

"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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We Are Here For You!

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We Are Here For You! - Every person in the Polish National Alliance is here for you, we are one big family connected with our heritage and almost a century and a half of tradition. The officers and employees of the PNA work hard to provide you with security and assistance in the many ways that only a fraternal with 140 years of experience can do. Our insurance and financial products provide you safety for the future. Our fraternal benefits provide you with help for today. You can count on the PNA when you need us, we are here for you!

PNA President Frank Spula and the PNA Home Office employees gather with Chicago Mayor Lori Lightfoot for a photo on the main staircase in the National Headquarters on Cicero Avenue in Chicago.

Photo: August 9, 2019 by Peter Serocki

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President's Corner

May 2020

Dear PNA Members,

The beginning of the New Year has brought forth numerous unprecedented challenges instigated by the global COVID-19 pandemic. We at the Polish National Alliance are here for you, our Members, during this time of uncertainty. Personal plans had to be altered and our livelihoods might have been greatly affected. We had to adjust to the implemented measures of social distancing introduced by our government. At times, information about “our new reality” has become overwhelming as media covers the daily press briefings. Our hearts go out to everyone, especially to the health care workers and first responders on the frontlines who dedicate their lives saving others. **THANK YOU!**

Good days will return. As Chairman of the Board, I can assure you that we are financially sound. Our organization has previously withstood the unique challenges brought forth by each decade. Throughout the years we have continued to financially protect Polish-Americans. The PNA has withstood the various financial assaults such as the Great Depression of 1929, and beat the financial crisis of 2007. The PNA has and will continue to help and support its Members as it has done for the last 140 years.

Christians all over the world held Easter celebrations even though their churches were closed to worshipers. Candles were lit in front of computer screens and Easter Baskets filled with eggs and butter lambs were not blessed by a priest's Holy Water. The Communion Host could not be shared with others because Masses were held online. This shows just how our world has changed. Life's huge milestones had to be celebrated in a less traditional, but equally meaningful manner. The many heartfelt stories of strangers helping one another in these trying times reminds us of the good in people. As the flowers begin to bloom,

the spring season represents a renewed sense of hope and resurrection.

This year, all in-person commencement ceremonies were cancelled. Millions of high school and college students across the country are affected by this change. Many students had spent countless hours studying, taking part in after-school activities, and sharing their dreams and aspirations only to find out that their plans were chaotically turned upside down. Unlike the graduates before them, they will not be able to go through the traditional rite-of-passage, instead, they will attend a virtual commencement. Earning a degree continues to symbolize a new start in life and a move forward. To the Class of 2020, do not give up on your dreams. Continue to challenge yourself and follow your convictions. There will be happiness and laughter, and excitement as you pursue new paths and careers.

We all have a lot to think about now, but we should not forget to fill out the 2020 Census. The Census is very important for Polonia and our nation. At the beginning of March you received information from the U.S. Census Bureau as to how to complete the online form. It is extremely important that an accurate count of all U.S. residents is done because Federal monies are distributed based on the Census. I ask that when you complete the Census form you write Polish-Americans or POLAND as your “country of origin”. The Polish American Congress has initiated a campaign to get all of Polonia completing the Census. The PNA has distributed brochures to Polish communities throughout our country. To find out more, I encourage you to visit 2020census.gov and Facebook.com/Census-Polish. Make sure we count!

The PNA will continue to make necessary changes in order to best serve our Members. Our competitive and quality life insurance certificates have helped people during their times of need. Nearly two million men, women, and children have benefited by being PNA Members. We will once again organize elegant events and promote fraternal activities. Due to the ongoing pandemic, many excellent fraternal programs have been temporarily postponed; however the dedication of the loyal men and women who make these programs possible will never be stopped.

We are all in this together, keep social distance when out in public. It is critical to do your part in defeating this virus. We look forward to the future when we can soon be together again.

For now, please stay safe and healthy!

Sincerely,

Frank J. Spula, FLMI
President



From the Editor

Hello!

My name is Mark Dobrzycki, I am the new editor of Zgoda.

This wonderful publication has an incredible history and is the prize of the Polish National Alliance that stands for all the greatness of our members and organization. In accordance with that tradition, your Zgoda will carry on and continue to bring you information and news about the PNA, while at the same time look for change to bring more of what you want and what we need to make better ourselves and our beloved fraternal.

Ms. Alicja Kuklinska has done a fantastic job of updating Zgoda, and providing a modern and exciting look to a publication that first started in 1881. She has now focused her attention to the office of National Secretary. Thank you and continued success in that most important role.

Thank you to Mr. Frank Spula and the executive board for extending to me this exciting opportunity and entrusting me with the responsibility of editing a publication that for almost 140 years has been capturing the stories and faces of our PNA family. I will do my best to continue on with its custom and to further improve Zgoda.

Just a little about myself, I am a lifelong PNA member and come from a 100% PNA family. Growing up in Chicago, I was always involved and a part of our fraternal. My father, Stanley Dobrzycki, was one of the youngest delegates to the 1959 PNA Convention in Hartford, Connecticut. 60 years later, I was a delegate at last year's PNA Convention in Phoenix, Arizona. From the day my dad arrived in America to this very day, we are three generations of 100% PNA members and proud Polish Americans.

Today in a world with easy and quick access to the internet, it is sometimes hard to feel connected to what

is close to your heart and soul. Zgoda is here to fill that need. In the coming months and years, it is my goal to make Zgoda ever more important to you, our members, and to those not yet our members. This publication will remain a staple and grow to become more relevant, more important in not only staying in touch with you but to encourage others to join the PNA family.

You are an extremely important part of Zgoda's and the PNA's future. I encourage you to call, write, text and email me with information about yourself, your PNA lodge and your PNA community in order that we can share that information and celebrate the greatness of our organization.

During this difficult time in our world, let us work together and show others the benefits of belonging to the PNA. We are a caring and nurturing organization, a fraternal with the white and red of our Polish heritage joining with the blue in becoming one of the leading Polish American institutions in the United States.

Looking forward to a better, brighter and healthier future,

Mark Dobrzycki
Editor in Chief

Do you have an interesting story about the PNA and your family, friends, lodge or council? Call, email, send a letter, photograph and card and it may find a place on the pages of Zgoda. Let us know and help tell our PNA story to the world!

Zgoda contact information:

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We are here for You!

140 Years And Helping Our Members Every Day.



As we celebrate the 140th Anniversary of the birth of the Polish National Alliance of the United States of North America, let's take a moment to look back at that day and all the days that have followed and what it means to us today.

It was a much different America in 1880, our population was just 50 million, today it's 320 million. Only 400,000 Poles who were mostly immigrants, started to move about in America looking for a way to earn a living. Many Poles followed their calling from the homeland, they settled in rural, small town America. Today, we are a 10 million strong Polonia, 95 percent of who are U.S.-born and reside in an urban, post industrial land. And back then there was no Polish state on the world map!

It all began on Sunday, February 15, 1880 in Philadelphia. There was a need for an organization that could work together to help our people. That night, an immigrant named Julius Andrzejkowicz invited his friends to a meeting at his place of business. He began by sharing the latest news of a famine in partitioned lands of what was once Poland. How to help, what to

do? He then took a big step further and read what a great Polish patriot, Agaton Giller, had recently written from his place of exile in Switzerland. Giller called on the Poles scattered around the country to create a nationwide organization united in service to both Poland and to one another in America. Andrzejkowicz called this new organization, "the Polish National Alliance" and urged his friends to reach out to others to make the Alliance a reality. "Let this be our motto" he concluded, "All for One and One for All!"

The response to his appeal was electric. Letters sent to groups in other communities around the country found many enthusiasts. On September 20, 1880, they gathered to hold the first Polish National Alliance Convention in Chicago. The first PNA delegates met at St. Wenceslaus, a Czech parish on Chicago's West Side. The church provided a neutral, but Catholic place, for the group sparring with the Resurrectionist Rev. Wincenty Barzyński and the organizers of the Polish Roman Catholic Union of America. After the Mass, delegates and non-voting members went to the Palmer House to conduct the first Sejm. Gmina Polska members dominated the meeting. The constitution of the newborn Polish National Alliance promised support for Polish independence and the establishment of an insurance fund for all Polish immigrants no matter of what faith. There, the representatives proclaimed the Polish National Alliance, approved its first by-laws, and elected their first officers. The PNA then established its headquarters in downtown Chicago's Loop. Later it moved to the heart of the Polish neighborhood on the Northwest Side, and in 1896 built its own building.

What is more, a host of energetic, dedicated, and talented activists soon joined the new Alliance. At its second convention just a year later they created the PNA's own publication, *Zgoda* (its beautiful title means Unity or Harmony) to get out the PNA word. In 1886, the Alliance set up its first insurance program, proof of its zeal on behalf of the material and moral well being of the members of the Polish community. This was to provide not only financial means but fraternal support to ensure that PNA members could flourish, grow and

provide for their families.

In 1891 the PNA took the lead in memorializing the centennial of Poland's May Third Constitution, the first democratic constitution in Europe and second in the world to America's Constitution. Polish Constitution was a sister to America's own "supreme law of the Land".

In 1899, PNA women won full membership rights something unheard of at that time in history. The year 1903 saw the Alliance, now 40,000 members strong, lead the drive in Chicago to erect the first of many monuments to the immortal Polish and American patriot, Thaddeus Kosciuszko. In 1910 a PNA sponsored Kosciuszko monument was dedicated in our Nation's capital, across from the White House, and made it a gift to the American People.

In 1912, the PNA's very own Alliance College was established in Cambridge Springs, Pennsylvania. This institution of higher learning was another expression of its faith in the potential of the youth of the already 4 million strong Polish community in America. Now the PNA had 100,000 members in its ranks and was growing at a tremendous pace .

In both World Wars, the PNA played lead roles in successfully presenting the case for a free and independent Poland to our country's highest leaders. And all the while, it was enhancing the insurance and fraternal benefits to its members, while promoting citizenship and patriotism to America and for what the United States meant to all people.

In 1944, the PNA became a leader in the establishment of the Polish American Congress (PAC) and in this way enabled its members to take a key role in uniting the growing Polish American community behind the Polish cause. After World War II, our PNA was in the forefront in enabling new immigrants Poles from Poland and displaced Poles from throughout the world to build new lives in America, just as it helped the Poles who came here before World War I, and as it has done throughout PNA history.

In 1999, the PNA helped the Polish American Congress win Poland's entry into the NATO alliance. This was a profoundly important tie that further underscored the special relationship that exists between the America and Poland.

Over the past 140 years, the Polish National Alliance

has grown from a tiny group with all of \$4.25 in its treasury to a mammoth organization that has distributed hundreds of millions of dollars in benefits to its members, including our wonderful college students, and to a host of other worthy humanitarian causes. From an Alliance of a few dozen enthusiasts, it has reached out to unite over 2 million men and women across the country. The PNA has become the largest and most influential of all Polish American organizations and in its own right, a potent player in the history of Chicago, America and Poland.

This brings us back to the start of our organization. What is the meaning of the PNA today? We look back over the past 140 years and celebrate why we started, what we have accomplished, what we continue to do and what we plan for the future and how we make an impact for Poles in America whether it is the newest immigrant or a 5th or 6th generation Pole.

Our successes are expounded in the words and stories that have been told by its historians - Barszczewski, Osada, Olszewski, Piatkiewicz, and even yours truly. We are proud of the many great things we have done but we do not sit on our laurels, the PNA works hard developing new ways to help and energize our Polish American community. We are just as important today if not more so as when that small group met with plans to make our fraternal a part of change and the betterment of every Pole.

Our real story is one of deeds and values, the story of its members, yesterday, today, and tomorrow. Take a look at our Polish National Alliance website and check out "Our Values and Our History". It tell us, in just a few words, who and what we are. They are words that inspire, and they match what Julius Andrzejkowicz said 140 years ago - "Let this be our Watchword - All for One and One for All!"

By Don Pienkos

Donald Pienkos, a lifelong PNA member, is Professor Emeritus, University of Wisconsin-Milwaukee. Ph.D., University of Wisconsin, Madison
M.A., University of Wisconsin, Madison
B.A., DePaul University





Dear Member,

Since 1880, the Polish National Alliance has been protecting its Members through life's ups and downs. The current situation makes us realize how important it is to have life insurance and retirement savings.

As little as \$20 a month can significantly protect your family. For example, a 40-year old woman who is a non-smoker and in good health can buy \$252,922 coverage for 10-year term plan of life insurance for only \$20 a month. If you are a 34-year healthy, non-smoker male, \$20 will provide you with a \$300,344 coverage amount. Term life insurance is the most affordable plan of protection. It is a must if you have a family, young children, mortgage, business loans etc.

Because of implemented social-distancing measures, we are not able to attend large family events like graduation, first communion, birthdays, but we can give our loved ones a life-lasting gift. Grandparents are especially interested in Single Premium Whole Life plan of insurance. Working parents should look into 20-Pay Life plan which will not make a dent in their budget.

My heart and thoughts go out to anyone who's been impacted by the COVID-19 pandemic. I graciously thank all doctors, nurses, medical workers, and anyone providing essential services. I know that a lot of our Members are in those professions just by looking at undergraduate and graduate scholarship applications over the years.

Be safe and protected!

Jolanta Walaszek
Manager of Sales



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- Conversion options

Your family should be protected at all times.
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Gift that will last a lifetime

BAPTISM, FIRST COMMUNION, GRADUATION, BIRTHDAY....

Even if you can't attend special occasions this year, you can gift your loved ones with insurance for life. The Polish National Alliance brings you two kinds of insurance policies:

| Age | Single Premium Whole Life | | | |
|-----|---------------------------|----------|----------|----------|
| | Boy | | Girl | |
| | \$10,000 | \$25,000 | \$10,000 | \$25,000 |
| | One Time Premium | | | |
| 0 | 831.30 | 2,033.25 | 748.10 | 1,825.25 |
| 7 | 1,042.20 | 2,560.50 | 937.70 | 2,299.25 |
| 14 | 1,309.30 | 3,228.25 | 1,179.00 | 2,902.50 |
| 18 | 1,477.60 | 3,649.00 | 1,338.80 | 3,302.00 |

| Age | 20 Pay Whole Life | | | |
|-----|-------------------|----------|----------|----------|
| | Boy | | Girl | |
| | \$10,000 | \$25,000 | \$10,000 | \$25,000 |
| | Annual Premium | | | |
| 0 | 98.70 | 201.75 | 92.10 | 185.25 |
| 7 | 117.00 | 247.50 | 108.50 | 226.25 |
| 14 | 140.40 | 306.00 | 129.50 | 278.75 |
| 18 | 155.10 | 342.75 | 143.50 | 313.75 |



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

By purchasing a gift of life insurance policy for your children from PNA you are also guaranteeing membership in the largest Polish fraternal organization in the United States.

Children (policyholders) can also take advantage of valuable tuition assistance and reimbursement programs, summer camps as well as various sport activities and competitions.

For more detailed information please contact your local representative or the PNA Membership Department.

1-800-621-3723 | www.pna-znp.org





**APPLICATION FOR
INDIVIDUAL LIFE
INSURANCE**

Amounts \$30,000 and below

**POLISH NATIONAL ALLIANCE
of the United States of North America**
A Fraternal Benefit Life Insurance Society since 1880
**6100 N. Cicero Avenue
Chicago, IL 60646-4386**
pna-znp.org

Lodge No. _____

Certificate No. _____
For office use only

| | | | | | | |
|-------------------------------------|--|---|---------------------|----------|--------------|-------------------|
| 1. Name of Proposed Insured: | | 2. Sex M <input type="checkbox"/> F <input type="checkbox"/> | 3. Date of Birth | 4. Age | 5. Email | |
| 6. Address | | | | 7. Phone | | 8. Place of Birth |
| 9. Social Security No. | 10. Marital Status <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Divorced | | 12. Occupation | | 13. Employer | |
| 14. Owner: (if other than insured): | | Relationship: | Social Security No. | Email | | |
| Address | | City: | State | Zip | | |
| 15. Primary Beneficiary: | | Relationship: | Social Security No. | | | |
| Address | | City: | State | Zip | | |
| 16. Contingent Beneficiary: | | Relationship: | Social Security No. | | | |
| Address | | City: | State | Zip | | |

17a. Plan of Insurance _____ 17b. Amount of Insurance _____

18. Would you like to add the following riders: Disability waiver of premium ☐ Yes ☐ No; Accidental Death Benefit ☐ Yes ☐ No

19. Select a mode of payment: ☐ annual ☐ semi-annual ☐ quarterly ☐ monthly Payment Submitted: _____

20. Select a dividend option: ☐ Left on deposit ☐ Cash ☐ Purchase Paid up additions ☐ Reduce Premiums

21. Would you like the automatic premium loan option? ☐ Yes ☐ No

22. Does the proposed insured have any existing life insurance or annuity contracts now in force? ☐ Yes ☐ No

23. Is this insurance intended to replace or change any insurance now in force? ☐ Yes ☐ No

If "Yes" provide Company and Policy # below

INSURABILITY QUESTIONS

| | Yes | No |
|--|--------------------------|--------------------------|
| 1. Height _____ 2. Weight _____ 3. Have you smoked or used any form of tobacco within last 12 months | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Within the past 10 years has the proposed insured ever been treated for or diagnosed by a medical professional with: | | |
| a. Disease or disorder of heart, kidneys, stomach, liver, lungs, bones or joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| b. High blood pressure, chest pain, diabetes, cancer or tumor? | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Nervous or mental disease, alcoholism or any drug habit? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Currently taking medication? (If yes, indicate type and dosage below) | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Has the proposed insured been treated by a medical professional for any other physical disease or deformity or consulted or been examined by any physician for other than a symptom-free check-up or had an electrocardiogram, x-rays, blood studies or has been hospitalized during the past five years? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Has any application for life insurance been declined, withdrawn, postponed, or modified in any way by any insurance company during the past 5 years? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Has the proposed insured had a driver's license suspended or revoked in the past 5 years? If "Yes" provide DL # | <input type="checkbox"/> | <input type="checkbox"/> |

FOR QUESTIONS 3 THRU 8 ABOVE, PROVIDE DETAILS TO "YES" ANSWERS. Attach another sheet if you need more room

| Question: | Name and address of physician and hospital | Specific reason consults and results |
|-----------|--|--------------------------------------|
| | | |
| | | |
| | | |
| | | |

Fraud warning notice

Any person who knowingly presents a false statement in an application for insurance may be guilty of a criminal offense and subject to penalties under state law.

