

“Together – We Can and We Will”

ZGODA



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

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Merry Christmas
Wesołych Świąt

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Branicki Palace in Bialystok
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President's Corner

December 2019

A Christmas Message.

As we approach an end to another year, we can be grateful for all the good that we have encountered. Here, at the Polish National Alliance, it certainly has been a busy and exciting year. We hosted our 48th Quadrennial National Convention for the first time in Phoenix, Arizona.

As President of this organization, I'm grateful to the Officers, Directors, and Employees with whom I work. They are the ones who contribute to the success of the Polish National Alliance. I'm especially grateful to the members who comprise this organization.

This coming February of 2020, the organization will be celebrating a milestone- 140 years of existence. Over this period, over two million individuals have been members, and hundreds of millions of dollars in benefits have been paid. This is a landmark of which our founders would be proud.

Since the founding of our organization in 1880, we've focused on giving back to the Polish American community. In our early days, we focused on formal meetings, ceremonies, etc....while today, we serve our community through various programs.

Though we've altered with the times to meet the needs of our members, one thing remains the same; the Polish National Alliance is a source of financial strength that will protect families for generations to come and contribute to the community.

At Christmas time, we tend to reflect on the treasures of our own family. More than any gift or toy, let us share our many blessings with others now and in the year to come. Instead of concentrating on buying something for our loved ones, shouldn't we focus on protecting them? Perhaps we should also protect ourselves?

As responsible individuals, we provide for our families in a multitude of ways. Shouldn't one of the ways be the miracle of life insurance? Life insurance provides security for your family if something happens to you, and gives you peace of mind.

This is applicable whether you are single, married, with or without children. The cost of living has been increasing every year, from household expenses to education. In the event that something happened to the primary income provider, how would the survivor be able to manage? Would there be money for the house payment, auto, living expenses, or college? This is something to consider, and you are the only one that knows the answer to that.

I hope you keep this in mind, and consider reviewing your needs this holiday season.

In closing, this is a season of giving. As we reach out to family and friends, I hope we'll also open our hearts to those who are lonely and in need. This action expresses the true meaning of Christmas. We must reflect upon the love we have for others and the joy we take in giving ourselves to those who are less fortunate.

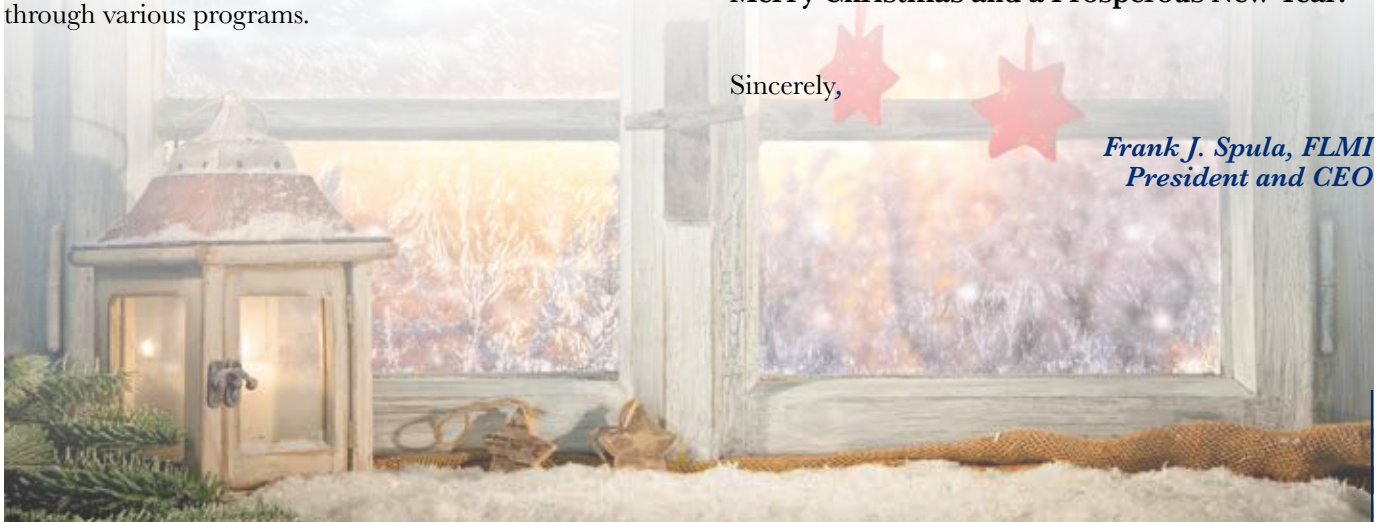
It's never too late to touch a life and maybe change the world forever for someone.

I wish that Santa brings you the gift of never-ending happiness this Christmas. May you, your family, and friends be blessed abundantly.

Merry Christmas and a Prosperous New Year!

Sincerely,

Frank J. Spula, FLMI
President and CEO





From the Editor

December 2019

Dear Members,

I hope 2019 was a good year for you. For me, it was a swift one!

The 48th Quadrennial Convention was a great success thanks to the Delegates diligently reviewing the reports, and approving By-Laws changes necessary to move our organization forward. Please, check the next *Zgoda* issue for the updates.

I want to congratulate my fellow Officers and Directors for their commitment and efforts on behalf of the organization. Thank you to our PNA employees for providing Members with the best customer service and genuinely caring for the organization.

As *Zgoda's* Editor-in-Chief, I would like to extend words of appreciation to my team- graphic designer Ewa Krutul, assistant editor Beatrice Jedrycha, and health contributor Teresa Sruziak Sherman- for their input to the publication.

This *Zgoda* issue will take you to my favorite part of Poland – Podlasie. I was born and raised in Białystok and visit my hometown every year. I hope that after reading about this unique region you will be inspired to travel there at any time of the year. A couple of years ago, Białystok was named the number 1 place to retire in Poland for its picturesque location with plenty of opportunities for outdoor activities, air quality, safety, a friendly atmosphere, a diversified culture, and affordability.

I would like to wish you a very Merry Christmas and best of health, luck, and prosperity for the upcoming Year 2020.

Most Respectfully,

Alicja Kuklińska, Editor-in-Chief



W Dzień Bożego Narodzenia


Wszystko jest, jak przed rokiem:
na szybach srebrne kwiaty
i ten sam obraz w ramach okien;
świat biały, jak opłatek...
Będzie wilia! - Uśmiechną się ludzie,
do świątecznej zasiądą wieczerzy -
błogosławiony grudzień!
„W żłobie leży - któż pobieży...”
Pomyśl: na cudzej ziemi wśród obcych,
tacy jak ty młodzi chłopcy
i małe dziewczęta
zaśpiewają tę samą kolędę.
Pamiętaj: będą
ludzie smutni, opuszczeni,
niepotrzebni nikomu -
i nikt z nimi słowa nie zamieni,
nie zaprosi do swego domu...
Weź do ręki biały opłatek,
choćbyś nawet nie miał go z kim dzielić -
i życz szczęścia całemu światu
niech się wszystkie serca rozweselą!

Żdzisław Kunstman

***Pogodnych i pełnych radości
świąt Bożego Narodzenia oraz
zdrowia, szczęścia i pomyślności
w Nowym Roku,***

*życzy serdecznie czytelnikom Żgody
zespół redakcyjny:*

*Alicja Kuklińska, Ewa Krutul,
Beatrice Jedrycha*



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

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From the Manager of Sales

December 2019

Dear Members,

If you are reading this Zgoda magazine in December, you still have until the end of the month to take advantage of two special promotions for kids. A lot of parents, grandparents, and godparents have already provided a gift that lasts a lifetime. Why shouldn't you?

Special Gift for Christmas features our **Single Premium Whole Life Insurance Plan** with a discounted premium of 5% for children from birth to age 15. The one-time premium payment provides coverage for a lifetime. Coverage amounts start from 10,000, but you can purchase higher coverage amounts such as \$25,000, 50,000, 75,000, and higher.

Twenty Pay Life Plan of Insurance is very popular, affordable, and provides insurability during your child's, grandchild's, or godchild's lifetime. It offers opportunities to participate in great programs provided by the PNA. During this promotion, we will include a thoughtful gift that will arrive by Christmas morning.

Please remember, both promotions are through December 31st, 2019. Do not delay. Call your local Sales Representative or the Polish National Alliance Membership Department at 1-800-621-3723 ext. 330 (Jolanta) or 344 (Halina) for additional information about how you can take advantage of these plans.

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

If your New Year Resolution calls for providing financial security for your family, ask for our life insurance rates; they are more affordable than you think.

Thank you for being our loyal member.

Best wishes for a healthy, happy Christmas and a prosperous New Year!

Wesołych Świąt Bożego Narodzenia i szczęśliwego Nowego Roku!

Jolanta Walaszek
Manager of Sales



Special Gift for Kids You Love and Care Abouts!

With purchase of a 20 Pay Life Certificate for your child during the 2019 promotion, a thoughtful gift should arrive before Christmas morning.



Special Gift for Christmas

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

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

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

The Single Premium Plan provides:

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

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

Higher amounts available. Generally no medical required.



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

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

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

1. Affordability

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

2. Cash Value

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

3. Future Insurability

Permanent life insurance provides a lifetime of protection. If your child develops a disability or chronic illness later in life, it will become hard and

more costly, if not impossible, to obtain life insurance.

4. PNA Membership

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

5. Gift

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



Polish National Alliance

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

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



The Polish National Alliance of the U.S. of N.A.

Will be celebrating its 140th Birthday
on February 15, 2020

1880-2020

Since 1880, the PNA is financially
protecting Polish American families
through life insurance and annuities,
and offering fraternal benefits.

It is the largest Polish American
Fraternal Benefit Society.

It is one of the 25 leading Life
Insurance Companies
in the United States.

The Polish National Alliance
operates solely
for the benefit of its most valuable
asset- its Members.

Thank You for Your Membership

Polish National Alliance Scholarship Program

Deadline is April 15th, 2020



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 2020 semesters.

Full-time students who will be Sophomores, Juniors
and Seniors in the Fall 2020 semester qualify for scholarships.
Incoming freshmen do not qualify.

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

You may also request the Application by e-mailing:

fraternal@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.

110th Anniversary of Lodge 1052 in Pittsburgh

On November 9, 2019 Lodge 1052 West End Pittsburgh celebrated its 110th anniversary. The event was held at the DoubleTree Hotel, Greentree, PA, with 270 guests.



Janet & Val Pawlos

Festivities opened with the singing of both the Polish National Anthem and the Star-Spangled Banner. Master of ceremonies and former National Director, Joseph Kaminski, had opening remarks. He introduced Mr. Joe Twardy to give the dinner prayer. Mr. Keith Smith had



Sean Jackson & Richard Tyszkiewicz

a toast honoring all past, present, and future members of Lodge 1052. While dinner was being served, the Strolling Strings of North Allegheny High School performed by walking

between the tables playing classical music. There were around ninety students. After the dinner, Mr. Kaminski introduced the officers and Board of Directors of Lodge 1052. The work for this event is because of all these people: President Mark Pawlos, Vice President Keith Smith, Treasurer Joe Kaminski, Secretary Tracy Smith, Financial Secretary Steve Verbanets, Insurance Secretary Jeff Twardy, Board of Directors, Pat Adamson, Steve Kulback, Mike Pawlos, Fred Smallhoover, Jim Meinzer and Frank Mozuch who is also club steward. Mr. Kaminski then acknowledged



Marlene & Joseph Kaminski

all PNA guests attending, National Treasurer Steve Tokarski, National Business Directors, Val Pawlos and Jeff Twardy, National Fraternal Directors Joe Magielski, and Sean Jackson, former District 8 Commissioner Rich Tyszkiewicz and President of Lodge 352 McKeesport, Bill Frederick.

A big Thank You goes out to the 37 members in attendance from Lodge 352 McKeesport for supporting this event. Also in attendance,

was Pittsburgh City Council Woman Teresa Kail Smith and District Magistrate Judge Randy Martini.

President Mark Pawlos addressed the guests thanking them for attending and introduced three past presidents of the lodge Mr. Joe Kaminski, Mr. Charles Magilson, and Mr. Val Pawlos. Their efforts and those of 1052 members are why the lodge is such a success. His remarks truly touched home to everyone there. PNA Treasurer Tokarski was introduced and remarked how Lodge 1052 is a model for all the lodges of the PNA. He congratulated the officers and members for an outstanding event. Treasurer Steve Tokarski presented Mr. Joe Kaminski with the Silver Cross Service Medal on behalf of the Organization. Mr. Tokarski said that Joseph Kaminski deserves this award for all of his years of service to the Polish National Alliance. An honor well deserved. "When West End Pulaski is mentioned, the first person who comes to mind is Mr. Joe Kaminski."

Entertainment was provided by the nationally-known Johnny Angel and the Halos. Their music filled the dance floor all night long. After the event was over, most guests went to Lodge 1052 to keep the celebration going. A good time was had by all.

Submitted by PNA Director Val Pawlos

*Photos submitted by PNA Director
Jeff Twardy*



District XII Annual Convention



Chicago, IL. The District XII Annual Convention was held on Sunday, November 10, 2019, at the Mayfield Banquet Hall. Commissioner Agata Mscisz welcomed all present. Honored guests included Frank Spula, PNA National President, Barbara Wesolowski, PNA Fraternal Director, Wanda Juda, District XIII Commissioner, Arthur Trybek and Cecelia Tomaszewicz, former District XII Directors, Anna Kokoszka, Roman Bucon, Anna Bucon, and Jerzy Hejna, former District XII Commissioners, and Edward Mika, of the PNA Youth Camp Association.

Shirley Wass was appointed as Recording Secretary. Anna Kokoszka led the group in the singing of the American and Polish National Anthems. The Mandate Committee's Report of 28 Delegates in attendance was approved, and Wanda Juda administered the Oath to all Delegates. The Minutes of the last

Convention were approved, as well.

Irene Hercik, PNA Business Director, could not attend but sent a letter, wishing the District fruitful deliberations. In her letter, Mrs. Hercik stressed the importance of member participation in the Polish Independence Day 10k/5k Run/Walk, which she and her family were participating in on the day of the Convention.

Joseph Dobersztyn, District XII Treasurer, delivered his Financial Report, followed by a report given by Judith Trybek, District XII PNA Youth Home Corporation Scholarship Chair. She reported that the Youth Corp awarded \$6,000 worth of college scholarships this year. Since 1987, the Youth Home Corporation has awarded 890 scholarships, totaling \$438,500.

Edward Mika reported on the PNA Youth Camp. Irene Spiewak,

delegate to the Polish American Congress, reported on the many activities of the Congress this past year.

District XII allotted each of their 48 campers a \$25 subsidy, totaling \$1,200. It was decided that this practice will continue in 2020.

