

“Together – We Can and We Will”

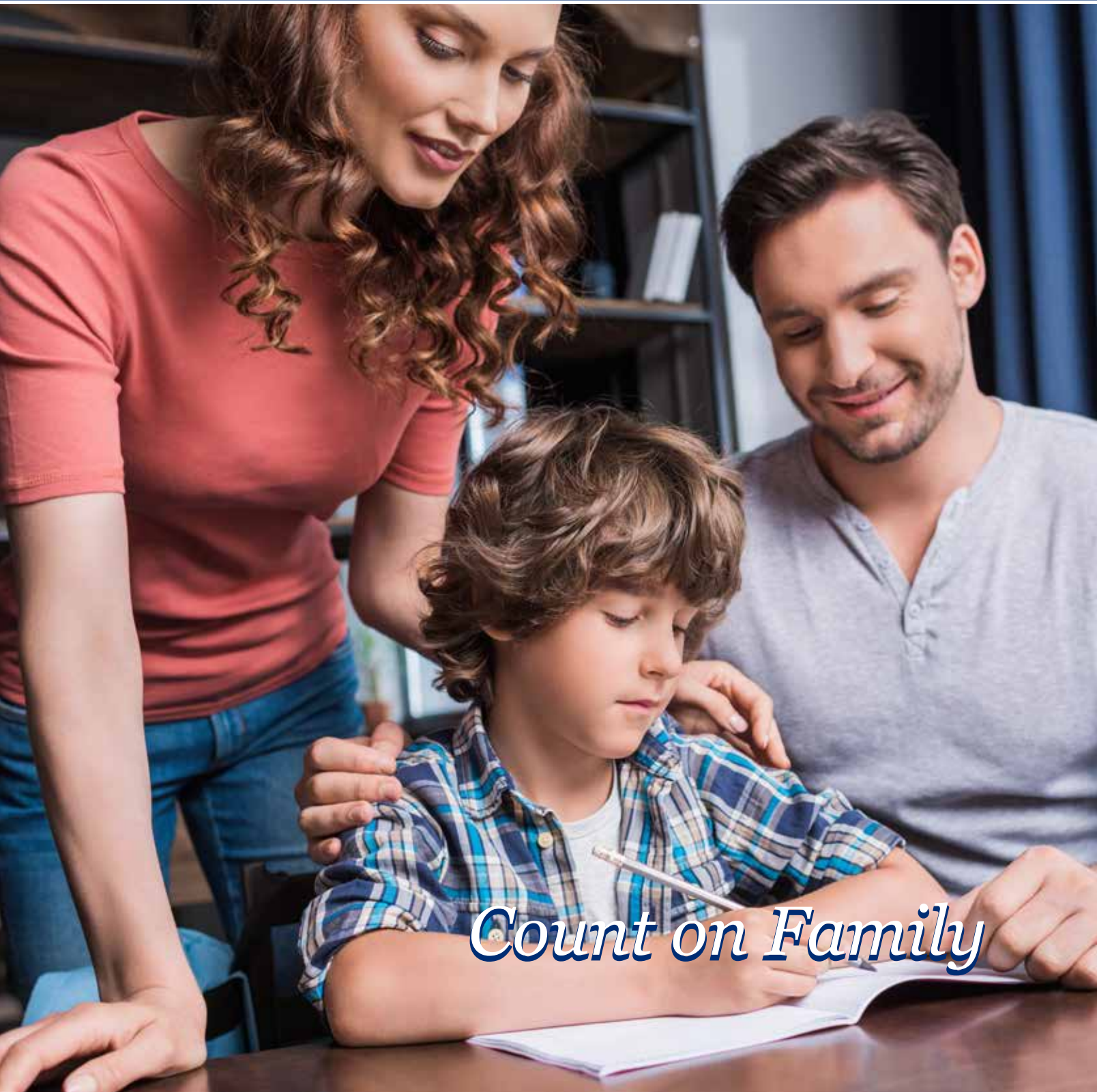
ZGODA



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

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Count on Family. Whether times are good or bad, you can count on your family. They are there to help you during difficult moments as well as cheering you on when you race towards your life goals. The Polish National Alliance is also your family. We are here to provide our fraternal members with the security you



need during life's journey. Our members are most important to us; we provide fraternal benefits that can make a difference in your life.

Family supports you to better face the many hardships in front of you. Family helps you deal with these troubled times so to prevail with this test of faith and determination. The PNA family has seen its share of hard times and as in the past; the PNA has not only survived but has come back stronger than before. Count on Family. Count on PNA.

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President's Corner

August 2020

Dear Members,

The first half of the year brought a level of uncertainty and stress for all of us. From public health and economic repercussion of COVID-19, nothing is normal as we try to navigate through these challenging and uncertain times.

As we have stated in the past, our organization continues to be there for you - our members. Since the beginning of this global crisis, our employees provide robust member assistance. We are grateful to them and the many individuals in all professions providing essential services that we use on a daily basis. We thank them for their hard work.

These trying times remind us, that protecting our own and family's future is essential. This has enlightened us, to question if we have enough life insurance protection. If you haven't done so thus far, now is the time to review your finances. For point of information, have you kept up with inflation? An insurance policy purchased in the amount of \$10,000, in the year of 2000, would need to be increased by 49.71 % or \$4,980 to have the same purchasing power. I encourage you to review your coverage and consider the Polish National Alliance.

I am pleased to share the number of PNA annuities and additional contributions to existing accounts has increased over the last few months. Also, life insurance amounts are continuously increasing. In this edition of Zgoda, we are featuring a Single Premium and Twenty Pay Life for your consideration.

Our organization remains to do well financially, our surplus continues to increase. Unfortunately, all of our

fraternal activities have been canceled due to regulators' and health concerns throughout the country. Many of our meetings are held via video and teleconference. However, if there is a will, there is a way to be fraternal, and to help others. The examples are featured in this issue of our publication.

I congratulate the 2020 graduates for their hard work. This year, young adults did not get to experience their traditional rite-of-passage. Due to the economic impact of the pandemic, many young people who are just starting their lives are struggling with financial security. As a result, they often put their educational aspirations aside. The PNA offers scholarship opportunities for members currently attending universities in the United States and abroad. For the 2020-2021 school year, the PNA has granted in excess of \$150,000 to qualified undergraduate students and \$50,000 to graduate students.

Taking part in the 2020 Census is also very important. The deadline to complete the census is September 30th. When asked about your race/ethnicity, remember to write down or type "Polish." Encourage your family and your neighbors to fill out their census forms. It only takes a few minutes to complete and it makes a difference in our communities. The collected data will help determine the distribution of public funds. Over \$675 billion in federal funds are given to towns and cities across the country, make sure your community will benefit as well.

Stay safe, happy, and healthy!

Sincerely,

Frank J. Spula, FLMI
President



From the Editor

Hello fellow PNA members and friends!

First of all, thank you for all your comments and criticisms about the first issue of Zgoda I had the privilege to put together as editor in chief. It is a most difficult task to be in charge of a publication that has such a storied and glorious history. It is good to hear from readers like yourself with opinions and ideas to help improve this publication and make it more representative of our fraternal.

The PNA is composed of many people from throughout our great country. We come from the Depression (1912-1925) and Silent (1925- 1945) Generations all the way to the Baby Boomers (1946-1965), Millennials (1977-1994) and Generation Z (1995-2012). Incredible changes have taken place from fashion and jobs to food and transportation. Baby Boomers were that engine that steered the world for many years but now, it is the Millennials that rule and direct us into the future. The technology that once appeared on TV and film, and seemed distant and strange, is now commonplace.

We are living through a moment in history, a most remarkable time with plenty of uncertainty. Working together taking charge of the things we can control will allow us to direct our future. Choose wisely in what you do, remember to not only respect yourself but also the people around you.

Change doesn't come easy but it is the one thing that continues and is constant. Reader's interests grow and change as well and I'll strive to meet that demand. I know that Zgoda, with your help and contribution, will be a great read every issue.

Summer comes to an end and the fall edition of Zgoda is ready just for you,
Enjoy!

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!

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Phone: (773)286-0500, ext. 310; email: editor@pna-znp.org

A Moment in History

Celebrating PNA's 140 Years.

Part of History, Yesterday and Today!



The former Polish National Alliance Headquarters at 1520 West Division Street is both an architectural gem and important historic landmark. The building was completed in 1938 at a cost of \$200,000, about 3.6 million in today's dollars. The construction was done during the depths of the Great Depression and on the eve of World War II. It was designed in the Art Deco style which reflected the flourishing modern design trends of the time.

The new building allowed the PNA to move from their previous headquarters, a block east at Division and Noble Street which they had occupied since 1896, to a new spacious modern building. It was de-

signed by Polish-American architect Joseph A. Slupkowski, who was also responsible for the design of numerous other buildings around Chicago for Polish clients. Interestingly, Slupkowski was not the original choice of architect for the building. The PNA held an architectural competition in 1924 (they had purchased the property in 1922) and the winner was noted architect Raymond M. Hood of New York, most known in Chicago for his winning design of the world renowned Tribune Tower and of Rockefeller Center in New York City. However, leadership disputes and the onset of the Great Depression ultimately resulted in the rejection of his design and the choice of Slupkowski.



The PNA was now in the heart of the Polish Downtown, located on the soon-to-be famous intersection of Division, Ashland and Milwaukee Avenues later known as the Polish Triangle. Quo Vadis author Henryk Sienkiewicz, a journalist, novelist and Nobel Prize laureate, sat on a park bench at the Polish Triangle during his visit to the city reporting about the toils and troubles of Chicago's Polonia.



The fraternal occupied the building from 1938 until 1976. These were very important years in the organization's history. Their many efforts focused around Polish Independence and the issue of Polish refugees, and were coordinated out of this building. During World War II, the PNA raised \$25 million in U.S. war bonds and established a relief center to support Polish refugees in Europe as well as welcome them to Chicago. PNA membership climbed to more than 360,000 people during this time. The Polish American Congress was also started and developed within the building in the midst of World War II to represent the interests of Polonia in Washington, D.C. and beyond.



Because of changes in Polonia and the surrounding community, the PNA left its Division Street building in 1976 for its current headquarters on Cicero Avenue in the Sauganash neighborhood. After the PNA moved, it was used as a Social Security Administration facility and later the College of Office Technology. After a period of vacancy,



it was purchased by Studio Gang architects, led by prominent architect and MacArthur Fellow Jeanne Gang, who designed the Aqua Tower (among many other Chicago commissions). The Studio Gang architectural firm spent approximately \$4.5 million on the renovation of the building and the firm now occupies the historic structure.

In 2014, the PNA building was added to the National Register of Historic Places and granted Chicago Landmark status, guaranteeing it will be part of Chicago's rich ethnic and architectural history. It will be a reminder of the importance that the PNA played in not only Polonia but in all of Chicago. It will be part of the cityscape for generations to come.

Jacob Kaplan
born and bred Chicagoan, is a writer,
local historian and co-founder of the organization "Forgotten Chicago".
This is his first contribution to *Zgoda*.

Photos by Mark Dobrzycki





From the Manager of Sales

August, 2020

Dear Member,

Usually, at this time of year, I would begin with a greeting to a summer season filled with outdoor activities, festivities, but unfortunately, COVID-19 ruined it for most of us. Whether you work in essential business, home, or taking care of your children, we are all feeling the anxiety.

The most important is the safety and well-being of our families and communities, including financial security. It is PNA's mission to serve its members in difficult times.