ICC18 SHORT AP (2018)

Please complete reverse side

Acknowledgement

Please mark the following box, if applicable

☐ I acknowledge that an illustration conforming to the life insurance certificate applied for was not provided. I understand that an illustration will be provided no later than at the time of certificate delivery

To the best of my knowledge and belief the statements and answers in the application are true, complete and correctly recorded. I agree that this application will be the basis for any certificate issued on this application. I further agree that this insurance applied for shall be subject to the conditions and provisions of the contract of insurance and will not take effect until the policy is issued by the Polish National Alliance of the U.S. of N.A. (PNA), the full first year premium has been paid to the PNA and the Proposed Insured's health and other conditions are as described in this application.

THE POLISH NATIONAL ALLIANCE OF THE U.S. OF N.A. IS LICENSED TO DO BUSINESS AS A FRATERNAL BENEFIT SOCIETY. AS SUCH, IT IS NOT INCLUDED IN ANY STATE'S LIFE AND HEALTH GUARANTY ASSOCIATION (OTHERWISE KNOWN AS THE GUARANTY ASSOCIATION). THIS MEANS THAT FRATERNAL BENEFIT SOCIETIES CANNOT BE ASSESSED FOR THE INSOLVENCY OF OTHER LIFE INSURERS OR OTHER FRATERNAL BENEFIT SOCIETIES. BY LAW, A FRATERNAL BENEFIT SOCIETY IS RESPONSIBLE FOR ITS OWN SOLVENCY. IF THERE IS AN IMPAIRMENT OF RESERVES, A POLICYHOLDER MAY BE ASSESSED A PROPORTIONATE SHARE OF THE IMPAIRMENT. THIS PROCESS IS DESCRIBED IN THE POLICY ISSUED BY THE SOCIETY.

on

Signed in

City/State

Date

Signature of Proposed Insured

Signature of Agent

Signature of Owner

Authorization for Release of Health-Related Information

This Authorization complies with the HIPAA Privacy Rule

I hereby authorize any licensed physician, medical practitioner, pharmacy benefits manager, hospital, clinic or other medical or medically related facility, insurance company, MIB Inc. or other organization, institution or person, that has any records or knowledge of me or my health to give to the Polish National Alliance of the U.S. of N.A., or its reinsurers, any such information. I authorize the Polish National Alliance of the U.S. of N.A., or its reinsurers, to make a brief report of my personal health information to MIB. A photographic copy of this authorization shall be as valid as the original.

I understand that the information in my health record may include information relating to sexually transmitted diseases, acquired immunodeficiency syndrome (AIDS), or human immunodeficiency virus (HIV). It may also include information about behavioral or mental health services and treatment for alcohol and drug abuse.

I also understand that when my medical records are disclosed pursuant to this Authorization, my medical records and the information contained in those records may be subject to re-disclosure by the recipient and may no longer be protected by federal privacy laws.

I understand that I may revoke this Authorization, except to the extent that any healthcare provider or the Polish National Alliance of the United States of North America has acted in reliance upon this Authorization. My revocation of this Authorization must be submitted in writing to:

**Polish National Alliance of the United States of North America
Attn. Privacy Compliance Officer
6100 N. Cicero Avenue
Chicago, Illinois 60646**

This Authorization will expire twenty-four (24) months after the date the Authorization is signed or for the time limit, if any, permitted by applicable law in the state where the policy is delivered or issued for delivery.

Signature of Individual Whose Information is to be Disclosed

Date

Print Name of Individual

Signature of Parent or Legal Guardian

Print Name of Parent or Legal Guardian

What can \$20.00 get you ?

PNA's 10-year Term Life Insurance plan provides your family with financial protection.

- Affordable premiums
- High coverage when you need it most
- Protection for 10 years
- Conversion to a permanent plan
- Riders available

| \$20 Monthly Premium | |
|----------------------|---------------------|
| Male | |
| Age | Amount of Insurance |
| 30 | \$349,491 |
| 35 | \$295,724 |
| 40 | \$162,899 |
| 45 | \$126,461 |
| 50 | \$53,995 |
| 55 | \$33,547 |

| \$20 Monthly Premium | |
|----------------------|---------------------|
| Female | |
| Age | Amount of Insurance |
| 30 | \$400,459 |
| 35 | \$320,367 |
| 40 | \$252,922 |
| 45 | \$142,386 |
| 50 | \$101,704 |
| 55 | \$41,970 |

Rates for non-smoker, preferred rates, some restrictions apply.

Polish National Alliance of the U.S. of N.A
6100 N. Cicero Ave, Chicago, IL 60646
www.pna-znp.org
Visit us on [Facebook.com/PNAZNP](https://www.facebook.com/PNAZNP)

1-800-621-3723



Happy 140th Birthday, PNA!



The largest and one of the oldest Polonia organization in the United States, the Polish National Alliance, celebrated its 140th birthday on Sunday, February 16th, 2020, in Chicago's Klairmont Collections. The banquet hall's decorations and lights adorned the organization's colors: white and blue. Close to 300 guests beheld the event's sophisticated nature that was channeled by the music performed by Anthony Kawalkowski Orchestra. Attendants truly enjoyed a splendid afternoon along with an opportunity to see the

Kollections' numerous old-school cars. Each guest received a leaflet that revealed not only the programs or distinguished guests but included a timeline and a thorough description of PNA's history. Before the start of the speeches, delicious appetizers were served. The atmosphere was pleasant thanks to not only its décor, but its people also made a difference.

Mistress of Ceremonies, Alicja Kuklińska, welcomed members, and distinguished guests. She is the National Secretary of the Alliance and the former Editor-in-Chief of Zgoda. Soon after a brief introduction, attendants all stood for Karolina Baran's rendition of the American anthem, followed by the Polish anthem. Baran, also known as her stage name Kaeyra, is a new PNA member from North Suburban Algonquin that rose to notoriety after appearing on the 13th season of America's Got Talent. Next was

a brief description of the Organization's history followed by a heart-warming slideshow of the Alliance's historic images prepared by PNA's IT Office Systems Specialist Victor Modlinski.

The organization itself, of course, had rich representation with employees and renowned guests, including Treasurer Steve Tokarski, Vice President Marian Grabowski, and Vice-Chair Wesley Musial. The elected Board of Directors Irene Hercik (IL), Teresa Stuziak Sherman (MA), Anthony Nowak-Przygodzki (CA), Jeff Twardy (PA),



and Val Pawlos (PA) were warmly welcomed as well. Many significant local figures were invited such as: Congressman Dan Lipinski, Clerk of the Circuit Court of the Cook County Dorothy Brown, Chief Deputy Clerk of Training & Development at Clerk of the Circuit Court of Cook County Mary Anselmo, 30th Ward Alderman Ariel Reboyas, 41st Ward Alderman Anthony Napolitano, 45th Ward Alderman James Gardiner, 39th Ward Alderman Samantha Nugent, Mayor of Niles Andrew Przybylo, Vice Consul of the Republic of Poland Piotr



Semeniuk, Republican Candidate for the US Senate Casey Chlebek, and Father Peter Samborski of the Transfiguration Parish in Wauconda. Many representatives from other Polish-American groups were warmly greeted, even those who are nowadays considered “friendly rivals.”

PNA President and CEO Frank Spula, nicknamed “Mr. PNA,” host-

lies to survive. Since 1910, the PNA granted its female members full suffrage. Other significant contributions in history were accomplished thanks to this great organization from Chicago’s first Constitution Day Parade in 1894 to the sponsorship of humanitarian aid to Poland after WWII. Throughout its timeline, there was the establishment of significant media publications such as Zgoda, Polish Daily News



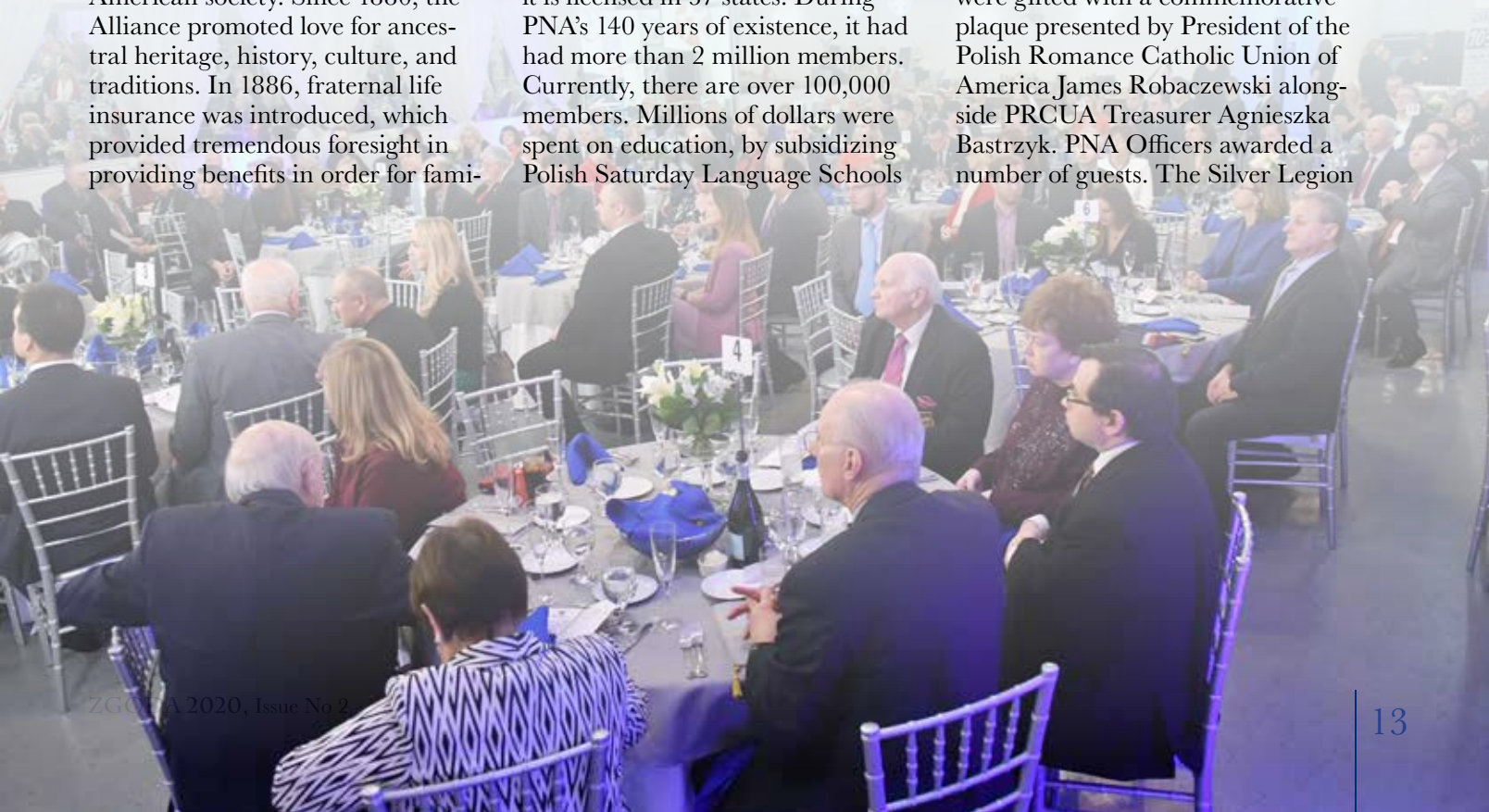
in promoting the language and culture. They have sponsored scholarships and promoted Polish cultural events. During talks of the Polish community’s solidarity, guests passionately applauded the speech even before its conclusion.



ed the event and presented a memorable speech that referenced the Alliance’s founding principles and historical contributions in enriching American society. Since 1880, the Alliance promoted love for ancestral heritage, history, culture, and traditions. In 1886, fraternal life insurance was introduced, which provided tremendous foresight in providing benefits in order for fami-

(Dziennik Związkowy), 1490 AM, Polish American Congress, and 103.1 FM. Today, the PNA has an asset that exceeds \$430 million, and it is licensed in 37 states. During PNA’s 140 years of existence, it had had more than 2 million members. Currently, there are over 100,000 members. Millions of dollars were spent on education, by subsidizing Polish Saturday Language Schools

The event also was a time to award individuals who had dedicated numerous hours to keeping the PNA a strong and influential organization. Vice Consul Semeniuk congratulated the Alliance on their 140th anniversary on behalf of the Consul General Piotr Janicki. He wished for further success in benefiting the Polish community both nationally and abroad. President Spula and other Officers were gifted with a commemorative plaque presented by President of the Polish Romance Catholic Union of America James Robaczewski alongside PRCUA Treasurer Agnieszka Bastrzyk. PNA Officers awarded a number of guests. The Silver Legion





PNA Fraternal Coordinator Mary Srodon coordinated this memorable event, and worked extremely hard along with other PNA employees to make this all a success! Thank you all!

Happy 140th Birthday, PNA!

*By Beatrice Jędrycha
Photos by: Darek Piłka*

of Honor Award was presented to a former director and longtime employee, Wanda Penar. Former Commissioner and employee of the Polish Daily News Wanda Juda received the Bronze Legion of Honor Award. Not present to accept the

Bronze Legion of Honor Award was Former Commissioner from Indiana Mary Wozniak. Honorable Dorothy Brown and Alderman Ariel Reboyras were thanked for their contributions to the Polish community and the PNA. Kuklińska also thanked PAC National Vice President Mary Sendra Anselmo, a contributor to Polish Daily News Andrzej Baraniak, and Sales Representative and director and founder of the PNA Dance Studio Elizabeth Stolarczuk. PNA Treasurer Steve Tokarski gave a toast to all those present.



CAMP STANICA PREPARES FOR 2020 CAMPING SEASON



Bondsville, MA. Providing that the coronavirus (COVID-19) pandemic has cleared and government officials have determined it is safe to have camping programs, the Polish Alliance Youth Camp, Inc., known as Camp Stanica, is preparing for its 2020 camping season. The annual meeting and election of officers was held at Russo's Lakeside Seafood and Steakhouse Restaurant in Palmer, MA on February 23, 2020 at eleven o'clock.

Pictured above are the newly elected officers for 2020 left to right: Eugene P. Kirejczyk, Treasurer, member of PNA Lodge 711; Jeannie Zapala, Vice President and former PNA District 1 Commissioner, member of PNA Lodge 3276; Richard Knurek, President, member of PNA Lodge 711 and Maria Kruzel, Secretary, member of PNA Lodge 3276. Helena Jalbert, Chairperson of the Camping Committee and member of PNA Lodge 2279, was absent from the photo. Chairperson of elections and installing Officer was Teresa Struziak Sherman, PNA National Board Director.

The camp is located in Bondsville, MA on 60 acres of grassy fields and woods with the Swift River and Browns Pond/Crystal Lake providing for fishing, swimming, and hiking. There are facilities for games, gymnastics, dancing, and arts and crafts. The campers sleep in cabins on metal frame cots with mattresses. Camp Stanica is a co-educational overnight camp for children ages 6-15. The camping fee of \$300.00 per week is reduced to \$225.00 per week for PNA members. The fee includes the cost for field trips and Canteen snacks. The weeks of camping are **Session I: July 12-18, and Session II: July 19-25.** For more information, or a brochure, please contact Eugene P. Kirejczyk at 48 Szetela Drive, Chicopee, MA 01013, or by phone: 413-592-0227, or Maria Kruzel at kruzelmari@yahoo.com. Camp Stanica information may be obtained on the PNA website at: www.pna-znp.org.

Installation of Officers Lodge 1224



(LtoR) Stan Wawioro, president, Irene Dyer, recording secretary, Ann Wojewodzki, treasurer and Joe Wojewodzki, vice president/financial secretary.

Sunday, December 22, 1999, Rockford, IL - PNA Lodge 1224 held their annual elections and immediately afterwards swore in the new officers.

Marian Bielawski administered the oath to the newly elected officers. A greeting was extended to all for a successful new year. Following the installation of the new board, a Christmas Party was held for the children and friends of the lodge.