Commissioner Agata Mscisz gave a Membership Report. She reported that District XII has been very instrumental in promoting membership. Krzysztof Mscisz, the Commissioner's husband, ranks second nationally in the number of insurance applications he submitted. He was acknowledged for his efforts at this year's National Convention. Other District XII members who submitted applications this year were Agata Mscisz, Agata Czerwocz, Helena Krzyminski, Katarzyna Niemczyk, Barbara Wesolowski, Bogumila Hejna, and Anna Zarlinska. For the period of November 1-December 31, 2019, there will be a 5% discount on single premiums for children aged 0-15.

Frank Spula, PNA National President, addressed the group and reported on how state and federal insurance regulations affect the PNA. He also reported on this





Commissioner Agata Mścisz (standing) and Anna Kokoszka

year's National Convention, the failed attempt to tax fraternal organizations, how the PNA is reducing expenditures, the PNA's efforts to hire a new Sales Director, the Visa Waiver Program, and a possible future name change. He also reported that the PNA is very stable financially and is not losing revenues but gaining revenues.

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

Commissioner Mscisz reported on the many activities she is involved in, especially her role as choreographer and instructor of Polish dance groups and her involvement at the PNA Youth Camp with summer campers.

The Commissioner also reported on the District XII Debutante and Squire Ball, which was held last February. Eleven girls and seven boys participated. One boy and one girl were awarded \$500 each. The rest of participation. All of the other participants were awarded \$50 each. It was a lovely event, bringing pride not only to the families of

these young people but to the Polish community at large. Commissioner Mscisz chaired the event. Other Committee members included Krzysztof Mscisz, Irene Spiewak, Barbara Wesolowski, and Shirley Wass.

Anna Kokoszka, the former District XII Commissioner, was lauded for her recent designation as "Lifetime Delegate of the PNA National Convention," awarded to her at last August's National Convention.

The following appointments were made: Irene Spiewak, Raymond Kosinski, Krzysztof Mscisz, and Shirley Wass as Delegates to the Youth Camp Association; Irene Spiewak, Barbara La Rocco, and Raymond Kosinski as Delegates to 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 Chlipala as Marshall. Commissioner Mscisz will continue as President and be responsible for organizing fundraising efforts.


Closing remarks were given by Wanda Penar, retiring Fraternal Director of Region G, and Wanda Juda, District XIII Commissioner. Commissioner Mscisz thanked all of those in attendance.


As a closing activity, Anna Kokoszka led the group in the singing of "God Bless America" and "Boże Coś Polskę." Upon adjournment, all the delegates and guests enjoyed dinner and fraternal fellowship.

*Submitted by Shirley Wass
Photos by Krzysztof Mścisz*

Life changes all the time!

Review your life insurance beneficiaries!

Update 
your beneficiaries'
information

Add, change 
or remove
beneficiaries

It takes just 5 minutes!



- Call us at: 1-800-621-3723
- Contact your PNA Agent
- Mail the "Change of Beneficiary" Form to:
Polish National Alliance
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Henry Kotroba Hall in Dudley Massachusetts



Vice President Zosia Szydlak, President Joseph Sendrowski, Commissioner Wanda Milecki

Dudley, Massachusetts. Lodge 2876, on November 10, 2019, held its annual meeting of the Polish National Alliance members. President Joseph Sendrowski opened the meeting with singing the national anthem followed by the pledge of allegiance. A moment of silence was observed for departed members. The delegates recognized all the veterans with applause, and thanked them for their service. The meeting continued with the introduction of members at the head table. Commissioner Wanda Milecki spoke briefly about members' policies and the need to update the address and beneficiaries to make the certificate reflect current information. Commissioner Milecki provided a sad instance where the beneficiary was no longer relevant, and the family members were unaware of that fact till they put in a claim. Forms

were made available for members to update their information.

President Sendrowski called on the delegates to elect the officers. Delegates re-elected the same slate of officers: President- Joseph Sendrowski, Vice President- Zosia Szydlak, Treasurer- Joseph Yurkevicius, Recording Secretary- Felicia Harney, retained Wanda Milecki as their financial secretary support as appointed by then National Secretary Charlie Komosa. Lodge 2876 delegates had conveyed their desire for Wanda to continue even though all premiums are the direct bill.

A very revered and distinguished delegate of the Lodge is Henry Kotroba. He related to me that he had been a member of the Polish National Alliance since 1934. He supported the Lodge as Financial Secretary up to 2015, was a Sales Representative, signed up most of the members who will relate, "Oh, Henry signed my family and me up." He was a top Sales Representative for many years, recognized, and awarded Top Sales Man on more than one occasion. Henry attended many of the training seminars for sales representatives. He had been the driving force for many years in Council 111 serving as the Vice President, and on the scholarship committee among some of the offices he held. The Lodge honored him by dedicating the PNA Dudley Hall as "Henry Kotroba Hall." Today, his active days are behind him. Still,

he always attends the Lodge and Council Meetings, and occasionally will provide information on interested parties to be members.

The meeting adjourned with a buffet and picture taking closing out another productive meeting.

*Submitted by Wanda Milecki,
Commissioner of District I
(Region "A")*



Delegates administered oath



Henry Kotroba, Commissioner Wanda Milecki, Vice President Zosia Szydlak

„Andrzejki” w Południowej Kalifornii

Już po raz 30. w Ośrodku Polonijnym im Św. Jana Pawła II w Yorba Linda, Grupa 3259 „Piast” zorganizowała wieczór andrzejkowy dla ponad 120 przybyłych gości.



Organizatorzy zabawy andrzejkowej gotowi na przyjęcie gości.

Organizatorzy zadbali o doskonałą atmosferę, piękne dekoracje, dobrą muzykę i smaczkowe jedzenie.

Obecni na imprezie Andrzejki, w liczbie 8 osób, otrzymali po butelce szampa i wiele gorących życzeń. Młodzież pomagała przy serwowaniu posiłków i sprzedaży biletów loterii, z której dochód został przeznaczony na stypendia. Członkowie grupy poświęcili wiele godzin pracy, aby uczestnicy wynieśli z imprezy mile wrażenia.



*Prowadzący: Marlena Hulisz
i Grzegorz Chilecki*

Dochód z zabawy andrzejkowej jest głównym źródłem finansowania działalności Grupy 3259. Duża część wypracowanych środków przeznaczona jest na stypendia dla młodzieży i organizowanie imprez niedochodowych jak wystawy, akademie, lub przeznaczana na cele charytatywne.

*Grzegorz Chilecki,
Dyrektor Region „J”*

District XII Youth Home Corporation Scholarships

The PNA District XII Youth Home Corporation is happy to announce it has awarded three \$1000 scholarships for the 2019-2020 school year. The total amount of scholarships awarded is \$6000. The recipients are: Marianna Bochnak, Chloe Cosgrove, Andrea Papiernik, Brian Papiernik, Kevin Papiernik, Matthew Papiernik, Jakob Podczerwinski, David Jeffrey Schulte, and Marleh Wodka.

The officers of the Youth Home Corporation District XII are Fraternal 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, Barbara Wesolowski, Arthur Trybek, Anna Kokoszka, Shirley Wass, and Gail Bialas.

Since 1987, District XII Youth Home Corporation has awarded 890 scholarships for a total of \$438,500.00

*Submitted by Judith Trybek,
Secretary of District XII*

Youth Home Corporation Scholarship Committee



“Frank Zielinski Pavilion” in Wallington, CT



On August 11th, Members of Lodge 513 celebrated the official opening of the new park pavilion called, the “Frank Zielinski Pavilion.” The ceremony took place in the Polish National Alliance Park located in Wallington, Connecticut. The structure was dedicated to the memory of hardworking member Frank Zielinski who was the President of Lodge 513, Vice President of Council 138, President of Council 138, Commissioner of District 2, and 41st, 42nd, 43rd, and 44th Delegate to the PNA National Convention. Zielinski spoke beautiful Polish and dedicated love, devotion, and dedication to his family especially his wife, Mary, and his sons, Edward and John.

The honored guests were: Wallingford Mayor William Dickinson, State Senator Len Fasano, and Reverend Father Roman Kmiec, Vice Censor PNA Irene Grabowy, Fraternal Director Region “A” Walter Tokarz, Commissioner of District 2 Marianna Koziol Dube, President of Lodge 513 Edward Zavaski, and other members of Lodge 513 with friends. Warm greetings also went to PNA President Frank Spula, executive officers in Chicago, and all of the board directors.

The ceremony featured keynote speakers. Also referenced were words of unity and fraternal spirit, which were found during PNA’s founding. Of course the ceremony was not without food and music. The newly-built pavilion promotes optimism for the Lodge’s future.



*Submitted by Walter Tokarz,
Fraternal Director Region “A”*



Święto Dziękczynienia w Gminie 120



Chórystki Filareci-Dudziarz przy Związku Śpiewaków Polskich w Ameryce

W czwartek 7 listopada, 2019 Gmina 120 ZNP zorganizowała w kafeterii Związku Narodowego Polskiego tradycyjne, doroczne spotkanie z okazji Dnia Dziękczynienia. Przybyłych gości przywitała wiceprezesa gminy Wanda Penar dziękując za przybycie, przedstawiając gości: dyrektorkę Irenę Hercik, komisarkę Okręgu XII Agatę Mścisz, byłę dyrektorkę Annę Wierzbicką i Stanisławę Rawicką, oraz byłego Okręgu XIII Zenona Olejniczaka.

Jako pierwszy wystąpił Chór Filareci-Dudziarz Nr 15 Związku Śpiewaków Polskich w Ameryce, którego prezeską jest Anna Smoroń. Akompaniowała pani Jadzia Koszałka. Za odśpiewanie tradycyjnych piosenek wojskowych chórzycy zostali nagrodzeni gromkim brawami. Dla wielu przypominały



Standing (l-r) Agata Mścisz, Stanisława Rawicka, Wanda Juda, Anna Wierzbicka, Irene Hercik, Wanda Penar, Janina Kopacz. Sitting (l-r) Zenon Olejniczak, Stanley Magnuszewski, Józef Penar

się dawne czasy.

Rozlosowano loterię fantową i pieniężną. Następnie goście zostali zaproszeni na kolację. Zebrani przyjemnie spędzili jesienny wieczór.

Dziękujemy wszystkim za przybycie, a chórowi za piękny śpiew i popieranie naszych imprez.

Wanda Juda, komisarka Okręgu XIII



PNA Lodge 841

Annual Scholarship

\$1,000

Available for the fraternal members of Lodge 841, Monaca, PA



Further info:

Martin Olshanski

308 Trafalgar Square
Cranberry Twp., PA 16066

724 - 816 - 6500

martyo@zoominternet.net

Running for Independence

On Sunday, November 10th, 2019, the second-annual Polish Independence 10K/5K Run/Walk organized by WPNA 103.1 FM took place in Chicago's Montrose Harbor. With lingering strong winds, over 2,000 people participated in this historic event regardless of the differences involving religion, age, or political views. That day's warming smiles and youthful energy did not go unnoticed by local and international media outlets. The Run/Walk began with cannon fire at 11:11 am, a symbolic reference to November 11th, 1918, the official date when Poland gained back its independence after 123 years from the Russian, Prussian, and Austro-Hungarian empires.



There was lots to do and see before and after the Run/Walk. As attendants were arriving and some were signing up last-minute and picked up their packets, Magdalena Huk "Dzika" provided a half-hour intense but energizing workout. Athletico Physical Therapy offered massages. Before and after the run, Polish-American Rapper Funky Polak performed and garnered a

crowd of fans. Delicious warm food was provided by Alex's Deli, and the Polish Army Historical Association served bean soup. Other event partners included: Polish National Alliance, Dziennik Związkowy, Aetna, Atlantic Express, LOT Airlines, Żubr, Chicago Area Runners Association, Special Events Management, and Fleet Feet.

Polish National Alliance President Frank Spula expressed pride and joy in the Polish community's ability to organize such a successful event. Director of the WPNA 103.1 FM Jacek Niemczyk, who was also the organizer, thanked everyone in attendance. Musically talented Emilia Topór sang the Polish and American national anthems. PNA Business Director Anthony Nowak-Przygodzki from Corona, California, was one of the participants. PNA Business Board Director Irene Hercik from Chicago and her husband Joseph (former District XIII Commissioner), volunteered and gave away medals. The winners of the 10k race were Krzysztof Bąk and Marisa Ruhter, who both won plane tickets to Poland financed by LOT Airlines.

Participants were also encouraged to bring women's winter clothing items for Sarah's Circle.

The next run is scheduled for Sunday, November 8th, 2020.

*Written by Beatrice Jędrycha
Photos courtesy of Dziennik Związkowy*





We are proud of

Zbigniew Anthony Kruszewski

ORDER OF MERIT RECIPIENT



(l-r) Minister Adam Kwiatkowski & Zbigniew Kruszewski

The Commander's Cross of the Order of Merit

The University of Texas at El Paso Professor Emeritus, PNA Member, Zbigniew Anthony Kruszewski was awarded the Commander's Cross of the Order of Merit of the Republic of Poland. The official award ceremony took place on August 12th, 2019, at the Presidential Palace in Warsaw, Poland.

The award was presented by Secretary of State Adam Kwiatkowski on behalf of the Polish President Andrzej Duda. The Commander's Cross of the Order of Merit of the Republic of Poland is bestowed upon foreigners and Polish citizens who permanently live abroad and make outstanding contributions to international cooperation between Poland and the rest of the world.

Carl J. Lukach

CFO OF THE YEAR



Carl J. Lukach, Member of PNA Lodge 600, was honored in the public company category during the Financial Executives International (FEI) 9th Annual Chicago CFO of the Year Awards. Mr. Lukach is an Executive Vice President and Chief Financial Officer of the „Univar Solutions”, a global chemical and ingredient distributor and service provider located in Downers Grove, IL. Previously, he held the position of Vice President-Treasury, Tax & Investor Relations at Performance Chemicals Co., President at DuPont Asia Pacific Ltd., Finance Director for DuPont Automotive Co., Auditor & Tax Consultant at Pricewaterhouse & Co., Managing Director-Finance at Du Pont K.K., and Vice President-Investor Relations for E.I. du Pont de Nemours & Co. and Vice Chairman-Finance at The Association of The Nonwoven Fabrics Industry.

Financial Executives International (FEI) Chicago Chapter's CFO of the Year Awards honor senior financial leaders who have made significant contributions to a business or non-profit in the Chicago area.

Carl J. Lukach is the grandson of late Mrs. Sophie Wojcik of Wilkes Barre, PA, former recipient of the PNA Gold Legion of Honor, PAC Director working closely with late President Charles Rozmarek.