Please make sure you have adequate life insurance coverage. Consider a \$15,000, **20-Pay Life Insurance Plan** for individuals 55 to 70 years old. In most cases, no medical examination is required, with monthly rates being very affordable.

The other featured plan is **Single Premium Whole Life**. If you are tired of market fluctuations, not earning interest at the bank, consider a one-time premium payment plan of insurance and see how much coverage you will be able to purchase. Proceeds payable to beneficiaries are tax-free.

Perhaps our **5-year annuity at 2.50% or 8-years Surrender Annuity at 2.25%** will be your best option?

You have everything at your fingertips! The calculation table is provided on page 9, the PNA application on the following page. The other convenient option is to complete the application online. Visit **www.pna-znp.org** and click on "Get a quote."

These unprecedented times make us reflect on the future and well-being of those we love and care about. The PNA can help you feel protected financially, and give you peace of mind.

I hope you all remain well. We will get through this together.

Jolanta Walaszek
Sales Manager



Why should you choose PNA?

- Stability & History
- Affordable Premiums
- Commitment to Protecting Families
- Easy to Understand Plans of Insurance
- Fraternal Benefits to Members
- Support of Polish Heritage

What is Final Expense Life Insurance?



How would you like to be remembered?

Planning your last expense requires a careful consideration of all your final needs.

Preparing for a funeral can be a difficult task. Make sure you have the financial resources to cover funeral cost. PNA Final Expense Insurance certificate is a superior product that removes the financial obligations from your family.

Average cost of a funeral based on a current data is \$9,135, not included are costs of cementary plots, headstone, etc. Social Security pays a final expense sum of only \$255, for those who qualify.

All situations are different, so it is important to determine the right amount of coverage for your specific needs. An experienced PNA representative will help you select the best plan for you and your family.

Apply now! Complete simple application on the following page.

FINAL EXPENSE 20-PAY LIFE \$15,000 INSURANCE PLAN (Monthly premiums)

AGE	MALE	FEMALE
55	44.51	41.00
56	45.93	42.36
57	47.41	43.79
58	49.01	45.31
59	50.69	46.89
60	52.49	48.56
61	54.39	50.33
62	56.43	52.20
63	58.60	54.20
64	60.95	56.35
65	63.48	58.64
66	65.91	60.64
67	68.55	62.82
68	71.47	65.19
69	74.67	67.78
70	78.21	70.65

*Above rates are for non-smokers. Higher amounts available.
Subject to underwriting*

Polish National Alliance of U.S. of N.A. 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 our local representative or the PNA Membership Department at: **1-800-621-3723**





**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

For Those You Love

How do you protect those you love
and care about?

One sure way is through **Life Insurance**.

Single-Premium payment can provide,
guaranteed, **tax-free benefit**.

Make the decision that works best for
you and your family.

Protect them financially.

Support the organization or cause you believe in.

What can a single premium
of \$10,000 purchase?

AMOUNT OF INSURANCE		
AGE	FEMALE	MALE
55	\$30,277	\$27,926
60	\$25,656	\$23,837
65	\$21,848	\$20,474
70	\$18,911	\$17,758
75	\$16,516	\$15,596
80	\$14,645	\$13,964

*Above rates are for non-smokers. Other amounts are available.
Some restriction may apply.*

Shield your legacy.



Polish National Alliance of U.S. of N.A. 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 our local representative or the PNA Membership Department at: **1-800-621-3723**

Korczak Ziolkowski – Sculpting Big and Bigger



What does a legendary Native American hero have in common with a world renowned Polish pianist?

Crazy Horse is a revered figure of the Lakota Native American tribe. He was an Oglala Lakota leader and warrior, and is of tremendous importance to all Native Americans for his fierce fight to defend and preserve their traditional way of life. **Ignacy Jan Paderewski** is a historic icon for not only Poles but for music and freedom loving people throughout the world. The pianist and composer entranced audiences with his music and persuaded world leaders with his diplomacy. So what do these two legendary individuals have in common? Both are subjects of the artistic skills of the Polish American sculptor **Korczak Ziolkowski**.

Korczak Ziolkowski first made his presence nationally known in 1939. Ziolkowski was hired to be an assistant by Gutzon Borglum on what is now known as his Mount Rushmore National Memorial project. Ziolkowski thought he was going to be Borglum's primary assistant on the project but when he found out he was not, he argued with Borglum and was fired by him through a telegraph.

The First Prize at the 1939 New York World's Fair was awarded to Korczak Ziolkowski for his sculpture of Ignacy Jan Paderewski. The fame and publicity ignited by the win drew worldwide attention to the 31 year old sculptor and of the leaders of the Lakota Nation.



Knowing that Ziolkowski was goodly familiar with the Dakota Black Hills, a group of Lakota Chiefs wrote to the young, ambitious artist with a request to make a monument of the Warrior Chief Crazy Horse. One of writers of the letter was the Lakota leader Chief Henry Standing Bear. In the letter he wrote "My fellow chiefs and I would like the white man to know the red man has great heroes, too."

Ziolkowski soon met with the Lakota Chiefs to plan the monument. He immediately started scouting sites, and designing and planning for the project. During this time he met his future wife and project manager, Ruth Ross, who would play an important role later on in the project. America's entry into World War II halted the work and Ziolkowski, who fought and was injured at Omaha Beach in the attack at Normandy, didn't get back on track with the work until his return to the Black

Hills in 1947.

The Lakota leaders wanted the Crazy Horse Memorial to be on sacred ground in the Black Hills of South Dakota. A site was chosen and the first blast of dynamite was done on Thursday, June 4, 1948 as the site was dedicated to all Native American people. When completed it will be the largest man-made stone sculpture on earth. The sculpture will have a total height of 563 feet and 641 feet long and is big enough that the head of Crazy Horse can contain the heads of all four of the presidents at Mt. Rushmore.

Korczak continuously worked on the project with his wife Ruth. He died at the age of 74 in October of 1982 at the site and was buried in a tomb he designed and built at the base of Crazy Horse Memorial. A huge steel plate covers the entrance to the tomb and has engraved



Photos of commemorative postcards



on it the following words, "Korczak; Storyteller in Stone; May His Remains; Be Left Unknown".

The foundation created by Ziolkowski who initially gave his own money to pay for the building of the monument has not ever accepted government money. Donations from non-governmental entities, private individuals and earnings from the Crazy Horse Memorial Visitors Center continue to pay for the work on the monument which still has much work to be done before it is completed.

Ruth Ziolkowski, who died in 2014, took over the project upon Korczak's death and continued the work passing it along to their children. The family creative process continues on with the Crazy Horse Monument and has included all ten Korczak children and now, three of his great grandchildren. The memorial is approximately 17 miles from Mount Rushmore and between Custer and Hill City, South Dakota.

Ziolkowski thought big and his sculpture when finished will be bigger. Just to think how big, consider this; when completed, the outstretched arm of Chief Crazy Horse will be 263 feet long. That's 83 yards when looking at a football field. We should all do like Korczak Ziolkowski, who was orphaned as a young boy when both of his Polish parents drowned, because he never gave up on his ambitions and goals. In one way, this Pole's greatest monument is his tenacity.

By Mark Dobrzycki

*Photos of Crazy Horse Monument
by Jacob Kaplan*

An Astute Practitioner of Serendipity

Malgorzata 'Gosia' Bondyra, talented and creative



Gosia Bondyra and Michael Carnahan, Photo by Rich Poremski

Serendipity: “The occurrence and development of events by chance in a happy or beneficial way” ... and this explains exactly what occurred when Malgorzata ‘Gosia’ Bondyra took advantage of an unfortunate situation and developed it into a very fortunate one. Malgorzata, President of PNA Lodge 238 and Vice-President of PNA Council 21, both in Baltimore, Maryland is a graduate of the University of Maryland Baltimore County (UMBC), Erickson School of Aging. She received a Bachelor of Arts Degree in Management of Aging Services.

Gosia attended classes both on campus and online as she worked toward her May graduation. Her curriculum included serving as an internship at the Seven Oaks Senior

Center in Baltimore County. She developed an idea of conducting a hands-on Polish cooking class and at the same time she would have made a special meal for the residents.

The scheduled ambitious event had to be cancelled when the pandemic novel coronavirus/COVID-19 burst onto the scene in late-March. The center was abruptly closed, as was almost every other non-essential public venue in Maryland, due to the governor’s declared State of Emergency. The governor then also later declared a strict civil lockdown. And that is when Gosia adroitly pivoted from receiving the very disappointing news to developing some very good news from it.

In a serendipity-inspired moment,

Gosia rose to the occasion after Kathleen Young, the Seven Oak’s director, proposed to Gosia that the Polish cooking classes be broadcast live to the seniors on the center’s Facebook page. Gosia readily accepted the innovative concept and decided that the class, now many classes, would be conducted and broadcast from her own home kitchen.

The Seven Oaks staff and volunteers enthusiastically endorsed and supported the very unique proposal. It was also a very beneficial win-win situation for both Seven Oaks and Gosia since the arrangement would allow her to completely fulfill her accreditation towards graduation in May. Michael Carnahan, officer of Council 21 and Lodge 339, skillfully undertook the recording, editing,



photographing, promoting, and web-casting of the project.

And so, the new Polish cuisine program, “Cooking with Gosia”, took off! The classes averaged 1 hour each, presented twice a week since introduction, and usually with two splendid dishes presented during each program. The 15 classes, and still counting, presented so far include the traditional Polish dishes everyone knows like pierogi and gołąbki. But

she has also exhibited other delicious dishes like rosól - Polish chicken soup, sałatka z kurczaka - chicken salad made from the soup's chicken, the ever popular zapiekanki - open-faced toasted sandwiches which is a famous street food throughout Poland, and sałatka 10-cio warstwowa - a fabulous salad made up of 10 layers with each having different ingredients.



The serendipity cascade continued via social media networking. The Seven Oaks Facebook page now has 697 viewers following the cooking classes, skyrocketing up from the originally planned class of just 20 seniors. Gosia's culinary enthusiasts have logged-on from the United States, Poland, and even from down-under Australia. The center's director said that other Baltimore County senior centers have informed her that they are intrigued and inspired by the Seven Oaks extraordinary undertaking.



Gosia noted that she was thankful for the two PNA college scholarships she received because they helped to make it possible for her to attend

the UMBC. Recently, UMBC has recognized her outstanding academic accomplishments and universal community involvements with a congratulatory email from the Dean of the Erickson School, topped off with a long and comprehensive media interview by the university's Communications Manager for the Humanities and Social Sciences that will be published and highlighted on the UMBC website.

The virtual cooking classes will be part of the Baltimore PNA's cultural outreach program. So please do rattle those pots and pans, and get ready to storm the kitchen and cook up a delicious Polish delicacy in your own house. To view the "Cooking with Gosia" hands-on demonstration videos, and the accompanying written recipes, please visit the PNA Council 21 website: **www.PNACouncil21.com**.



SMACZNEGO!!

*Story by Richard Poremski,
President PNA Council 21, Baltimore
Photos by Michael Carnahan*



Thank You Frontline Workers!



Registered Nurse and PNA member Anna Wierzbicka receives a bouquet of flowers from PNA President Frank Spula and PNA National Secretary Alicja Kuklinska. Anna is a nurse in the Intensive Care Unit of Community First Medical Center, a neighborhood hospital on Chicago's northwest side.

The beautiful flowers were presented to Anna, a former Director, as a thank you for her dedication and many hours of hard work on the frontlines during this Covid-19 pandemic. The PNA greatly values all of the front line workers whether they are police, firemen, paramedics, doctors, nurses, utility worker and the many more who work and face the risk of becoming ill. *Bardzo Dziękuję* to Anna and every person who provides essential services every day during this critical health crisis.