Joe Wojewodzki



Children celebrating Christmas with Santa Claus.

Bal Młodzieżowy Brings Ohio Polonia Together

A grand, glitzy, elegant event brought the Polonia of Northeast Ohio together for a celebration of the Bal Młodzieżowy Debutante and Cavalier Crystal Presentation Ball on Saturday, January 25, 2020. The Ball was under the patronage of the Polish American Congress – Ohio Division, which served as fiscal agent.



The event was co-chaired by Dr. Mitchell Bienia, and Aundrea Cika Heschmeyer, Polish Youngstown Executive Director. Hard-working committee members were Monica Sochecki, President of the Polonai Foudnatio of Ohio, and Bernadette Zubel, former Director, PNA



Primary sponsor of the event was the PRCUA, with PNA, and other Polonia organizations from Northeast Ohio, including Strongsville Mayor Thomas Peciak, Polish

American Congress – Ohio Division, Cleveland Society of Poles, Polonia Foundation of Ohio, Tremont City Side Ballroom, and Thad Cooke, long-time Polonia supporter of Cleveland.

Debutantes were Mihalina Dziadyniak (PNA Lodge 3274,) Anastazja Golab (PRCUA Society 2159,) Millie Heschmeyer (PNA Lodge 3274,) and Catherine Katrenich (PNA Lodge 3274.) The lone Cavalier was Michal Golab (PRCUA Socieity 2159,) who was awarded a \$500 scholarship for his essay about a person who personifies Polish culture, his father. After extending greetings from Chicago and the Home Office, PRCUA President James Robaczewski presented monetary awards of \$250 each to Mihalina Dziadyniak and Catherine Katrenich. Millie Cika Heschmeyer and Anastazja Golab received \$250 monetary awards presented by Joseph Magielski, PNA Fraternal Board Member.

Robert Rybka, Advocate of Cleveland Society of Poles, wrote: *“Dear Andrea and Mitch, the Debutante & Cavalier Ball was perfectly beautiful, delicious and enjoyable in every aspect and detail. The Agnieszka Kotlarsic-Choreographed Polonez was outstanding, the Grand Polonez, led by Cathy and Tom Katrenich, was exuberantly shared. The Kent State US Air Force ROTC Cadets were far superior to the former West Point Cadets of CSOP Balls. I have never heard a finer Mazurek Dabrowskiego than by Joanne Uniawowski (all of the evening’s music was excellent as*



well). I changed my travel calendar to join the Katrenich family presentation, and am so pleased that I did. To have missed the Bal Młodzieżowy would have been a great loss, and the evening was a great value, far exceeding the ticket price. The intimacy of the gathering contributed to the warmth of the evening, though it is a shame that more of our Polonia were not present to share the joy. I congratulate you both for executing an outstanding Deb Ball. I attended every CSOP Deb Ball, from when I was a teenager, chairing two of them, and two of the Kosciuszko Foundation New York Balls at the Waldorf Astoria, and none has been more enjoyable.



Thank you for a most enjoyable and memorable evening. Ever grateful, Robert”

Submitted by Bernadette Zubel, former PNA Fraternal Director, Region “D”

PNA Lodge 2876

Recognized By Dudley Veterans Service For Community Fundraising

Polish National Alliance Club, Lodge 2876 of Dudley, Massachusetts, District 1 received an award for their outstanding and selfless work for the Veterans of Foreign Wars in the Massachusetts towns of Webster and Dudley. Stephen Rogerson, Veteran of Foreign Wars Commander and Dudley Veterans Service representative presented a plaque to PNA Lodge 2876 for their tireless work in generating and collecting donations. The funds collected are used to assist veterans who live in the community. The award was received by Joseph Sendrowski, lodge president.



Front Row: Zosia Szydlak, vice president, Wanda Milecki, financial secretary, veteran Victor Jankowski, Joseph Sendrowski, lodge president, Commander Stephen Rogerson, and PNA member Dwaine Quелlette. Second Row: Veterans Jim Brinker, Dick Norton, Bob Gunther, PNA members James Madden and Felicita Harney.

Submitted by Wanda Milecki

PNA Council 75



The 2020 PNA Council 75 officers were sworn in by Irene Hercik, PNA Business Director, following the Council's annual meeting held at the PNA National Headquarters.

From left to right, the officers are Vice President Mark Dobrzycki, Treasurer Joanna Stasiak, President Peter Biernat, Recording Secretary Renata Lis, and Vice President Melania Wickierak.

Connecticut University

Scholarship

Central Connecticut State University in New Britain, Connecticut has just received funding for a permanent scholarship for a deserving Polish American student who attends the school. The scholarship has been funded by Alexander and Patricia Koproski of Stamford, CT. The scholarship is available for not only students from Connecticut but to all students attending CCSU.

The scholarship of **\$5,000** is provided by the Koproski Family Foundation. The Koproski's have been active in Polonia for more than 60 years. They have generously donated to many causes they have determined worthwhile and important. They are the founders of the American Center of Polish Culture in Washington, DC which presently is a branch of the Kosciuszko Foundation in our nation's Capital. They are also members of several Polish American organizations on the East Coast. Alexander Koproski was recently included in Who's Who in America and is a Knight of Malta, American Division.



Pictured are Dr. B. Biskupski, chairman of the Polish Studies Program at CCSU, Alexander Koproski and Patricia Koproski.

Father Majka the PNA's Airport Priest

~ On a Wing and a Prayer ~



A Shepard Minding His Airport Flocks. Reverend Cannon Phillip S. Majka stands on the concourse at Washington Dulles International Airport (IAD) in Dulles, Virginia 26 miles west of downtown Washington D.C. The airport's interfaith chapel is the active site of Father Majka's ongoing ministry after his official retirement from the priesthood.

DULLES, VIRGINIA – So if you find yourself at Dulles International Airport feeling stressed and frazzled before your departure flight. And mainly it's because of the TSA security check point procedures that entail very long snaking queues, various document presentations, partial disrobing, shoe shedding, full body scanning, bag searching, questioning, etc. And after suffering through all this trauma do you long to discover an island of tranquility among all the flotsam and jetsam being churned up by the heaving sea of humanity around you before being jammed into an airplane and taking off into the wild blue yonder?

Well if you are on Concourse A you are in luck, just proceed directly to Gate 32. It's the prime location of the airport's inviting interfaith chapel staffed by Roman Catholic priest Reverend Cannon Phillip S. Majka. This has been his ongoing ministry since 2006. Besides all the weary travelers, Father Majka also ministers to the airport's pilots, cabin crews, and ground support personnel as they constantly seek to balance their hectic work and private schedules, and its demanding schedules - with their personal and family lives. Being constantly in service to everyone, it's as though Father Majka is propelled by at least a few drops of high octane aviation fuel mixed into his bloodstream.

Father Majka was ordained in New Britain, Connecticut 54 years ago and celebrated his Golden Jubilee in 2015. He is a member of – and the chaplain to – many of the Polish American groups and clubs in the greater Washington, D.C. area, not to mention being Vice President of the National Conference of Catholic Airport Chaplains since 2010. Many much-deserved awards, honors and medals have flown his way from various Polonia organizations and the universal Roman Catholic Church, both here and abroad, and very proudly from Poland. Diplomatically, in 1999 he was awarded the Knights Cross, of the Order of Merit, of the Republic of Poland.

For those seeking peace and tran-

quilly the interfaith chapel is indeed a real refuge; it's the polar opposite of a busy airport environment. It is well appointed with pews, chairs, and with an impressive large concave dome radiating a heavenly soft light over the altar where mass is celebrated. One section of the floor is covered with colorful prayer rugs, and there is an arrow-sign pointing in the direction of Mecca for Muslim faithful to properly direct their prayers. There is also consideration for those of the Jewish faith, and additionally there is a large and diverse collection of religious books, tracts, pamphlets, and other related reading materials. The resulting chapel is a perfect safe environment with something for everyone, even if its just to sit quietly to think or meditate.



But the chapel, like any other chapel, is in and of itself is an inert sacred space. But when you factor in an active multiplier of ecclesiastical force – exactly like Father Majka – it is then transformed into a very sacred place.

Father Majka has been a member of the PNA since 1965. To quote LTC Brian S. Buckoski (Ret.) - the President of PNA Lodge 848 and PNA Council 203: "Our dear friend and beloved universal pastor Father Majka has been serving the families of the Polish American community in the Washington, D.C. area for over fifty years. As a longtime member of the Polish National Alliances' Lodge 848 and Council 203, Father Majka has always made himself available to PNA members, their extended families, and he has always actively engaged in the PNA's various activities. Father Majka has officiated over the significant milestones in our lives and faith, and has always been there in support of the PNA and its members in good times and bad. He is an outstanding credit to the priesthood, PNA, and the Polonia."

So now at 81-years-young, with his feet on the ground and with his head in the clouds, the Reverend Canon Philip S. Majka metaphorically continues to fly in a divine holding pattern in the airspace immediately above the Washington Dulles International Airport Inter-faith Chapel - much to the benefit of us all.

*Richard P. Poremski – President
PNA Council 21 – Baltimore, MD
February 10, 2020*

for updated info visit:
www.pna-znp.org
or our facebook page:
<https://m.facebook.com/PNAZNP/>

Christmas Fun and Cheer with the PNA



The **Polish National Alliance** on Tuesday, December 17, 2019, hosted a delightful Christmas get-together at the renown Signature Room Restaurant on the 95th floor of the world famous John Hancock Building. Our guests enjoyed a wonderful lunch while at the same time having an opportunity to view the fantastic Chicago skyline. Afterwards, our adventure marched on down to walk the sparkling holiday displays of Michigan Avenue. We concluded our trip at the Lincoln Park Zoo's Holiday Zoo Lights. The Christmas holiday cheer was topped off with a round of hot chocolate for all!

It was a great way to start the Christmas season. Thank you to everyone who participated in our holiday excursion and we look forward to Christmas 2020!



Texas PNA sending prayers to all for good health and safety during these challenging times!

Congratulations:

Congratulations to Polish Progressive Lodge 2336, Council 182 - Scholarship Recipients

Nicole Rajtak, Attending Southwestern University, Texas - Studying Environment Studies with minor in Spanish and Biology



Nicole Rajtak

Christopher H Odolski, Attending the University Houston - Studying Architecture.



Christopher H Odolski

Dallas, Texas – Annual Carnival Ball

Dallas Polonia joined for a fabulous yearly event to support the Jan Karon Polish School. Great event and great support by all.



Houston, Texas – 10th Anniversary Dance Group Wawel Annual Bonfire

Houston Polonia gathered at the Polish Church to celebrate Folk Dance Group's Wawel's 10th anniversary! Happy anniversary, Wawel! Thank you, Ela Winiarska, and all of the dancers who have volunteered over the years for 10 years of bringing Polish dances and traditions to Houston!



Houston, Texas – Kids Carnival Houston

The annual Kids Carnival was once again a success raising funds for the Nicolaus Copernicus Polish School in Houston. A fantastic event organized by the teachers and friend and enjoyed by the children of Polonia.



Panna Maria, Texas – Polish Heritage Center Workshop

PHC workshop and turnout with community champions, directors, and campaign steering committee representatives. Thanks to all the 19 volunteer participants who shared success stories and submitted ideas for moving forward and reaching out to Polish descendant communities



Chappell Hill, Texas – Old Polish Folk Songs

A Polish folk song dating back to the 13th century from Wielkopolska played by PNA members, Dr. Jim Mazurkiewicz, Brian Marshall and James Mazurkiewicz at the Historical Society Museum in Chappell Hill, Texas. This song was brought to Washington County by Polish immigrants in the 19th century from Wielkopolska and it is called "Mój Ojciec Wielki" or "My Great Father." We are proud to have preserved our Polish culture for over 140 years in the Brazos Valley and to re-introduce this melody and other melodies back to Poland.

*Information and photos submitted by
Jolanta Mazewski-Dryden, Fraternal Advisor.*



Houston, Texas – Annual Carnival Ball - One night Around the World –

– Houston Polonia, and PNA supporting the Nicolaus Copernicus Polish School in Houston by getting together for a wonderful evening and a great party.





Austin, Texas – Austin Ognisko

Once again Austin Polonia hosted a beautiful outdoor Ognisko with great food, drinks and people. Fraternal Advisor Jola Dryden was able to attend and partake in the evening activities. Thank you, APS, for a beautiful evening under the stars.



Austin, Texas – Slavic Festival

Fraternal Advisor Jola Dryden, along with PNA members Erica Dryden and Lukas Bieleki organized a Polish display sponsored by PNA at the annual event. Great interaction with the Austin Slavic Community.



Washington, Texas – Washington on the Brazos Historical Foundation

Polonia represented at Texas Independence Day weekend, thank you Jagoda Polish Folk-Dance Group.



Glassport PNA Lodge 750 Hosts 2020 Wild Game Feast

The members of PNA Lodge 750 in Glassport, Pennsylvania hosted their annual Wild Game Feast on March 7, 2020. Hunters and anglers from the lodge made some of their favorite dishes from the previous year's bounty to share with the members of the lodge. Some of the delicacies were venison kielbasa in maple sauce, fried walleye, venison stew, wild boar, and smoked salmon. The member were joined in the festivities by deputies from the Pennsylvania State Game Commission. The officers had plenty of great information to share on their efforts concerning wildlife management and conservation. At the conclusion of the party, the lodge officers and employees gave out over 50 door prizes. We thank all who attended and helped make this year's feast another great success! – Sean Jackson, Fraternal Advisor.



Pictured L to R: Deputy Robert Yusko, Glassport Borough Council Members Anthony Colecchi and Kate Handra, PNA 750 President Rich Tyskiewicz, Lindsey Cortes, Tina Goodrum, Deputy Jeremiah Harding, and Sean Jackson,

Liberty Lodge 1776 Annual Election of Officers



The new 2020 board of PNA Liberty Lodge #1776 was sworn in by PNA Business Director Irene Hercik, right, immediately following the election at the PNA Building in Chicago.

The officers are Corresponding/Recording Secretary Mark Dobrzycki, Treasurer/Financial Secretary Joanna Stasiak, President Irene Moskal DelGuidice and Vice President Wanda Rocko.

3 Times a Charm but 4 Times is The Best!

Waldemar Czaban, is as proud and as happy as a great grandfather could be when he welcomed his great grandson to the PNA.

Waldemar's family is a 4 generation Polish National Alliance family! From the newest member, 6 month old Zachary Isabella and his mother Krysia Isabella, 36, to his grandmother Kathy Biggs, 66, and his great grandfather and long time PNA member, Waldemar Czaban, 95.



The PNA welcomes Zachary to our fraternal family. We wish him the best and good luck in continuing the multigenerational tradition of the Czaban family!

We are proud of...

Robert M. Jadach

RETIREE

Happy Retirement Robert Jadach

Thursday, May 14, 2020 was the last day of work for Robert Jadach, a longtime employee, and life time Polish National Alliance member. Robert retired after 48 years of service!

Many of you know him well. He was a diligent PR and Zgoda contributor who participated in organizing various fraternal events on the local and national level, and for the last few years worked for the Office of the PNA Secretary.

Being mild-mannered and modest, he did not want to make a big deal out of this well-deserved retreat to private life, but gently persuaded, agreed to a little farewell in the Zgoda magazine.

Dear Robert, thank you for your contributions to the PNA. Thank you for being a dedicated employee, great colleague and a good friend to many.

We wish you good health, good luck, and a great success in pursuing your interests!

On behalf of the Executive Officers,

*Alicja Kuklińska
National Secretary*



It was the beginning of summer of 1972 and I was asked by my father (Ted Jadach) if I wanted to take on a project that was needed at the PNA for the summer. I told him that I could use the money. That summer job turned into a project that lasted throughout the winter, where I was able to work my senior year

of high school in a program called "Diversified Occupations." It was a program where students went half a day to school and then worked a job. This worked out well. It turned me into a full-time PNA employee come June of 1973 upon graduation.

After becoming a full-time employee I was in charge of address-o-graph, mimeographing and copying inserts of new applications for the underwriting department.

I enjoyed working at the building on Division Street until we moved from there to our current location on Cicero Avenue. It took a few extra months for the basement to get moved to the new building, but I went back and forth by the subway train.

Besides the regular everyday jobs I did, many of the employees and I had worked the Polish Constitution Day Parades when they were moved to downtown Chicago. Bowling on the PNA Home Office Bowling League (where I was the league secretary), gave me the opportunity to assist and run the National Bowling Tournaments in 1986. Attended a few Youth Jamborees, assisted with the PNA Egg Hunts, and met many celebrities and politicians just to name a few.

These did not interrupt things I did in the evenings at home. I belonged to the choir and folk group at my church, St. Mary of Czestochowa (alumni of the class of 1969), called bingo for our Lodge and Councils at the Cicero Society Hall, attended Morton College, and joined the Jedlicka Performing Arts Center where I performed in over 50 productions in a 30 year span.

Recently I joined a theater group in Western Springs where I started directing, and joined their playwriting group. I became interested in writing plays after the tragedy of 9-11. My goal was that the world needed to laugh again.

At the PNA, I worked for many Vice Presidents, was a contributing writer for the Zgoda and assisted in the Public Relations Department.