Submitted by Carl A. Lukach (father of Carl J. Lukach)

WPNA 103.1 FM

A NIELSEN-RATED RADIO STATION

On October 2nd, for the first time ever in Chicago radio history a Polish-language station in the United States made it to the prestigious Nielsen Audio audience ranking. On average, WPNA 103.1 FM has around 100,000 daily listeners in the Chicago area. Despite being in age of Internet and smartphones, “The Polish-American Mix” has gained lots of fans in a span of just two years on air. Contrary to what some people claim, radio is not dying. In fact, it is most popular form of media in the United States. About 93% of Americans listen to radio at least once a month compared to 88% of those who often watch television.

According to the Nielsen ranking, 103.1 FM garners 0.1% of Chicago's listeners. Such a small number may appear insignificant at first glance, but the city has the third largest radio market after New York and Los Angeles. The station came in 42nd place among 106 radio stations in Chicago. This ranking will help attract marketing companies and advertising agencies. Nielsen's ranking has been the “Holy Grail” among Polish-American radio stations.

WPNA 103.1 FM is on air 24/7 since September 2017. The formula was experimental through its mixture of English and Polish. These two languages and cultures are combined, making it a unique place on a global scale. The station plays popular songs from both the United States and Poland.



Wanda Penar

DYREKTOR



Wandę Penar.

Uroczystość zaszczytlili swoją obecnością: wicemarszałek sejmiku Rzeczypospolitej Polskiej Małgorzata Gosiewska, wicedyrektor TV Polonia Filip Frąckowiak, konsul generalny RP w Chicago Piotr Janicki, JE biskup Andrzej Wypych oraz ksiądz Andrzej Zagórski, Michael Niedziński, prezes wydziału stanowego Kongresu Polonii Amerykańskiej, Alicja Kuklińska, sekretarz Związku Narodowego Polskiego (PNA), Zrzeszenie Nauczycieli Polskich w Ameryce z prezesem Tadeuszem Młynkiem i wiceprezes Heleną Sołtys na czele. Przybyli dyrektorzy i prezesi polskich szkół, absolwenci szkoły oraz jej uczniowie, nauczyciele i pracownicy, jak również rodzina pani Penar.

Spotkanie było okazją do wspomnień, gratulacji i życzeń, również tych, przesłanych przez zaprzyjaźnioną córkę patrona szkoły Annę Marie Anders, ambasador RP w Rzymie. Wszyscy mówcy podkreślali zasługi pani Wandy Penar nie tylko dla Szkoły im. Gen. Andersa, którą kierowała od 1990 roku, ale również wielu innych organizacji, których pani Wanda była i jest członkiem. W tym roku, dobiega również końca jej druga kadencja dyrektora krajowego Związku Narodowego Polskiego.

Odpowiedzialna, życzliwa i zawsze opanowana pani Wanda Penar może służyć za wzór postawy społecznika, pedagoga, patrioty, a przede wszystkim człowieka, który rozważnie kroczy przez życie szanując innych i zyskując zasłużony szacunek i podziw.

Zdjęcia: Andrzej Brach

Polska Szkoła im. św. Maksymiliana Marii Kolbe

JUBILUSZ 45-LECIA

W październiku 2019, Polska Szkoła im. św. Maksymiliana Marii Kolbe w Chicago obchodziła 45-lecie swego istnienia. Uroczystość rozpoczęła się mszą św. w kościele św. Konstancji, której katolicka szkoła jest domem dla polskiej szkoły. Mszę koncelebrowali proboszcz ks. Ryszard Milek, ks. Paweł Barwiński i ks. Tadeusz Dieszko długoletni opiekun duchowy i przyjaciel szkoły i wzięli w niej udział oprócz zaproszonych gości nauczyciele, rodzice i dzieci.

Po zakończeniu mszy, uczniowie wystąpili we wzruszającej inscenizacji poświęconej patronowi szkoły św. Maksymilianowi Marii Kolbe i zabrali głos najważniejsi goście jubileuszu w krótkich, ale znaczących wystąpieniach. Oprócz konsula RP Piotra Semeniku i prezesa Zrzeszenia Nauczycieli Polskich Tadeusza Młynka głos zabrala sekretarz Związku Narodowego Polskiego Alicja Kuklińska, podkreślając, że na sukces szkoły złożyła się praca nauczycieli, dzieci i zaangażowanie rodziców. Wyraziła też dumę z faktu, że PNA, realizując swoją misję, wspiera finansowo polskie szkoły i od początku współpracy, czyli od 1988 roku, przekazała na szkolone cele niespełna \$300,000.00.



Halina Żurawski, Alicja Nawara, Alicja Kuklińska, Zofia Mazurek, Jolanta Zabłocka-Kupiec

Mniej oficjalna część jubileuszu odbyła się w sali parafialnej, podczas której uhonorowano nauczycieli i wystąpił Zespół Pieśni i Tańca Polonia.

Od 25 lat szkołą kieruje z rozwagą i zaangażowaniem dyrektor Jolanta Zabłocka - Kopiec wspomagana przez wicedyrektor Alicję Nawarę, znaną w środowisku polonijnym autorkę podręczników do geografii. Na czele komitetu rodzicielskiego stoi pani Małgorzata Benbenek.

Zdjęcia: Artur Partyka



Grono pedagogiczne szkoły

Winners of the 2019 PNA Photo Contest



*Alicja Otap, Magdalena Marczevska,
Alicja Kuklińska*

On Wednesday, October 23, 2019, a committee of three members: Mrs. Magdalena Marczevska, WPNA 103.1 FM; Alicia Otap, Editor of Polish Daily News and Alicja Kuklińska, PNA National Secretary met at the Home Office to choose the winners of the Photo Contest. This year's theme was "A Body in Motion".

Each member was allowed to send an 8 x 10 photo.

This year, 42 entries were received. The committee carefully looked at each entry and chose 10 photos based on originality and technique.

On behalf of Polish National Alliance Officers and Directors, we would like to extend a Thank You to everyone who took part in this contest. We look forward to seeing your entry in 2020.

Winners of the 2019 PNA Photo Contest:

(In alphabetical order)

Christina G. Bandini
Brooklyn, NY
"Having my Own Kind of Summer Fun"

Joanna Bojarzynska
Buffalo Grove, IL
"The Girl in Red"

Thaddeus A. Chapa
Merritt Island, FL
"Gravity Works"

William Dorula
Bridgeview, IL
"Świat Do Góry Nogami"

Aleksander Matyszczyk,
Ansonia, CT
"Super Dog – UNO"

David Mścisz,
Mokena, IL
"Jumping for Summer Vacation"

Marta Mścisz,
Mokena, IL
"Flipping Fun Time"

Julia Rywak,
Chicago, IL
"Soaring Star"

Joyce Pociask,
Westland, MI
"Rainbow Maker"

Susan Rook,
Plainfield, IL
"Who Ruffled Her Feathers?"



Christina G. Bandini
"Having my Own Kind of Summer Fun"



Joanna Bojarzynska
"The Girl in Red"



Thaddeus A. Chapa
"Gravity Works"



William Dorula
„Świat Do Góry Nogami”



Aleksander Matyszczyk
“Super Dog = UNO”



Julia Rywak
“Soaring Star”



David Mścisz
“Jumping for Summer Vacation”



Joyce Pociask
“Rainbow Maker”



Susan Rook
“Who Ruffled Her Feathers?”



Marta Mścisz
“Flipping Fun Time”

Welcome to our PNA Family



Ofelia Maria Swiderski, born January 14th, 2018, is the daughter of Gregory and Ivona Swiderski of Niskayuna, New York, New York, and the newest member of Lodge 1291. Her babcia Wieslawa purchased a single premium plan of insurance. She was signed up by Sales Representative Edward Swiderski.



Buster Lee Ritter, born on August 10th, 2018, is the newest member of Lodge 128 in Bremond, Texas. He is the 14th great grandchild signed up by Marie and the late Paul Zam. Submitted by PNA Sale Representative and District V Commissioner Wanda Kotch-Ray.



Madison Kathryn Acquaviva, born on December 17th, 2017, is the newest member of Lodge 2825 (Council 39), in Chicago, IL. Madison's proud parents are Beth Anne (nee: Janik) and Phil Acquaviva and grandparents are Kathryn and Edwin Janik. Madison is a cousin to another new member, Jaymeson Rylan Theodore.

and Phil Acquaviva and grandparents are Kathryn and Edwin Janik. Madison is a cousin to another new member, Jaymeson Rylan Theodore.



Cameron Jeffery Krawczyk, born October 12th, 2017, son of Jessica and Kevin, is a new PNA member of Lodge 1824 Lemont, Illinois. The PNA membership is the gift from his loving grandparents, Janet and Stanley Krawczyk, longtime PNA members. He was signed up by Bogumila Hejna, Recording Secretary of Lodge 1824.



Lucas Michael Finlay, born in July, 2018, joined the family of PNA Lodge 1684. The insurance certificate was purchased by Dziadziu and Babcia, John and Mary Sala, as well as Uncle Stanley and Aunt Cheryl Szozda. Lucas is part of a 100% PNA Family.



Abigail Rae Tanhauser, was born on August 22nd, 2018. Abigail is the daughter of Brian and Julie Tanhauser, and is a new member of Lodge 1747. The membership is a gift from her loving grandparents Andy and Sue Tanhauser.



Erick William Nowack, born May 31st, 2018, is a new member of Lodge 759, Council 13. His parents are Erica Subkowski and Kyle Nowack of Chicago, IL. His loving grandparents Czeslawa and Witold Subkowski, and god-mother Evita Subkowski welcomed him to the PNA family.



Oliver Tyde Howansky, born September 2nd, 2019, is the 7th grandchild of Anna and Daniel Howansky, and is the newest member of the New York Lodge 1684. He was signed up to the PNA family by Mary Sala, Lodge 1684 Recording Secretary.



Sebastian Comerford, born August 2nd, 2019, is a son of Emily Jendzejec and Bennett Comerford of Bend, Oregon. He became a sixth generation PNA member signed up by his caring great grandfather Stanley M. Jendzejec, former PNA Vice President.



Viviana Rosemarie Dailey, born January 18th, 2019, is the daughter of Joanna and Michael Dailey of Hoffman Estates, IL. She is a new member of Lodge 3253. Her PNA Certificate was a gift from her grandparents Helen and Karol Leja.



Sophia Wrona, born January 2nd, 2019, is a daughter of Danielle Wrona of Brookpark, Ohio. The PNA membership is a gift from the very proud grandmother Christine Wrona. Gladly submitted by Mr. Philip Wrona.



Daniel Jacob Lubas, born June 29th, 2018, of Dearborn Heights, MI is the newest PNA member of Lodge 2525. He joins his older brother, Nathaniel Lubas, who also has PNA membership. The policy is a gift from his loving parents, Patricia and Peter Lubas. Daniel's mother is part of the PNA family as well.

Council 54 Scholarships



Detroit, Michigan-based Polish National Alliance Council 54 annually awards first-year scholarships to eligible high school seniors from Lodges 2525, 53, and 2821. Scholarships are offered to qualified members entering their first year at an accredited college, university, or technical trade school in the United States or Poland as a full-time student.

All eligible members are encouraged to complete applications that are reviewed by a Council 54 Scholarship Committee and are evaluated for the following award criteria:

- Involvement in PNA fraternal activities and events
- Commitment to preserving and promoting Polonia
- Participation in church, school, and extracurricular activities
- Academic record and educational goals

Four high school seniors were awarded scholarships for the 2019-2020 school year on June 13, 2019, at a reception which included the honorees' families and delegates and officers of Council 54.

Vice President Deb Karwan offered opening remarks recognizing the talents, scholarship, and commitment to Polonia each student shared. PNA Fraternal Director Stella Szczesny and District 10 Commissioner Tom Schemanski were present for the awards, as well as Lodge 2525 President Donna Kutylowski, Lodge 53 President Ron Martin, and former vice president of the Polish National Alliance, Teresa Abick.

Scholarship recipients included:

- Elizabeth Cote, Lodge 2525, is attending Wayne State University in Detroit, MI, to study business administration.
- Robert Hausz, Lodge 2525, is attending the University of Michigan-Dearborn to study computer engineering.
- Anna Tarnagorska, Lodge 2525, is attending Wayne State University in Detroit, MI, to study Criminal Justice.
- Elena Wioncek, Lodge 53, is attending Grand Valley State University in Allendale, MI, to study business administration.

These students share a love and dedication to preserving the cultural values and traditions embodied in our heritage. Council 54 is known for promoting and encouraging the education and development of youth. To date, Council 54 has awarded over \$100,000 in scholarships.

The scholarship program review committee members are delegates: Sherry Cauchon, Lodge 2525; Christine Kryszko, Lodge 2525; Jan Favot, Lodge 53; Andrea Cooper, Lodge 2821; and Patricia A. Sikora, Lodge 53.

To learn more about the college scholarship program, visit Council 54's website: pnacouncil54.wordpress.com or contact scholarship chairperson Pat Sikora 248-559-6549.



Annuity Plans

Traditional IRA
Roth IRA
Tax-Deferred Annuity

8-year Annuity

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

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

5-year Single Premium Deferred Annuity

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

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

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

Wieczór Modlitwy Różańcowej



W czwartek 3 października 2019, roku członkowie Wydziału Kobiet Okręgu XIII i Wydziału Dobroczynności zebrali się, jak co roku, na modlitwie różańcowej Tajemnica Światła zapoczątkowanej przez Św. Jana Pawła II. W tym roku, jak zawsze modliliśmy się za zgromadzonych na spotkaniu, jak również za chorych i zmarłych w bieżącym roku członków ZNP.

Ponieważ w tym roku odbył się Sejm Związku Narodowe-



*Elżbieta Cimocho-wicz &
Krystyna Tarchała*

go, więc dziękowaliśmy również za sprawne i owocne obrady, jak również prosiliśmy Matkę Boską, aby poprowadziła urzędników i dyrektorów przez następne 4 lata tak by Związek rozwijał się pomyślnie i by wszyscy pracowali zgodnie dla lepszego jutra organizacji.

Modliliśmy się również w intencji pokoju na świecie i aby nie było wśród ludzi przemocy.

Zebrani odśpiewali popularne pieśni Maryjne. Różaniec poprowadziły panie Elżbieta Cimocho-wicz i Krystyna Tarchała, za co bardzo im dziękujemy. Dziękujemy również pani Mary Środoń za przygotowanie ołtarza z figurką Matki Boskiej.

Swoją obecnością zaszczytili nas: dyrektor biznesowa Irena Hercik, dyrektor Wanda Penar, komisarka okręgu XII Agata Mścisz i była komisarka okręgu XII Anna Koko-szka.

Gmina 3 i Wydział Kobiet Okręgu XIII ZNP sfinansowały uczestnikom poczęstunek.