PNA Art & Coloring Contest 2020 Results

On July 13th, an ad-hock committee chose the winners of two art contests held for young Polish National Alliance members. Joanna Trzos (WPNA 103.1 FM), Michal Duch (Polish Daily News), and Agnes Szafranski (PNA) carefully evaluated all qualified submissions and selected the winners.

Participants of the Coloring Contest ranged in ages from 5 to 7 and had to color the PNA logo. Twenty-nine children participated in the contest and 3 winners were selected.

The PNA Christmas Card 2020 contest was for children ages 8-15. Participants designed a card that creatively combined Christmas with the PNA's 140th anniversary. The contest allowed the combination of paintings, drawings, and photographs. The submissions were evaluated in accordance to the contest rules. Originality was greatly valued. Among 22 submissions, one winner was selected alongside 5 honorable mentions. A PNA graphic designer will cooperate with the winning artist Emily Grzybowski on creating the official, 2020 PNA Christmas Card.

Both contests were held from February 1st to June 15th.

PNA Christmas Card Contest

Winner: **Emily Grzybowski**, age 12; Pace, FL

Honorable Mentions:

Marzena Babiarz, age 9; Muskegon, MI
Jordyn Czyżewski, age: 15; Milwaukee, WI
Julia Gurne, age 13; Rochester, MI
Maciej Malak, age 15; Hoffman Estates, IL
Maria Pitaniello, age 11; Mechanicville, NY

Coloring Contest Winners

Maya Zielinski, age 7; Mount Prospect, IL
Celina Cistulli, age 7; Newington, CT
Arthur Caleb, age 7; Sagamore Hills, OH

Congratulations to Emily Grzybowski, winner of this year's Christmas card contest.

PNA reserves the rights to use submitted art projects for other purposes with credits given to the artist. The winner will be awarded \$300, Honorable Mentions and Coloring Contest winners will each receive \$100.

We thank all artists for participating in the contest and invite our young PNA members to participate next year!

*Submitted by
Alicja Kuklińska*

PNA Art Gallery



Emily Grzybowski



Marzena Babiarz



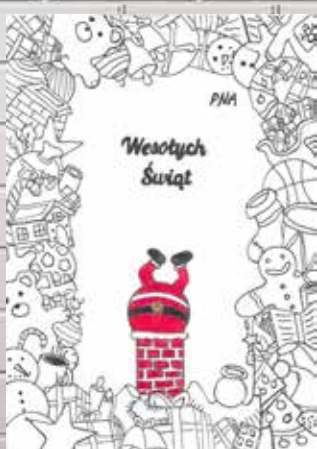
Jordyn Czyżewski



Julia Gurne



Maya Zielinski,



Maciej Malak



Celina Cistulli,



Maria Pitaniello



Arthur Caleb

PNA Council 143



The new 2020-2021 officers, from left to right, Barbara Wesolowski, president, Barbara LaRocco, treasurer, Shirley Wass, secretary, and Irene Spiewak, vice president.

The delegates of PNA Council 143, District 12, and Region F gathered before the state of Illinois went into lockdown mode. All the participants met at Peaches and Pears Restaurant on Chicago's Southwest side. The March 10th Council Meeting highlight was the election of new officers and to celebrate with the traditional installation dinner. Council 143 just made it in time!

The brave delegates ventured out despite the spread of Covid-19 Coronavirus throughout the country and state to share in some PNA fraternalism. Little did everyone know that as of the following week, a shelter-at-home order would be issued by municipal and state authorities. All the Council's scheduled activities and meetings were cancelled and at this point in time, no new or make-up meetings and events have been scheduled.

The Council delegates participated in the business meeting, conducted elections and then enjoyed

a delicious meal. The following officers were unanimously elected for the upcoming year: Barbara Wesolowski from Lodge 2368, president; Irene Spiewak from Lodge 1577, vice president; Shirley Wass from Lodge 2244, secretary; and

Barbara LaRocco from Lodge 1919, treasurer.

A short but emotional prayer was said for all PNA members so that God would keep them safe and well during the days ahead. In keeping with the fraternal tradition of caring for others, everyone in attendance signed get-well cards for two sick members, Walter Piekarczyk of Lodge 1919 and Loretta Waltee of Lodge 1577 who have been dealing with their illness for some time. Everyone was happy and content with the meeting ended on a positive note.

*By Barbara J. Wesolowski
PNA Fraternal Advisor, Region F*



PNA Council 143 Delegates, from left to right, Barbara Gembala, Irene Spiewak, Barbara LaRocco, Shirley Wass, Anna Bucon, Barbara Wesolowski, Eleanore Jasiorkowski, Roman Bucon, Stephanie Matelski

Polish National Alliance Awards **\$150,000** for 2020-2021 Undergraduate Scholarships



from Left to Right: Wanda Juda, Kathy Evans and Anna Wierzbicka

The Polish National Alliance is extremely proud to award \$150,000 in scholarships for undergraduate students for the 2020-2021 academic year. This is a fraternal benefit that the PNA offers to qualified college bound members.

The undergraduate scholarship program started in 1973 with 2 applicants. The numbers increased exponentially every year, in 1974 there were six applicants and in 1975, 11 applications were received. In the 47 years of the PNA Undergraduate Scholarship Program many thousands of applications have been received and tens of hundreds of scholarships have been awarded to qualified students.

160 undergraduate PNA members applied for this year's scholarships. The Scholarship Committee met in May to review the applications. The three committee members had a very difficult task to choose the recipients but in the end \$150,000 was awarded to deserving students.

The scholarships are given based on meeting specific qualifications and requirements which include grade point average, fraternal

membership and community service. Points are awarded for each category and then are totaled. The students with the highest scores are then awarded scholarships. Letters to the award recipients were sent at the end of May.

The Polish National Alliance is very proud that so many students who are members of our fraternal aspire towards higher education. The members of the scholarship committee along with all the executive officers and board members wish each recipient and applicant the best in their future endeavors.

Applications for the 2021-2022 PNA Undergraduate Scholarship Program will be available on our website after January 1, 2021. The list of scholarship award recipients can be viewed now at **www.pna-znp.org**.

The 2020-2021 PNA Undergraduate Scholarship Program Committee

Kathy Evans
Wanda Juda
Anna Wierzbicka

PNA Council 171 Donates to Homeless Mission

PNA Council 171 of Allentown, Pennsylvania is proud to have donated 100% of the proceeds from our annual Wigilia Dinner fundraiser to the Allentown Rescue Mission (ARM). The hard work of Council 171 members resulted in a donation of \$1,730 which will help to provide support in the ongoing work by ARM to rescue and to provide physical and mental health care to homeless people through a faith-based program focused on accountability with compassion.

*Submitted by Christine Thompson
PNA Council 171*



Dziennik Związkowy” służy Polonii ponad 112 lat

„Dziennik Związkowy” jest nie tylko najstarszą polskojęzyczną gazetą w Stanach Zjednoczonych, ale na całym świecie. Ukazuje się nieprzerwanie od 112 lat pisząc o sprawach, które są ważne dla Polonii. Gazeta – już nie tylko papierowa, ale i elektroniczna – jest doceniana przez czytelników i reklamodawców.

Pierwszy numer „Dziennika Związkowego” ukazał się 15 stycznia 1908 roku na mocy uchwały przyjętej podczas Sejmu Związku Narodowego Polskiego (Polish National Alliance). Na XVII Sejmie ZNP (PNA) w Baltimore we wrześniu 1907 roku przegłosowano ustawę o powołaniu do życia gazety codziennej pn. „Dziennik Związkowy”.

W tym czasie Związek Narodowy Polski miał już swój oficjalny organ, tygodnik „Zgoda”, przeznaczony wyłącznie dla członków organizacji. Zgodnie z intencją ojców założycieli, nowa gazeta miała być drugą publikacją ZNP-PNA przeznaczoną dla ogółu Polonii, stanowiącą obiektyw-



Joanna Marszałek

ne źródło informacji z USA, Polski i świata. Angielska nazwa „Dziennika Związkowego”, Polish Daily „Zgoda”, wskazywała na genezę gazety, jej założycieli oraz integracyjną rolę (zgoda) w życiu polskiej społeczności w Chicago. Pierwszym redaktorem naczelnym mianowany został przez Sejm ówczesny redaktor „Zgody” Franciszek H. Jabłoński. W chwili, gdy ukazał się pierwszy numer „Dziennika Związkowego” w Chicago wychodziły trzy inne polskojęzyczne gazety codzienne.

W okresie swojej działalności „Dziennik Związkowy” podtrzymywał ducha patriotycznego Polaków w Stanach Zjednoczonych w czasie I i II wojny światowej, później przeciwstawiał się komunizmowi w Polsce i popierał jej demokratyczne dążenia oraz zakończone sukcesem starania o przyłączenie Polski do

NATO, a wreszcie przyłączenie do ruchu bezwizowego z USA.

Od stycznia 1968 r. stanowisko redaktora naczelnego „Dziennika Związkowego” objął Jan Krawiec, były żołnierz podziemia, więzień KL Auschwitz i Buchenwaldu. Kierował gazetą do przejścia na emeryturę w styczniu 1985 r. Jego miejsce zajęła pierwsza na tym stanowisku kobieta, Anna Rychlińska. W okresie sprawowania przez nią stanowiska redaktora naczelnego wprowadzono kilka zmian, m.in. korespondencje z Polski, a także – po raz pierwszy w historii gazety – umieszczono w stopce redakcyjnej nazwiska członków zespołu. Po odejściu Rychlińskiej, jej zastępczyni Elżbieta Glinka pełniła obowiązki redaktora naczelnego do objęcia stanowiska w 1989 r. przez Wojciecha Białasiewicza, historyka, dziennikarza, publicystę i autora książek.

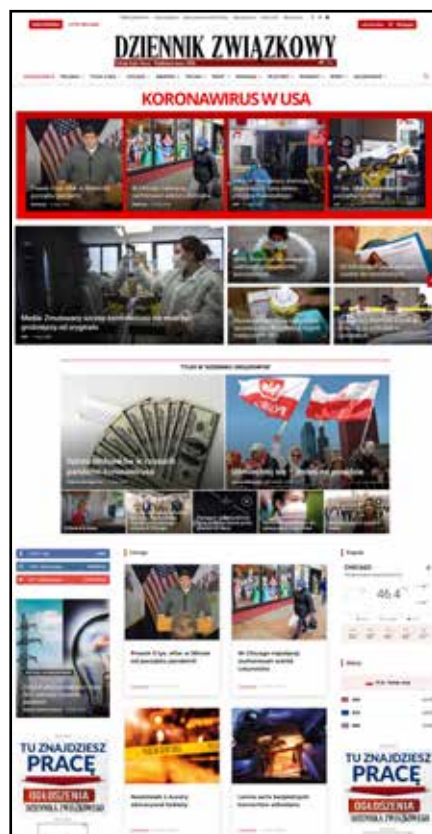


Kasia Korza

A w latach 2009–2013 roku obowiązki redaktora naczelnego pełnił dziennikarz i historyk Piotr K. Domaradzki. W 2013 r. roku stery gazety przejęła dziennikarka Małgorzata Błaszczuk, która stanowisko sprawowała przez kolejne cztery lata, a po niej – długoletnia członkini redakcji, Alicja Otap.