After 48 years, I decided that it was time to leave and pursue a new chapter in my life. One person asked me if I would ever write a book about my life at PNA. I told them no, because I met or worked with enough people here to be characters in my plays. Don't be surprised if you see a play written by me and say, "Hey! I know who that character is."

By Robert Jadach

Social Distancing in Good Company

A Message from WPNA 103.1 FM Radio Station



Additionally, our local reporters work closely with the Polish Daily News team to provide the latest info from the Chicago area.

With focus on the most important issues to our local community, we are also committed to informing and entertaining listeners who live outside the Chicago area. We share our optimistic messages in two languages with the whole world. The radio station is available for streaming at <https://wpna.fm>. We play latest hits from the United States, Poland, and Europe. Our new free phone application can be downloaded from the Apple Store or Google Play. We also share fun and informative daily updates on our Facebook and Instagram.-

Advertising on our radio station can be very effective. We have over 100,000 listeners throughout the Chicagoland area and even more in other parts of the United States. Our long-term advertisers provide us with the best references. While some businesses suffer economically due to the worldwide Covid-19 pandemic, others are busier than ever. Please contact our sales team at 773- 654-5500 or radio@wpna.fm, and let us help you expand your business.

WPNA 103.1 FM is proud member of the PNA family. We continue to serve all Polish-Americans as an essential radio station.



“Dear WPNA FM, I need your positive attitude now more than ever. Keep up the good work! “

“Guys, you make staying home almost bearable. Now if you could also watch the kids ...”

“Honestly, the morning show makes my day, thank you!”

Our listeners thank us for our daily work at 103.1 FM, the “Polish American Mix”.

As we adjust to our new normal there is a need for a dependable source that does not scare the audience, but provides reliable information. In these uncertain and often desperate times, we give hope and show that having a good sense of humor is needed. According to various research studies, a positive attitude

strengthens our immune system better than vitamin C and Lysol – at least that’s what we hear from our listeners.



How does WPNA 103.1 FM work in this new reality? We remain open as an essential business and continue to serve our listeners. As of March, we have significantly increased the frequency of our information services. Every half hour we broadcast the latest reports from Washington’s Associated Press and news from Poland and Europe, provided by the Polish Public Radio News Agency.



Wici Song and Dance Theater Winter Gala



Wici Dance and Music Theater gala has attracted viewers throughout the years, and for many, it is one of the most attractive events during



the holiday and carnival season. This year's gala was held on the first Saturday of February inside Allegra Banquets in Schiller Park near Chicago.

The first dance was Wojciech Kilar's polonaise that was choreographed by Magdalena Solarz. All of the groups entered the dance floor and performed various regional dances. Children played the accordion alongside Bogumiła Nędzka-Śważko.

Katarzyna Ciesielski and Jakub Kacal performed the dance solo to a song from the movie "Umbrellas from Cherbourg." Paderewski Symphony Orchestra performed the musical arrangement, and the choreography was by Magdalena Solarz.

The artistic part of the ball was led by artists Ewa Wiktorczyk and

William Cleve. At the end of the spectacular show, the Wici Group danced the waltz choreographed by Solarz, the person responsible for the success of the annual gala, and she thanked her daughter and one of the instructors, Kinga Wojdyła along with the guests. Polish National Alliance was recognized and represented by National Secretary Alicja Kuklińska and Fraternal Activities Coordinator Mary Srodon.

Santa Claus paid a visit after dinner. There were presents given away to youngsters thanks to the generosity of the Lowell Foods, and adults took part in a lottery that helps finance the group. Almost 500 attended this event. The next gala is scheduled for next year.

*Submitted by Beatrice Jędrycha
Photos by Darek Piłka*



Welcome to our PNA Family



Edlynn Olivia Hardman, born August 12, 2019, is a new member of Lodge 257, Thaddeus Kosciuszko Society. She is the daughter of Jeremy and Amber Hardman, and granddaughter of

Christine Spula of Wauconda, IL. Her membership is a thoughtful gift from her caring uncle Frank J. Spula. They are a 100% fourth generation PNA family!



Benjamin Will Toler, was born March 14, 2019 to Lisa and Jon Toler. Ben is the grandson of Pamela (the late Dennis) Komorowski and the great-grandson of Wanda (the late Edward) Moskal. Ben was signed up to Lodge 0759 by his aunt, home office employee Mary Wiczorkiewicz.

Ella Kate Wierzbicki, born on August 30, 2019, is the daughter of Brittany and Michael Wierzbicki of Knoxville TN. Smiling big sister Ava holds her baby sister and newest PNA member. Ella is the granddaughter of Kathleen and George Wierzbicki of Western Springs, Illinois, members of Lodge 1474 Chicago, IL. The policy was a gift from her loving great grandmother Stella Wierzbicki and was signed up by her great aunt Anna Wierzbicki.



Ellie Rose Surdyka, PNA Lodge 711, Chicopee, Massachusetts welcomes its

newest member, ELEANORA (ELLIE) ROSE SURDYKA, from Ontario, New York. Ellie was born on May 13, 2019.

Ellie is the daughter of Maura Surdyka and Will Surdyka, Lodge 711 member and a past Squire of the PNA District 1 Ball. Ellie is the granddaughter of PNA Lodge 711 member, Len and Rosemary Surdyka of Wilbraham, MA. PNA National Business Board Director and Lodge 711 Financial Secretary/Sales Representative, Teresa Struziak Sherman enrolled Ellie Rose Surdyka into Lodge 711 PNA on December 24, 2019 when Will and Maura were visiting for the Christmas holiday.

Pictured at the Sherman home are Teresa Struziak Sherman, PNA National Director and Sales Representative, grandmother Rosemary Surdyka, Maura Surdyka and her daughter, baby Ellie, Will Surdyka and grandfather Len Surdyka.

Eleanora is the first child of Will and Maura Surdyka, and the first grandchild of Len and Rosemary Surdyka. Best wishes to the Surdyka families for a very happy year filled with much joy and many blessings.



Eric William Nowack, born May 31, 2018 is a new member of Lodge 759, Council 13. His parents are Erica Subkowski and Kyle Nowack of Niles IL. His loving grandparents Czeslawa and Witold Subkowski, and godmother Evita Subkowski welcomed him to the PNA family. The Subkowski family is 100% PNA family!



Maximus A. Szklarski, born September 14, 2019, is the son of Joseph and Hope Szklarski of Johnson City, MI. He became a new member of Lodge 3134 thanks to his loving and caring grandmother Ms. Joanne Szklarski of Merrillville, IN.



Sylvie C. Lorenz, born March 4, 2016, and her younger sister **Adele M. Lorenz**, born December 20, 2018, are new members of Lodge 2475. Their parents are John and Kathleen Lorenz of Boise, ID. Their PNA Certificates are a thoughtful gift from the loving grandfather Mr. Francis Lorenz of Chicago IL.



Maksymilian Wlodzimierz Dechnik, PNA members Jessica, Lodge 2525, and her husband Dawid Dechnik, Lodge 1758, gave birth to Maksymilian Wlodzimierz Dechnik on August 28, 2019. He is one of the newest members of Lodge 2525, Council 54, in Michigan. Jessica and Dawid are long-time folk dancers that still love to dance and baby Maks will surely follow in his parents footsteps and be a dancer, too!



Reid Douglas Taylor is the newest member of 3078 Liberty Star Lodge in New Carlisle, Indiana.

Reid joins his parents, Lori Szczypiorski and Steven Taylor, and big brother Blake as the newest member of the lodge. Many aunts, uncles, cousins, and Reid's grandparents are all PNA members as well. Reid's membership was purchased by his maternal grandparents, Ronald and Beverly Szczypiorski.



Paul David Haslam, born June 10, 2019, son of Kyle and Laura Haslam of Oak Lawn, IL, joined his two siblings Ruby and Jay in Lodge 1189 membership. His PNA Certificate was a gift from loving grandfather, Judge John A. Wasilewski, long time PNA member of Lodge 1189



Sebastian Baird Pludrzynski, born on December 4, 2019, is one of the newest members of PNA Lodge 1684. The proud parents, Andrew Pludrzynski and Jessica Baird of Brooklyn, NY, are happy to make John and Mary Pludrzynski equally proud first-time grandparents!



POLISH NATIONAL ALLIANCE – 2020 ANNUAL PHOTO CONTEST

"The PNA Portrait" (Subject is required to be a PNA member)

From the beginning of picture making, Portrait Photography has been one of the most popular forms of photography. Now is your chance to become a famous portrait photographer! You can make that portrait picture of your father or your sister or your friend in your kitchen or in your backyard. Be creative, use different settings and lightings, be that artist with the camera you always wanted to be. Read and follow the rules below, the most important of the rules being is that your subject is a PNA member. Good luck and good shooting!

PNA PHOTO CONTEST 2020 ENTRY BLANK

PLEASE PRINT

| | |
|----------------|--|
| Name | |
| Age | |
| Lodge number | |
| Address | |
| E-mail | |
| Telephone | |
| Type of Camera | |
| Photo Title | |

PNA PHOTO CONTEST RULES

1. All participants must be PNA members, photographer and subject.
2. Photos must be made in 2020.
3. Contest is open until Monday, October 26, 2020.
4. Each contestant is limited to one (1) photo submission.
5. Photo can be color or black and white.
6. Photo must be 8"x10" in size. Do not mount or frame the photograph. Do not mark the photograph, front or rear. Any photograph submitted as such is disqualified.
7. Contest photos must be submitted in print form. High quality photo paper is recommended.
8. Each entry must include the photo title, full name of person making the photo, the person in the photo, mailing address, e-mail, phone number and PNA lodge number for both individuals as per entry blank.
9. All entries become property of the PNA and will not be returned.
10. Only photographs made by amateur photographers are contest eligible.
11. Ten (10) winning photographs will be chosen and each photographer will be awarded a \$100 prize and a plaque with their mounted photo. All contestants will receive a Certificate of Appreciation.
12. All decisions are final. Winners are required to submit a high resolution digital file for publication in Zgoda and on the official PNA website.
13. All entries must be postmarked no later than Monday, October 26, 2020 & mailed to:

PNA PHOTO CONTEST

**Attn: Fraternal Activities Department
6100 North Cicero Avenue,
Chicago, Illinois 60646-4385**

Questions: (773) 286-0500, ext. 312



PNA Christmas Card 2020

Original Art Contest for PNA Members Ages 8 -15

February 1st - June 15th

The year 2020, marks the 140th anniversary of the Polish National Alliance! To commemorate this special occasion, we give young PNA members a unique opportunity to show their talents. We are pleased to announce the PNA Christmas Card Contest. The winning art project will be printed and mailed as an official PNA Christmas Card 2020.

Guidelines:

- All art including paintings, drawings, photographs must be original.
- Artwork must be 5 X 7 inches in size, no thicker than ¼ inches.
- The child must be a PNA member ages 8-15
- One entry per child is permitted.
- The art should not have artist's signature, initial or name on the front. Write only the title on the back of the project.
- Send your project along with the completed Art Contest Entry Form to:
**Polish National Alliance
Fraternal Activities Department
6100 N. Cicero Ave.
Chicago, IL 60646**
- Postmark no later than **June 15th, 2020.**

2020 Art Contest Entry Form

Title of the artwork:

.....

Name:

Age: D.O.B:

Address:

City:

State: Zip:

Phone No.:

email:

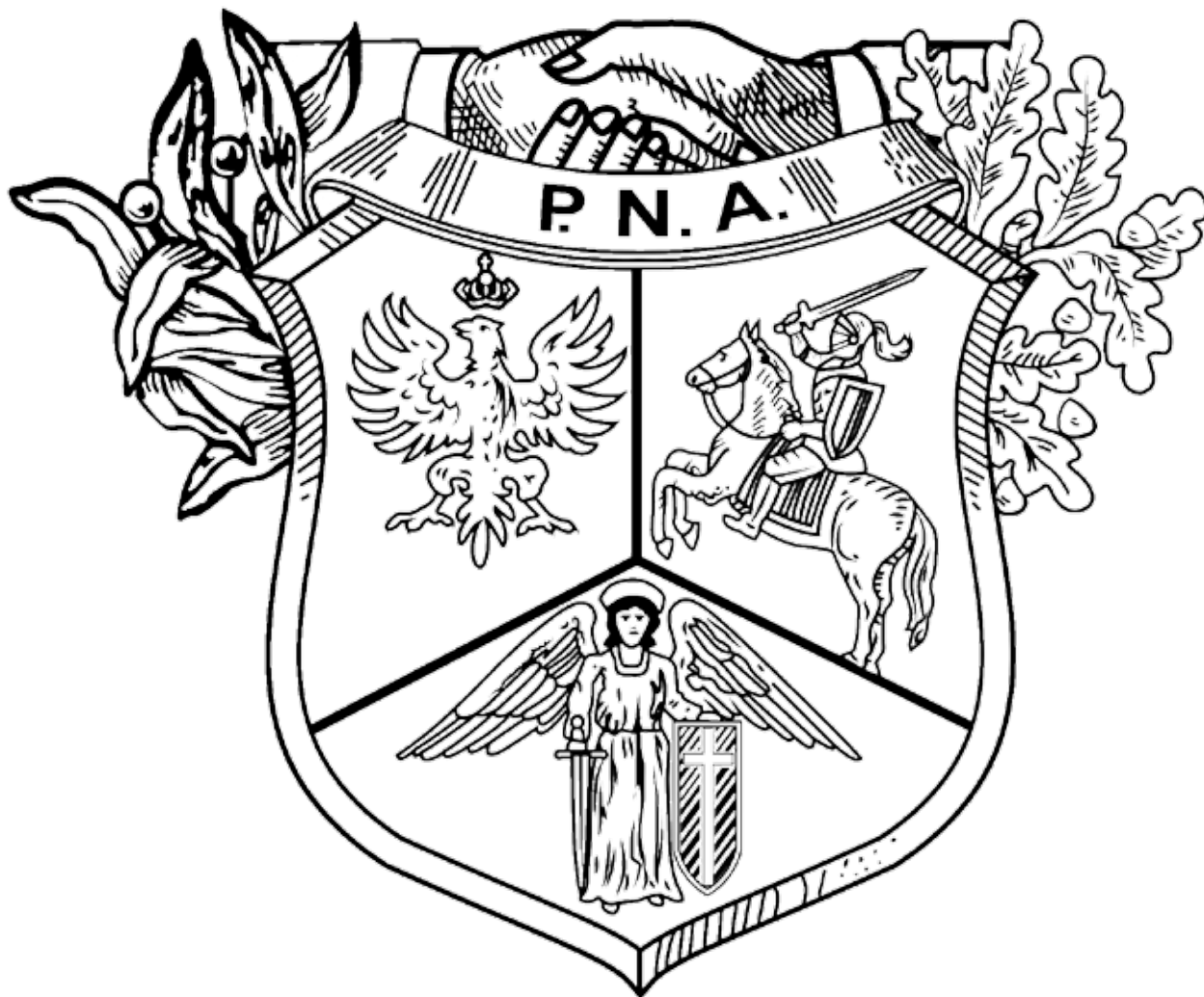
Lodge No.:

Parent Signature:

There will be only one winner, and five honorable mentions. The winner will be awarded \$300, and each honorable mention will receive \$100. Selected artwork will be published in the ZGODA magazine and posted on the official PNA website and Facebook. All will become the property of the Polish National Alliance.

ENTER NOW! DON'T WAIT!

2020 PNA COLORING CONTEST – For kids age 5-7
ENTER NOW ! February 1st– June 15th, 2020 DON'T WAIT!



Rules:

- Child must be PNA member.
- One entry per child.
- Each entry must have the child's full name, age, and address attached with the completed coloring page.

Please mail entry to:

PNA Coloring Contest
6100 N. Cicero Ave.
Chicago, IL 60646

There will be three winners selected, and three \$100 checks awarded. Winners' names will be published in the Zgoda and on the PNA website. You can download the coloring page at www.pna-znp.org

Tradition | Experience | Trust

24 hours a day, **7** days a week

serving Polonia since 1987

Radio programs for every person and every passion.



You can host your own radio show. Contact us at: info@radiowpna.com



It's COOL to be in Polish school

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



CASIMIR PULASKI POLISH LANGUAGE SCHOOL SPONSORED BY THE PNA



The PNA sponsored General Casimir Pulaski Polish Language School, one of the oldest, if not the oldest Polish school in Chicago, had 9 graduates this year from their high school who completed their “matura”. Each student had to take part in a rigorous round of finals which included many topics including Polish literature, history and geography. The students prepared a PowerPoint presentation and made

an oral presentation in February to a panel of teachers and instructors. In May, because of the Covid-19 situation, for the first time ever, an online written test was administered to all 9 students who had 2 hours to complete the test. The test was proctored by a panel of school administrators and teachers led by the school director Agata Michalkiewicz,





school president Agata Wozny and high school teacher Urszula Knapik. Krzysztof Popieluszko, the school's vice president also helped with the final exams. Results of the "matura" test were announced the following week during an on-line conference meeting held via Zoom. All nine students passed the test and were congratulated as the newest graduates of Chicago's Pulaski School.