*Wanda Juda,
komisarka Okręgu XIII ZNP*

Region "H" News



**Greetings from
Region „H.” Wesółych
Świąt i Szczęśliwego
Nowego Roku!
Merry Christmas
and best wishes,
much happiness and
success for 2020!**

Poland's President meets with Polish Organizations

A historic visit with Poland's President Andrzej Duda and First Lady Agata Kornhauser-Duda took place in Houston, on June 14th. President Duda and First Lady Kornhauser-Duda met with members of the Polish-American community in Houston. Poles from across the southern and neighboring states including Oklahoma and New Mexico, also attended the meeting. During the event, President Duda thanked the Polish-American community for the cultivation of Polish culture and traditions. Seven people received state honors from the president. The First Lady spent time with teachers from the Polish School in Houston. Many PNA members were present for this historic occasion.



PNA's Dr. Jim Mazurkiewicz receiving an award from President Duda



PNA Member Maryann Ciaston presenting flowers to President Duda and First Lady.



Wawel Dancers standing with the president after a spectacular performance.



President Duda bestowed awards to a wide group of Polish organizations.

Wedding After Party

A Concert at Polonia Restaurant was hosted by PNA Member Dr. Jim Mazurkiewicz for Tekla Klebentnica – Polish Music Trio, during a wedding after party on May 20th in Houston. PNA members Sales Reps from Houston, Chappell Hill, Bremond, College Station, and Dallas attended the celebration.



Photo by James P. Smock - PNA's Patricia Jozwiak, Jolanta Mazewski Dryden, Regina McCorkle, Kathy Mazurkiewicz, Maryna Kestowicz-Lech, and Dr. Jim Mazurkiewicz.

Houston Slavic Festival

For over five decades, the Annual Houston Slavic Festival has featured Poles, Czechs, Ukrainians, and Croats joining together for a one-day event. The festival took place on September 29th. PNA sponsors the annual Polish Cultural exhibit and promotions along with performances from the Wawel Dancers and Mini Wawel.



The "It's Great to be Polish" Exhibit is a mainstay at this annual event. Featured here is Director Region H Mazewski-Dryden, PNA and Wawel members Katie Kubiak, Mike Kurtin, and Kasia Micek



Polish Month Proclamation

On October 8th, in Chappell Hill, The Washington County Commissioners Court proclaimed, "Polish Month" and described Washington County as "The Birthplace of Texas." The Chappell Hill Museum and the PACT were present during the proclamation.



PNA Members, Director Region H Jolanta Mazewski – Dryden, Richard Mazewski, and Sales Agent Regina McCorkler along with Piotry Przebilski were on hand to receive the proclamation.

PNA Sales Presentation to Nicolaus Copernicus Polish School



On October 12, 2019, Director Region H Jolanta Mazewski Dryden and Sales Representative Regina McCorkle organized a PNA sales presentation to the Nicolaus Copernicus Polish School parent with lunch.

65th Homecoming Bazaar

Texas has many Polish churches that keep up with the Polish traditions and celebrations. PNA was out again with a cultural display and PNA promo booth at this fabulous anniversary celebration that took place at St. Stanislaus Catholic Church on October 13th in Anderson. Many PNA members from Houston came out to support the event!



Texas Film Festival

On November 10th, the Austin Polish Film Festival Opening Reception was hosted by Apolonia Catering to start off the year's event in true Polish style.



Celebrating Polish Texas History Live

On October 19th, in Bremond, PNA Member Denis Kubiak showed the attendees how bigos used to be made.



History Being Made

On October 27th, History was made in documenting the Wielkopolska dialect and music in Chappell Hill, Texas. The first Brazos Valley Poles came to Texas in the 1830's with the vast majority immigrating to Texas from Wielkopolska and some from Galicia. They were

seeking economic and religious freedom "za chlebem" in 1867 until the late 1800's. Brazos Valley's early settlers attended Catholic churches already established by German immigrants. The first child born to Polish parents in Chappell Hill was Marcin Piwonka on May 1st, 1854. Later that year, the first Polish parish in Texas and the United States was established on December 24th in Panna Maria, followed by New Wawerly (1867), Anderson (1867) and Brenham (1870).



Two professors from Adam Mickiewicz University in Poznań, Katarzyna Klessa and Maciej Karpiński, came to Chappell Hill at the invitation of Dr. Jim Mazurkiewicz to document the language and music of Washington County, "The birthplace of Texas." A thank you goes to Stephanie Ddughdh-nemimmier for allowing us to use the Chappell Hill Museum. Also, I would like to thank Pete & Paulina Mazurkiewicz, Anna Józwiak, and Blanch Kołajczak for coming and providing over two hours of conversation and speech in 19th century Wielkopolska dialect. Another thank you goes to Brian Marshall, James Mazurkiewicz, and Dr. Jim Mazurkiewicz for providing an hour of music from the Wielkoposka Region.



Participants at the Chappell Hill Museum with the Polish-American exhibit in the background.

Brazos Valley World Fest

PNA sponsored a cultural booth and promo area at the Festival in College Station held on November 9th. Thousands of people attended the event and were entertained by the Wawel Dancers, Texas A&M Polish Student Association Pierogi booth, and PNA Cultural Display.



PNA wins 1st Place award for best display!



Wawel Dancers and Texas A & M Polish Student Association, both supporting PNA Region H.

Polish Independence Celebration in Houston

On November 12, 2019, the Consulate of Poland in Houston invited representatives of the Texas Polonia to celebrate Poland's Independence Day and the 30th anniversary of the fall of communism. During the ceremony, the Consul General Robert Rusiecki presented the Cross of the Order of Merit to Mariusz Smolij, an outstanding Polish conductor who has been working with the best orchestras in nearly 30 countries. The audience enjoyed the recital by Krzysztof Zimowski (violin) and Pamela Pyle (piano). The program included the works of Jan Ignacy Paderewski, Henryk Wieniawski, Fryderyk Chopin, Feliks Borowski, and Pablo Sarasate. An additional attraction at the concert was the great-sounding instrument: the original Stradivarius, previously belonging to Niccolò Paganini.



PNA Delegation featured with the Consul General.



Krzysztof Zimowski, violinist, with the Stradivarius.

Polish Celebration in Bandera

Polish American Council of Texas (PACT) organized the annual Polish Independence Day Celebration and Polish Lifetime Achievement Award presentation on November 16th. The event featured Wawel dancers, both young and old. There was a full day of activities in the Cowboy Capital. This year's event was hosted at St. Stanislaus Catholic Church in Bandera. One of the sponsors was the PNA which featured promotions and had a Polish cultural booth.



Only in Texas will a Łowicz girl and a Longhorn meet.



PNA members entertaining the crowd.



Congratulations to PNA members Mr. and Mrs. Worchesik on their 50th wedding anniversary and memories, blessed at the Co-Cathedral!



Mr. & Mrs. Worchesik

*By Jolanta Mazewski-Dryden,
Fraternal Director – Region H*

Special thanks to our photographers: Stan Aponiuk, James Smock, and many others.

District XIII Convention



(l-r) Elżbieta Cimochowicz, Alicja Kuklińska, Aleksandra Brzezinski, Adam Kopacz, Mary Srodon, Janina Kopacz, Anna Wierzbicki, Wanda Juda, Maria Roszek-Kucharski

On Sunday, November 24, 2019, District XIII PNA held their yearly convention. Guests in attendance included National Secretary Alicja Kuklińska, Business Board Director Irene Hercik, Fraternal Directors

Barbara Wesolowski, and Wanda Penar; Commissioner Dt 12 Agata Mścisz; Former Director Anna Wierzbicki; Former Commissioner Joe Hercik and President of Youth Camp Association of Dt 12 & 13 Edward Mika.

Anna Wierzbicki was appointed secretary. Prayers were shared for the recently departed members of the District: Zofia Pernak, Emily Leszczynski, Wacław Wierzbicki, Waldemar Rawicki, Jadwiga Kalinowska, Tadeusz Nowotarski, Tony Szplit, Wanda Gluszek, and from District XII Stanley Stawiar-ski. There were a total of 29 delegates present representing Lodges, Councils, Women's Division, and the District. Fraternal Director Wanda Penar took the oath of the delegates. After the financial report was read and approved, Sales

Manager Jolanta Walaszek gave an update on our latest membership promotions. Recognition for the top 3 sellers in the District went to Anna Burszczyk, Stanisława Rawicka, and Elżbieta Stolarczuk.



District XII Commissioner Agata Mścisz & District XIII Commissioner Wanda Juda

As this was be the last term for our Commissioner Wanda Juda, she reported from her heart, her thoughts and feelings and thanked all for their support and effort in the District for the good of our organization. Resolutions were read in Polish.

Our main speaker, National Secretary Alicja Kuklińska, spoke what was on her mind and in her heart



District XIII Commissioner Wanda Juda & PNA Sales Manager Jolanta Walaszek



Delegates & Guests of District XIII Convention



Man & Woman of the Year: Adam Kopacz & Mary Srodon

for the benefit of our District and the good of our organization.

From the Women's Division – the Woman of the Year was awarded to Marysia Srodon. From the District – the Man of the Year was awarded to Adam Kopacz. President of the Youth Camp Association of Dt 12 and 13 Edward Mika spoke about the changes and happenings in the camp. Scholarships in the District are being awarded once again, and winners will be notified in the latter part of December of the outcome.

A Happy Thanksgiving and a safe journey home. Commissioner Wanda Juda wished all a Happy



Resolution Committee: Wanda Penar, Maria Stowik, Christine Tarchala

Holidays and safe journey home.

*Written by: Anna Wierzbicki,
Recording Secretary
Photos by: Alicja Kuklińska*



The Chicago Society Foundation Scholarships

The Chicago Society Foundation, affiliated with the Chicago Society of the Polish National Alliance, Lodge 1450, proudly announces that it will be again funding up to three \$7,000 scholarships for the 2019-20 academic year through its James and Lillian Kulze Scholarship Fund. Jim Kulze, former President of the Chicago Society, and his wife, Lillian, generously endowed the Fund to be able to provide meaningful scholarship support benefiting worthy student scholars every year. These scholarship awards are available to U.S. residents of Polish descent with demonstrated financial need who are pursuing academic studies in college, graduate or professional school.

Initial applications will be accepted through February 15, 2020.

Selections will be made in April 2020 for the subsequent fall academic term.

Forms, dates, and other information regarding selection criteria and requirements will be found on the Chicago Society's website, www.chicagosocietypna.org



Polish Heritage Month Resolution in Chicago



(l-r): Ariel Reboyras, Steve Tokarski, Alicja Kuklińska, Chicago Mayor Lori Lightfoot, Frank Spula, Konrad Nowak, Alicja Otap

The Chicago City Council introduced a resolution that recognized October as the Polish American Heritage Month. On October 15th, Mayor Lori Lightfoot presented the resolution. She warmly welcomed President of the Polish National Alliance and Polish American Congress Frank Spula, and Konrad Nowak Chairman of the Chicago - Warsaw Sister City Committee. Also in attendance were PNA Secretary Alicja Kuklińska, Treasurer Steve Tokarski, as well as Alicja Otap Editor-in-Chief of the Polish

Daily News.

The document proclaims that, across the whole country, October is the month dedicated to celebrating Polish-American history and culture. In the resolution, there are references to the first Polish settlers in Jamestown from 1608, the celebrated victories of Tadeusz Kościuszko and Kazimierz Pułaski, and Chicago's first Polish organization in St. Stanislaus Kostka Parish during the second half of the 19th century. Also referenced are the Polish community's contributions across the Chicago metropolitan area and the rest of the country. The mayor

handed out the resolution to Mr. Spula and President of the Warsaw Committee of Chicago Sister Cities Conrad Nowak.

Gratitude was expressed on both sides. Mr. Spula said that such an initiative is the first of its kind from Lightfoot. The mayor expressed that the Polish community is very hard-working and provides an excellent example to all Chicagoans. Sponsors of the resolution were Aldermen Ariel Reboyras (30th Ward), Christopher Taliaferro (29th Ward), James Gardiner (45th District), and Byron Sigcho-Lopez (25th Ward).



Who gets your money?

Make sure your check ends up in the right hands!

These life-changing moments should make you check your beneficiaries.

- ✓ You got married or got divorced
- ✓ You birth or adopted a child
- ✓ Your children are grown and left the house
- ✓ You lost a loved one
- ✓ You decided to leave money to your favorite charity

**CHECK! Make sure the paperwork is up-to-date.
DON'T DELAY! Get your financial affairs in order.**

Your beneficiary designation (not your will) dictates who will inherit your life insurance, annuity, or retirement savings.
Make sure your beneficiary information is current.

Please contact PNA customer service: 1-773-286-0500 ext. 329

You can also download **Change of Beneficiary** form
of the PNA website pna-znp.org



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

Polish Heritage Month Celebration in Boston

Boston, MA. On Monday, October 7, 2019, a large bus left Chicopee, MA, at 7:30 A.M. filled with well-wishers and proud Polish heritage supporters headed to the Massachusetts State House Boston, MA. The purpose was to witness a presentation of awards and citations to deserving individuals in the areas of business excellence, cultural enrichment, and community leadership. The bus arrived in Boston at 10:00 A.M. The program began at 11:00 A.M. with a welcome by State Senator, James T. Welch. There were approximately 100 people in attendance. The Nurses Hall at the State House was the location of the presentations. The room was nicely decorated with two manikins dressed in Polish costumes. Live flowers were placed on dining tables, and overall it was a very pleasant place to be. A warm welcome was the opening of the celebration, followed by the singing of both the National Anthems of America and Poland. A group of young adults dressed in Polish attire entertained the guests with a few Polish songs. The Polish Heritage Month history was presented by Marcin Bolec, Editor in Chief of the White Eagle newspaper. Greetings were delivered by Marek Lesniewski-Laas, former Honorary Consul of the Republic of Poland and Carly Liquori, Miss Polonia Massachusetts 2020. Next were the award and citation presentations:

Award and Citation Recipients

- Award for Excellence in Business was presented to the **Polish National Credit Union**,

Chicopee, MA

- Award for Cultural Enrichment was presented to the **Polish Center of Discovery and Learning**, Chicopee, MA
- Award for Community Leadership was presented to **Chicopee Mayor Richard J. Kos**

Following a robust round of applause, a reception was enjoyed by all, followed by tours of the Massachusetts Senate and House Chambers. As we boarded the bus to return home, we all reflected on the well-done events of the day and thanked Mayor Kos for supplying the bus for our trip.

POLISH HERITAGE MONTH CELEBRATION BOSTON, MASSACHUSETTS



Boston, MA. Polish Heritage Month was celebrated on October 7, 2019, at the Massachusetts State House, Nurses Hall, with about 100 people in attendance. Pictured

left to right: City of Chicopee, MA Mayor Richard J. Kos, Honoree; Loretta Goyette, President Polanie Club, Chicopee, MA; Joseph M. Kos, President Polish American Congress of Western Massachusetts; Carl Egar, Chairman of the Board, Polish Center of Discovery and Learning, Chicopee, MA, Honoree; Teresa Struziak Sherman, PNA National Business Board Director, and Stas Radosz, Executive Director of the Polish Center of Discovery and Learning, Chicopee, MA.