Wydawcą gazety jest Frank Spula, prezes Związku Narodowego Polskiego (Polish National Alliance) i Kongresu Polonii Amerykańskiej (Polish American Congress), a dyrektorem generalnym dziennika – Łukasz Dudka. Aktualnie gazetę redaguje zespół w składzie: Alicja Otap – redaktor naczelna, Joanna Marszałek – zastępca redaktora naczelnego, dziennikarki – Kata-

rzyna Korza i Joanna Trzos oraz Ewa Malcher – odpowiedzialna za szatę graficzną, stronę internetową i media społecznościowe. Dział sportowy redaguje Dariusz Cisowski. Redaktorem naczelnym weekendowego magazynu „Kalejdoskop” jest Alexander Bilik. Gazeta ma stałych felietonistów i korespondentów.



Adresowana jest przede wszystkim do lokalnego, polskojęzycznego odbiorcy w aglomeracji chicagowskiej. Informuje o sprawach dotyczących Polaków w USA, wydarzeniach w Chicago, stanie Illinois, USA oraz w Polsce i na świecie. „Dziennik Związkowy” przedstawia sylwetki prominentnych osób, w tym kandydatów w wyborach na urzędy polityczne, zamieszcza relacje i obszernie fotoreportaże z ważnych wydarzeń w Chicago i okolicach. Szczególnie bogato przedstawiana jest działalność społeczna i kulturalna polskiej społeczności w Chicago. Gazeta posiada też bogatą część z



ogłoszeniami – papierową i elektroniczną. Dużą popularnością wśród czytelników cieszy się strona internetowa gazety: www.dziennikziazkowy.com oferująca prenumeratę elektroniczną. Rośnie też rzesza zwolenników profilu gazety na Facebooku, Twitterze i Instagramie.

Powodzenie najstarszej polskojęzycznej gazety – papierowej i elektronicznej – wynika z jej poczytności i dużego zainteresowania odbiorców publikowanymi treściami. Artykuły ukazujące się w „Dzienniku Związkowym” są nie tylko ciekawe, ale cechuje je wysoki poziom profesjonalizmu dziennikarskiego, obiektywizm oraz duży stopień informacyjności, dlatego jest doceniana przez czytelników i reklamodawców. Dziękujemy Wam Państwo, że jesteście z nami, czytacie i wspieracie nas.

*Alicja Otap
redaktor naczelna
„Dziennik Związkowy”*

Dziennik Związkowy” – The Polish Daily News, the oldest & largest Polish language newspaper outside of Poland!



Alicja Otap

Still going strong both online and in-print!

On January 15, 2020 Polish Daily News celebrated its 112th anniversary. The birthday celebration was grand. A special birthday gala was held with over 300 guests in attendance. Frank Spula, the newspaper publisher and PNA president, presented to Conrad Lowell, the owner of Lowell International and a successful Polish American businessman and philanthropist the “Polish Daily News Person of the Year” award for 2019. The year kicked off with a bang and a boom then came the storm.

The outlook for the newspaper in 2020 pointed towards great success. After a very successful 2019, the biggest Polish language newspaper in America was gearing up for even a better 2020. Little did anyone suspect that this year has turned out to be one of the most difficult years in more than a century of Dziennik Związkowy history.

COVID-19 pandemic and its huge economic impact forced an immediate overnight change to the Polish Daily News operations. The entire newspaper from management and advertising to editorial

and layout had to come up with a completely new strategy. New social distancing norms and shelter-in-place order implemented by the Illinois governor on March 20 resulted in a big drop in newspaper sales and advertising revenue. At the same time, the Polish Daily News website traffic skyrocketed to record number of hits and visits by people seeking the most up-to-date information. People confined to their homes turned to the internet as their main source of information and the Dziennik Związkowy was there to help the tens of thousands of Polish language readers to obtain credible and trustworthy news and information.

Our website dziennikzwiazkowy.com is regularly visited by over 125,000 users and the website is displayed almost 500,000 times every month. The website was completely redesigned in January 2020. It is fast, very easy to navigate and it is fully responsive. Our webpage uses current programs and it displays properly on all smartphones and mobile devices.

It is one of the most popular sites for news and that's because it is very frequently updated. Visitors can find over 20 new stories every day ranging from local coverage to original

news content available only at Dziennik Związkowy.

Always changing, always improving!

In 2020, the Polish Daily News was the first Polish language newspaper in the USA to launch a digital subscription service. At \$3.90 per month, or \$39 annually readers can get instant access to all premium content as well as all that is available in the print edition of the Polish Daily News.

The Polish Daily News holds top spot in yet another category. It is the largest database of Polish language classified ads in Chicago. Every week over 1,000 ads are printed in the newspaper and posted online. In July of 2020, the Polish Daily News launched another redesigned website – this time with classified advertising. Both advertisers and readers gained additional functionality and are able to access the database easier and faster on their mobile devices. Today just like years past, thousands of Polish Chicagoans turn to the Dziennik Związkowy to find the best source for new jobs, apartments to rent or cars to purchase.

The internet is the future, but is print going away? Absolutely not! After a few bad months, sales of the print edition of the Dziennik Związkowy have returned. Since June 2020, the print version of the newspaper is published every Monday, Wednesday and Friday. The Friday edition is packed with 64 pages of current and in-depth news articles, great feature stories and includes the extremely popular weekend magazine “Kalejdoskop”. Each Friday the newspaper has a circulation of over 10,000 copies and is distributed to over 250 retail locations in Chicago and suburbs. The demand for the printed edition is still very strong and Dziennik Związkowy is the clear cut leader in Chicago of the extremely competitive Polish American marketplace.

*By Łukasz Dudka
General Manager
Dziennik Związkowy*

Wirtualna działalność Grupy „Piast”



Zarząd Grupy 3259 ”PIAST” Związku Narodowego Polskiego (PNA), pomimo sytuacji spowodowanej pandemią COVID-19 organizuje spotkania przez ZOOM, by rozważać potrzeby członków grupy oraz planować działalność na kolejne miesiące tego trudnego dla wszystkich roku. Dla przykładu, podczas wirtualnego spotkania 29 czerwca 2020 członkowie grupy dyskutowali na temat stypendiów dla młodych członków uczęszczających na studia.

Pandemia nie pozwala nam spotykać się osobiście, ale technologia jest bardzo pomocna i dzięki niej możemy utrzymywać stały kontakt i kontynuować działalność grupy.

*Barbara Jarostawski
Sekretarz Finansowa Grupy 3259 “Piast”
Santa Clara, California*

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

We are proud of...

Alicja Ciecek JUBILATKA

4 lipca jest nie tylko świętem niepodległości w USA, ale też dniem urodzin członkini Grupy 3259 „Piast”, Pani Alicji (Lili) Ciecek. W tym roku pani Lila, uczestniczka Powstania Warszawskiego o pseudonimie „Stefa” (Grupa „Radwan”), skończyła 95 lat.



*Lila Ciecek z bukietem urodzinowym w Polskim Centrum w Yorba Linda
Zdjęcie: M. Hulisz*

Po upadku powstania pani Lila trafiła do obozu jenieckiego „Oberlangen” w północno-zachodnich Niemczech. Po wyzwoleniu obozu znalazła się w Rzymie, gdzie przez 2 lata studiowała, a następnie przeprowadziła się do Londynu, gdzie ukoń-

czyła studia i poznała swojego męża Mieczysława. W 1951 roku państwo Ciecek przeprowadzili się do USA a pod koniec lat 50-tych osiedli wraz z dziećmi w kalifornijskim mieście Tustin, gdzie pani Lila mieszka do dnia dzisiejszego.

Na początku lat 80-tych, pani Alicja Ciecek była zaangażowana w powstanie Polskiego Centrum w Yorba Linda. Przez wiele lat pracowała w katolickiej organizacji „Caritas” powiatu Orange gdzie zajmowała się emigrantami z Polski przybyłymi do południowej Kalifornii w latach 1981-1989, przygotowując ich do egzaminu na obywatelstwo lub pomagając w załatwianiu spraw w lokalnych urzędach. Zawsze eleganczka, życzliwa i radosna pani Lila stała się dla wielu emigracyjną mamą.

Mimo sędziwego wieku, jest bardzo zaangażowana w działalność Polskiego Ośrodka im. Św. Jana Pawła II w Yorba Linda. Od 40 lat bierze udział w „Dożynkach”, największym polskim festiwalu w południowej Kalifornii. Była członkiem rady Ośrodka Polonijnego, prezeską „Klubu Pań”, przez wiele lat współautorką kościelnego biuletynu. W maju 2019 została odznaczona przez prezydenta RP Andrzeja Dudę. Jest autorką wielu wierszy poświęconych polskim tradycjom i historii, a także Św. Janowi Pawłowi. Do początku ubiegłego roku pani Lila sama prowadziła auto. W maju tego roku, w 100. rocznicę jego urodzin napisała swój najnowszy utwór.

W tym roku, w przededniu jej urodzin, prezes Grupy „Piast”, Doradca Krajowy PNA, Grzegorz Chilecki odwiedził jubilatkę osobiście i wręczył bukiet kwiatów wraz z życzeniami od pozostałych członków

grupy. W niedzielę 5 lipca odbyła się uroczysta Msza św. w intencji Lili Ciecek, podczas której wiceprezes Grupy „Piast” Marlena Hulisz i Teresa Turek wręczyły jej przepiękny bukiet róż i kilkakrotnie odśpiewano tradycyjne 100 lat. W odpowiedzi, pani Lila zaprosiła wszystkich przyjaciół i znajomych na prawdziwe przyjęcie urodzinowe jak tylko skończy się pandemia COVID-19.

Pani Alicja (Lila) Ciecek jest osobą godną podziwu i naśladowania. Od ponad 75 lat mieszka poza granicami Polski, jest głęboko wierzącą patriotką zawsze wypowiadającą się przepiękną polszczyzną, czego sobie i wszystkim życze.

200 lat kochana Lilo!

*Grzegorz Gregg Chilecki,
Fraternal Advisor, Region „J”*



*Grzegorz Chilecki, Iwona Pisarek i
Jubilatka Lila Ciecek
Zdjęcie: G. Chilecki*

Wanda Juda FRATERNALIST



W czerwcu tego roku pracę w „Dzienniku Związkowym” zakończyła Wanda Juda. Po 46 latach odeszła na zasłużoną emeryturę, obiecując, że tylko jej aktywność zawodowa się kończy, a nie aktywność związkowa i społeczna.

Wanda Juda jest osobą dobrze znaną w środowisku polonijnym Chicago oraz wśród działaczy Związku Narodowego Polskiego. Przez wiele lat pełniła funkcję dyrektora krajowej Kongresu Polonii Amerykańskiej

z ramienia gazety, była członkiem zarządu KPA-IL, ma za sobą dwie kadencje jako komisarz ZNP (PNA) i wiele innych funkcji, które wypełniała rzetelnie i z oddaniem.

Wanda Juda przybyła do Chicago z Podkarpacia. Jej mama, wdowa z trójką małych dzieci, zdecydowała, że łatwiej jej będzie żyć w Stanach Zjednoczonych, z których pochodziła jej matka i gdzie mieszkał jej brat i dalsza rodzina. Po wieloletnim oczekiwaniu na polski paszport wstrzymywany przez komunistyczne władze, w 1971 roku, we trójkę, przylecieli najpierw do Nowego Yorku, a później do Chicago. Na pełnoletnią już wtedy Janinę, starszą siostrę Wandy, przyszło im poczekać jeszcze parę lat.