EARTH DAY AT PULASKI SCHOOL

Earth Day was also celebrated at Pulaski Polish School. Even though the students were at home, the fourth and six grade classes made drawings and artwork to honor our planet. The annual international celebration takes place on April 22 to demonstrate support for environmental protection. The first Earth Day was in 1970, now more than 193 nations take part in the world-wide event.



Karolina Kyrych



Olivia Moniuszko



Zosia Kolat



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 birthed 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

The Battle of Warsaw

One of the most decisive battles in world history!

This August marks the 100th anniversary of one of the greatest victories by the Polish Armed Forces. What appeared to be a sure loss for Poland became one of history's most incredible turnarounds. The Polish victory at the Battle of Warsaw stopped the advance of communism from Russia into the rest of Europe. The Bolshevik leader, Vladimir Lenin, called Poland's victory "an enormous defeat" for the Russian Soviet Federative Socialist Republic.

The fighting started on Thursday, August 12, 1920, and continued on for two weeks. The Soviet Army commanded by Mikhail Nikolaevich Tukhachevsky, known as the Red Napoleon, took on the Pole's Kiev Offensive and defeated the Polish Army. The Polish soldiers quickly retreated westward and were in panic. The planned Polish attack failed and now everything was falling apart. It appeared that the Soviets were going to advance into Poland and even capture the capitol, Warsaw.



Poland's Chief of State, Józef Piłsudski in 1919 decided that it was necessary to secure the country's eastern border and to create an alliance

of countries including those of the Polish-Lithuanian Commonwealth called Intermarium to protect that

part of Europe from encroachment by German and Russian imperialism. Piłsudski calculated that the threat from Russia and from Germany demanded that Poland do what it had to do to prevent future attacks on the new Polish Republic and find allies to help. The ongoing battles in Russia, Ukraine and surrounding territory led to the start of the Polish-Soviet War and then to the heroic battle of the city on the Vistula River.

Now the situation had cast the die in favor of the Russians. Both military forces were roughly of the same number, 130,000 soldiers on each side. The Russians advanced fast on the retreating Poles seeking an assured win and entry to Warsaw. Their confidence was loud even shouting "give us Warsaw" but their rashness soon led to an incredible defeat.

Piłsudski marshaled his forces diminishing the panic and fear, resupplying his soldiers and preparing to fight the enemy. The fast movements and positioning of Polish troops took advantage of the dismayed Soviet forces. Attacking on several fronts, the Poles cut off Russian supply lines and reinforcements. Some Russian units continued fighting towards Warsaw while others retreated creating chaos, confusion in the Russian ranks and in their command.

The French General Maxime Weygand wrote in his memoirs "la victoire était polonaise, le plan polonaise, l'armee polonaise." which



translated means "the victory was Polish, the plan Polish, the army Polish". The resulting losses and casualties tell the story. 4,500 Polish soldiers were killed and total losses suffered were 40,500. The Russian army fared much worse with 25,000 fatalities and total losses of 110,000 soldiers.

The British nobleman, author and politician Edgar Vincent in 1920 declared the Polish victory at the Battle of Warsaw as one of the most important battles in history. In Poland, it has become known as the "*Cud nad Wisłą*", "the Miracle on the Vistula". It is ironic that this battle lauded as one of the most patriotic of all Polish victories received its name from Stanisław Stroński, a strong critic of Piłsudski, who described the victory as a way to demean the Polish leader. The decisive victory permitted the new state to grow and develop, and for almost two decades allowed Poland to become an important and influential country not only in Europe but the world.

By Mark Dobrzycki 5/2020

In Memoriam

EDWARD SITNIK (1930-2019)



Former Polish National Alliance Vice Censor and Alliance College Trustee **Edward Sitnik** has passed away, he was 89 years old. Ed was passionate about his service to the PNA and devoted himself to making our Fraternal the best.

Ed was born in Hartford, Connecticut at the beginning of 1930 to the late Jacob W. and Helen (Dyka) Sitnik. He attended Hartford public schools and graduated from Hartford Public High School in 1948. Ed enrolled at the PNA's Alliance College in Cambridge Springs, Pennsylvania. He graduated and received his bachelor's degree in 1952.

As a student at Alliance, Ed hosted a sports program on the college radio station, WACS. Some of his greatest memories were interviewing sport celebrities as the Los Angeles Rams quarterback and West Point graduate Glenn Davis and his Rams' teammates, Bob Waterfield and Joe Stydhar. Also included in Ed's list of sports superstars were San Francisco '49ers quarterback Frankie Albert and his '49ers teammates, Buck Shaw and Len Eshmont, as well as the Boston Braves centerfielder Sam Jethroe, who went on to be named Major League Baseball's 1950 National League Rookie of the Year. Ed returned to his alma mater in 1958 when he was elected at the age of 28 to the first of many terms on the Board of Trustees for Alliance College.

Immediately following his college graduation, Ed served in the U.S. Army for two years. He spent 15 months of his tour of duty in Germany. Returning to Hartford in 1954, Ed was hired by the Municipal Court in Hartford as a Domestic Relations Officer. He was later promoted to Director of Domestic Relations for the court. Eventually, Ed served as Assistant Chief Bail Commissioner for the Circuit Court and the Superior Court from which he retired after many years of service.

Two constants in Ed's life have been his involvement in coaching youth sports programs and his service to his

beloved Polish fraternal, the Polish National Alliance. Ed served two four year terms as Vice Censor of the Polish National Alliance. Ed was first elected into the office of vice censor at the 39th Quadrennial Convention in Orlando, Florida at the Sheraton Twin Towers Hotel in 1983. He was re-elected at the 40th Quadrennial Convention in 1987 at Chicago's Palmer House Hotel. The first PNA Convention was held in Chicago at the original Palmer House Hotel.

Edward also served on The Polish National Home in Hartford, Connecticut of which his father was a founding director. For eight years, Ed managed the Little League 'Teamsters' at Colt's Park, teaching young children the game's fundamentals of baseball which he had learned when he played ball in high school and college. Sgt. Francis "Star" Kelly, President of the Greater Hartford Little League, had learned of Ed's baseball prowess and enlisted him to coach. Since the good sergeant outranked his Army designation of corporal, Ed felt obligated to accept! Ed was passionate and loyal to these endeavors which gave him much purpose and many lifelong friends.

Submitted by Louis P Sitnik



ZENON OLEJNICZAK (1931-2020)



Urodził się w 1931r w Polsce w miejscowości Przewóz na Kujawach. Przeżył okrucieństwo wojny, studiował w Poznaniu, gdzie zdobył magistra z zakresu ekonomii. Na początku 1956r rozpoczął w Polsce pracę w Zakładach im. Józefa Stalina, (H. Cegielski) w Poznaniu, a w czerwcu wyszedł na ulice biorąc udział w „wypadkach poznańskich”. Po dwukrotnym przesłuchaniu czuł się zagrożony i wyjechał do Austrii. Otrzymał azyl polityczny i wyjechał do Kanady.

W 1963r wyjechał do Stanów Zjednoczonych, gdzie zatrzymał się w Chicago. Spotkał Jadwigę, wzięli ślub w 1964 roku i urodziła się Barbara i Ryszard. Dla niego edukacja była bardzo ważnym elementem wychowania dzieci, Barbara ukończyła prawo, a Ryszard West Point jako inżynier mechaniczny a dalej Northwestern University z magistrem w business administration. Równocześnie był dbającym i kochającym mężem i ojcem a w późniejszych latach dziadkiem dla Kassandry i Łukasza.

Był współzałożycielem polskiej szkoły im. Emilii Plater w Mount Prospect i także nauczycielem klasy gimnazjalnej. Pracował i dalej studiował w celu przebrańowania się w sprawach technicznych. Pracował w firmie „Culligan” jako „project designer” do czasu emerytury.

Był wielkim patriotą poświęcony sprawom polskim udzielającym się w rangach Związku Narodowego Polskiego, jako Komisarz Okręgu XIII, 2007-2011, skarbnik Grupy ZNP 2993 „Karola Rozmarka” i Prezes Gminy 120 w latach 1994-2014, oraz Pierwszy Vice Prezes Polsko-Amerykańskiego Kongresu na Stan Illinois. Równocześnie, był działaczem społecznym, finansowo wspierając wiele organizacji niosąc pomoc tym najbardziej potrzebującym. Był członkiem Knights of Dąbrowski oraz członkiem Knights of Columbus.

Będąc bardzo zdrowym człowiekiem, który ćwiczył codziennie, pod koniec 2017 roku, został dotknięty chorobą. Zmarł 9 marca 2020 r, walcząc o życie, nie poddając się do końca.

Former PNA Commissioner Zenon Olejniczak died on Monday, March 9, 2020 after a three year battle with illness. Zenon was a very active and loyal PNA member. He served as District 13 Commissioner for ten years, 2007-2011, and served for twenty years as president of Council 120, 1994 to 2014. Born in Poland on Thursday, January 8, 1931, he left his beloved country fearing for his safety after being part of the Poznan

Protests in June of 1956. He arrived in Austria and was granted political asylum to Canada. In 1963, Zenon came to Chicago, where he met and married Jadwiga. He was the father of Barbara and Richard. He became a PNA member in 1973 and quickly rose in the ranks. He helped found the Emilia Plater Polish School in Mount Prospect, IL and was a first vice president of the Illinois Division of the Polish American Congress. Zenon was a member of the Knights of Dąbrowski and the Knights of Columbus. He retired from the Culligan Water Company as a Project Designer.

WANDA J. MOSKAL (1923-2019)



Wanda Josephine Moskal, 96, wife of the late Edward Joseph Moskal, past president of the PNA and Polish American Congress, passed away on Thursday, December 26, 2019 after a short illness at Resurrection Hospital in Chicago. Mrs. Moskal was a long standing member and delegate of PNA Lodge 759 and Council 75.

Wanda, the daughter Mary and Joseph Sadlik, was born in Latrobe, Pennsylvania, a borough of Pittsburgh, on Friday, May 18, 1923. At the age of 2, Wanda and her parents moved to Chicago and settled on Fry Street in Noble Square of the old Polish neighborhood in Chicago. Fortune blessed her as her future husband, Edward, also lived on Fry Street at Ashland Avenue.

Wanda was a constant in the life of her husband and accompanied him to many of the PNA and PAC events. Here dedication was also known as the owner and operator of Moskal Catering, where her specialty, sauerkraut, drew diners from throughout the city.

Her beautiful smile charmed her grandchildren, great grandchildren and great great grandson as she crocheted blankets and sweaters for her beloved. She enjoyed travelling, Palm Springs, California, was her favorite place. A dog was always present in the house, Kookie was her last best buddy.

She is survived by her daughter Pamela Komoroski and granddaughters Joyce, Mary and Lisa and their spouses, great grandchildren Joseph, Jason, Jamie, Ryan and Benjamin and great great grandson Wyatt. Funeral services were held on December 30, 2019.

My Polish heritage counts!

United States
**Census
2020**



9. What is Person 1's race?

Mark ☒ one or more boxes **AND** print origins.

☒ White – Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.

POLISH

☐ Black or African Am. – Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.

☐ American Indian or Alaska Native – Print name of enrolled or principal lineage, and subspecies, American Indian, Alaskan Natives, etc.

Data from this year's census helps determine the distribution of public funds.

While answering **2020 Census question number 9**, remember to write down: **POLISH**.

Let's show our strength in numbers!

facebook.COM/CENSUS-POLISH

This campaign is organized by the Polish American Congress. www.pac1944.org

United States
**Census
2020**

United States 2020 Census

Polish American leaders meet at PNA Headquarters



Leaders of Polonia met at the Polish National Alliance National Headquarters this past February to discuss the upcoming United States

Census. There are many important issues with concern to the Census for the Polish community in America. PNA President Frank Spula led the meeting and introduced Kamil Szalewicz, the local representative for the United States Census Bureau, a department of the U.S. Department of Commerce. The meeting focused on empowering American Polonia by encouraging all Polish people of every generation, from the newest immigrant to descendants of Jamestown, to complete their census by writing Polish on the official form or online.

Szalewicz asked all attendees to join the information campaign for the Census. He added that the U.S. Census Bureau needs plenty of help, from interviewers to highly-paid administrative positions. It was encouraged that the Polish community seek employment and other opportunities with the Census Bureau.*

Among those in attendance were the PNA executive board, Vice President Marian Grabowski, National Secretary Alicja Kuklińska and Treasurer Steve Tokarski, as well as Dr. Marek Rudnicki of the Polish American Medical Society, Jan Kopec of the Alliance of Polish Clubs,

Mirosław Niedziński of the Joseph Konrad Yacht Club, PAC Executive Director Roman Korczak, Polish Roman Catholic Union of America President James Robaczewski and Secretary-Treasurer Agnieszka Basztrzyk, Mary Sendra Anselmo of the Polish American Congress, attorney Mark Grzymała, WPNA general manager Jacek Niemczyk, Polish Daily News general manager Łukasz Dudka, Zgoda editor Mark Dobrzycki, Zenon Kurdziel of Ridgeland Associates, MEK Design Studio's Margaret Kościelak Królikowska, Zygmunt Rygiel of Polski.FM, and Alina Mikołajczyk from Polish Women in Business.

In March, another meeting took place with representatives of various organizations and communities attending at the PNA with representatives of the U.S. Census Bureau. For the first time in history, census participants will be able to register online said U.S. Census Bureau Deputy District Director Ellis Johnson. Also taking part were Census Spokesperson Jeanine Beasley and community partnership specialists Kira Obradovich and Kamil Szalewicz.

The representatives from the U.S. Census Bureau answered many questions and emphasized that information obtained from all the people taking part in the census will remain confidential as per U.S. Law. The information collected cannot be released to any other federal agency or to the public until 72 years have passed. For example, information from the 1950 U.S. Census will be released in 2022, and information

from this year's Census will not be released until 2094. This assurance calmed fears that information about undocumented immigrants could be given to immigration authorities. It will not be given to anyone and no one should have any fears about participating in the Census.

It is very important that an accurate count of every resident in each state takes place so that there is a more equitable distribution of federal monies. Polish American organizations seeking Federal grants should make it a priority to make sure all their associates, members and volunteers complete the Census as quickly as possible.



Frank Spula, Polish American Congress president, has undertaken a campaign to encourage all of Polonia to participate in the census so that our community is fully counted. The PNA has sponsored the printing of thousands of brochures for distribution to the Polish communities throughout the country.

By Beatrice Jedrycha

*More information available online: **www.2020census.gov**

2020 INDEPENDENT COMPARATIVE REPORT



STRENGTH & STABILITY

This report prepared by
Standard Analytical Service, Inc.
Analysts of the Insurance Industry since 1932

Standard Analytical Service, Inc.

Publishers of Independent
Insurance Reports Since 1932

FACTUAL ANALYSES OF SIGNIFICANCE

Standard Analytical Service, Inc. is independent of any insurance company or companies, and we do not sell any kind of insurance. Our financial reports and comparisons, reprints of which are paid for by the companies, are based on statutory financial statements filed with the state insurance departments.

This report should not be interpreted as an analysis of the stock value of a capital stock company, nor is it intended to imply that the company featured will be as successful or is better than the companies making up the aggregate averages, nor is it a recommendation or analysis of the specific policy provisions, rates or claims practices of the organization featured. Its use for all companies, stock, mutual or fraternal, is intended to serve as a guide with respect to the current financial responsibility of the individual company featured herein, based upon the current statutory financial statements on file with the state insurance departments where they are available for public inspection.

Standard Analytical Service, Inc.
111 Westport Plaza Drive
Suite 600
St. Louis, MO 63146

FINANCIAL STABILITY

The financial condition of a life insurance organization is an important factor in public confidence.

In this regard we prepared the following report on:

POLISH NATIONAL ALLIANCE OF THE U.S. OF N.A.

featuring a comparative analysis of key financial ratios comparing this company with 25 of the leading Life Insurance Companies in the United States.

These 25 leading Life Insurance Companies have been in business for an average of over 100 years and own a major portion of the invested assets and life insurance in force of all the companies.

Thus, a favorable comparison of the financial ratios for the company featured herein with 25 of the leading companies can be indicative of the company's financial stability.

KEY FINANCIAL RATIOS - DERIVED FROM THE ANNUAL STATEMENTS AS OF DECEMBER 31, 2019
(The 25 leading companies are determined by the amount of Admitted Assets as of December 31, 2019)

SOLVENCY

Assets for each \$100 of Liabilities

A high ratio of Assets over Liabilities is a significant safety factor. This indicates that a company has enough assets to cover its liabilities and to meet all obligations as they become due.