POLISH TRIBUTE AT THE STATE HOUSE BOSTON, MASSACHUSETTS



Boston, MA. The Nurses Room at the State House in Boston was set to honor the Polish contributions to the Commonwealth of Massachusetts by decades of Polish Americans, those born abroad and those born on American soil. The décor blend-

ed well with the ornately carved
woodwork, walls, pillars, artwork,
and marble flooring.

A LIVING GIFT OF THANKS



Boston, MA. As the program ended, table decorations of huge chrysanthemum plants were given to some guests by the State House staff. Pictured on the State House steps on her way to the waiting bus to bring her back to Western Massachusetts is Teresa Struziak Sherman, PNA National Business Board Director. She is holding the large plant that she received at the end of the very well-done Polish Heritage Celebration.

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



PNA's Amicus Poloniae Legal Clinic



The 30th year of Amicus Poloniae Volunteer Free Legal Clinic is packed with much excitement. From Amicus' monthly legal clinics to its legal education classes, there is not a moment when a wave of enthusiasm isn't in the air. Amicus Poloniae provides pro bono legal services to the indigent who cannot afford to hire an attorney for civil law matters. Since 1990, the PNA's Amicus Poloniae Legal Clinic has helped thousands of people. The tradition continues into the new decade.

All legal clinic intakes are on a Saturday. **The schedule for 2020** is set and the dates are as follows;

January 18
February 15
March 14
April 25
May 23
June 20

July 18
August 15
September 12
October 10
November 7
December 5

People seeking legal assistance in the Chicagoland area are required to call and preregister prior to each monthly meeting in which you are seeking help.

The Amicus Poloniae Legal Clinic phone number is **(773) 286-2325**. Clinic director Mark Dobrzycki will help you complete the registration. Please leave your name and telephone number on the answering machine/voicemail system. Someone will call you back.

80th Years of the Legion of Young Polish Women



The Legion of Young Polish Women, known for their elegant annual White and Red Debutante Ball, celebrated 80 years of existence last September. This is why we would like to share a few lesser-known facts about the Legion's roots, with our community.



Officers of the Legion: standing (l-r): Martha Lodyga, Adamina Podraza, Barbara Makowski, Anna Wytrzymalski, Malgorzata Baran, Kasia Mossakowski. Seated (l-r) Marysia Belciak Snizek, Kathy Lesny Evans (President), Pauline Kulka, Dorothy Kalinowski.

At the turn of the 20th century, many Polish immigrants were already the second or third generation born in the United States. We know that most of them were emigrating “za chlebem,” or “for bread,” but it’s not always highlighted that they were also migrating from their homeland in search of freedom.

After the last partition of Poland in 1795, when Poland ceased to exist on the map of Europe, Poles living under the foreign rule during the three partitions, experienced repression of their culture, language and their freedom. The history of Polish Immigrants in the United States, and specifically in Chicago,

indicated that although these people came from a country that no longer formally existed, they began to establish Polish institutions enthusiastically.

These were not only organizations, churches, and schools, but also Polish businesses, factories,

shops, and other facilities relevant at the time. Polish culture flourished with events across theatre, opera, concerts, and sports.

Among the Polish immigrant community, there was an air of freedom, mixed with the unwavering desire for a free Poland. Patriotism was strong, so much so that when Poland again went to battle, 20,000 men volunteered to fight on behalf of Poland as a part of the historic Blue Army. Poles at the time, understanding the material needs of their brethren in the partitions of Poland, organized a significant fundraiser and tasked themselves with the responsibility of helping their motherland. This financial aid, a few million dollars in total, made its way to Poland by sea, became a documented fact.

It was in this climate of Polish patriotism and the need to help those in need, that the women who we regard as the founders of the Legion of Young Polish Women were raised.

During 1939, when the dark clouds of war began to form again, three young women in Chicago came together to think about what they could do to aid their kin in Poland. A letter to Ms. Kotarbinski, the editor in chief of the Polish publication, “Rodzina Polska,” or

“Polish Family,” dated August 5th, 1939, documents these women asking for guidance on how to best help Poles in case of war.

This letter went unanswered, as Germany attacked Poland on September 1st, and the devastating war began. On September 2nd, in the home of Helen Piekło, a few young women all born in Chicago, but strongly loyal to their family roots in Poland, gathered. They decided to take immediate action and do whatever was in their power and ability to aid the victims of war.

They appealed to young women in the community to join their newly formed organization, the Legion of Young Polish Women, and help Poles impacted by the devastation back home. The response was astonishing. There were hundreds of women who were willing to help. The Legion soon established additional chapters- one on the north side of Chicago in the historic Polish Triangle, the heart of the immigrant community at the time, the second on the south side, in an area called the “Town of Lake” and a third chapter even further south. They were led by Kinga Dziubak, the mother of one of the future Presidents of the Legion, Helen Raczyński.

Adelina Preyss was chosen as the President of the organization, of which Ms. Lenard wrote in her letter to Ms. Kotarbinski. They began fundraising, at first, at small

get-togethers such as the “Blanco Parties” at Lenard’s Polish restaurant, an event well known within the community.

The organization began to pick up steam, and on October 8th, 1939, they hosted their first large scale event-a-charity concert for the Polish Relief Fund at the legendary Civic Opera. Polish musical stars residing in Chicago at the time, Jerzy Czaplicki- baritone of the Chicago Lyric Opera, Michael Witkomirski- violinist virtuoso, and Tadeusz Kożuch, a famous piano player, offered their talent for the noble cause.

And that is how the ladies of the Legion of Young Polish Women began their fundraising endeavors through concerts in famous Chicago venues such as Orchestra Hall, Polish churches, and other locations. At first, the raised funds were allocated to civilians impacted by the war in Poland, and those scattered across Europe unable to return home because of the war. After the formation of the “The Polish II Corps,” many funds and packages were sent to the Polish soldiers in training, and when possible- at the front lines or prison camps.

On the 80th anniversary of the Legion of Young Polish Women, we honored and remembered the Legion members who helped Poles in their time of need.

Today’s members range from women who are first, second, third,



Former Presidents (l-r): Grazyna Migala, Lucille Gutowski, Bozenna Hasztrakiewicz, Barbara Ciepiela, Mary Anselmo, Lucie Bucki, Maria Ciesla.

or even fourth-generation Polish. Some don’t speak Polish, but all of them understand the value of service to others and helping those in need. The new generation of Legion ladies continues this tradition of fundraising for important causes mainly through the annual White and Red Ball- an elegant Debutante Ball held in the prestigious Hilton Grand Ballroom.

Just as there were 80 years ago, there continue to be important causes in Poland and the Polish community that need our support. As such, just as we did 80 years ago, we appeal to women of Polish descent or affiliation to sign up to join our organization, encourage young ladies to participate in the Debutante Ball and to become a part of our mission and heritage.

*For more info on the Legion of Young Polish Women visit: **lypw.org***

Submitted by Mary S. Anselmo, former Legion President.



Golden Jubilee of the Polish American Congress



The Polish American Congress celebrated its 75th anniversary during the annual PAC Council of National Directors Meeting held in Chicago, November 14-15, 2019.



Founded in May 1944 in Buffalo, New York, the Polish American Congress has been the leading umbrella organization for Polish Americans. Throughout its successful history, the PAC has advocated and fought for a free Poland.

Throughout its 75 years, the PAC provided much humanitarian aid, particularly during the communist era. Following the historic visit of Pope St. John Paul II in 1979, and

the advent of the Solidarity Movement in 1980, the PAC accelerated its efforts to support a free Poland. Free elections were first held in 1989. The PAC was at the forefront to include Poland's admission into NATO in 1999. Long-sought admission into the Visa Waiver Program by Poland was achieved in 2019. These are just a few of the highlights celebrated during the 75th anniversary meeting.

Presiding over this historic meeting and welcoming National Directors was Frank Spula, PAC President.

Besides general organizational business on Thursday, several speakers gave presentations. John Cebrowski reviewed the progress being made at the Polish Heritage Center USA in Panna Maria, Texas. Cebrowski explained that the \$14M project is nearly 60% completed with the interior now being finished. University of Wisconsin-Milwaukee Professor Emeritus Donald Pienkos gave a spirited speech on the important involvement of the Polish American Congress in securing Poland's admission into NATO in 1999. Pienkos cited this event as the Polish American Congress most signature accomplishment in its 75 years. Purdue University North Central Professor James Pula provided important historical facts of Poles in 1608 Jamestown, Virginia. Effectively using PowerPoint, Pula cited research highlighting factual information on contributions of Poles in this early settlement in the New World. Finally, Dr. Joanna

Wojdon, Associate Professor of History at the University of Wroclaw, Poland, gave insights from her book entitled, "White and Red Umbrella: The Polish American Congress in the Cold War Era, 1944-1988." Wojdon discussed the internal and external factors that influenced the Congress during this important 20th century period.



Over 180 guests attended the Thursday evening banquet. The Master of Ceremonies was Jacek Niemczyk, General Manager of the WPNA 103.1 FM & 1490 AM Radio Stations. Special greetings were given by several dignitaries including Minister Adam Kwiatkowski on behalf of the President of the Republic of Poland Andrzej Duda, the Honorable Piotr Janicki,



Consul General in Chicago; Teresa Berezowski, President, World Polonia Council; and Hanna Galazka, Vice Chairman, "Wspolnota Polska" National Council. The keynote address was provided by Major General Michael Zerbonia, the Assistant Adjutant General-Army, and Illinois National Guard.

Special thanks go to Mary Anselmo, PAC Vice President for Financial Development; Micheline Jaminski, PAC Treasurer; and Klara Wisniewska, PAC National Office Administrator, for their outstanding work in planning this special event. Also, the Polish Roman Catholic Union of America deserves recognition for printing the beautiful souvenir banquet program book.

Friday's session included an extensive review of a recent electronic survey sent to PAC members. Facilitating the discussion were Tim Kuzma, PAC Secretary, and Mark Pienkos, PAC Vice President for Public Relations. Conclusions from the survey's results were: 1) Revise the PAC Mission Statement; 2) Improve communications; and 3) Engage all State Divisions and PAC members, which is necessary to move the organization forward. Committees will be created to tackle these issues. Rick Pierchalski, PAC Vice President, reported on the subcommittee's work he chaired regarding the PAC National Office in Washington, D.C. The Council of National Directors voted to maintain an office in our nation's Capital.

Finally, the next meeting of the Polish American Congress will be held in Washington, D.C. in May 2020.

Photos by Artur Partyka

*Submitted by: Dr. Mark Pienkos, PAC
National Vice President
for Public Relations*



Council 84 (District 3) Remembered the Veterans

A cold, brisk breeze and low temperatures filled the air on Saturday, November 9, 2019, as we gathered for our TRIBUTE TO THE VETERANS. Twenty-six years ago, Barbara Blyskal, my sister, coordinated the ceremony to honor the veterans, and it became an annual event.

The outdoor program takes place in front of the monument, which was erected in the 1940s by members of the United Polish Societies of South Brooklyn. There are over 700 names of Brooklynites, of Polish descent, who served in WWII. The

monument is located in the gardens of The Grand Prospect Hall, and we genuinely appreciate Mr. & Mrs. Halkias, the owners, for their generosity in preserving and maintaining this part of Polish History.



The program began with the presentation of colors by the members of the Polish Boy Scouts under the direction of Mary Bielski. Adele Iwachow, President of Council 84, greeted all who came. She then introduced me, Helen Pater, Vice President of Council 84.

As Mistress of Ceremonies, I called upon Jutrzenka Singing Society #226 of the Polish Singers Alliance of America. Under the direction of Izabella Kobus Salkin, they sang the National Anthems. Reverend Janusz Dymek, Pastor of Our Lady of Czestochowa – St. Casimir RCC, delivered the Invocation and Benediction. Fr. Dymek reflected on the veterans and the wars that were fought so that we can enjoy the freedom in this great country. The Hon. Eric L Adams, Borough President of Brooklyn, could not attend but provided us with a beautiful proclamation in honor of this event. Jutrzenka sang



“The Battle Hymn of the Republic,” “America the Beautiful,” and “Deszcz Jesienny.”



Since Bozena Kaminska, Fraternal Director of the PNA, was unable to attend, I spoke about the PNA serving Polish Americans for over 135 years. Life Insurance, IRA'S, Tax-Deferred Annuities are just a few products the PNA offers. If interested, they can contact me for further information.

A presentation by the Polish Scouts, “Trzy Korony,” and “Pułaski” centered on remembering the battles fought in Poland. Mary Bielski played her guitar, and the boys emphasized the importance





of various events with a drum roll. The Polish Girl scouts recited poems and sang songs. Children from the Polish Supplementary School, under the direction of Malgorzata Czajkowska, took part in the singing. They were given an excellent opportunity to demonstrate their gratitude to the veterans who dedicated their lives to the pursuit of freedom.

Bogumila Matuszewska, a member of Jutrzenka, recited a poem she wrote about remembrance "... never forget where you came from... embrace America."

The program ended with two beautiful songs, "Let There Be Peace on Earth" and "God Bless America." The vibrant celebration of music, poetry, and moving remarks will remain in the hearts and minds of all attendees until we meet again next year.

By Helen M. Pater



50 Years of Joseph Conrad Yacht Club



Joseph Conrad Yacht Club is a known Polish-American sailing organization from Chicago that has attracted fans all around the world. Since 1969, its passionate members took part in sea expeditions and overcame hundreds, even thousands of miles. They also won prestigious regattas over the years.

The club's 50th-anniversary celebration took place at Lido Banquet Hall in Chicago. Polish-American representatives joined current and former club members together with their families and supporters. Commander Marek Witkowski handed diplomas to those who have been active members for half a century. Also, among them were former JCYC Commanders Kazimierz Potocki, Janusz Ciurla, Kazimierz Chlebek, Walter Kotaba, and Wojciech Niedzinski. The commander of a different Polish-American sailing club, Marzena Oberski, handed out a commemorative statuette. The Chairman of the Chicago Chopin Foundation, Wojciech Putz gave Witkowski a book about Joseph Conrad, the club's patron.

This event was not without dancing. The Wici Song and Dance group performed, and later, the guests joined the Polonaise dance. A toast was made, wishing the sailors more future success. Saturday's event not only honored the club and its members' love of sailing but also commemorated the people's future plans and charity goals.

Photo: Dziennik Żwiązkowy

PAC of Western Massachusetts Holds Polish American Heritage Banquet

Holyoke, MA. The Polish American Congress (PAC) of Western Massachusetts held its Polish American Heritage Banquet at Pilsudski Park, Holyoke, MA, on October 6, 2019. The event was well attended by many dignitaries and guests. 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. Attending the event were President of the Polish National Alliance and Polish American Congress, Frank J. Spula from Chicago, Illinois; 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 Alwira Balut, Treasurer/Financial Secretary.

