmas wafer called *opłatek* (pl. *opłatki*) is a central European Christian Christmas tradition celebrated mostly in Poland, but also in Lithuania and some parts of Slovakia during wigilia, the Christmas Eve supper.

The tradition of the *opłatki* originated in Poland during Early Christian times and continued through the tumultuous 17th century. It was part of the Polish nobility (szlachta) culture. In the 19th century, in the aftermath of the partitions of Poland, it gained patriotic connotation as the common wish during sharing of *opłatek* became the wish for Poland to regain its independence. In the 20th century, it went beyond families, and gained more popularity.

The meaning of the Christmas wafer represents the Eucharistic meal that Catholics participate in at each Mass. The wafer, similar to Communion hosts, symbolizes forgiveness and reconciliation. This symbolism is deepened by the fact that the name of the town where Jesus Christ was born, Bethlehem, means "House of Bread," which makes the *opłatki* tradition a lovely way to celebrate the charity and unity so characteristic of the Christmas season.

Just before the Christmas Eve meal, the entire family will gather around the table with the *opłatki*. Usually, the eldest member of the family will begin the ritual by breaking off a piece of the wafer and passing it to another family member with a blessing consisting of what you desire for your loved one in the upcoming year - good

health, success, or happiness. The wafer passes from person to person until all have had a piece and all have been given blessings. The purpose of this act is primarily to express one's unconditional love and forgiveness for each other. Many families purchase *opłatki* and include the wafers in Christmas cards to family members in distant locations. The tradition can easily be shared in this way with anyone around the world!

Although the human members of the family primarily enjoy this tradition, even the family pets can partake in this ritual. Traditionally, this corresponds to the animals that were the first to greet Christ at his birth.

The *opłatki* are simple wafers baked from flour and water usually embossed with Christmas-related religious images, such as the Nativity. The tradition of the breaking of the *opłatek* is very easy and meaningful. All it requires is a wafer, affection, and willingness to share it with those around you.

AK



„Opłatek”

*Jest w moim kraju zwyczaj, że w dzień wigilijny,
przy wejściu pierwszej gwiazdki wieczornej na niebie,
ludzie gniazda wspólnego łamią chleb biblijny,
najtkliwsze przekazując uczucia w tym chlebie.
Ten biały kruchy opłatek, pszena kruszyna chleba,
a symbol wielkich rzeczy, symbol pokoju i nieba.
Na ziemię w noc wtuloną, Bóg schodzi jak przed wiekami.
Braćmi się znowu poczyńmy, przebaczymy krzywdy, gdy trzeba.
Podzielmy się opłatkiem, chlebem pokoju i nieba.*

Cyprian Kamil Norwid

Winter in 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 ...



I hope you don't think that it is too cold and freezing to visit Poland in winter. There are places in Poland that look amazing in winter, and that doesn't just mean the Tatra Mountains. There's much more to winter holidays in Poland than just skiing. Try bison tracking, go on a sleigh ride, or relax in a winter spa...

The Baltic Coast



The Baltic Sea looks stunningly beautiful during the coldest months of the year. One of the biggest



advantages of winter stay over the Baltic is the high concentration of iodine, which has considerable health benefits. This is the perfect place for stressed and overworked people, because peace and quiet are ubiquitous. It is especially worth visiting the Hel Peninsula. You can do

cross-country skiing, Nordic walking or watching nature. The Old Town in Gdansk is gorgeous at any time of the year, Kołobrzeg offers health baths in its famous salt springs or in locally harvested mud. There are plenty of fresh fish to eat that supposedly tastes better than during summer.





The Masurian Lakes

The frozen Masurian Lakes create an astonishing atmosphere that dreamily favors romantic journeys. In winter, life on the lakes does not disappear. Instead of sailing yachts, sailboats move on the ice. When the winter is exceptionally long and cold, you can experience the unforgettable Mazurian “sleigh”. Instead of horses, a special airboat will take you for a ride, or rather slide on the lake. There is a reason for Giżycko, located between two large lakes that have navigable connections to other surrounding lakes, to be called the sailing capital of Poland. The winter scenery of the Masurian Lakes is just breathtaking.