Mama Wandy była dzielną kobietą, która wiele przeszła i zaszczerpiła dzieciom tradycyjne, Polskie wartości. Cała rodzina należy do Związku Narodowego Polskiego, a Wanda została związkową aktywistką, która z czasem wciągnęła w działalność również siostrę i jej męża Janinę i Adama Kopaczów.

Pracę w „Dzienniku Związkowo-

wym” Wanda Juda rozpoczęła za czasów redaktora Jana Krawca i pod zarządem Jana Gajdy. W tamtych czasach warunkiem zatrudnienia w gazecie była przynależność związkowa. Wanda skrupulatnie wypełniała swoje obowiązki zawodowe i coraz intensywniej angażowała się w życie organizacyjne ZNP (PNA). Została wiceprezeską Grupy 669, delegatką do Gminy 120, Okręgu XIII, Wydziału Kobiet, a w 1995 roku, po raz pierwszy, delegatką na 42 Sejm Związku Narodowego Polskiego w Providence, RI. Od tego czasu była delegatką na każdy kolejny sejm ZNP.

W ciągu swojej kariery związkowej pełniła różne funkcje zawsze bardzo sumiennie podchodząc do przyjętych na siebie obowiązków. Popularne w Chicago „Śniadanie z Mikołajem” to jedno z jej ulubionych przedsięwzięć, w którego organizację włączyła wielu wolontariuszy. Bliskie jej sercu jest również Towarzystwo Dobroczynności ZNP, którego działalność pragnie wznowić widząc potrzebę wsparcia tych, którzy znaleźli się w trudnej sytuacji i są osamotnieni w tych niełatwych dla wszystkich czasach.

Prywatnie najwięcej przyjemności sprawiają Wandzie podróże, które skrupulatnie dokumentuje w specjalnych albumach. Po każdym sejmie ZNP, wraz z siostrą, szwagrem i zaprzyjaźnioną byłą dyrektorką PNA Anną Wierzbicki, przemierzają bliższe i dalsze okolice Stanów Zjednoczonych.

Teraz Wanda Juda będzie miała czas na uzupełnienie albumów, planowanie nowych podróży oraz kontynuowanie działalności związkowej.

W imieniu organizacji życzymy jej dużo zdrowia, sił do dalszego działania i spełnienia marzeń!

Alicja Kuklińska



„Dziennik Związkowy” żegna długoletnie pracownice. (L-p) Alicja Otap, redaktor naczelna, Łukasz Dudka menadżer generalny, Barbara Mocydlarz, Wanda Juda, Frank Spula, wydawca i prezes PNA.

The Texas PNA Region H Update

During these difficult, complicated, uncertain and challenging times, we strive to make the best of things. The PNA members and lodges in Texas are spending more time at home with family – reconnecting with our heritage and making ourselves stronger and exploring our creativity to promote our fraternal and our Polish background. We are learning new ways to work through this pandemic and create many new initiatives for ourselves, family, friends and business. In Region H, we are always, supporting, sponsoring and working with a wide range of Polish organizations with unique ideas and approaches to support each other during this moment in time. There have been Zoom meetings, webinars, birthday drive-bys and on-line cooking classes. We continue promoting our past, present and future through Polish language classes, history lessons, Bajki readings, Polish Constitution Day history celebrations and supporting Polish American businesses. Our summer in Region H featured a lot of innovative programs and events, hope this inspires you as it has inspired us.

*Sending prayers to all for good health and safety.
Jolanta Mazewski-Dryden, Fraternal Advisor – Region H*

Houston, Texas – Polish Presidential Elections

Friday, July 3rd was a special day at the Consulate General of the Republic of Poland in Houston. Volunteers from PNA Region H came to assist with the Polish Presidential Elections so Poles living abroad can cast their vote in Texas.



Houston, Texas – Polish Mass

On Saturday, June 13th members of PNA Region H take part in the traditional Corpus Christi procession at Our Lady of Czestochowa Roman Catholic Parish.



Houston, Texas – PNA Lodge and Council Meeting

PNA Kosciuszko Lodge 165 and PNA Council 182 held a meeting for their members with everyone wearing masks to protect others as well as adhering to social distancing guidelines to prevent the spread of Covid-19.



Houston, Texas – Blessing of the Cars

Fr. Waldemar Matusiak, pastor of Our Lady of Czestochowa, blesses cars parked in the parish lot following a Mass honoring St. Christopher, the patron saint of drivers. PNA Region H was a participating sponsor of the event on Sunday, July 26th.



Panna Maria, Texas - Polish Heritage Center

Stowarzyszenie Wspólnota Polska based in Warsaw, Poland awarded an \$83,000 grant to the Polish Heritage Center. The money is for the completion of the Main Exhibition Hall. The Polish Heritage Center was chosen as the recipient among many entries to the international competition "Cooperation with Polonia and Poles Abroad 2020 - Polonia Infrastructure". PNA Region H and our members are supporters of the Center.



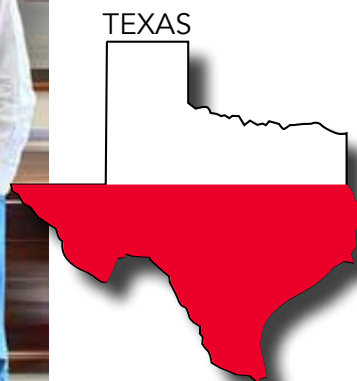
Houston, Texas – PNA Kosciuszko Lodge 165

Congratulations to Scholarship Recipients Michal Marshall, a member of PNA Kosciuszko Lodge. Michal, below with his parents, brother and sisters, attends A&M University in College Station, Texas. He is a Poultry Science Major with an Agriculture Economics Minor. Michal plans on graduating in the spring of 2021. The Marshall's are a 100% PNA family.



PNA Region H Supports Project ACP

ACP is a rare birth defect of the craniofacial, hands, and feet, referred to as Apert, Crouzon, and Pfeiffer Syndrome (ACP Syndrome). PNA Region H supports Project ACP, developed by the Polish Association in Texas to train Polish physicians and to build a new treatment center of ACP in Poland. Recently, the organization helped Ania Nowak from Poland shown here with her mother and doctor.



Welcome to our PNA Family



Valaria Michelle Bulyga,
born September 9, 2016, is a new member of Lodge 441.
The PNA membership has been gifted by her loving parents,
PNA members Stephanie & Valeriy Bulyga of New Britain, CT.
Submitted by Irene Grabowy, Fraternal Adviser of Region "A."



Valencia Marie Bulyga,
born October 10, 2019, daughter of Stephanie and Valeriy
Bulyga of New Britain, CT, joins her parents and older sister
Valaria as a new member of PNA Lodge 441.

*Submitted by Irene Grabowy,
Fraternal Adviser of Region "A."*



Paisley C. Workman,
born December 23, 2018, and
Madalyn G. Workman,
born January 31, 2020, are newest members of Lodge 1052 in
Pittsburgh, PA. Their loving grandpa and grandma Mr. Thomas
and Nancy Paulin provided them with the PNA Membership.
Director and Sales Representative Jeff Twardy signed them up to
the organization.



Viola Marie Tysinger,
born January 12, 2019, is a
new member of PNA Lodge
1684. She is a daughter of
Michael and Daniela Tysinger
of Winston-Salem, NC. The
PNA Membership was a
gift from her grandparents
Stefan and Krystyna Duda.
Viola was signed up by
PNA Representative Marian
Wiercioch.

Important Announcement from Santa

Attention all parents and grandparents!



Starting **November 1, 2020**, a surprise gift will be coming to every child with a new Single Premium Whole Life PNA Certificate of Insurance.



Liam T. Paulin, born June 5, 2016, is a new member of Lodge 1052 in Pittsburgh, PA. His PNA Membership was a thoughtful gift from loving grandparents Thomas and Nancy Paulin. Liam was signed up by PNA Director and Sales Representative Jeff Twardy.



Liam Sage Blenden, born January 19, 2020, is the newest member of Lodge 128 in Bremond, Texas. The PNA Certificate is a thoughtful gift from his loving grandmother Ms. Debbie Greensage. He was signed up by former PNA Commissioner Wanda Kotch-Ray.



The PNA 2020-2021 Graduate Scholarship Recipients

The Polish National Alliance awarded scholarships to 47 hard-working graduate students who are PNA members. The selection committee was made up of Alicja Otap, Editor-In-Chief of the Polish Daily News, Romuald Poplawski of the PNA Budget Committee and Exit Realty Redefined Broker Kinga Korpacz. More than \$50,000 was awarded to graduate students currently attending universities in the United States and abroad.

We are extremely proud of all the PNA member applicants for their academic achievements and are happy to support our future doctors, engineers, and business leaders. For many years, the PNA has been contributing to educational causes, and promoting education. We most sincerely congratulate our recipients and wish them the greatest success.

For the list of 2020-2021 Graduate Scholarship recipient please visit our official website:

www.pna-znp.org

My Polish heritage counts!

**DON'T
FORGET!**

Complete the
2020 Census
today!

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.

P O L I S H

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

my2020census.gov

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

United States
**Census
2020**

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

Sto Lat! – Celebrating 75 Years of Marriage

....and the best is yet to come!



Not too far away from the banks of the Susquehanna River in northeastern Pennsylvania was a young and handsome Polish boy. In the nearby town of Kingston, a very pretty young Polish girl lived on Pulaski Street. The attractive girl caught the attention of the good looking young man and soon they began courting. The world was at war, but love was in the air for this Pennsylvania pair. In quick time, the Keystone couple dated and then became engaged.

It was Saturday, June 30, 1945 and the 21 year old groom, Joseph

Knapp of Plymouth, Pennsylvania, was looking dapper in his tuxedo and white bow tie. The strikingly beautiful 20 year old Helen Grondzki was a bride to behold. She was wearing a very elegant white wedding dress and holding a bouquet of orchids and white gardenia, her most favorite flowers. The Nuptial Mass was celebrated at St. Hedwig Catholic Church, a Polish parish on Zerby Avenue founded in 1901. The nuns of St. Hedwig's in Kingston gave Helen a present of a satin and lace pillow for the wedding rings as a thank you for all the errands she did for the sisters at the convent. Joseph sold the first car he ever owned to help pay for some of the wedding expenses. For Helen and Joseph, it was the best day ever.

The newlywed Mr. and Mrs. Knapp moved into their house in Edwardsville, close by but not too close, and started a family. With family and a household, responsibilities become important. Both Joseph and Helen became Polish National Alliance members and not only purchased insurance for themselves, but for their two daughters, Joanne and Mary Ellen. In fact, Helen not only became a PNA member, but she became very involved with our Polish fraternal. Both Joseph and Helen are longstanding members of PNA Lodge 430 and Council 86, and for the past 60 years, Helen has been the secretary and treasurer. She attended many conventions including

memorable ones in Florida, Wisconsin, Ohio, Illinois and Rhode Island. Helen made sure that their family is a real PNA family, loyal to their Polish heritage and traditions, and her 2 children, 8 grand children and 20 great grand children are PNA members, too!

Sto Lat to both Joseph, a spry 96 years old, and his wonderful wife Helen, a youthful 95, as they celebrate 75 years of marriage.

*Thank you to PNA member
Joanne Kūwak
for the information about her parents.*



The 2020 Polish Independence Day Race GOES VIRTUAL!



A 10K/5K Run/Walk on the net!

WPNA 103.1 FM is one of the treasures of the PNA. They do good things both on and off the radio. Two years ago on the centennial celebration of Poland's Independence, a decision was made to celebrate with a special event. The first Polish Independence Day Run (Bieg Niepodległości) in Chicago was put together by WPNA 103.1 FM to commemorate Poland's return as a sovereign nation on November 11th, 1918 following the end of World War I.