Assets for each \$100 of Liabilities as of Dec. 31, 2019

| | |
|---|----------|
| Allstate Life Insurance Company, IL | \$114.49 |
| Ameritas Life Insurance Corporation, NE | 107.57 |
| AXA Equitable Life Insurance Company, NY | 103.91 |
| Connecticut General Life Ins. Co., CT | 142.94 |
| Guardian Life Ins. Co. of America, NY | 113.95 |
| John Hancock Life Insurance Co. (USA), MI | 103.61 |
| Lincoln National Life Ins. Co., IN | 103.15 |
| Massachusetts Mutual Life Ins. Co., MA | 107.58 |
| Metropolitan Life Insurance Co., NY | 102.88 |
| Midland National Life Insurance Co., IA..... | 106.81 |
| Minnesota Life Insurance Co., MN | 105.92 |
| Nationwide Life Insurance Co., OH | 106.03 |
| New York Life Insurance Company, NY | 113.18 |
| Northwestern Mutual Life Ins. Co., WI..... | 109.10 |
| Ohio National Life Insurance Company, OH | 103.75 |
| Pacific Life Insurance Company, NE | 107.78 |
| Penn Mutual Life Insurance Company, PA..... | 109.37 |
| Principal Life Insurance Company, IA..... | 102.54 |
| Protective Life Insurance Company, TN..... | 107.51 |
| Prudential Insurance Co. of America, NJ..... | 104.09 |
| ReliaStar Life Insurance Company, MN..... | 108.45 |
| RiverSource Life Insurance Company, MN..... | 102.81 |
| State Farm Life Insurance Company, IL..... | 118.65 |
| Symetra Life Insurance Company, IA..... | 105.34 |
| Transamerica Premier Life Ins. Co., IA..... | 104.60 |

AVERAGE OF 25 OF THE LEADING LIFE CO'S..... \$106.10

POLISH NATIONAL ALLIANCE \$105.34

LIQUID INVESTED ASSETS

Assets in Bonds, Stocks, Cash and Short-Term Investments for each \$100 of Liabilities

This ratio measures a company's ability to meet its anticipated obligations to policyholders. A high ratio indicates a more liquid investment position with which an insurer can meet unforeseen emergency cash requirements that may arise.

AVERAGE OF 25 OF THE LEADING LIFE CO'S..... \$43.41

POLISH NATIONAL ALLIANCE \$99.40

ADDITIONAL SOCIETY STRENGTH

The following ratios are Per \$1000 of Life Insurance in Force. They show further proof of financial strength and stability:

| | This Society | Average 25 of the Leading Life Companies |
|-------------------------|--------------|--|
| Assets per \$1000..... | \$567.89 | \$159.18 |
| Reserves per \$1000.... | 468.99 | 64.36 |
| Surplus per \$1000..... | 28.80 | 9.15 |

FINANCIAL STATEMENT SUMMARY AS OF DECEMBER 31, 2019

| | |
|--|--------------------------|
| Admitted Assets | Benefits to Policyowners |
| \$430,829,376 | \$26,656,320 |
| Policy Reserves | Net Investment Income |
| \$355,802,840 | \$16,545,831 |
| Total Liabilities | Total Income |
| \$408,980,690 | \$35,288,946 |
| Gross Surplus (Incl. Capital, if any) | Insurance Issued |
| \$21,848,677 | \$14,490,000 |
| Insurance in Force | |
| \$758,653,000 | |

CONCLUSION: Based on the financial results achieved in the year ended 2019, the comparative analysis made of the organization featured herein is **FAVORABLE** when compared to the aggregate averages of 25 of the LEADING LIFE INSURANCE COMPANIES.

Pulaski Day Celebration!

Official Illinois State Holiday



Casimir Pulaski Day, an official Illinois state holiday, is celebrated annually on the first Monday in March. This year's ceremony took place on March 2nd. The full pomp and circumstance of the event took place, as usual, at the Polish Museum of America. Leaders of Polonia were joined by federal, state, county and city officials in honoring a hero of two nations.

A core of men dressed in Polish Uhlán uniforms (Polish 18th century Light Cavalry, Stowarzyszenie Ułanów Polskich im. Tadeusza Kościuszki) entered the packed Great Hall of the museum carrying the Polish and American flags. The miraculous voice of Mirosława Sojka-Topór sang the anthems of both nations and the honored guests and audience were welcomed by the president of the Polish Museum of America, Richard Owsiany, PMA Director Małgorzata Kot and president of the Polish Roman Catholic Union of America, James

Robaczewski. Bishop Andrzej Wypych said an opening prayer to start the morning proceedings. Many speakers said a few words in Polish and then spoke of the importance of keeping tradition alive and paying respect to history and the people who made it.

Polish National Alliance President Frank Spula and National Secretary Alicja Kuklińska both attended the ceremony and participated in the wreath laying ceremony. President Spula spoke highlighting General Pulaski's courage, combat skills, commitment to democracy and his sacrifice of giving his life for America. He stated that 10 million Polish-Americans still benefit from his actions that occurred over 200 years ago and that they can honor Pulaski by voting in local and national elections. President Spula emphasized that every Polish-American must complete the 2020 Census by entering "Poland" beside the question about country of origin. He

concluded by reminding everyone that the only way Polonia will count and be respected is we take part in the Census and American civic life.

U.S. Representative Dan Lipinski, Illinois Lieutenant Governor Juliana Stratton and Illinois State Treasurer Michael Frerichs took part in the ceremony as well as Chicago Treasurer Melissa Conyears-Ervin. Also in attendance were: Major General Cezary Wiśniewski from the Embassy of the Republic of Poland in Washington D.C., Illinois State Senator Robert Martwick, Illinois Comptroller Susana Mendoza, Cook County Treasurer Maria Pappas, Clerk of the Circuit Court of Cook County Dorothy Brown, Cook County Assessor Fritz Kaegi, 30th Ward Alderman Ariel Reboyras, Mayor Andrew Przybyło of Niles, Illinois and Jan Loryś, the past director of the Polish Museum,

Pulaski was born on March 6, 1745 in Warsaw, Chicago's first sister city, and the official commemoration of his gallantry was chosen by the state through input by Illinois Poles.

Beatrice Jędrycha



Texas Polonia Celebrates their Polish Heritage throughout the Lone Star State!

Texans do things in a big way, so does the PNA in the Great State!

El Paso, Texas – Polish Musicians and Composers

Spectacular Duo Klavitarre concert was sponsored by the General Casimir Pulaski Polish American Society, the Honorary Consul of Spain in El Paso, and the Polish Consul General from Houston. Jolanta Ziemska and Maciej Ziemska, the talented Polish duo, fascinated the El Paso audience with their arrangements of masterpieces by renowned composers, including our beloved Polish composer, Fryderyk Chopin.



PNA Polish Heritage Center in Panna Maria, Texas Open House



The Polish Heritage Center is well on its way to a possible opening in December 2020. An Open house was held prior to Christmas to show the amazing progress and to offer more sponsorship opportunities. Dr. Jim Mazurkiewicz, PNA member gave a wonderful speech about Polish History in Texas and John Cebrowski another PNA member enthused the audience. Consul General Robert Rusiecki was on hand to support these monumental efforts. Check out the updates to the facility and opportunities for scanning historical photos. <https://polishheritagecentertx.org/>



Austin, Texas – Day of Remembrance

Texas Governor Greg Abbott and Polish Council General Robert Rusiecki in Austin for International Holocaust Remembrance Day 75 years after the liberation of Auschwitz. May we never forget the tragedies of this time in our history.



College Station, Texas – Texas A & M Polish Student Association

Love of all things Polish is very strong in our Texas Youth - Texas A&M University students at the first Texas A&M Polish Association meeting of the semester hosted by PNA member Dr. Jim Mazurkiewicz – organizing the Polish youth in Texas to keep the Polish traditions growing.



„A żywym na zawsze zostaniesz wśród nas”

Pożegnanie Papieża Jana Pawła II

Jadę do Ciebie Papieżu kochany
Uklęknąć koto Ciebie i prosić o błogostawieństwo Twe,
Synu Polski przez Pana Boga wybrany.
Przez Ciebie nasz lud wyratowany,
Przez cały świat poznany i ukochany.
Miłość Jezusa niosteś na cały świat bez obawy.

Twa męka od małego – wojnę przeżywszy
Kardynale z Krakowa, Karolu Wojtyła-
Ojcie Święty, podniosteś na duchu.
Przez Twoje święte staranie wolność odzyskałismy.
Żelazna kurtyna, ściany, mury, przez Ciebie zniknęły.

Przez górali pieśń śpiewana,
Jak Twa Chrystusowa miłość jest szeroka i głęboka.
W Watykanie, lecz Cię nie opuszczamy,
Polską sosenkę i miłość dosyłamy.
Ojcie Święty, „Papa” nazywany
Przez dzieci i młodzież pokochany,
Uzdrowiałeś nasze serca,
I dar zdrowia, Bóg przez Ciebie był dany.

Teraz miliony, jedziemy do Ciebie
Abyś wiedział, że o Tobie pamiętamy.
Tak Ojcie, w sercu z nami zawsze pozostaniesz.

Nie zdota ma podróż Twoje Ojcie Święty, stopy pocałować
I za starania, modlitwę i miłość podziękować.
Pod Twoim oknem stoję ze łzami,
Bóg zabiera Ciebie do Siebie Ojcie Kochany,
Czuję tylko Twoje duchowe objęcie i pożegnanie.

Twa wielka miłość w naszych duszach zostanie.
Twoja prośba do Boga będzie wysłuchana
Za Twą Ojczyznę, Polskę ukochaną.
Lud wierny na zawsze przy Bogu zostanie,
Ojcie Święty, przez Boga zesłany.

Dziękuję Ci Panie Boże,
Że dałeś ludowi, Polakom, skarb Boży i miłość wybraną.
Żegnamy Ciebie Ojcie Święty, Synu Polski, z modlitwą i łzami.

Módl się za nami!

Leokadia Busz Macur
10 kwietnia 2005

18 maja minęła 100. rocznica urodzin świętego Jana Pawła II, dobrego człowieka, oddanego duszpasterza, niestrudzonego pielgrzyma, humanisty, myśliciela, religijnego i duchowego przywódcy narodu Polskiego.

W kwietniu tego roku skontaktowała się z nami pani Leokadia Busz Macur z Bridgewater, New Jersey, z prośbą o opublikowanie jej wiersza poświęconego papieżowi Janowi Pawłowi II.

W kwietniu 2005 roku pani Leokadia była w Rzymie, czuwała na Placu Św. Piotra z tysiącami wiernych podczas ostatnich ziemskich chwil Jana Pawła II, a potem uczestniczyła w uroczystościach pogrzebowych.

Pani Leokadia Macur, z d. Busz urodziła się w Wilnie, przeżyła okupację, przetrwała obóz koncentracyjny w Hanowerze (Niemcy) i połączona z rodziną; mamą Heleną, tatą Konstantym (żołnierzem służącym pod dowództwem gen. Władysława Sikorskiego oraz w Armii Andersa) i rodzeństwem, w 1949 roku przybyła do Stanów Zjednoczonych. W 1950 roku została członkinią Związku Narodowego Polskiego. W New Jersey poznała swego męża Zbigniewa, również pochodzącego z Wilna byłego więźnia obozu koncentracyjnego w Dachau i jeńca niemieckiego obozu pracy. Państwo Macur przeżyli razem 57 lat, wychowali troje dzieci i stanowili 100%-ową, związkową rodzinę.

Dziękujemy pani Leokadio za wiersz sercem pisany!

18 maja 2005, w ogrodach Związku Narodowego Polskiego, z inicjatywy Gminy 91PNA, posadzona została sosna ku czci Jana Pawła II. Pod drzewkiem, na głazie, umieszczona została tabliczka z napisem „A żywym na zawsze zostaniesz wśród nas”. Z inicjatywy długoletniej prezes Gminy 91, pani Stanisławy Rawickiej, co roku, w dzień urodzin wielkiego Polaka, odbywa się w tym miejscu wiosenne spotkanie rozpoczynane majową modlitwą, uświetnione krótkim programem artystycznym i poczęstunkiem, na którym królują słynne papieskie kremówki, ulubione ciastka Karola Wojtyły.

*Zdjęcie: Stanisława Rawicka, 18 maja 2020
Opracowała Alicja Kuklińska*

Lublin and its Localities

The Lubelskie Voivodeship brings Polish history alive!

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 ...

Many of contemporary Poland's voivodeships, or provinces, have long histories, composed of territories that have largely held the same shape for centuries. Regions like Lower Silesia or Mazovia go back to the beginnings of the Polish state, even when they've shifted across the border of countries. However, the **Lubelskie Voivodeship** as it exists today is a very different animal. **This province of Poland** with a population of over 2 million people encompasses several distinct lands. It is an exciting microcosm of the cultural variety which exists within the Polish nation.





Lublin's Coat of Arms

Prince Mieszko I incorporated the region into the Polish state in the 10th century. The first voivodeship was centered in Lublin and constituted in 1474, with **Dobiesław Kmita** receiving the honor of serving as the province's first voivode. As was tradition at the time, this made him one of the two senators from Lublin, the other being the castellan. The territories

which were under Lublin's rule are still the heart of the voivodeship, which in its present form is much larger, with over 9,700 square miles of land.

The cultures of **Byzantine and Latin Christianity** **come together** in Poland's most easterly voivodeship. This diversity is even further enriched with a **strong Jewish legacy** which is present throughout the entire region of eastern Poland. The famous **Romani** poet Bronisława Wajs, better known as **Papusza** was born in this region. **Armenian merchants** and **refugees from the Ottoman Empire** also settled these lands. Their contribution to the local built environment is admired by countless tourists today in the row of historic buildings lining the central square of **Zamość** which are known as the "Armenian Row-Houses". There were even **Amish settlers** who lived in the area around **Włodawa** in the late 1700's!

In his 13th century chronicle, **Wincenty Kadłubek** attributed Lublin's founding to **Julia, the sister of Julius Caesar**. While scholars suggest a human presence in the Lublin region going back to the **Corded Ware Culture** in the 3rd millennium BC, the first settlements in the city itself date back to the 6th century AD. The region was inhabited by Slavic tribes when the first Polish state was being formed under the ascendant **Piast dynasty** in the early 10th century. At that time, this district was along the Polish frontier, as the **Empire of Rus'** had seized the Land of the Red Gords in 981. Rulers of Rus' would launch subsequent attempts to conquer Lublin and acquire this locale for their realm. While some of these invasions by our eastern neighbors were successful, the Poles were able to ultimately restore Lublin to Polish jurisdiction.

There is a lack of clarity on when Lublin was recognized as a full-fledged municipality with all of the

accompanying rights and privileges. Whether it was a reaffirmation of an existing distinction or Lublin gaining this standing for the first time, Polish **King Ladislaus the Elbow-High** elevated the status of the settlement as an official city on August 15th, 1317.

Thanks to auspicious circumstances, Lublin grew. Its location along a trade route connecting the Black and Baltic seas was ideal for commerce to flourish here. First united by a monarch, the countries of Poland and Lithuania integrated ever more closely over time. It was this city which often served as the backdrop for these measures, such as the gathering during which the **Union of Lublin** was declared in 1569. Less than 10 years later, in 1578, Lublin was chosen to be the seat of the **Crown Tribunal**, the highest appellate court in the **Polish-Lithuanian Commonwealth**, which is the setting for one of the city's most popular legends, the "devil's palm print".

Today, Lublin is a thriving metropolis, a city brimming with creativity. This is certainly tied to the scholarly power that is part of Lublin's DNA. It is known throughout Poland as a college town, a reputation which should not come as a surprise given that **the city is home to 6 universities**: The John Paul II Catholic University of Lublin, Marie Curie-Skłodowska University, University of Life Sciences, Medical University, Lublin University of Technology, and the University of Economics and Innovation.

Like many urban locales at the nexus of different zones and peoples, the variety of cultural groups has left behind a legacy of sacred structures tied to different traditions. Lublin's skyline is peppered with the spires and steeples of a dizzying array of architectural styles and denominations such as the **Orthodox Cathedral**, **Lutheran Church of the Holy Trinity**, and the **Roman Catholic Church of Our Lady of Victory**. It's a richness which is still growing just like the city itself, as five new Christian houses of worship are currently under construction. Among them is one dedicated to **Saint Pope John Paul II** along Bishop Marian Fulman street which is nearly finished.

Lublin was at one time among the most important centers of Jewish life in not just Poland, but also in this part of Europe. There were over 100 synagogues and Jewish houses of prayer in Lublin before **World War II**. However, only a few were located in stand-alone structures built specifically for this purpose. Most of these worship spaces were located in tenements and annexes. While Lublin's sizable Jewish population largely perished during the **Holocaust**, the **Chevra Nasim** and

Chachmei Lublin Yeshiva synagogues are a testament to the continuation of a community which suffered so greatly during the Second World War.

Not every building with an intriguing past reveals its story without some investigation. Lublin's **Hotel Ilan**, for example, is located in a substantial structure designed by **Agenor Smoluchowski** which once housed the "**Academy of the Sages of Lublin**" (*Chachmei Lublin Yeshiva*). Founded by **Rabbi Meir Yehuda Shapiro**, the academy was one of the largest yeshivas in the world at the time of its operation. Nearly 50,000 people came out for the school's groundbreaking ceremony in 1924, with construction on the yeshiva spanning 6 years. Hotel Ilan has been in the headlines as of late since the hotel is generously offering 60 rooms for free to health care professionals currently battling the COVID-19 epidemic in Poland.



Radziwiłł Castle in Biała Podlaska

Another example of an edifice whose beauty is enhanced by the convoluted history of Poland is the **Castle of Lublin**. Much of the charming English Neo-Gothic complex we see today is a former prison, where prisoners were persecuted by the Russian Tsar, German Nazis, and Communists during the Polish people's many struggles for independence. Some of the structures which predate the 19th century prison have survived from the Middle Ages. This includes a circular tower as well as the **Royal Chapel of the Holy Cross**, a unique cultural melding of a Gothic building embellished from floor to ceiling with colorful Byzantine frescoes.