Also present were: The Honorable Donald Humason, Massachusetts State Senator; The Honorable Aaron Vega, Massachusetts State Representative; Fr. Stanislaw Sokol, Easthampton, MA, who delivered the Invocation and Benediction; Carly Liquori, Miss Polonia Massachusetts 2020, and the Guest of Honor, Teresa Niemczyk Cynarski and her family; son, Jacek Niemczyk and daughter, Grazyna Vincunas. 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 PNA/PAC President, Frank J. Spula. He spoke of the many contributions. Poles and Polish Americans have made in our society from their first arrival in the United States in Jamestown, Virginia in 1608. Mr. Spula acknowledged the enrichment of our nation with the hard work of Polish Americans in the United States, and that Teresa Niemczyk Cynarski is a perfect example of such worthy, selfless dedication to others.

As a part of the banquet program, the 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 Mrs. Teresa Niemczyk Cynarski, former High School Teacher and Co-author of two books, with her late husband, Edward, "Everyday Polish for Americans" and "Polish for Pleasure."

Mrs. Cynarski was born in Siemianowice, Poland, in 1936. In 1939 she went to Germany, a region in Poland that became dominated by Nazi Germany. Teresa attended a private high school run by Ursuline Sisters, one of the few Catholic schools operating in Poland during the Communist rule. Teresa completed her formal education in 1960 with a master's degree in economics from Cracow University.

She married Henryk Niemczyk also in 1960 and began her teaching career at Szczecin High School.

Teresa came to America in 1989. Her daughter, Grazyna, married with a newborn, Kasia, lived in Longmeadow, MA. Teresa's husband, Henryk, suffered a fatal heart attack while visiting in Longmeadow. Teresa returned to Poland, but after three years, she came back to America. It was during this visit that she met Ed Cynarski. Teresa and Ed were married in 1994. They were both teachers of Polish and would conduct five-minute lessons before monthly meetings of the Society of Polish American Culture group.

Ed Cynarski passed away in 2016. Pani Teresa, as she is affectionately known, continues to be active in the Polish American community. She is treasurer for the Association of Poles "UNITAS," lector at the Polish Mass at Our Lady of the Cross Church, Holyoke, MA, speaks about Poland to patients at the Holyoke Soldiers' Home and volunteers at the Senior Centers in the towns of Ludlow and Palmer. Teresa received the Golden Cross of Merit for her 32 years in the teaching profession from the Polish Teachers Union.

Teresa's children and grandson are the pride and joy of her life. Her daughter, Grazyna Vincunas, is a real estate agent, and her son, Jacek Niemczyk, is the general manager of WPNA, the Polish National Alliance owned radio station in Chicago.

After extended applause by 120

guests, everyone joined into the singing of “Sto Lat.” The outstanding Banquet Committee included: Joseph M. and Christine Kos; Lech Sadkowski; Mary and Frank Wolanin; Irena and Richard Gadecki, and Alvira and Gerald Balut.

The Polish American Congress has championed many positive programs and has always supported causes for immigrants. As part of its agenda for 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 in an effort to promote worldwide peace.

CONGRATULATIONS TO PAC OF WESTERN MASSACHUSETTS 2019 AWARD RECIPIENT



Holyoke, MA. Pictured at the Polish American Heritage Banquet are left to right: The Honorable Donald Humason, Massachusetts State Senator; Carly Liquori, Miss Polonia Massachusetts 2020; Fr. Stanislaw Sokol; Frank Wolanin, National Director, PAC of Western Massachusetts; award recipient, Teresa Niemczyk Cynarski; Joseph M. Kos, President

PAC of Western MA and Treasurer PNA Lodge 525, and Frank J. Spula, PNA/PAC National President. It should be noted that Senator Humason served on the Governor’s Commission to recognize Polish American contributions to the Commonwealth of Massachusetts from the western region, and since this banquet Senator Humason has been elected mayor for the City of Westfield, MA. Teresa received several plaque awards and citations from local, state, and federal government officials. The event was well attended by many PNA members and guests, and enjoyed by all present.

GUESTS ATTENDING THE PAC OF WMA POLISH HERITAGE BANQUET



Holyoke, MA. Guests attending the Polish Heritage Banquet sponsored by the Polish American Congress of Western MA are: seated Mrs. Liquori; standing left to right: Carly Liquori, Miss Polonia Massachusetts 2020; Teresa Struziak Sherman, PNA National Director; Frank J. Spula, National President PNA and PAC, and Dorothy Wolanski, President PNA Lodge 525.

ACCOLADES TO A VERY SPECIAL PERSON

Holyoke, MA. The Polish American Achievement Award recipient, Teresa Niemczyk Cynarski, a most deserving Polish American, is pictured on her left with Joseph M. Kos, President Polish American Congress of Western Massachusetts and



National PNA and PAC President, Frank J. Spula. As a teacher and volunteer, Pani Teresa has served many persons of all ages to appreciate Polish heritage and culture.

THE 2019 HONOREE WITH FAMILY AND FRIENDS



Holyoke, MA. Supporting an outstanding person that still continues to be involved in spreading the Polish word are pictured left to right: Jacek Niemczyk, son of the award recipient and general manager of radio station WPNA in Chicago; Grazyna Vicunas, realtor in Longmeadow, MA; 2019 Polish American Achievement Award Recipient, Teresa Niemczyk Cynarski, teacher and author; Teresa Struziak Sherman, PNA National Business Board Director, and Joseph M. Kos, President Polish American Congress of Western Massachusetts.

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

Loneliness can Affect Anyone

Loneliness is a topic most people tend to want to avoid. Loneliness is a common, complex human emotion that is a unique and complex experience for each person. There is no single common cause, so the prevention and treatment likewise differ. To understand loneliness, we need to determine what is meant by being “lonely,” as well as the causes, health consequences, symptoms, and proposed treatments. A standard definition of loneliness is “A state of solitude or being alone.”



Another definition is “Loneliness is not necessarily about being alone and isolated that matters most” and is “a state of mind” with the “inability to find meaning in one’s life,” “feelings of negativity and unpleasantness” and “feelings of disconnectedness or isolation.” Because humans are social creatures, they need to feel part of a group or community, feel as though they belong, and be able to make and keep relationships that support and sustain them. Many Americans have reported to researchers that they have been lonely for long periods of time. You can feel lonely in a crowd of people if you do not feel connected to anyone present. People often associate loneliness with being old, but you can feel lonely at any age. A recent study found that young Americans are more likely to feel lonely than even older adults. Some research suggests that social media, such as using the internet for long periods of time, may be the cause of preventing younger people from connecting with others in

real life. More studies are needed to determine whether this is true. There could also be a connection with loneliness and opioid and alcohol use and even suicide. More studies need to be done in these areas. Whatever the situation, loneliness can be devastating and cause serious physical and mental illnesses. Loneliness is a public health concern that can lead to pain, injury, loss, grief, fear, fatigue, and exhaustion. It can cause disruptions in daily functioning and a person’s recovery from physical/mental illness. Mother Teresa once said: “the greatest disease in the West today is not TB or Leprosy; it is being unwanted, unloved, and uncared for.” We can cure physical diseases with medicine, but the only cure for loneliness, despair, and hopelessness is love...” Loneliness should be classified as a disease that requires treatment.

TYPES OF LONELINESS

Loneliness can be categorized according to its causes.

- **Situational loneliness:** Cultural environment and socio-economic conditions contribute to situational loneliness. The increased life expectancy in females is an essential factor for the increase in the development of situational loneliness in this group.
- **Developmental loneliness:** Everyone has a need to be intimate or have a close relationship with another person. However, as individuals, our own real self needs some time for being alone. There needs to be a balance of these needs for relationships and being alone. Without this balance, the result is feelings of a meaningless life, emptiness, and loneliness. Personal inadequateness, developmental issues, significant separations, social issues, poverty, poor living arrangements, and physical/mental disabilities often lead to developmental loneliness.
- **Internal Loneliness.** Being alone does not mean that a person is lonely. It is the idea of being alone that makes the person feel isolated. Some people enjoy being alone and are not lonely. If a person has low self-esteem and self-worth, s/he may seem to feel even more loneliness. Personality factors, loss of control, mental distress, and low self-esteem, feelings of guilt or worthlessness, and not being able to cope with situations are some reasons for internal loneliness.

Many of us can identify with the different types of loneliness. It is our ability to be able to go forward and overcome loneliness, either by our own means or with the means of making healthy choices with the help of professional caregivers.

RISK FACTORS FOR LONELINESS

Loneliness is not a good feeling. It is also harmful to your health. Loneliness can put you at a higher risk for many diseases, such as heart disease, high blood pressure, Alzheimer's disease, and increases the chance of death, especially for older adults. The loneliness can cause changes in body functions, causing a person to be more prone to diseases and a weakened immune system. The body's immune system is your body's way of fighting illness. With weakened immune cells, you have problems fighting off viruses and many other infectious diseases.

SYMPTOMS OF LONELINESS

Michael Flood in 2005 identified symptoms of loneliness to include:

- Feelings of loss and despair.
- Feelings of helplessness, such as "There is no one to help me when I need support and friendship, or to cheer me up when I am down."
- Feelings of isolation and being ignored by other people.

Other symptoms may include: sleep problems (either too much or not enough), problems with concentration, mood control, inability to enjoy things as in the past, or to eat and exercise regularly. Also, there may be symptoms of having aches and pains for no reason, being always in a negative mood, losing interest in others and not caring what happens, having a sense of failure or guilt, and the inability to show outward affection toward others and avoiding sex.

LONELINESS IN CHILDREN

Loneliness can be very difficult to diagnose in children. Not much is known about the impact of loneliness on children, physically or mentally. Here are four ways that can help you identify a lonely child.

- **Poor social skills:** Many of these children have problems interacting with others. Their behaviors seem very bossy, rude, quiet, negative, or boring.
- **"Different" style:** These children have a different thought process. Their distinctions "turn others off" with a result of rejection from peers and adults.
- **Internet addiction:** Some children use the digital universe to escape from reality. They find comfort and support from fictitious, unreal characters, but meaningful relationships come from interactions

with real people.

- **Family turmoil:** Parental instability, divorce, family stress, frequent moves, child abuse, and violence, can contribute to childhood loneliness.



Prevention and Treatment. It is essential to acknowledge the degree to which loneliness is affecting the person's or family's life. The person's age group is important because life goals and what is important are different at different life stages. There are many different stages and effects of not recognizing severe loneliness. By encouraging a person who is lonely to seek professional help by speaking to his/her medical provider, can save a life. Counseling, medical, and mental health care are also necessary. A child's school may need to be involved in addressing his learning, bullying, involvement with peer support groups, and how others with similar problems had resolved them. Building resilience could be useful.

MAKING WISE CHOICES

- Be active in your community and help others. You can reduce your feelings of loneliness this way.
- Serve meals, or organize clothing donations for the needy.
- Help an organization send care packages to service members stationed overseas.
- Volunteer to run errands for disabled individuals.
- Care for dogs and cats at an animal shelter.
- Help with gardening at a community park or garden.
- Volunteer at a school, library, museum or hospital.

Conclusion. Loneliness is a state of mind. We have all experienced some degree of loneliness and should not be ashamed or embarrassed to talk about it with our



health care provider. Loneliness can be deadly if allowed to continue. Yet, it is treatable. Maintaining a healthy diet, exercise, and finding activities that are meaningful and enjoyable will help. Structuring your life to rid it of some stressors can help loneliness. There is no easy answer. Everyone is different, and the circumstances are different. Encouragement, reaching out to others, and connecting with them can be the turning point for a lonely person. If you are the lonely one, go out and find someone. It is not easy, but someone is out there waiting for you to meet them and say “Hello.”



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Chicago Society Foundation Grant for ZAP-PAA

The Chicago Society Foundation has donated 10,000 dollars to the Polish American Association for a program that helps victims of domestic violence.

For a long time, ChSF has regularly supported the activities of the Polish American Association. ChSF are, after all, champions in the field of charitable activity and act in accordance with their goal of “improving the environments of Polish immigrants and the Polish-American community by supporting cultural, historical, and educational initiatives.” The foundation’s philanthropic activity raises recognition in the whole Polish community.



(l-r) Richard Ciesla, Frank Gondela, Magda Dolas, Ted Makarewicz (CSF President), Peter Dykas, Romuald Matuszczak, Stanley Sawa, Adam Konopka, Walter Pieciewicz

Chicago Society of the Polish National Alliance (Lodge 1450), is the first Polish American Society in America, formally organized in 1912. The mission of the Society is to share a leadership role in the improvement of life of Polonia institutions, groups, and individuals; promote public awareness, especially among youth, of Polish and Polonia history and culture; and support and nurture the business and civic endeavors of its members. The Foundation is a private charitable organization affiliated with, but separate from, the Chicago Society.

Photo: Courtesy of “Dziennik Żwiązkowy”

In Memoriam

BARBARA R. BLYSKAL (1939-2019)



Barbara R. Blyskal passed away on June 3, 2019. Diagnosed with Leukemia in October 2018, she was in and out of the hospital. On that beautiful June afternoon, Barbara lost her fight to live. She was 80 years old. As past Commissioner of District 3, she always attended functions and always “pushed

PNA products.” Barbara was secretary of Lodge 2366 and Council 84 which sponsored her idea of honoring Veterans. For 25 years, she was the Mistress of Ceremonies at the wreath-laying ceremony in front of the monument in South Brooklyn. The monument lists the names of Polish Americans who fought in WWII. Barbara was always thinking about innovative ways to increase membership in the PNA. She came from a 100% PNA family. Viola, piano, organ, and vocal skills enhanced her life of music and service. Barbara played the viola in Bay Ridge High School’s orchestra. She was also the co-editor of the school’s newspaper. With this in her background, it was natural for her to become publicity person for the Polish Singers Alliance of America, and creator/editor of their newsletter. Barbara was inducted into the Arista Honor Society, and her talents continued to shine through her years at Hunter College. She sang in the chorus and played viola in Hunter’s Symphonette. Barbara received her Bachelor’s Degree in Education and taught for 30 years in the Lawrence School District on Long Island. Barbara played piano for many groups, but the best for her was accompanying the Matusz Dance Group. That’s where she met Edward, and they were married in 1965. Barbara was organist at Our Lady of Czestochowa Church and directed the choir; she helped organize Marie Sklodowska Curie Professional Women’s Association. She was a member of the Catholic Ladies Guild of OLC, South Brooklyn and NYC Pulaski Parade Committees, Polish American Teachers Association, the Lawrence Teachers Association, the Kosciuszko Foundation, President of Jutrzenka Singing Society. She was listed in the first edition of “Who’s Who in Polish America. Barbara and her husband Ed were honored as activists in the Polish Community. She received the Citizen of the Year award in 1989 and Poland’s Cross of Honor in 1995. Barbara is survived by her husband Edward, sister Helen (Kostecki) Pater, as well as cousins, nieces, and nephews. May she rest in peace.