Independence Day races in Poland have been held annually for more than 30 years. In 2018, on the hundredth anniversary of Poland's return to the world stage, WPNA 103.1 FM brought the race to America. Chicago is home to one of the largest multi-generational enclaves of Polish Americans in the world. Both the 2018 and the 2019 Polish Independence 10K/5K Run/Walk were organized to celebrate that momentous occasion as well as promote pride in every American of Polish heritage. For the past two years over 2,000 runners have taken part in the race in what has become

a favorite in the Chicagoland running community. Not only has the event been certified by the Chicago Area Runners Association (CARA) but it has also been certified by United States Track and Field, the national governing body for the sports of track and field, cross country running, road running and racewalking.

In 2020, WPNA-FM was planning to once again hold the race on the running paths near Lake Michigan and Chicago's beautiful lakefront at Montrose Harbor. Unfortunately, Covid-19 hit and derailed the



Poland and be part of the event. Polish Americans all over the United States are encouraged to take part in what will be a challenging new age race. You can run or walk either 5 or 10 kilometers. After you register, a numbered runners bib, a custom made finishing medal and T-shirt will be sent to you. Record your efforts by photo or video and submit them to the WPNA race website for use on the website.

plans but they were determined to still hold a race. WPNA-FM decided to hold a virtual run instead. The virtual 2020 Polish Independence Day Run will take place to carry on the race into its third year. It will give participants a chance to be part of a great and competitive event even though you can't race side by side with others.

The Independence Day run this year will allow runners to register online and choose their own place to race. You make your own starting line and race course! You can race on a treadmill or on your neighborhood street. You can run in Chicago, New York, Warsaw Indiana or Warsaw, Illinois or even in Warsaw,



Registration for the virtual 2020 Polish Independence Day Run starts on August 17th and continues through Wednesday, September 30. You have till the end of October, which is Polish American Heritage Month, to complete the race.

The registration link as well as more information about this running event is available right now on WPNA 103.1 FM's website. There is also a dedicated website for the race at www.runforpoland.com.

It's time to show your virtual running talents no matter where you live. WPNA 103.1 FM wants everyone to be a winner and show your Polish American pride!

All race proceeds from the 2020 Polish Independence Day Run will be donated to charity.

More info and live streaming at www.WPNA.fm





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

In Memoriam

STANLEY J. SCIBLO (1924-2020)

Former PNA Director and Commissioner Stanley J. Sciblo, 95, died after a long illness. He served as a PNA director from 1989 to 1995 and as commissioner from 1983 to 1989. Stanley was preceded in death by his wife, Estelle J. Witkowska Sciblo, in 2006.

Stanley was born on Wednesday, August 6, 1924 in Rheims, France. World War II started and a 16 year-old Stanley was captured by the invading Nazi German Armed Forces. He was taken to Biebrach am Rhein and was a forced laborer at a prison farm. During this time he met and fell in love with a young girl named Estelle, whom he would marry and celebrate 60 years of marriage. His only daughter Christine was born in 1944 in Germany.

Following the WWII, Stanley served in the French Army. After being discharged, he with his wife and daughter immigrated to America in 1949. They settled in Chicago and he soon was employed by the Chicago North Western Railroad. His enter career was spent with the class I railroad headquartered in Chicago and he became a Wrecker Derrick Engineer. He retired in 1988.

In 1955, as quickly as possible after his arrival to the United States, Stanley became a U.S. citizen. His dedication and devotion to his wife, daughter and career



was only equaled to his devotion to the Polish National Alliance which he joined in 1950. Stanley became a strong ambassador for our fraternal. He became president of PNA Lodge 1532 in 1961 and continued in that post for 57 years. In 1968, Stanley became vice-president of PNA Council 75 and in 1973, he became council president. He held that office until 1987. No matter what PNA office he held, Stanley was a proud member of our fraternal family

and worked hard to get new members and promote our organization.

Stanley Sciblo passed away on Sunday, June 28, 2020 leaving behind his daughter Christine, her husband Dr. Edward Pienkos, 4 grandchildren and 14 great grandchildren and his PNA fraternal family. A funeral mass was held at St. Helen Church in the original, old Polish Chicago neighborhood and his body was interned at All Saints in Des Plaines, Illinois, a cemetery next to some of the railroad tracks he worked on during his life.

The Milwaukee and Wisconsin PNA Story

Our PNA – Around the Country



Zgoda, 1893

The Polish National Alliance is a national fraternal – we have members in all of our fifty states. Here perhaps Zgoda can begin looking at the PNA in a number of the states, towns and cities where our members have been active – to learn about what have achieved through the years. Let's start with Wisconsin and its largest City, Milwaukee, which is just 90 miles north of Chicago.

Wisconsin's population is only 5.7 million, smaller than Illinois, Pennsylvania, and Michigan, but it is home to so many PNA members. Wisconsin's Polish Americans are nearly 10 percent of the population and have settled all across the state not only in Milwaukee but in rural areas and small towns like Pulaski, Lublin, Sobieski, Stevens Point, and Independence. One of the first Polish communities in America is Polonia, Wisconsin. It dates back over 160 years.

Milwaukee Poles played an im-

portant part in the PNA from the very start. At the PNA's founding convention in Chicago in 1880, Frank Borchardt of Milwaukee's Kosciuszko Guard had an active and paramount role in voting for our first by-laws and electing the first officers. Just weeks later on October 28, 1880, the first PNA lodge, Lodge 14, was established on the Milwaukee's south side. In 1882, **Ignacy Wendzinski** became editor of *Zgoda*, which operated in Milwaukee until 1886.

In 1884, the PNA held its fourth convention in Milwaukee – 16 delegates representing 448 members took part. The PNA treasury was then all of \$175.55!

Wisconsin's Polish immigrants came mostly from the German-ruled partition of Poland and were very productive in building a strong and thriving community. Their first churches, St Stanislaus Bishop and Martyr and St Hedwig, date back to 1871. The first suc-



cessful Polish daily in America, the *Kurier Polski*, began in 1888. One of America's most beautiful churches, St Josaphat Basilica, a remarkable religious and patriotic shrine, was dedicated in 1901. Indeed, Milwaukee's Polonia had over 60,000 people and rivaled Chicago as a center of Polish settlement.

Early PNA leaders who called Milwaukee their home included **Max Kucera**, the very first NATIONAL president of the Alliance. He was active in the effort to erect the great Kosciuszko monument that stands today in Kosciuszko Park on the city's south side. Another was **Francis Jablonski**, the very first editor of the PNA daily newspaper, *Dziennik Związkowy*, in

1908. Milwaukee hosted the 18th PNA convention in 1909. This time 466 delegates representing 55,000 members attended and the PNA assets had risen to \$764,000, that's \$15 million in today's dollars.

Milwaukee's **Michael Blenski**, the first head of the National Weather Service in Washington, DC. was elected PNA Censor and held that post from 1915 to 1924. In 1918, Milwaukee's Polonia elected **John C. Kleczka**, a PNA member, to the U.S. House of Representatives, the very first Polish American to enter into the United States Congress.

Many Milwaukee elected officials and community leaders were PNA members. They included U.S. Congressman **Thaddeus Wasielewski**, who served from 1941 to 1947, **Clement Zablocki** (1949-1984), and Gerald Kleczka (1985-2005). The Honorable Judge **Francis X. Swietlik**, who had been Dean of the Marquette University Law School, was PNA Censor from 1931 to 1947. During and after World War II, Judge Swietlik led the national American Relief for Poland (*Rada Polonii*) organization that raised \$150 million in humanitarian aid for Polish soldiers, prisoners of war, refugees, and orphans.

A number of activists in southeast Wisconsin served as national leaders of the Alliance over the years. Five were National Directors, beginning with **Joseph Gronczewski** in the 1940s followed by **Don Pienkos** (1987 -1995), **Mark Borkowski** (1995-2003), **Hedy Rabiega** (2003-2011) and Hedy's Daughter, **Teresa Jankowski** today. **Casimir Kowalski** served as PNA National Secretary before World War II. Among the many commissioners from Wisconsin whose spirit has contributed so much to the PNA cause, we can note four outstanding examples - **Gladys Podko-**

morska, Virginia Posanski, June Grudichak and Carole Gillette.

In 1975, Milwaukee again hosted the Polish National Alliance's national meeting, this time it was the 37th Convention. 342 delegates gathered together representing 313,000 members and the assets of our fraternal were \$155 million. This splendid event was highlighted by a grand parade down the most important Wisconsin Avenue, Milwaukee's main street. An extraordinary concert of Polish music was performed by the Milwaukee Symphony Orchestra.

Individuals like **Walenty Wozniak, Roman Witkowiak**, and **Edward Tomasik**, have been leaders in the many lodges and councils of the PNA Alliance throughout Wisconsin. They and many like them were also active in the voluntary federations that united Poles in community and patriotic service – including the Pulaski Council from 1929 and the Polish

American Congress from 1944.

In 1982, PNA members **Conrad Kaminski, Adrian Choinski**, and **Marty Kmiec** led the work to organize the first annual festival of Polish music and culture, "Polish Fest", on Milwaukee's beautiful Summerfest grounds next to the shores of Lake Michigan. Their success led to the building of the Polish Center of Wisconsin in the city of Franklin, just south of Milwaukee. Indeed, the first five individuals to direct the Center and Polish Fest were PNA members – **Michael Skwierawski, Tim Witkowiak, John Walloch, Francis Wasielewski**, and **Janine Adamczyk**. Everyone is greeted with "Witamy!" and treated as a member of Milwaukee's Polonia when visiting this marvelous center of Polish culture. And this generous spirit is further extended to the many thousands who attend Polish Fest. You can say that everyone becomes Polish when they visit Milwaukee.



St. Josaphat Basilica



Polish Center of Wisconsin

In the 1990's, PNA members were very involved in getting the U.S. to approve Poland's entry into the NATO Alliance. At the same time, they helped win two U.S. federal grants to support medical training for emergency health care personnel in Poland and to assist the new Polish Republic in building responsible local government on behalf of its citizens. Many PNA members worked on these initiatives, including Milwaukee County Supervisor **Richard Nyklewicz** and Wisconsin State Senator **John Plewa**.

As state legislators, Plewa and Gerald Kleczka were instrumental in establishing the renown collec-

tion of historic Polish Milwaukee photos by Roman Kwasniewski and created the Polish Studies academic program which are both at the University of Wisconsin-Milwaukee.

On the cultural front, PNA members helped bring about an amazing art exhibition from Poland. In 2002, the "Leonardo da Vinci and the Splendor of Poland" exhibit was shown in Milwaukee (and later in Houston and San Francisco). Highlighted by the showing of Leonardo da Vinci's "The Lady with the Ermine", the exhibit brought national acclaim to Poland and was viewed by almost half a million people. The PNA's national leadership

generously helped underwrite this spectacular exhibition.

Milwaukee's PNA members always being active helped in restoring and maintaining the St Josaphat Basilica in the 1900's. And in 2013, the great Kosciuszko Monument was preserved by a dedicated citizens' committee once again supported by PNA members.

Over the years, PNA members in Wisconsin have worked hard to promote the PNA mission and the deep heritage of our Polish American roots. They have recruited more people into the PNA family by purchasing our fine insurance and annuities. They have combined to provide a host of charitable aid to people in need, not only in Wisconsin and the United States but in Poland as well. They promoted Polish music and art, and have backed PNA dance groups and sports programs. Together, they have made a difference in brightening the lives of not only Polish Americans but all Americans no matter what race or ethnicity. As a fraternal, we all join together as brothers and sisters to promote our heritage and tell our story to everyone. In Milwaukee and Wisconsin, we give it our best because this is what the PNA is all about!