Traveling north from Lublin towards lands that were once part of the **Grand Duchy of Lithuania**- the regions of **Southern Podlasie** and **Polesie Lubelskie** we find another convergence of Eastern and Western

Christendom in the sanctuary in **Kodeń**. The **Basilica of St. Anne** is a Roman Catholic shrine to the Virgin Mary, while close by is a former Uniate church dedicated to the Holy Spirit. Followers of the Orthodox faith pray in their own church which was completed in 2007 thanks to financial assistance from their coreligionists in **Greece**. The town has a long history as a place of pilgrimage, with the holy image in St. Anne's Basilica having the distinction of being only the third sacred image in the Kingdom of Poland to receive **papal crowns**. Located along the **Bug River** which separates Poland from **Belarus**, is Bieraście, a nearby city this land was once connected to. Before World War II it was known as **Brześć Litewski**, the capital of Polesie Voivodeship.

When the Radziwiłł family came to possess nearby **Biała Podlaska** in the 16th century, the town came to be referred to as Białą Księżęcą or Białą Radziwiłłowską, references to the new owners and their princely origins. Worth a visit is the **District Museum in Biała Podlaska**. It is housed in rather stately digs, the remnants of the former Radziwiłł Palace. Originally, a castle built by the **Radziwiłł family** in the 16th century, the structure sustained serious damage from the invading **Swedish military** during "**the Deluge**" in the 17th century. The owners subsequently transformed the complex into a lushly decorated baroque palace. One of the unique attributes of the compound is that the surrounding fortifications are largely intact. While the majority of the structure was demolished in the late 19th century, there has been talk of rebuilding the palace since 2015.

Much of today's Lubelskie Voivodeship is composed of different subregions and lands historically part of **Lesser Poland** (*Małopolska*). **Ziemia Lubelska**, **Ziemia Łukowska**, **Ziemia Stężycka** and parts of **Ziemia Sandomierska**. Aside from Lublin itself, one of the hotspots in part of Lesser Poland within the voivodeship is the quaint river town of **Kazimierz Dolny**. This captivating hamlet owes its name to Polish Duke **Casimir II the Just**, who bequeathed it to Norbertine nuns located just outside of Cracow. The sisters chose to show their gratitude for the gift by designating the town in the duke's honor. Located along a scenic gorge where the **Vistula River** bends, the Renaissance styling of the local built environment inspired an arts colony which has endured into the present. It was in Kazimierz Dolny that **Józef Pankiewicz** painted the first series of Impressionist paintings in Poland. Other important artists such as **Zygmunt Vogel**, **Józef Piwarski**, **Michał Andriolli**, **Wojciech Gerson**, and **Władysław Ślewiński** all regularly traveled here, inspired by the specific spirit of the place.

Also a part of Kazimierz Dolny are the ruins of the talented and tortured artist **Stanisław Szukalski's villa** in the district of **Mięcmierz**, a testimonial to the ties between Poland and the United States. Some hope that the recent buzz around the artist thanks to the recently released documentary film on **Netflix** produced by actor **Leonardo DiCaprio** will hopefully lead to a restoration of this neglected landmark. Although the site has attracted attention as of late, even serving as a concert venue, the complex is falling apart and in dire need of repair.

Part of the allure of Lubelskie Voivodeship is that it is not just composed of distinct historical regions, it is also home to a number of contrasting physical geographies. Parts of the **Uplands of Lublin and Volhynia**, the **Polesie of Volhynia and Podlasie**, the **South Podlasie Lowland** and the **Roztocze Hills**, are all to be found in Lubelskie Voivodeship. This variability in terrain is one of the elements which draws tourists visiting the many natural areas in the province.

While Sasiadka is currently a small village on the periphery of the Roztocze Hills, this was once the site of mighty medieval **Suciejsk**. This ancient Slavic "gord" was one of the most important administrative centers in the area. It was part of a cluster of fortified settlements which gave this territory its name as the "**Land of the Red Gords**" (*Grody Czerwieńskie*). Sutiejsk is one of the most thoroughly researched locales of its kind thanks to extensive archaeological fieldwork which started in 1936. Destroyed in its entirety 3 times, a new military compound was rebuilt atop the remains of its predecessor. Sutiejsk is thought to have met its final destruction in 1241 during the **Mongol invasion of Poland**. Today this scenic countryside lies in the heart of the **Szczecznieszyn Landscape Park**, with a bicycle trail running through Sasiadka. The landscape park's environs are dense with **loess gorges** and **peat bogs**, attracting folks looking to get better acquainted with Mother Nature's seductive appeal.

The Land of the Red Gords came to be called **Ruś Czerwona**. **Ziemia Chełmska** and portions of **Ziemia Bełska** in the southeast area of Lubelskie Voivodeship were once a part of the **Kingdom of Galicia-Volhynia**. The city of **Chełm** was once the capital of its own voivodeship, as well as bishoprics in the Orthodox, Roman, and Greek Catholic denominations.

Given that Chełm owes its name to an archaic Polish word for hill which has now fallen into disuse, it's fitting that tourists often begin their tours of the city from **Castle Hill**. Located at the hill's summit, the **Basilica**



Basilica of the Nativity of Our Lady in Chełm

of the Nativity of Our Lady is an easily recognizable landmark in Chełm's skyline, and often the first thing people see as they approach the city. Though the parish was founded by **King Daniel of Galicia** in the 13th century, the current structure was completed around 500 years later according to a design by **Paolo Antonio Fontana**. Since the basilica's completion in 1756, there have been substantial modifications to its exterior. These changes generally followed the church's transfer between followers of the Greek Catholic, Russian Orthodox, and ultimately the Roman Catholic faith over the past 200 years.

Chełm was also the seat of a short-lived governorate while it was part of the **Russian Empire**. The Tsar's military force, composed of thousands of soldiers, lived



in the surrounding area. It was so large that nearly 1/3 of the city's population was Russian at the turn of the 19th and 20th century. This dovetailed with the official policies set forth by the empire seeking to **Russify** the Chełm region. Some scholars have even drawn parallels to the UK's colonialist policies in Northern Ireland, dubbing this space as the "**Ulster of the Russian Empire.**"

Before **World War II** a thriving Jewish community lived in Chełm. It was the home of learned rabbi and Kabbalist **Elijah Ba'al Shem** in the 16th century. According to legend, it was he who created the first **golem**, a supernatural human-like being fashioned out of clay or mud that appears in **Ashkenazi folklore**. The rabbi was buried in **Chełm's Jewish Cemetery**, which was completely devastated by the Germans during the Holocaust, remaining in this state until the end of the 1980's. After the collapse of the **Polish People's Republic** and the restoration of democracy in Poland, local authorities worked together with a number of Jewish organizations to restore the cemetery. The culmination of this effort was the Jewish Cemetery's rededication ceremony in June of 1996.

There's a wealth of picturesque towns to explore in Chełm's environs. Like Sutecz, **Hrubieszów** was once a fort in the "Land of the Red Gords", while the land in its vicinity are among the most fertile in all of Poland.

The abundance grown on the farms in the area include tobacco, hops, potatoes, sugar beets and a variety of fruits and vegetables.

Hrubieszów has the distinction of being the most easterly city in the entire country of Poland, and is less than 20 kilometers away from the border with Ukraine. It is noted for being the birthplace of Aleksander Głowacki, better known under his pen name of **Bolesław Prus**,



Bolesław Prus

was a leading figure in the world of Polish literature and philosophy. His novel *Faraon* (Pharaoh) is considered one of the great works of fiction from the 19th century, and was praised by **Czesław Miłosz**. The **Stanisław Staszic Museum** is a local destination well worth visiting. It's located in the suburban manor home of Piotr Aleksander Du Château, a descendant of a Napoleonic army officer who purchased the property in 1848. The house would remain in the family until Maria Du Château née Mazaraki sold the estate to local authorities in 1971.



The Ossoliński Palace is now used as the Rejowiec City Hall.

The town of **Rejowiec** was founded in 1547 by **Mikołaj Rej**, the father of the Polish literary tradition, and after whom the town is named after. Rej devoted significant resources to make Rejowiec a vibrant center of the Calvinist faith. Rej's efforts succeeded in the Lublin region becoming the heart of the **Calvinist**



Mikołaj Rej illustration

movement in Poland for almost a century after his death. The town remained in the hands of Mikołaj Rej's heirs until the end of the 17th century. Like a number of other municipalities in the **Russian Partition**, it lost its municipal charter in 1870 as a punitive measure after the collapse of the **January Insurrection** which attempted to restore Poland's inde-

pendence six years earlier. This historic slight was finally reversed on January 1, 2017 when Rejowiec regained its status as a city.



Henryk Sienkiewicz Museum

Lubelskie Voivodeship was also fertile ground for other talented authors and writers. Poet **Jan Kochanowski** visited Lublin numerous times throughout his life, and even may have had his funeral there. Known for his vivid composition, Nobel Prize laureate **Henryk Sienkiewicz** was born in **Wola Okrzejska**, a detail he shares with British historian **Sir Lewis Bernstein Namier**. The province is connected to another author



Henryk Sienkiewicz

who also won the Nobel Prize in Literature through **Isaac Bashevis Singer**, whose mother's father was a Rabbi in **Biłgoraj**. The noted writer lived there for a time, along with his mother and younger brother after the end of his parent's marriage.

Our final stop on this survey of Lubelskie Voivodeship is to the city of Zamość. It's a place which is so significant that it has been recognized by the United Nations' Education, Scientific, and Cultural Organization (**UNESCO**) and added to their list of **World Heritage Sites**. Their justification for why the city deserved this unique distinction presents a strong case:

"Zamość in southeastern Poland is an outstanding example of a late 16th-century Central European town designed and built in accordance with Italian Renaissance theories on the creation of "ideal" cities. This innovative approach to town planning was the result of a very close cooperation between the town's enlightened founder and the distinguished Italian architect Bernardo Morando. The Old City of Zamość today



retains its original rectilinear street plan and its unique blend of Italian and Central European architectural traditions, as well as parts of its encircling fortifications.”

Ensuring the proper preservation of Zamość is even more important given the amount of destruction wrought during the country’s tumultuous history. Some of the most glaring injuries to the local urban fabric

were done by the Russian Empire following the **Partitions of Poland**. Two churches were closed, after which one, the property of the Franciscans, was radically altered, while the other, for the Armenian Catholic community, was completely demolished. Reflecting the ethos that ‘where there’s a will, there’s a way’, the Franciscan Church is currently being meticulously restored to its original appearance. With that “can-do” approach and the conviction that there is value in bringing back the Old City to its former glory, the lost **Armenian Catholic Church in Zamość** may yet rise again.

Polish traditions and history are deeply engrained in this part of Poland. From the food to the architecture, religions and rulers, myths and struggles, art and beauty, the Lubelskie Voivodeship is filled with a bounty of things to see and do. It can easily fill an entire trip to Poland, and still draw you back for more.

By Daniel Pogorzelski

*Daniel is a member of PNA Lodge 2514
A published author, this is his first article for Żgoda*



The Union of Lublin, painting by Jan Matejko.

S. RES. 566

Commemorating the 80th Anniversary
of the Katyn Massacre.

IN THE SENATE OF THE UNITED STATES

MAY 7, 2020

Mr. MENENDEZ (for himself, Mr. RISCH, and Mr. DURBIN) submitted the following resolution; which was referred to the Committee on Foreign Relations

RESOLUTION

Commemorating the 80th Anniversary
of the Katyn Massacre.

Whereas, on August 23, 1939, Nazi Germany and the Soviet Union secretly pledged nonaggression toward one another through the Molotov-Ribbentrop Pact, in which they divided Poland between themselves;

Whereas Nazi Germany invaded Poland from the west on September 1, 1939, and the Soviet Union invaded Poland from the east on September 17, 1939;

Whereas over 60,000 Polish soldiers died in combat defending Poland from these invasions;

Whereas, after the Red Army invaded Poland, it captured thousands of Polish military personnel and civilians, many of whom had fled east from the Nazi invasion;

Whereas the Soviet People's Commissariat for Internal Affairs, or NKVD, took charge of the Polish prisoners from the Red Army and transferred them to Kozelsk, Starobilisk, and Ostashkov internment camps in the western Soviet Union, where many were subject to lengthy interrogations;

Whereas, on March 5, 1940, Soviet General Secretary Josef Stalin and three Soviet Politburo members signed an NKVD order to execute nearly 22,000 prisoners by shooting that also identified more than 10,000 additional Polish prisoners for possible execution;

To all Polish Americans and our friends...

Please show your support for the bipartisan Resolution 566 introduced to the United States Senate by Senators Richard Durbin of Illinois, Bob Menendez of New Jersey and Jim Risch of Idaho commemorating the 80th anniversary of the Katyn Forest Massacre committed by the Soviet Union.

In the most inhuman manner, the Soviet Secret Police, the NKVD, murdered more than 22,000 of Poland's military officers and intellectual elite at the start of World War II. This incomprehensible and horrendous act has been denied and covered up by the Russian government and others for years to hide the atrocity that befell the Polish nation.

It is of the utmost importance for you to contact your U.S. Senator to urge them to support U.S. Senate Resolution 566 to honor those murdered and that it be remembered throughout human history. This commemoration of the loss of incredibly brilliant and talented leaders of Poland should never be forgotten and their story told so that a massacre like this will never happen again, to Poland or any other nation.

Call both U.S. Senators in your state to support U.S. Senate Resolution 566, "Commemorating the 80th Anniversary of the Katyn Massacre".

We owe it to them for their ultimate sacrifice!

Frank J. Spula,
President, Polish American Congress



**For the complete text of S.RES 566 and
more info: www.pac1944.org**

The Devil's Court

A widow's injustice leads to miraculous verdict!



As with any place founded in the 10th Century, Lublin has a lot of history. And with that history, you have some incredible stories that have been told throughout the years and have become town folklore. Lublin has its fill of amazing and fantastic, in fact, sacred and scary, too. Evidence of that moment, of purchased injustice and miraculous change, has even the most hardened attorneys and corrupt judges on notice!

The infamous “Devil’s Paw Print”, so called by local “Lubliners”, is smacked down in the middle of a heavy, hardened wooden table in the Crown Tribunal in the Court of Appeals of Lublin’s City Hall. The handprint is smooth and deep, pressed into the wood of this ancient table. By no means was this handprint carved into the table. Yet, the eerie handprint is visible

and clear. Who made it? How was it made? There is no explanation other than what storytellers say, and they say it was made by a ferocious and thunderous slap onto the Table of Justice.

The legend of the “Devil’s Paw Print”

At the beginning of the 17th century in a village near Lublin lived a widow with three small children. They had a house on very fertile farm land. This lonely woman managed to do all the work on the farm, though it was a struggle and very hard for her. She was still able to do it well enough to make a living and support her family.

A neighbor, who was a very wealthy and greedy nobleman, owned a lot of property and wanted even more land. He sent one of his representatives to the widow. The

emissary made the nobleman’s proposition known to the woman. Her curiosity perked up because she had often thought of a life far from the farm, a life that would be much better for a widow like herself and her small children. She asked the nobleman’s envoy whether the offer included purchase of all her property including the house, animals and barn. The nobleman’s agent enthusiastically said yes. “What is the price your master offers for my property?” she suspiciously asked. The envoy laughed and said an amount so low and cheap that the widow shouted at him to get out of her house.

A few days went by and another representative of the sinister nobleman came knocking on her door. The widow thought that by acting tough and shouting at the previous agent that this time the offer for her property would be much more money. But to her surprise, the new offer was much less than the money offered before. The widow shoved the man out of her home yelling at him that she will never sell the farm to the low life lord nobleman.

Several days had passed and no one reappeared at her farm. She thought she could return to her normal routine and not worry about silly dreams and offers. The next night she awoke, startled by shouting and loud noises in the yard. She sat up in her bed and smelled smoke. Looking out her window, she saw men setting her house on

fire! The horrified widow grabbed her small children, some important papers and her purse, and ran out of the house. Flames now encased what once her home. The wealth of her family disappeared in the orange and red hues of flames that burnt her house and farm to the ground. The next morning she cried while looking over the dark ashes of her home.

Not known to give up, the widowed woman suspected that the fire was set by henchmen hired by the nobleman. She asked and inquired, and soon found the truth. She hurried to the court to file suit against the treacherous lord who first tried to scare her to sell and now, burned down her house. The trial was set.

On the trial day, both parties arrived with confidence full. The nobleman in his robes carrying a purse filled with gold accompanied by his lawyers in fold. The widow alone made her argument and the attorneys for the nobleman gave a shallow response. The widow knew she would certainly win because she was right and eagerly waited for the judge's answer.

The judge returned to the courtroom and glanced at the nobleman and his lawyers. The verdict was read. The widow lost her case! The courtroom erupted with boos and hisses but laughter and smiles filled the faces of the nobleman and his clan. A great injustice had taken place. The poor widow and her children have been left homeless and penniless. Yet, she thought that the decision by the corrupt judge purchased by the ruthless nobleman should face another challenge. In the Lublin City Hall is the king's Crown Tribunal, they will hear her appeal on the vicious verdict of the corrupt Municipal Court and she

will certainly win.