Białowieża Forest

There’s nothing quite like going bison tracking in the winter. Searching for these majestic animals in the snow-covered wilderness can be a thrilling experience. The last remaining primeval forest in Europe is home to about 500 specimens of European bison. Designated guides take tourists on wildlife tours all year round. The

village of Białowieża lies deep in the forest and has great accommodations for those wishing to stay there overnight. If you are longing for serenity, and reconnecting with nature, Białowieża is the place to go. Perfect destination for those who wish to tune out for a while.

Karkonosze Mountains

Karpacz is a small, picturesque town situated at the foot of the Giant Mountains (Karkonosze), worth visiting for the wide range of winter activities it offers. It is an ideal place for those who are entering the world of downhill cross-country skiing and ski touring. There are many picturesque hiking trails, where you can walk, and many places and monuments worth visiting such as



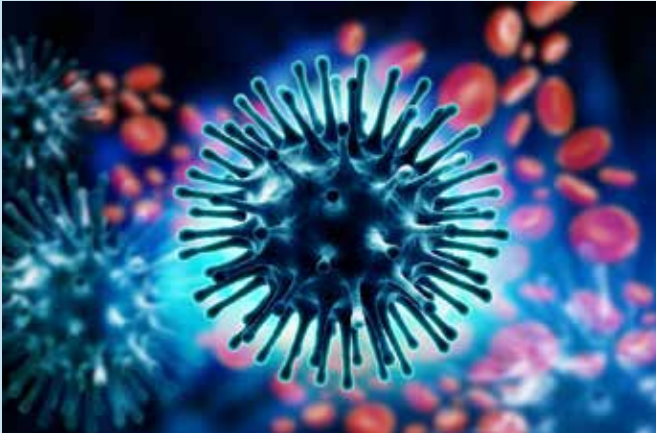
The Wang Temple, the only Scandinavian monument of Romanesque architecture in Poland.



Poland is a really beautiful country all year long, so if you decide to travel there this winter, I’m sure, no matter what your destination, you won’t be disappointed.

AK

Influenza Virus – Know the Facts, Reject the Myths



Influenza, or the Flu, and sometimes also referred to as the gripe, is a respiratory infection caused by many different viruses that pass through the air and enter your body through your nose or your mouth. Up to 20% of people in the United States get the flu each year, and it can be deadly for the elderly, newborn babies, or people with certain chronic illnesses. Is it a cold or the flu, you may ask? How can you tell? Colds rarely cause a fever or headaches. Flu almost never causes an upset stomach, and “stomach flu” isn’t the flu at all. It is a form of gastroenteritis.

Most people recover from the flu without medical care if they have a mild case. They should stay at home and avoid contact with others, except when seeking medical care. The flu can cause secondary disease and infection and may require medical attention and medicine to help the body fight off infection. The main protection from

getting the flu is to get a flu shot. Flu symptoms come on suddenly and are worse than symptoms of the common cold.

Flu Symptoms

- Chills
- Fever
- Cough
- Body or muscle aches
- Headache
- Sore throat

What’s New with the Flu in 2018/2019?

- Flu vaccines have been prepared to match circulation viruses better.
- The current nasal spray flu vaccine is a recommended option for vaccination for people who are unable to receive the injection.
- Almost all shots will have four different virus components. No trivalent vaccines will be available this season.
- All selected viruses will be grown in cells to produce the components of Flucelvax.
- No intradermal vaccine will be available; only a muscle injection will be required.
- The age recommendation for “Fluarix Quadrivalent” was changed from 3 years old and older, to 6 months and older as approved by the Food and Drug Administration.
- The Food and Drug Administration has also approved the age recommendation for “Afluria Quadrivalent” for people age 5 and older, instead of age 18 and older.
- High dose shots are recommended for individuals age 65 and older. This vaccine contains an adjuvant, or an ingredient added to the vaccine to create a stronger body immune response to the vaccination.
- Vaccines that are made with the virus grown in cell cultures are approved and available.
- Vaccines using vaccines made from technology that does not require the use of the flu virus have been approved.
- Live weakened flu vaccine, or a nasal spray vaccine is an option for persons who the health care provider designates it to be appropriate.



- Although there are different forms of the flu vaccine, the Centers for Disease Control and Prevention have approved them all and did not recommend one more than another.