*By **Don Pienkos***

Professor Donald Pienkos is retired.

He taught at the University of Wisconsin-Milwaukee after receiving his master's and doctorate from UW Madison.

He is a proud lifelong PNA member.



Zgoda – How Your PNA Publication Gets Home

10 Tons and Postage

If you are old school, the pages are torn from the calendar each month as you eagerly await the next season and the next issue of your favorite magazine, Zgoda! The PNA's official publication has been around since 1882. Originally, it was a weekly paper and it was printed in Milwaukee, Wisconsin. The paper was filled with not only information important of and for PNA members but also about the on goings of Polonia in specific and our new home, America in general. Every Wednesday, the new edition of the paper would hit the newsstands (Google it if you don't read newsprint) and would be snapped up in a hurry.

Zgoda isn't printed on newsprint anymore and it gave up its newspaper responsibilities to the Dziennik Zwiazkowy in 1908. It has undergone a number of changes throughout the years as well as having the work of respected editors, writers and

photographers grace its pages. Today, it still holds that role of purveyor of PNA news and information but it is also a quarterly magazine filled with the pictures and stories about PNA members, their adventures and articles featuring Polonia and Poland.

Weeks before Zgoda arrives at your mailbox, the next issue is being planned. Information from the PNA is gathered, photos of the newest members of our fraternal arrive and story ideas going back and forth are formulated. It is organized chaos that will soon be settled down and printed on high quality paper using 6 colors of ink.

Yes, words are still written on a keyboard but now it's a laptop or desktop computer not a typewriter, and yes, revisions are made, and edited, and again, checked, changed and corrected. No longer typeset by hand and molded on large lead plates in Chicago, Zgoda is printed on a high tech, high speed color printer by offset lithography at Hagg Press in Elgin, Illinois.

Once all the material is written, photographs and artwork collected, then our graphics editor, Ewa Krutul, puts it together. After a final edit, the digital Zgoda is sent to the

printer. 20,000 pounds of paper, 10 tons in all, is patiently waiting at the beginning of the printing press. And where before dozens of press men were stationed and operated the massive machine to print Zgoda, now 2 gentlemen see the process through. Each palate of glossy paper has 16,000 sheets. Each sheet contains 8 double sided pages on it. That's 2,176,000 pages of material!

It takes 5 days from the moment the digitized Zgoda arrives at the Hagg Printing plant for the press run to the final folded and stapled (bound) publication being dropped off at the U.S. Post Office for delivery to your home's mail box. This is not the entire story of Zgoda but just a peek into the how your favorite magazine makes it to your house. Enjoy this edition of Zgoda and let us know what you like or don't like and what can be changed and improved. Feel like writing an article or story? Contact us and we will help to make your writing appear on paper. If you are a little impatient, check the PNA Facebook page and every time Zgoda is set to go, you can click a link and read it online - that's for you post Baby Boomers, and Millennials, too.

*Story and photos
by Mark Dobrzycki*



Dolnośląskie Voivodeship

The Wranglings over Wrocław depict the struggles and glory of a region with a storied past and an always brighter future!

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 ...

Lower Silesia. When you hear that, Dolny Śląsk in Polish, you immediately think many things and it is different for many people. A land which has a convoluted past with moving boundaries and people, it is rock solid in its fortitude and resilience.

The lands of today's Dolnośląskie Voivodeship have been contested many times during the course of the past millennium. Aside from having been under the rule of **Polish, Czech, Hungarian, and Prussian Kings, Piast Dukes, Holy Roman Emperors, the Hapsburg Dynasty**, as well as **German Kaisers**, once held sway over this realm at some point. As a result, traces of these cultures and more can be

Archcathedral St. John the Baptist



found throughout this province of Poland. While the region of Lower Silesia makes up the bulk of this territory, portions of **Upper Lusatia** and **Bohemia** are also part of this Polish voivodeship.

Wrocław continues to be the traditional capital of Lower Silesia and Dolnośląskie Voivodeship. Given the sometimes intimidating challenge that enunciating Polish words can elicit in English speakers, the anglicized moniker of **“Wrougths’ Lough”** is a helpful way to approximate the correct pronunciation in a more familiar form.

Human settlement in Wrocław reaches back millennia. Writing about the prehistory of Lower Silesia’s capital in their book *Microcosm*, historians **Norman Davies** and **Roger Moorhouse** refer to this community as “Island City”, recounting the shifting kaleidoscope of cultural groups who once lived here. Remnants of the **Celts, Scythians, Sarmatians, Goths, Burgundians**, and **Vandals**, among others, have all been found by archaeologists seeking to reconstruct life in the vicinity of Wrocław prior to the advent of written records. Like a substantial number of cities in Poland, it’s name ultimately derives from a founding warlord, nobleman, prince, or king. In this case, the origins of the current name, Wrocław, is thought to trace back to **Bohemian Duke Vratislav I**, which is alluded to in the municipality’s spelling in its Latin form as Vratislavia. An interesting connection to Poland’s capital is that one of the Polish equivalents of the name Vratislav is **Warcisław**, with the diminutive form “Warsz” giving rise to **Warszawa**.

Chronicles start to fill in the void in the second half of the 10th century with references to this part of Europe. **Ibrahim Ibn Yaqub** refers to **Mieszko I**, Poland’s first recorded ruler, as the “king of the North” in his writings which date to around 966 when his nascent state was to join **Latin Christendom**. According to legend, Vratislav I’s granddaughter, **Doubravka Přemyslov-**

na, played a key role in Mieszko’s conversion, giving rise to the princess being dubbed the *“Godmother of Poland.”* This conversion, in turn led to a document asking for the protection of Pope John XV which came to be known as the **“Dagome Iudex”** and describes the boundaries of Poland under Mieszko I that confirms Silesia as a part of his realm. It also resulted in the creation of a bishopric in Wrocław in the year 1000 that subsequently became a motor for the cultural and economic development for all of Silesia.

The seat of that bishopric, the **Archcathedral of Saint John the Baptist** is the crown jewel of Cathedral Island, known in Polish as **Ostrów Tumski**. The name persists despite the fact that it’s no longer an island. The channels of water separating it from the surrounding terrain were largely filled in save for a pond in what is now the **Wrocław Botanical Garden** nearby. Wrocław today is the seat of bishops in four other Christian denominations: **The Ukrainian Catholic Cathedral of Saints Vincent and James**; the **Lutheran Church of Divine Providence**; the **Polish National Catholic Cathedral of Saint Mary Magdalene**; and the **Polish Orthodox Cathedral of the Birth of the Most Holy Mother of God**. Together with the **Synagogue Under the White Stork** and the Roman

Catholic Parish of Saint Anthony of Padua, the above mentioned Lutheran and Orthodox houses of worship are located in the **Quarter of the Four Confessions**, also known as the Quarter of Mutual Respect.

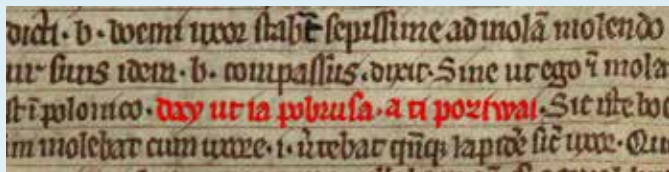
From the moment the Poles conquered Silesia, the Czechs would seize on mo-



A Wrocław Dwarf

ments of weakness to send military forces into Wrocław and Silesia over the next few centuries. Czech influences would grow stronger with the fragmentation of Poland after the death of **Bolesław III Wrymouth** in the 12th century. Although the Polish kingdom was revived under **Władysław I the Elbow-High** in the 14th century, his son **Casimir III the Great** was forced to renounce Poland's claims to much of Silesia in 1339. Nonetheless, Polish influence continued as the **Diocese of Wrocław** was subordinate to the **Archbishop of Gniezno**, thus keeping it formally within the Polish Roman Catholic Church until 1821.

It is thanks to a monastery in Lower Silesia that we have preserved the oldest sentence ever recorded in the Polish Language. **The Book of Henryków** is a Latin chronicle of the Cistercian abbey in Henryków in Lower Silesia. Originally created as a registry of belongings looted during the Mongol raids of 1241, with time it was extended to include the history of the monastery. It is within this book that a husband tells his wife in Polish that *"he will mill the grain, while she should go*



rest." (**Daj, ać ja obruszę a ty poczywaj**)

The architecture of Wrocław is as eclectic as the ethnicities in this cosmopolitan metropolis. Beguiling examples of **Romanesque, Gothic, Mannerist, Baroque, Rococo, Neo-Classical, and Art Nouveau** structures can be seen throughout the built environment, particularly in the vicinity of **Old Town**. The setting is all the more picturesque given the cluster of islands which dominate the city center, a fact which gave rise to Wrocław's moniker as the **"Venice of the North."**



Breslau 1562

Although Wrocław and most of Lower Silesia would be outside the boundaries of Poland for the next 600 years, this did not mean that Polish life ended here. Even as local Polish speakers were increasingly relegated to the underclass as politics drove the perception of German cultural supe-

riority, Poles continued to be a part of Wrocław. Noted Poles such as **Nicholas Copernicus, Jakub Sobieski, Tadeusz Kościuszko, Zygmunt Krasiński, Frédéric Chopin, Juliusz Słowacki, Bogumił Dawison and Józef Ignacy Kraszewski** are just a few of those connected with the Lower Silesian capital. Even after a substantial part of the local Polish community left the city to settle within the borders of newly independent Poland after 1918 and into the darkest days of anti-Polish intimidation by the Nazi Third Reich, the Poles persisted.

One of the institutions which helped sustain Polish cultural life in the whole Silesian region despite the



University of Wrocław 1760

Prussian and German authorities' campaign against the Polish language was the **University of Wrocław**. Founded at the beginning of the 18th century by Holy Roman Emperor Leopold I, the creation of the **Department of Slavic Languages and Literatures** in 1841 at the University of Wrocław was akin to a life raft. The scholars and programs drew some of the brightest minds from the Slavic world enabling the careers of some of the brightest minds in this part of the world.

The Poles, Czechs, and Lusatian Sorbs were not the only Slavic-speaking populations with connections to Wrocław. The **Andrejević-Kun family**, noted Serbian creatives, called the city home at the turn of the 19th and 20th centuries. **Veljko Andrejević-Kun** was a Serbian graphic artist and woodcutter who lived in Wrocław with his wife Gertrude after relocating from Vienna. Veljko is most remembered for his currency designs of Dinar banknotes for the Kingdom of Yugoslavia in the interwar period. Their son **Đorđe Andrejević-Kun** was born in Wrocław in 1904 and became a painter who designed the city of **Belgrade's Coat of**



Belgrade's Coat of Arms

Arms. A member of the **Serbian Academy of Sciences and Arts**, one of Đorđe's mosaics is on display at the **Mémorial de la Shoah**, the Holocaust Museum in **Paris**.

1945 represents a dramatic break in the makeup of the population of Lower Silesia. In contrast to **Upper Sile-**

sia, the vast majority of the region's inhabitants prior to the outbreak of World War II were Germans. Ironically, the population of Poles in the city grew during the war, as tens of thousands of Poles were brought into Wrocław as slave laborers. An additional 30,000-60,000 Poles were transported to the city after the collapse of the **1944 Warsaw Uprising**.