Of course the Crown Tribunal, the king's royal court, the highest in the land, could not rule otherwise, she was in the right, the nobleman was a crook and a cheat. The tribunal took upon themselves the case; it was a poor righteous widow and a rich nobleman. But money knows no bounds and the judge of the Crown Tribunal issued a verdict in favor of the lord magnate and left the widow without justice or any more chances to right it.

The woman looking upwards toward heaven cried out loud and said "if Lucifer would have conducted this trial, he would have issued a true and correct verdict, and I would have won!" A fog immediately descended into the courtroom. Tall and dark figures walked from the hall into the chambers and stood behind the Table of Justice. These judges dressed in the scarlet robes of hell ordered the case reopened. They started a new trial. The people in the courtroom were aghast, the nobleman was stone faced and his lawyers bowed in fear. One of the figures dressed in purple and black acted on behalf of the widow and demanded payment from the nobleman for his criminal act. The scared court clerk made quick notice of the sharp features and red glowing eyes of the judges. Their heads were topped off with thick black hair that barely hid their horns. The bailiff shouted "they are demons whom God sent to set this right".

The sides exchanged words as the judges shook their hooded heads. "Enough," said the chief judge seated in the center, "enough of these lies." The judge stood and said "the widow is right and you, corrupt nobleman, must pay an

honorable amount of money for the damage and pain you caused her and her children." The wooden crucifix with Jesus Christ on the wall started to shed tears of bright red blood as the carved Jesus turned his head away so not to look upon the devil pronounce a just verdict. Christ once more cried for humanity because people again wronged God by not accepting what is right. The chief judge of this devil's court, beckoned by the words of the unfairly treated widow, leaned forward upon the Table of Justice and slapped his hand on the court documents. Thunder erupted and flames spew over the court papers as they burned. The demon's hand settled upon the table itself and left its impression on the heavy wood. The demons disappeared and the widow wept with happiness and fear for she received justice but not from her fellow man.

The next morning, news of the devil's court quickly spread throughout the town and fields. Crowds gathered by the city hall and laughed as the corrupt judges who ruled in favor of the nobleman rushed down the stairs, tripping and rolling down the long cascade, breaking their legs. The bishop and priests, seeing God's manifestation, prayed. The Miraculous Crucifix was taken from the courtroom in a solemn procession to a chapel so to remind the town folk of the incredible event. Today, the Miraculous Crucifix is in the Cathedral of St. John the Baptist. It is a sign that even the devil knows what is right.

By Mark Dobrzycki, 4/2020

Want to see the "Devil's Paw Print" and the "Table of Justice"? It is in the Lublin Museum, ul. Zamkowa 9, Lublin

A Taste of Lubelskie Favorites...

Pierogi with millet, cottage cheese and mint.



Ingredients:

Dough:

- 2 cups of white flour
- 1 cup of warm water mixed with 1 tablespoon of melted butter
- a pinch of salt

Stuffing:

- 2 cups of milk
- 8 oz. of cottage cheese
- 1 cup of millet
- 3-4 fresh mint leaves
- 2 tablespoons of honey, buckwheat honey is best

Directions:

Make millet by pouring milk into a small saucepan, set to a medium heat. Once the milk starts to come to a light boil, sift in the millet. Stir frequently as it cooks, about 5-7 minutes. The millet should have a thick, pudding-like consistency. Set aside, cool.

Next, sift flour onto a pastry mat.

Form a hole in the middle of the flour, slowly pour in the water and butter mixture into the middle, a little bit at a time, gathering it into the flour. Continue to pour and knead the dough, rolling it into a ball. Add a pinch of salt. The dough should be stretchy, smooth and should easily come off your hands. Keep flour on hand as you work it, adding as necessary in order to make the dough smooth. Place dough into bowl; cover it with a kitchen cloth. Set aside for 30 minutes.

Meanwhile, take the cooled millet placing it in a large mixing bowl; add cottage cheese and the chopped mint leaves. Pour in 2 tablespoons of honey. Thoroughly stir together all the ingredients.

Spread the top of a pastry mat with flour and roll out the dough. Place a piece of dough in the middle and sprinkle some additional flour on top. Using a rolling pin, roll out the dough until it's about a tenth of an inch thick. The dough will tear if too thin.

Using a glass or cup with about a 4-inch diameter, cut out circles in the dough. Set the cut pieces aside on cutting board, cover with a kitchen towel. Take remaining dough and roll out. Cut more pieces out of the dough, repeat until all is used.

Take each piece into your hand and place a large teaspoonful of filling in the middle. Seal each pierogi by folding in half and pinching it closed along the top forming a half circle. Pinch along the edge to ensure that each pierogi is well sealed.

Fill medium pot with water, add a teaspoon of salt, allow to come to a boil. Toss in pierogi and cook. Boil for approximately 3 minutes. The pierogi are cooked when they float up top. Remove the pierogi from the

water and place in a serving bowl or on a platter.

Spoon on same sour cream or melted butter for especially rich finishing touch.

Cebularz



Ingredients:

Dough:

- 2 2/3 cups unbleached flour
- 1 cup whole milk
- 1 tbsp butter
- 1 tsp salt
- 1 tsp sugar
- 1 egg
- 1 packet active dry yeast (1/4 oz. or 2 1/4 tsp)

Onion:

- 2 large or 3 medium yellow onions
- 2 tbsp oil
- 1/2 tsp salt
- 2 tbsp poppy seeds

Directions:

Warm milk, sugar, and butter on very low heat, until butter has melted. Remove from heat and add yeast. Let the yeast sit on top for about 10 minutes, or until it begins to bubble.

In a large bowl, add flour and salt. Add egg and milk mixture and mix everything together for about 5 minutes by hand. Once the dough is well combined, it should only be slightly sticky and hold shape well. Cover bowl with a cloth towel; let it

rest for at least 90 minutes in a warm place.

Meanwhile, thinly slice onions. Heat oil in a pan on medium heat. Once hot, add the onions and salt. Stir and cook for about 10 minutes until the onions are soft and golden. Remove from heat, allow to cool.

Once dough has risen, take a small handful and form into a ball. Place on a non-stick sheet pan or pan with parchment paper. Gently press down to flatted dough. Leave about an inch between each.

Use the back of a spoon, coated with a little bit of butter or oil to prevent sticking, press down in the center of dough, hard enough to create a shallow dip. Spoon onion mixture onto the roll. Sprinkle poppy seeds on top.

Preheat oven to 350°F and bake for 30 minutes. The bottoms and edges will turn golden brown.

Remove and cool. Serve and eat or save to reheat later.

Gołąbki po Lubelsku

Gołąbki is a traditional food prized throughout Poland. It can be made with various ingredients and in various ways. This recipe is based on one of the most original versions of Polish cabbage rolls, one that is loved and enjoyed throughout the Lublin region of Poland.



Ingredients:

- 1 medium size cabbage.
- 2 lbs. of Yukon Gold potatoes, peeled.
- 1 finely chopped medium white onion.

- ½ cup of cream.
- frying oil, preferably rapeseed.
- 1 bulb of nutmeg.
- coriander.
- ¼ cup of freshly chopped dill.
- 1 tablespoon of freshly squeezed lemon juice.
- 1 cup of cooked roasted buckwheat.
- 10 oz. of champignon mushrooms.
- 3 tablespoons of clarified butter.
- salt and pepper for taste.

Directions:

Cut off the stem of the cabbage. Gently peel the leaves from the top. Use only the leaves that come off the cabbage head easily because they are the easiest to work into a roll, usually the first 6 to 8 leaves.

Sauté the onion so that they are translucent in color. Set aside to cool.

In a large kitchen bowl fill with ice-cold water, set it near the stove. Blanch the cabbage leaves by boiling water in a large pot. Add 1 1/2 teaspoons of salt. Place the cabbage leaves into the pot of boiling water two at a time, letting them cook for 45 seconds. Transfer the leaves into the iced water. Let sit in the water for 3 minutes. Place on a plate, pat dry with a paper towel. This softens the leaves and enriches the color.

Cut a V-shape at the bottom of each cabbage leaf to remove the stem. It is stiffest part of each leaf and needs to be removed. Once all stems have been removed, set aside and prepare the filling.

Prepare the filling.

- Finely grate all potatoes into a medium mixing bowl, use the smallest hole on your grater.
- Grate half the bulb of nutmeg into the potatoes.
- Toss in the sautéed onions and stir.

- Strain off excess water from the potato mixture in a strainer, squeezing out the excess liquid by hand. Once done, place the potato mixture back into the mixing bowl.
- Add the cooked buckwheat.
- Add coriander, and salt and pepper to taste.
- Stir the filling, thoroughly blending all ingredients.

Place a cabbage leaf flat on a cutting board. Scoop filling over the middle of the leaf. Fold the leaf in first from the left and then right, beginning at the bottom of the leaf roll. Tightly fold the leaves over to make the roll. Place all the cabbage rolls in a medium-size heatproof oven dish. Use a dish that will allow all the rolls to be placed tightly next to each other. Set aside and prepare the sauce.

Make the sauce first by clarifying some butter in a frying pan. Toss in your mushrooms, cut into quarter pieces. Allow them to cook thoroughly until they have fully released their liquid and it has evaporated. Once the mushrooms have browned, add in lemon juice and cream. Stir smoothly and well. Add in a ¼ cup of dill, and salt and pepper to taste. Mix together and let sauce come to a low boil.

Pour the mushroom sauce over the top of the cabbage rolls in the oven dish.

Preheat the oven to 320° F. Bake the cabbage rolls till tender, typically 70-80 minutes.

Remove from oven, let cool several minutes and serve!

“Flavor of Poland” is a new program broadcast on American public television. The pierogi and gołąbki recipe are featured in the episode about Lublin. For more information on “Flavor of Poland” check: www.pbs.org

Soap and Water, Still the Best!

PROPER HYGIENE AND CLEANLINESS CAN STOP MORE THAN THE CORONAVIRUS



There is much to be said about the world-wide pandemic, “novel coronavirus” or COVID-19, and there is also much information about this virus that we do not know yet. Scientists are researching daily to try to overcome its spread and reduce its positive test results and deaths. This virus is not entirely new. There are seven types of coronaviruses that can affect humans, and four types cause the common cold. In the past, other coronaviruses have not caused a pandemic, and less than a dozen people tested positive for the infections in the United States. COVID-19 has proven to be the most globally widespread viral disease causing fear and chaos in America and the world. We have heard, read, watched media coverage and received phone and internet messages and updated articles about COVID-19. This article is meant to support your knowledge, provide you with facts that address the true benefits of using proper hygiene and cleanliness to protect you and your loved ones, not only from attack by COVID-19, but also from other viruses and bacteria that want to invade your body, those persons close to you and the community with which you interact.

How Does COVID-19 Spread? COVID-19 is believed to be spread through close contact from per-

son-to-person via respiratory droplets from an infected person or a carrier. An infected person has symptoms and is sick. A carrier is one who has the virus, but has no symptoms and does not know s/he is a carrier unless s/he is tested. Information from COVID-19 suggests that this virus spreads very easily and more efficiently than the flu (influenza), but not as easily as measles, which is highly contagious. It is also possible for COVID-19 to be spread from contact with contaminated surfaces or objects. You can get this disease by touching a surface or object that has the virus on it. Then, if you touch your mouth, nose or eyes, the virus will enter your body. There is also some research as to whether your fecal deposits can carry the virus as well. The COVID-19 questions still remain as to why do some people die or need ventilators to breathe, why do some people recover and others do not, why do some people have only mild cold type symptoms, why do some people carry the virus, and have no symptoms, and why are some people immune to the virus. Can you get COVID-19 more than once? The questions can continue. The answers are not here yet. We all must take precautions and rid this disease from our planet. Each and every one of us has a very important part to play in this pandemic and any further germ invasions in the future.

Preparing Your Family for Germ Invasions.

By practicing proper hygiene, you and your family will always be prepared for decreasing or eliminating the spread of any germs: bacteria or viruses. It needs to be a way of life. It is extremely important if there is an older adult or persons who have severe medical conditions or have a weakened immune system.

Everyday Preventive Actions to Reduce Your Risk of Viral/Bacterial Illness

- Avoid close contact with sick people.
- Stay home if you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue and dispose of it in the trash.
- Wash hands often with soap and water for at least 20 seconds (or sing Happy Birthday twice), especially after blowing your nose, coughing or sneezing, going

to the bathroom and before eating or preparing food, after contact with animals or pets and before and after providing care to another person who needs assistance, such as a child, an older adult or a handicapped person. Plain soap is as effective as antibacterial soap for removing germs.

- If soap and water are not available, use an alcohol based hand sanitizer with at least 60% alcohol. Always wash hands if they are visibly dirty with soap and water.
- Clean and disinfect frequently touched surfaces and objects, such as tables, countertops, light switches, doorknobs and cabinet handles. Do not use hand sanitizers to disinfect frequently touched surfaces or objects.
- The Centers for Disease Control and Prevention (CDC) does not recommend homemade hand sanitizers. They are not government approved and may not be effective in killing germs.

Handwashing: Clean Hands Can Save Lives.

Keeping our hands and our bodies clean are very important to avoid getting sick and spreading germs to others. We need to make proper hygiene a habit and part of all of our lives, including lives of our children and older adults as well. The CDC recommends a specific way to wash our hands with soap and running water.

- Wet your hands and wrists with clean running warm or cold water. Warm is better if it is available.
- Lather your hands by rubbing them together with soap. Lather the back of your hands, between your fingers, under your nails and include your wrists.
- Scrub your hands for at least 20 seconds, or sing “Happy Birthday” from beginning to end, twice.
- Rinse your hands well under clean running water.
- Dry your hands using a clean towel, or air-dry them.
- Wash hands before, during and after preparing food (especially after touching raw meat, poultry, seafood and eggs), and before eating.
- Wash your hands before and after using gloves to prevent the spread of germs.

If soap and water are not available, you can use a 60% alcohol-based hand sanitizer. Germs can spread easily in offices, or at work, where employees share the same space, supplies and equipment. Wash hands often such as before eating lunch, preparing food, after using the bathroom and after blowing your nose, coughing or sneezing. Removing germs through proper handwashing prevents illnesses and spread of infections to others, such

as diarrhea, respiratory infections and may even prevent skin and eye infections.

Some Facts about Hand Sanitizers

1. Although soap and running clean water may not be available when handwashing is needed, a 60% alcohol based hand sanitizer may be used.
2. Sanitizers do not remove all types of germs.
3. Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
4. Sanitizers may not remove harmful chemicals, like pesticides and heavy metals from hands.
5. When applying a hand sanitizer, apply the product to the palm of one hand and rub the product all over the surface of both hands until both hands are covered. Follow label for correct amount of sanitizer to use.
6. Swallowing alcohol-based hand sanitizers can cause alcohol poisoning.

Cleaning and Disinfection for Households.

Cleaning of visibly dirty surfaces followed by disinfection is best to prevent COVID-19 and other viral respiratory illnesses from spreading in households and in the community. **Cleaning** refers to the removal of germs, dirt and impurities from surfaces. It does not kill germs, but lowers their numbers by removing some of them. **Disinfecting** means to use chemicals to kill germs. Use an approved EPA-registered disinfectant only to kill germs on surfaces. EPA is the government Environmental Protection Agency. If a family member is sick with respiratory symptoms, or has been diagnosed with COVID-19, special care needs to be carried out. Separate the ill person from others as much as possible. Keep in contact with your health care provider or your community’s Department of Public Health. They can advise you on proper care of the ill person. Always wear disposable gloves when cleaning and disinfecting surfaces. Always follow the manufacturer’s instructions for use of the product. Wash hands immediately after cleaning or disinfecting anything. Empty trash frequently. Do not allow it to build up in the house.

Electronics. Although it has been mentioned in the media about washing hands, wearing masks and avoid touching your face to help prevent the spread of germs, not much has been said about the devices that you come into contact with on a daily basis. That includes your phones, tablets, computers, TV remotes and other electronic devices. Phones are a great source of spreading germs. Be careful about using disinfecting wipes too of-

ten on the screen of your phone or tablet. A smart-phone/tablet has a coating that can be worn down by alcohol-based solutions. Using a lint-free cloth dampened with warm soapy water can be used to wipe down the surface of the device. Make sure the device is turned off. Avoid getting water inside the ports or around the buttons. If you have a case for your device, make sure you clean that as well.

Do not forget to also clean your laptop and peripherals. It is especially important to clean any electronics that are shared by others. Unplug before cleaning. Remember to clean your keyboard, mousepads and trackpads. One of the dirtiest and most touched household item and by several people is the TV remote control. It can be cleaned with a disinfection wipe. Scrubbing too hard can wear down the lettering on the buttons.

In conclusion, proper hygiene and cleanliness are the most effective ways to keep germs under control. There is much to do to keep us clean and to disinfect as much as possible to keep the bacteria and viruses at bay. Keeping our bodies clean, preventing the spread of infection, using proper handwashing procedures, following disinfecting instructions will hopefully help us all defeat the invisible enemy, COVID-19 (20 times more deadly than the flu) and the rest of the germ family that can cause human illness and even death.



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