STANLEY STAWIARSKI 1918 – 2019



Stanley StawiarSKI was born on a farm in Poland during WW I. His mother died when he was 4 years old, along with a baby brother. His father remarried and had 5 more sons. Stanley’s uncle, a Catholic priest, brought him to a boarding school near Kovel, Poland (now Ukraine). After his education, he joined the Polish Army, becoming a Corporal and paramedic.

While on maneuvers in eastern Poland, he was captured by the Soviets and taken to a slave labor camp. After the Nazis invaded Poland, Stanley walked over the fields, back to Poland. Along the way, he was taken in by a woman, who happened to be a beekeeper, who used healing bee products to restore him. He would remain dedicated to beekeepers and raw honey for the rest of his life. During the war, he was captured by the Nazis and placed in a POW camp near Hamburg, Germany. He was moved around from field to camp. An outsider helped him escape to Vienna, where he had a phony passport made and found work on a farm. In 1945, the Russians invaded and occupied the eastern end of Austria. Stanley did not like living under Soviet rule. He and a friend hike through the mountains to western Austria. They were then taken to Switzerland and then sent to England. Stanley lived and worked in England for 3 years until he could save money and find a sponsor to immigrate to the United States. He came through Ellis Island in 1952 and came directly to the Chicago suburbs to find work. He married Veronica (Przybylski) and raised a family, living most of his life in Joliet, Illinois.

Active in the Polish American community, Stanley joined the Polish National Alliance (PNA) in 1954. He became the Financial Secretary of his Joliet area-based Lodge and grew the membership 10-fold. He became a director of the PNA Youth Camp in Yorkville, Illinois. He went on to become a PNA National Director and served for 2 terms from 1983 to 1991. He won many sales and leadership awards from the PNA, including Man of the Year. He was also active in the Polish American Congress. Through this work, he had the great honor to have multiple meetings with Pope John Paul II, and many dignitaries in the US and abroad.

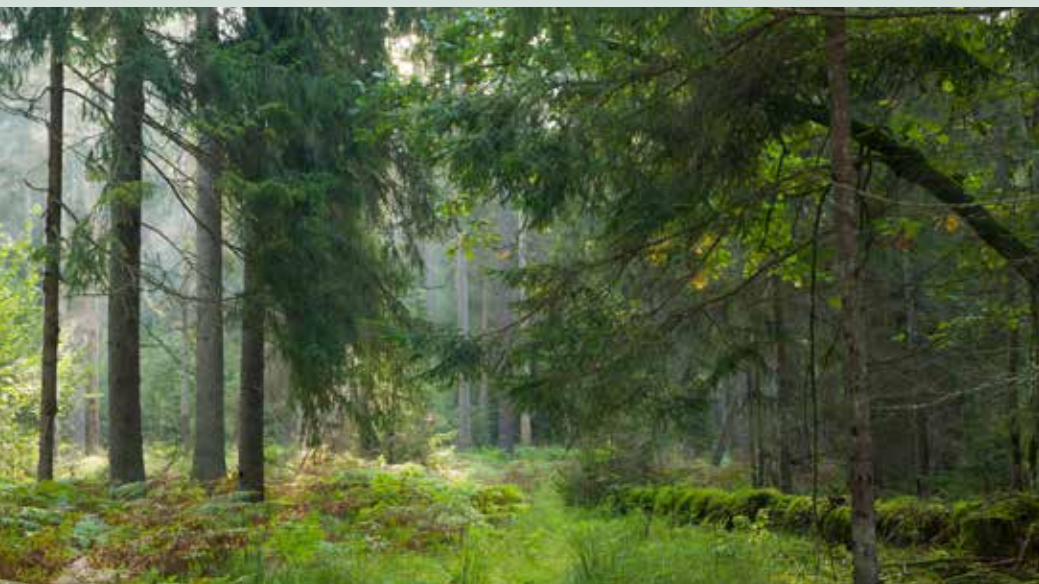
Every year he had a Christmas party for the children in his lodge, always including a container of raw honey. Stanley was always a farmer at heart and knew the value of home-grown food. He was an avid gardener who enjoyed sharing his fruits and vegetables with neighbors, friends, and family. He liked people and made friends wherever he went.

Stanley has lived the last 7 1/2 years of his life with his family in Lafayette, Colorado.

He is survived by his son Kenneth of Chicago, his devoted daughter and son-in-law Dhiana and Dave Armstrong of Lafayette, Colorado, and his only grandson Justin of California.

Splendor of Podlasie

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 ...



The Podlaskie Voivodeship in northeastern Poland features rich vegetation and a diverse animal world with moose, wolves, and of course, its representative bison. With 88 nature reserves and 15 protected landscapes, around 30% of the land is under legal protection. Approximately 33% of the area is forested. An old interpretation of its name means “land by the forest.” Podlaskie is also the coldest Polish region with an average annual precipitation of 22 to 28 inches. In the present day, there are flourishing Jewish, Belarussian, Russian, Lithuanian, Ukrainian, and Tatar communities, along with others. Travelers should keep in mind that there is no international airport in this voivodeship. The largest milk producers in Poland are located in this area along with growing industries in wood,

furniture, organic food, and cosmetics, along with a developing IT sector known as the “Silicon Forest.” See Białystok’s cultural jewels then journey through Białowieża Forest’s fairytale scenery. Here are just some of the places worth a visit.

BIAŁYSTOK



Białystok is Podlaskie’s capital and the most populated city. Established in the 14th century, Białystok’s past has been through lots of political

turmoil. At one point, the city was fought between the Kingdom of Prussia and the Russian Empire, and later Germany during World War I. During World War II it was the capital Byelorussian SSR, the Nazis attempted to eradicate the non-Germans. The Jewish residents were placed inside a ghetto. The Białystok Ghetto Uprising took place in 1943, and citizens daringly fought against the invaders.

Present-day Białystok is very modern. Around 400 events are organized a year by the Białystok Cultural Centre. There is also the Białystok Puppet Theater, which is considered to be one of the best puppetry arts centers in Poland. But the arts are far from being the only aesthetic with about 32% of the city featuring green spaces such as parks that belong to the Knyszyn Forest. The 18th century Branicki Palace nicknamed the “Versailles of Podlaskie,” was initiated by Jan Klems Branicki. There are gardens, elaborate statues, and architectural woes, making it an excellent spot for romantic outings. Other places that worth a visit include the Old Town Square, The Cathedral, Roman Catholic Church of St. Rocha, St. Nicholas Eastern Orthodox Church, and the Białystok City Stadium.

BIAŁOWIEŻA FOREST

Białowieża National Park has the largest and one of the oldest old-growth forests in Europe. The nature reserve was founded in 1932, and it was added to the UNESCO



World Heritage List in 1979. Located between Poland and Belarus, there is a border crossing available for sightseers. The 547.82 mi² forest features diverse forms of fungi and Saproxyllic invertebrates. There are 59 mammal species, over 250 kinds of birds, 13 types of amphibians, 7 types of reptiles, and over 12,000 different kinds of invertebrates. The reservation is known for having the largest free-roaming population of European Bison.

HOLY MOUNTAIN OF GARBARKA



For hundreds of years, there is this hill that attracts more than 10,000 Orthodox pilgrims, and it is known as the Holy Mountain of Garbarka (Góra Garbarka), or the Holy Mountain of Crosses. These travels take place on August 18th and 19th during the Orthodox Church's Feast of Transfiguration, which honors the transfiguration of Jesus Christ. The story behind this hill is quite peculiar. In 1710 during the cholera epidemic, an older man dreamt that help would be found in a nearby

hill. Many believers took crosses, prayed, bathed, and drank spring water. For hundreds of years, people have come to the hill to pray for health. They often leave their crosses behind with their personal desires, sorrows, and positive messages. The Holy Mountain attracts visitors all year round.

TYKOCIN



Tykocin is a small town near the Narew River and is one of the oldest settlements in the region that was first mentioned in the 11th century. The Tykocin Castle was established 1433 and later in the early 2000s but was then reconstructed from its 18th-century ruins. Despite the town's small size, it was politically significant in the 17th and 18th centuries. During World War II, the Nazis murdered around 1,400 Jews, and many were sent away to ghettos. The Museum of Jewish Culture showcases these meaningful stories, among others. Another popular historical attraction is a late-Renaissance frame-Baroque style Synagogue of Tykocin built in 1542. Now it is a part of the Museum of Judaism.

SUPRAŚL

Supraśl is definitely a worthwhile visit for those who adore viewing historical landmarks or walk through nature's bliss. The town's symbol is the Supraśl Orthodox Monastery, a Gothic structure that dates back to 1498. It is one of the six Orthodox Christian men's monasteries in Poland. In 1823, the Codex of Supraśl,



which is from the 10th century, was discovered, making it the country's oldest Slavic literary work. Another famous attraction is the Museum of Icons that showcases icons from the 18th, 19th, and 20th centuries as well as wall-paintings. The location was recognized as a spa town in 2001.

KRUSZYNIANY



Kruszyniany is a village with a population of less than 200. Located close to the Belarussian border, the location has garnered a growing level of interest in recent years. Muslim Tatars make up a majority of the village's population. A popular tourist attraction is the 18th-century wooden mosque called

the Kruszyniany Mosque, which is one of the two oldest in Poland. The village has a Mizar, an old Muslim cemetery along with an Eastern Orthodox cemetery. On November 20th, 2012, Kruszyniany was listed as one of Poland's official national Historic Monuments. In 2015, The Polish Tatar Centre of Education and Muslim Culture was established.

WIZNA

To the east of Mazovia is a historically significant village called



Wizna, where the Biebrza River flows through. Its earliest settlements is a castle that was built in 1130 by Duke Bolesław Krzywousty's brother Prince Zbigniew. In 1390, the town's Catholic Parish was initiated. It would become an important trade route from Lithuania to Kraków, and remained notable throughout centuries.

In the early 20th century, the town saw significant growth in Jewish residents. From September 7th until September 10th, 1939, the Battle of Wizna took place. Known as the Polish Thermopylae, around 720 Polish courageously fought over 40,000 German soldiers with their 350 tanks. Near the end of the battle, Commander, Władysław Raginis, told his soldiers to surrender before killing himself with a grenade. Nowadays, residents' income stems from farming and food production.

NAREW NATIONAL PARK



Not far from Tykocin is the "Polish Amazon" that belongs to the village of Kurowo. Founded in 1996, Narew National Park is 28.38 mi² long terrain that has about 203 different bird species. There are also large numbers of rare butterflies and dragonflies. Within the park, around 98% of soil is flooded, both temporarily and permanently. Many people take an old-school wooden boat through the water route.

THE LAND OF OPEN SHUTTERS



The Land of Open Shutters references three villages that feature traditional amazingly-decorated houses that often have wooden ornaments above their windows. Commonly, the shutters are also painted with vivid colors. Many times there is a small wooden fence in front of the homes. The three referenced villages are Trześcińska, Soce, and Puchły, but such folk architecture can be found in other parts of Podlaskie as well. The collection of buildings is a unique mixture of Polish, Russian, Ukrainian, and Belarussian cultures. A large percentage of the populations are Orthodox Belarusians.

PUŃSK

Located just 3 miles from the Lithuanian border is the village of Puńsk. It has been labeled the "Lithuanian capital of Poland." Over 75% of the population is Lithuanian, so it is not all that surprising that the Lithuanian language is heard more often than Polish. On August 15th, many tourists travel



there to see a religious feast. The Lady of the Herbs is mixed with the Festival of Bread, Milk, and Honey. Visitors can then see people wearing folk costumes, flowers, herbs, and grains. There is also easy access to local goods such as wooden and clay ornaments accompanied by baked goods that include Sękacz, "mrowisko" (anthill cake), meats, and honey, of course. The Ethnographic Museum is another attraction.

Written by Beatrice Jędrycha

Podlaskie's Multiculturalism

The Podlaskie region is very culturally diverse. Close proximity to Belarus, Kaliningrad Oblast, and Lithuania influences the voivodship's Multiculturalism. But its non-Polish influences extend beyond its bordering cultures. There are also Jewish and Tatar communities to be found. Different faiths have peacefully co-existed for centuries. For example, travelers can see Orthodox and Catholic symbols in close proximity to each other. Here are some of the cultural and ethnic groups found in the Podlaskie region.

BELARUSSIANS

Belarusians are the most active and largest minority group in the Podlaskie region. According to the 2011 census, 38,358 of have declared themselves as Belarusian.



They make up around 2.5% of Białystok's population (about 7,500 people). In that city, there are the most radio stations, newspapers, and organizations belonging to this group. There is also the annual Festival of Belarussian Song and Day of Belarussian Culture, as well as the International Festival of Orthodox Church Music showcasing beautiful music from the beginnings of Christianity to modern times, attracting a word-wide audience. They make up 50% of the population in the Bielsk Podlaski gmina. In the Orla gmina, they are 75% of the population.

RUSSIANS



In the Podlaskie region, the Russian minority is about 1,000. Some of them are orthodox and some are "Old Believers" that reside in villages such as Wodziłki and Bór. A number of the Russians that reside in Białystok are the descendants of imperial officers. Because of the region's potential for frigid temperatures, a growing Podlaskie tradition is the Russian banya, which is a type of sauna found in Slavic regions. Enter a banya in Folwark Nadawki in Wasilków.

LITHUANIANS

Lithuanians are the descendants



of Baltic tribes and the indigenous people of the north-eastern Podlaskie region. For the next centuries, many of Lithuanians Polonized. Independent Polish and Lithuanian statehoods were established after World War I. Nowadays, the vast majority of the Lithuanian minorities live in the Podlaskie Voivodeship. In the Sejny County, they make up about 20.2% of the population. There are Lithuanian-speaking programs and schools available too.

JEWS



Since around the 15th century, Jews lived and established their areas in Podlaskie. Before 1939, there

were 3.3 million of them living in Poland, making it second place in terms of population numbers. Many villages in Podlaskie were largely Jewish too. Although not many Jewish people in the present day live in places such as Tykocin, Knyszyn, Bielsk, Kaczorowo, Wizna, and Białystok, there is no doubt that the Jewish footprint and influences continue especially through synagogues and other architectural gems.



TATARS

The ancestors of many modern-day Polish Tatars migrated from Crimea and Central Asia in the 14th century. In 1679, King Jan III Sobieski invited Tatar Soldiers that settled in Kruszyniany. Back in the early 20th century, there were about 6,000 Tatars and 17 mosques in the region. After the Second World War ravaged the Tatar community. Soviet occupation crushed the Tatar's Muslim practices. With time, the rates of complete Polonization further diminished of their culture. In recent years, there has been a revival of their culture and traditions, as revealed in the Tatar Trail, which includes places such as Kruszyniany, Bohoniki, Stara Kamionka, Sokółka, and Wierzchlesie.