There are many different influenza (flu) viruses, and they are continually changing. The 2018/2019 flu vaccine will protect against the viruses that the researchers determine to be the most common and problematic for the population.

When Should I Get My Flu Shot? Flu vaccines cause your body to develop antibodies (cells to help fight off the flu virus infection when you are exposed to the flu). It takes about two weeks' time from when you received the flu shot to develop the protection. There are different types of flu shots, so ask your healthcare provider which one is best for you. It would be best if you got the flu shot as soon as possible. We are in the beginning stages of the flu season. Don't wait until the holiday season when people gather and share the closeness, allowing the flu viruses play havoc with you and your family/friends. The Centers for Disease Control and Prevention recommend that you get the flu vaccine by the end of October, but as late as January or possibly later, are acceptable. Some children, ages 6 months to 8 years, may need two doses and should start earlier in the season because the doses must be given at least four weeks apart. Everyone age 6 months and older should receive the flu vaccine every year barring exceptions identified by your health practitioner.

Egg Allergies and the Flu Vaccine. If you have an allergy to eggs and only experience hives after exposure to eggs, you can get any licensed flu vaccine that is age and health appropriate. If you have symptoms other than hives, such as swelling, respiratory distress, lightheadedness, or have needed medical assistance, you should get the flu shot in a medical facility where health care professionals can supervise them. People with egg allergies no longer need to wait 30 minutes after receiving the vaccine.

Flu Activity This Season. Although it is impossible to accurately predict the severity of any flu season before it begins, history can provide some clues. Flu viruses are constantly changing; therefore, new viruses appear every year. The United States experiences annual seasonal flu epidemics. Influenza activity usually begins in October/November and peaks between December and February and can last as long as into May. Flu viruses can occur year round but are most prevalent during the peak season. People can be infected with the flu virus differently: some with a mild case; some with symptoms requiring



medical attention, yet treatable at home; some require more intensive treatment with hospitalization, and some people may die from the flu. It is hardly worth it to take a chance of preventable death by not getting a flu shot.

Prevention. There are several actions that you can take to protect yourself from the flu.

- The most important is to get a yearly flu vaccine for everyone 6 months and older.
- Stay away from people with cold or flu symptoms.
- Wash your hands frequently, especially when touching people/objects that are possibly exposed to contamination of the flu or other germs.
- If you are sick with the flu, stay home and avoid spreading the flu virus to others.
- There are prescription drugs called antiviral medications that may help to treat the influenza illness.

Misconceptions about Seasonal Flu and Flu Vaccines

1. Can a flu vaccine give you the flu? This is one of the most often asked questions by many people. It is a common reason that individuals refuse getting vaccinated because they genuinely believe that the answer is "yes." The answer is a resounding "NO." Flu shots are made in two ways: either with a) flu viruses that have been killed and are not infectious, or b) by using only a single flu virus gene, not a full virus, to produce an immune response without causing the flu. This process is referred to as a recombinant influenza vaccine.
2. The Centers for Disease Control and Prevention (CDC) does not recommend one type of vaccine over another, as long as the vaccine is licensed and age appropriate. The nasal spray vaccine, unlike the flu shot, does contain live, weakened flu viruses that



do not cause flu illness.

3. Is It Better to Get the Flu Than the Flu Vaccine? “NO.” The flu can be a serious disease, especially for young children, older adults and people of all ages with chronic health conditions, such as asthma, heart disease or diabetes. The risk exists for serious flu complications, hospitalization or death, even among otherwise healthy children or adults. It would seem a no-brainer: getting vaccinated is a safer choice than risking flu illness upon yourself or others.
4. Do you need the flu vaccine every year? Yes. The body’s immune system does not offer protection against the flu from year to year. The immune protection declines over time and does not last more than six months.
5. Why do some people not feel well after getting the seasonal flu vaccine? Mild reactions, such as soreness, redness, tenderness or slight swelling may occur where the shot was given and may last 1-2 days. Severe reactions are infrequent and occur within a few minutes to a few hours after receiving the shot. Seek medical attention- effective treatments are available.
6. What if I get the seasonal flu vaccine and still get the flu? There are many strains of the flu virus. The shot only protects against the four thought to be the worst. Also, there are other respiratory viruses with similar symptoms as the flu. The flu vaccine only protects against influenza. Another explanation is that it is possible that you were exposed to the flu virus shortly before being vaccinated or within the 2 weeks that it takes to build up your immunity against the flu after receiving the flu shot.
7. Getting the flu shot may not protect you from getting one of the flu viruses that are not part of

the vaccine, but it can make the illness less severe because of your increased immunity as a result of having had the flu shot.