Written by Beatrice Jedrycha



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Known and Less Known Polish Christmas Traditions and Beliefs

In Poland, Christmas Eve and Day present joyous times for many families. A New Year dawns soon after the 24th and 25th of December, inspiring universal generosity. People rejoice the birth of Jesus Christ, but many of the customs and traditions associated with this time of the year are not necessarily related to Christianity. Every household brings forth slightly different customs.



There is a common belief that once the clock strikes midnight on Christmas Eve, Christ enters the world. On that day, miracles have the potential to occur. A

long time ago, some people believed that stones would begin to tremble and jump, and the Earth would reveal its hidden treasures. Some of the lyrics from a well-known song called “Dzisiaj w Betlejem” (Today in Bethlehem) mentions this belief. In the song, it is stated that “Shepherds sing, cattle kneel, miracles, they announce miracles.” The concept of animals not only kneeling but also speaking with a human voice during midnight is still referenced during mealtime, often jokingly. Pets are commonly presented with treats and toys.



Usually, an extra empty seat and or plate is left for potential guests. Some believe that Jesus might visit in the form of a brittle older man, while others leave some extra space for the departed souls. It is believed that thanks to

God’s grace, deceased loved ones can temporarily leave the after-life. The souls, however, are invisible to the vast majority of people. Before sitting down in front of a table, the homeowners would blow air on the surrounding area, so that the spirits could have room. It was also forbidden to sew, use the reel, or cut the chaff. Such precautions were applied so that the departed loved ones were not hurt in any way. The hostess would yell, “All souls run, I have to pour water.”



There is one less common Christmas tradition that, to a certain degree, may have occult connotations. Some people in the countryside who are connected to nature and the cycles of death and rebirth engage in harvest fortune-telling spoken through things such as shadows, hay, and grain. There was the belief that Christmas night awakened supernatural possibilities. The predictions involved good fortune, money, finding true love, and some even more sinister declarations. Sometimes the fortune tellers would gain speak of the sudden death of the host or household member or hidden illnesses.

One of the newest and increasingly less popular Polish Christmas tradition involves eating a carp fish, but not everyone knows the story be-



hind this tradition. Nowadays, there is a common saying of “A carp in the gray sauce has to be there.” The tradition dates back to the times of the Polish People’s Republic (PRL). In 1947, as a result of the empty grocery stores, the Minister of Industry and Commerce Hilary Minc ordered the expansion of Carp breeding ponds. Even nowadays, people buy a living carp in the store and later become involved in some messy business in their bathtubs.

Written by Beatrice Jędrycha



The Queen of Polish Carols

There are thousands of Polish Christmas carols, but there is one art piece that is labeled the Queen of carols. It is known as “Bóg się rodzi” (God is Born). According to a survey conducted by the Polish National Radio, nearly 80% of Polish people sing carols on the day they celebrate Christmas. For some, “Bóg się rodzi” is Poland’s National Christmas hymn.

Its melody was first introduced during the reign of Stefan Batory, who ruled from 1575 until 1586. The work was known as a coronation polonaise for Polish kings; however, it is not clear who composed the melody. During 1769 and 1770, a renowned poet named Franciszek Karpiński would meet with the cultured Duchess Izabela Lubomirska. In 1792, under the duchess’ wish, the poet wrote the carol’s lyrics and originally titled it, “Pieśń o Narodzeniu Pańskim” (On God’s Nativity). The work was featured in a compilation of works called *Pieśni Pobożne* (Songs of Piety), which were printed in Supraśl by Basilian monks. The carol was featured in the Old Basilica in Białystok, a city in which the poet resided in.

Poland was going through tumultuous times during this work’s inception. Unlike most popular carols of that time, its themes were more serious with its theological and pro-patriotic messages. Karpiński wrote the poem during Poland’s partitions and attempted to empower the everyday people. Late-19th-century poet Jan Lechoń wrote, “make this carol our national anthem, it would express, better than any kind of occasional poetry, that which determines the

unity of a people — the very essence of feeling.” The beloved Pope John Paul II would base his speech on “Bóg się rodzi” at the Paul VI Auditorium during Christmas greetings in 1996. This carol is one of Poland’s most beloved masterpieces.

“God is Born”

God is born and the night is shaken,
The Lord of Heaven lies naked,
Fire is frozen, light is veiled
The Eternal now has its limits.
He was scorned, yet clothed with glory,
Mortal King of the Ages!

And the Word was made flesh,
And dwelt among us.

What do you have, Heaven and earth?
God gave up His happiness.
He walked among His beloved people,
Sharing in the hardships and toil.
He suffered much, not little,
For they were all guilty sinners.

Born in a common stable,
The manger was given to Him as cradle!
What surrounded it?

Cattle, shepherds, and hay.
Poor, yet you were met and
Greeted him before Kings!

Raise Thy hand, Divine Child,
Bless our beloved country
With good counsel and well-being,
Bolster it with the strength of His power.
Bless our home and all our possessions
And all the villages and cities.

„Bóg się rodzi”

Bóg się rodzi, moc truchleje,
Pan niebiosów obnażony,
Ogień krzepnie, blask ciemnieje,
Ma granice Nieskończony.
Wzgardzony okryty chwałą,
Śmiertelny Król nad wiekami;
A Słowo Ciałem się stało
I mieszkało między nami.

Cóż masz niebo nad ziemiany?
Bóg porzucił szczęście swoje,
Wszedł między lud ukochany,
Dzieląc z nim trudy i znoje.
Niemąło cierpiał, niemąło,
Żeśmy byli winni sami,
A Słowo Ciałem się stało
I mieszkało między nami.

Podnieś rękę, Boże Dziecię!
Błogosław Ojczyznę miłą.
W dobrych radach, w dobrym bycie
Wspieraj jej siłę swą siłą,
Dom nasz i majątność całą,
I Twoje wioski z miastami!
A Słowo Ciałem się stało
I mieszkało między nami.



„Bóg się rodzi” – hymn bożonarodzeniowy



W 1792 roku, Kościele Farnym (Starym) w Białymstoku, po raz pierwszy rozbrzmiała królowa polskich kolęd „Bóg się rodzi”.

„**Pieśń o Narodzeniu Pańskim**”, bo tak brzmiał jej pierwotny tytuł, powstała na zamówienie księżnej Izabeli z Czartoryskich Lubomirskiej, która zleciła jej napisanie znanemu poecie doby Oświecenia Franciszkowi Karpińskiemu, związanemu z dworem Branickich w Białymstoku. Karpiński prawdopodobnie stacjonował w tym czasie w pobliskim miasteczku Zabłudów, pracując jako guwerner dla księcia Radziwiłła. Nieco później tego roku, w klasztorze oo. Bazylianów w Supraślu, wydane zostały „Pieśni nabożne” Karpińskiego zawierające min. pieśń „Bóg się rodzi” i „Kiedy ranne wstają zorze”. Autorstwo muzyki przypisuje się Karolowi Kurpińskiemu. Niektórzy badacze twierdzą, że melodia jest pochodze-

nia ludowego i przypomina poloneza koronacyjnego królów polskich.

Dzięki prostemu językowi, podniosłemu stylowi i symbolicznym dla narodu polskiego słowom, pieśń „Bóg się rodzi” stała się jedną z najbardziej znaczących polskich kolęd. Karpiński opowiadając o cudzie Bożego Narodzenia przekazał Polakom wiarę i dzieje na wolność. W listopadzie 1918 roku, „Słowo Ciałem się stało”. Po 124 latach nieistnienia, Polska odzyskała na mapie Europy swe należne miejsce.

Bazylika Mniejsza Wniebowzięcia Najświętszej Maryi Panny, Archikatedra Białostocka, powszechnie nazywana Kościołem Farnym ma również niezwykle wymowną historię.

Pierwszy kościół w Białymstoku zbudowali przed rokiem 1547 właściciele okolicznych posiadłości Raczkowicze. W XVII wieku kolejny właściciel Białegostoku, marszałek Wielkiego Księstwa Litewskiego Piotr Wiesiołowski ufundował murowany kościół pod wezwaniem Wniebowzięcia NMP, który z przeróbkami, przetrwał do obecnych czasów, jako tzw. Stary Kościół Farny. W XVII wieku właścicielami terenów została rodzina Branickich. W XIX wieku świątynia okazała się za mała na potrzeby parafii i starano się o wybudowanie nowego kościoła, ale represje po upadku powstania styczniowego okazały się poważną przeszkodą. W 1899 roku, (z pomocą ofiarowanego złota), uzyskano od zaborczych władz carskich zezwolenie na wzniesienie przybudówki do małego, późnorenesansowego kościółka. Plan „rozbudowy” opracował znany wówczas architekt Józef Pius Dziekoński. W rezultacie wybudowano monumentalny, neo-

gotycki kościół kilkakrotnie przewyższający wielkością starą świątynię. Prace wykończeniowe trwały do I wojny światowej. Na szczęście białostoczan, działania II wojny światowej nie zniszczyły kościoła. W 1985 roku papież Jan Paweł II podniósł kościół do godności bazyliki mniejszej, a w 1991 roku ustanowił katedrą.

*Photo by Alicja Kuklińska
AK*



Podlasie Specialties

Podlasie is well known for its famous potato dishes, delicious meat products, best breads and east cakes in the country. Since this is a winter Zgoda issue, we are sure you wouldn't mind a few comfort food suggestions straight from Podlasie.

Potato Dough Dumplings

Kartacze - pyzy z mięsem



These large dumplings come from the Sejny region, which is one of the areas in Podlasie that is strongly influenced by Lithuanian culture. The cepelinai recipe is described as Lithuania's national dish, which is often stuffed with ground meat, mushrooms, or dry curd cheese. In Poland, it is more often served with fried pork belly, onion, pepper, and marjoram.

Kartacz actually means large bullet, popular in XVIII century artillery around the world. General Pulaski died wounded by a kartacz.... a real one.

Directions:

Squeeze excess juice out of the grated potatoes, and mash/mix with the boiled potatoes. Add salt to taste and bit of potato starch as well, and mix well. Season pork with salt, herbal pepper, garlic, and marjoram. Form small balls of meat and place them inside the flattened potato mix, forming oval dumplings. Place the dumpling into salted, boiling water. Boil the kartacze until they rise in the water. Brown the pork belly on the frying pan, add diced onions, salt, pepper, and some marjoram. Make sure the onions have a brown tint as well. Enjoy!

Ingredients:

Stuffing:

- 2 pounds of ground pork
- 2 cloves of garlic
- salt
- herbal pepper, pepper
- marjoram

Dough:

- 2 pounds of boiled potatoes
- 3 pounds of grated potatoes (drained)
- potato starch

Garnish:

- 0.5 lb. of pork belly (small cubes)
- 3 small onions
- Salt, pepper, marjoram

Yeast Dumplings

Pierozki z Ciasta Drożdżowego

A recipe that is growing in popularity is baked dumplings that are quite fun and fast to make. Thankfully, nothing becomes sticky! The stuffing can be anything, depending on the creator's taste and mood.



Ingredients:

- 2 cups of flour
- 1 oz. of yeast
- ½ cup of milk
- ¼ cup of butter (melted)
- 1 teaspoon of sugar
- pinch of salt
- 1 egg
- Shredded cabbage (could be washed sauerkraut)
- dried porcini mushrooms
- small onion (chopped)
- onion
- salt & pepper

Directions:

Dough. Dissolve the yeast in warm milk, add sugar, and a teaspoon of flour. Let stand for about 15 minutes. Add flour, melted butter (cooled), and mix well all ingredients. Knead the dough. Set aside in a warm spot for about an hour, so the dough doubles in volume. Sauté seasoned onion, cabbage and mushrooms until soft and all of the liquid evaporates. Roll the dough, flatten, cut circles, form pierozki stuffing them with sautéed cabbage, & mushrooms, and brush with an egg wash. Bake pierozki on the greased baking pan in 375 °F for about 20 minutes, until golden in color.

Cream Layers Cake

Marcinek

The Marcinek cake is an adored multi-layered cream cake that is a must at Podlaskie weddings, christening parties, and birthdays. This delicious creation comes from the Hajnówka area and has been passed around for generations. Its name derives from St. Martin.



Ingredients:

Dough:

- 0.5 cup of butter
- 0.5 cup of granulated sugar
- 1 large egg
- 1 yolk
- 0.5 cup of sour cream 18%
- pinch of salt
- 1/2 teaspoon of baking soda
- 1 tablespoon of vanilla sugar
- 3-1/4 cups of flour.

Cream:

- 5 cups of cold heavy cream (crème fraîche) 30% or 36%
- 1.5 cup of cold sour cream 18%
- 1 cup of powdered sugar
- Freshly squeezed lemon juice (optional)
- 1 1/2 teaspoon of vanilla sugar/vanilla

Directions:

Dough. Dissolve the yeast in warm milk or water. Mix some of the sour cream with baking soda and set aside. Mix butter, sugar, and vanilla sugar until it becomes a thick dough. Add the egg and yolk. Gradually add in the sour cream and baking soda mixture, along with the flour. Divide the dough into 15 parts (2 oz. each). Stretch/roll dough portion into round 9 inches baking sheet/pan layered with parchment paper. Gently poke with fork and bake for 10-15 minutes at 370 °F. Repeat this process with remaining dough portions. Spread cake layers with the cream mixture, one by one. Refrigerate for an hour. Next, feel free to cover the top and edges of the cake with the remaining cream and sprinkle with cocoa, or other fine sprinklings. Refrigerate for 6 more hours and enjoy!

Potato Kugel

Babka Ziemniaczana

Popular in both Poland and Belarus, the potato kugel is delicious regardless if it's served fresh from the oven, or browned on the frying pan the next day. It has a healthy dose of pork belly or sausage and onions, reminding bakers of its nutritious value. Every year in Supraśl, the World Championship in Baking Potato Kugel and Potato Pancakes takes place.

Directions:

Take out a ceramic pan (9 x11 inches), grease well with lard or oil, and sprinkle with bread crumbs. In a large bowl, grate the peeled potatoes, add 2 eggs and 3 tablespoons of wheat flour. Mix in a teaspoon of salt, pepper, sugar, and sweet pepper. Mix well. Cut the pork belly into small cubes, and fry on a pan adding onion, until golden brown. Add (including some or most of the grease) it to the mixture. Place the mass into the ceramic pan and bake at 400°F for about 1 hour and 50 minutes, until golden-brown. Serve sprinkled with chives, add some sour cream if you wish, and enjoy!

Ingredients:

- 6 pounds of potatoes
- 0.5 pounds of pork belly (sausage)
- 2 large eggs
- 3 tablespoons of flour
- a large onion (diced)
- teaspoon of salt
- teaspoon of pepper
- teaspoon of sugar
- 2 table spoons of bread crumbs
- Vegetable oil (or lard)



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