In conclusion, there are many reasons to get a flu shot every year.

- Flu vaccination can protect you from getting sick with the flu.
- It can reduce the risk of flu-associated hospitalizations for children and adults.
- It is a preventive tool for people with chronic health conditions.
- Helps protect women during and after pregnancy.
- Can be life-saving for children.
- Flu vaccination has been shown to reduce the severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may protect people around you, such as those more vulnerable such as babies, young children, older people and those with certain chronic health conditions.

So, get your flu shot today. You will be glad that you did!



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Jak zapobiec grypie?

Wirus grypy atakuje w okresie jesienno-zimowym, gdy spada odporność organizmu, co jest spowodowane wychłodzeniem ciała oraz częstymi infekcjami górnych dróg oddechowych. Grypa jest poważną chorobą, może przebiegać w burzliwy sposób i dać bardzo niebezpieczne powikłania. Nieleczona w sposób prawidłowy, stanowi zagrożenie dla naszego zdrowia, a nawet życia. Jak zapobiec grypie?

Szczepienia ochronne przeciw wirusowi grypy są najskuteczniejszą metodą zapobiegania chorobie. Szczepionka przeciwko grypie chroni przed zachorowaniem na czas od 6 do 12 miesięcy, jest zwykle dobrze przez organizm tolerowana, chociaż niekiedy mogą wystąpić działania niepożądane, np. zaczerwienienie, ból w miejscu infekcji, niewielki obrzęk, objawy grypopodobne, które nie stanowią zagrożenia dla zdrowia pacjenta.

Warto **budować odporność organizmu**. Ciągłe zmęczenie, nadmiar stresu, brak prawidłowej ilości snu sprzyjają przemęczeniu organizmu. W konsekwencji dochodzi do obniżenia naturalnej odporności oraz zwiększenia podatności na infekcje. Profilaktyka grypy polega między innymi na aktywności fizycznej na świeżym powietrzu (długi spacer, bieganie, jazda na rowerze) oraz odpowiednio długim śnie.

Okres jesienno-zimowy sprzyja wychłodzeniu organizmu, dlatego



należy **zadbać o odpowiedni ubiór**. Zarówno silne przegrzanie, jak i wychłodzenie organizmu są niekorzystne dla zdrowia i przyczyniają się do zapadania na różne infekcje.

W sezonie jesienno-zimowym trzeba szczególnie **zastoszyć się o zdrowe odżywianie**. Posiłki powinny być zbilansowane i bogate w witaminy i minerały. Warto zwrócić uwagę na witaminę C, która wspomaga naturalną odporność, jak również zjadać większe ilości owoców i warzyw, w których się znajduje. Jej źródła to owoce cytrusowe, czerwona papryka, szpinak, kalafior, brokuły. W diecie nie powinno zabraknąć kwasów omega-3 (znajduje się on w rybach, owocach morza, migdałach i orzechach) oraz cynku (mięso, jaja, warzywa).

W okresie zachorowań na grypę należy pamiętać o **częstym myciu rąk** ciepłą wodą z mydłem. Higieny dłoni należy przestrzegać zwłaszcza po kontakcie z chorym na grypę lub jego rzeczami, po powrocie ze szkoły, pracy lub sklepu. Wirus grypy łatwo atakuje błony śluzowe nosa i jamy ustnej, dlatego nie powinniśmy dotykać tych miejsc brudnymi rękami.

Jeśli to możliwe, **należy unikać miejsc, w których przebywa dużo ludzi** oraz bliskiego kontaktu z osobami kichającymi bądź kaszlącymi. Kiedy zauważymy u siebie pierwsze objawy grypy, powinniśmy zostać w domu i niezwłocznie rozpocząć leczenie.

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