A great population shift occurred after the war. The "Big Three" - the US, the UK, and the USSR decided that Poland would lose 45% of the country's territory, which in turn, would be compensated with lands that were part of Germany. Dubbed the **Recovered Territories** by the Communist Government, these areas east of the new border between Poland and Germany along the Oder and Lusatian Neisse rivers were largely in ruins. Ethnic Germans, together with the **Lusatian Sorbs** and Czechs who lived in certain pockets of this formerly German area would all be deported. In their place came citizens of prewar Poland, relocated here from either the areas which Poland was forced to cede to the USSR or the overpopulated interior of the country. While the vast majority were Roman Catholic Poles, there were also other ethnic groups who found a new home here, including **Armenians, Roma, Jews, Ukrainians, Lemkos, and Boykos**. This multicultural presence is easily detected while traveling through Wrocław and Lower Silesia.



The Kargul and Pawlak Museum

Dolnośląskie Voivodeship became a new home for those who were forced out of **Eastern Galicia** and **Volhynia**. In some cases, entire villages, towns, and even cities moved en masse. Many

of the residents of Czortków, for example, resettled in **Lubomierz**. This endearing town, previously Liebenthal when it was part of Germany, is now a popular tourist destination today. One of the biggest draws to Lubomierz is the **Museum of Kargul and Pawlak**, named after the two lead characters from the classic Polish comedy movie "*Sami Swoi*" which was filmed here. The first installment of a trilogy, it follows two feuding families who, like many other families had to relocate to Lower Silesia from Polish lands ceded to the USSR. The protagonists engage in slapstick antics, but are ultimately forced to come together when romance blooms between their teenage children. The relatable film brought laughter to the emotionally charged situation which these newcomers were trapped in, pining for a home that they could never return to while trying to adjust to a new setting. This was even more the case as it was a taboo subject during the **45 years of Communist Party rule in Poland**, which made the film's release even more powerful.

There is a powerful bond between **Lwów**, now known as Lviv in **Ukraine**, the capital of East Galicia, and Wrocław. Institutions, relics, and monuments followed the throngs of Poles who left Lviv and started new lives in the capital of Lower Silesia. The **Ossolineum**, one of Poland's premiere archives and research centers in Lviv reopened in Wrocław, although less than 20% of



Racławice Panorama

its original collection was allowed to leave the Soviet Union. The **Racławice Panorama**, the oldest cyclo-ramic painting in Poland similarly moved to Wrocław from Lviv, although it was not open for public display until June of 1985. The **Aleksander Fredro Monument** on the other hand was installed in **Wrocław's Market Square** just 6 years after it was transferred from Lviv in 1950. Much of the faculty of Lviv's prestigious **King Jan Kazimierz University** became the founding faculty at Wrocław University after it was reorganized as a place of higher learning in the Polish

Language. Professor **Teofil Modelski** played a key role in saving many of the manuscripts and incunabula scattered across Lower Silesia as the first director of the Archive at Wrocław University after World War II.

While Soviet authorities strictly limited what the Poles expelled from the USSR could take with them, a considerable number of sacred images and holy artifacts were smuggled and placed in their new houses of worship. The Roman Catholic Churches of Corpus Christi and Saint Augustine in Wrocław received the crucifix and holy painting from a church in **Hodowica**, six kilometers southwest of Lviv. The Dominican Parish of Saint Adalbert, also in Wrocław, became the new **Sanctuary of the Mother of God of Podkamień**, another town which became part of the USSR in 1945. A gilded sculpture of the Virgin Mary with the baby Jesus by artist **Jan Szczerkowski** located in the reredos behind the altar of the **Basilica of Mary, Help of Christians** in **Twardogóra**, was originally created for the Salesian Church in Lviv. It was installed in its present sanctuary, a former Protestant Church, in 1945. These blessed objects provided comfort to people who had weathered the traumas of the Second World War and the Soviet installation of a Stalinist regime. For many of these post-war residents of the Recovered Territories such as Dolnośląskie Voivodeship, adjusting to their new surroundings would be a decades-long process.

Amidst the tumult and gloom of Stalinist Poland, the song **Wrocławska piosenka** touched on the heart-strings of a generation upon its release in 1952. The song helped build municipal pride among its residents. Conditions began to improve after the death of Stalin in 1953. Although the Communist authorities of the People's Republic were still firmly in control, the mass terror of that era was thankfully over.

The city of **Legnica** in Poland often conjures up images of the first **Mongol Invasion of Poland** and



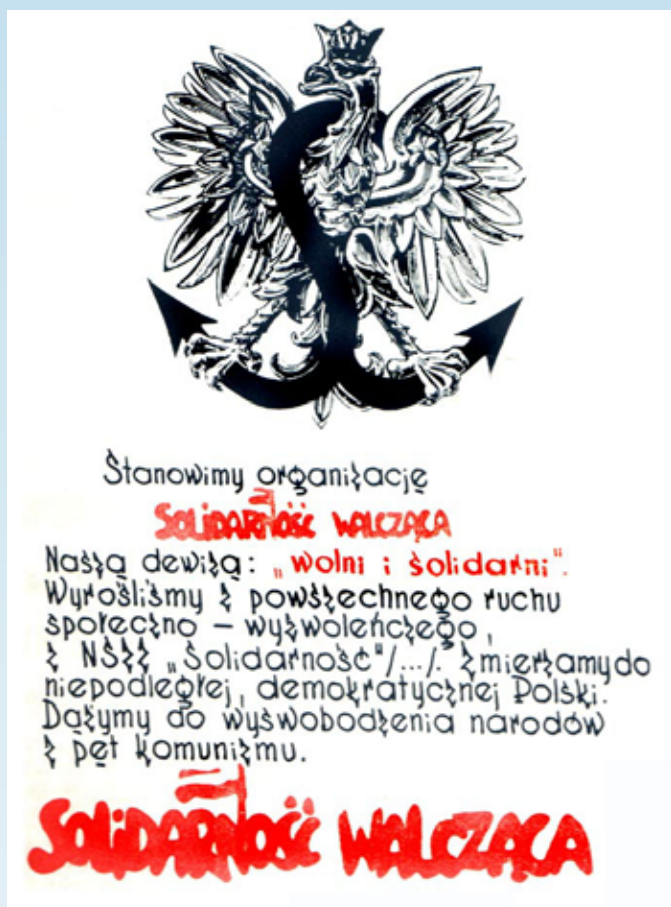
Aerial view of Legnica

the **Battle of Legnica** which took place on April 9th, 1241. Silesian Duke **Henry the Pious** was killed during the fight, and his head would end up being paraded on a spear for the townsfolk of Legnica to see. Just over 700 years later, another foreign army would come, but in opposition to the invading Mongols, this military formation stayed for decades. The Soviet military would take over a third of the city of Legnica as their extraterritorial enclave after World War II. Headquarters for the **Warsaw Pact's** Northern Group of Forces, the Russian soldiers stayed in the country after the **dissolution of the Soviet Union** and did not leave Poland until 1993.

The story surrounding the former town of **Miedzianka** and its secret uranium mines has all the trappings of a cold-war thriller. Nestled in the **Sudeten Mountains**, this prosperous German burg named Kupferberg (copper mountain in English) was a booming tourist settlement that even possessed its own local brewery. After World War II, the locals were expelled to Germany, and the town was renamed Miedzianka. A **secret uranium mining operation** was begun under the ruse of being a paper factory. Ultimately 600 tons of the radioactive element was extracted before the mine was exhausted in the 1950's. Afterwards, the Soviet Army, in conjunction with the Polish military initiated an operation that demolished most of Miedzianka and relocated its inhabitants to **Jelenia Góra**. A ghost of the thriving locale it once was, Miedzianka is now a destination for adventure-seekers intrigued by its unconventional past.

These same mountains were also a conduit by which dissidents from Poland and Czechoslovakia came together in what came to be known as **Solidarność Polsko-Czesko-Słowacka**. These intercultural exchanges were vital in the grassroots movements in both countries which eventually ended the Communist governments in Poland and Czechoslovakia. The **Polish-Czech Forum**, founded in 2008, draws on the legacy of that interstate cooperation to foster cooperation between Poland and the Czech Republic.

Wrocław was a hotbed of resistance to the Communist Regime in Poland, and it was one of the national centers of the **Solidarity Movement**, an independent trade union that at its height had the membership of a quarter of the population of Poland. One of Wrocław's unique contributions was the **Pomarańczowa Alternatywa**, which chose to fight the absurd realities of the People's Republic of Poland with a snarkily crafted series of events to embarrass the authorities. Dressed as dwarves, elves and gnomes, the contribution of these activists is remembered in an unconventional way; over 300 distinct statues of these mythical characters are



now placed all over the town. Wrocław’s dwarves have become a calling card of the city in recent years, with the result that municipal authorities have begun gifting dwarf statues to partner municipalities such as **Dresden, Kaunas, Vilnius, Lviv, Reykjavik, Guadalajara**, and even **Washington DC**.

Wrocław and Lower Silesia have prospered since the fall of the Iron Curtain. A renaissance is clearly visible as a wave of historic renovation and long overdue infrastructure investment has helped jumpstart the local economy. A good example of the artistic vigor animating the city can be seen in plans for a modernist monument to Poland’s greatest poet, **Adam Mickiewicz**, according to a design by **Zbigniew Pronaszko**. This ambitious cubist design was originally slated for the city of Vilnius, but was never completed because of the outbreak of World War II. While calls for a Metro system in Wrocław go back to the 1930’s and floated again in the 1950’s the topic has recently reentered public discourse in the city. It was even one of the key points of debate during Wrocław’s last mayoral election in 2018.

This vitality is also evident in the **Wrocław Zoo**. The oldest zoo in Poland, it was founded in 1865, the same

year that the US Civil War came to an end. Spanning 82 acres in the city center, the Wrocław Zoo is the most visited zoo in Poland, the fifth most frequented in Europe, and the third largest zoological garden in terms of the number of species it houses. The zoo’s **Afrykarium**, which opened in 2014, is the world’s first oceanarium to comprehensively show entire ecosystems from the continent of Africa.

The freedom of the past 30 years has facilitated a discussion and reckoning with the many layers of history in the lands which make up Poland. During the Polish People’s Republic, Wrocław’s German past was obscured and even destroyed. Bratislavians in recent years have sought to restore some of these lost landmarks and traditions which date back to the German Empire. The monument to the German poet **Friedrich Schiller** was restored in 1995, and there’s a movement afoot to rebuild the **Neptune Fountain** which once graced the plaza in **Wrocław’s New Marketplace**.

Coming to terms with the legacy of the Polish People’s Republic has also influenced the debate over “authentic” folk culture in the Recovered Territories. Discussing the lands ceded to the USSR after World War II was a taboo subject during the 45 years of Communist rule. When people want to celebrate local pride, should they promote the reconstructions of folk costumes of the Germanized people who preceded them here? Or should they revive the customs and folkways of their ancestors from the areas which are now in Lithuania, Belarus, and Ukraine?

The answer to that question is clear for the **Górale Čzadeccy**. These are the descendants of Polish Highlanders who ended up settling just across the border in what is now Slovakia. While most of those **Górale** who moved to **Czadca** would later adopt a Slovak identity after the formation of Czechoslovakia, those who later moved from Czadca to the Austrohungarian province of **Bukovina** retained their Polish ethnicity. A sizable portion of these Górale would relocate to Poland after World War II. While many of them would end up in Lubuskie Voivodeship, there are also villages of these highlanders in Dolnośląskie Voivodeship. Cultivating their traditions of song and dance, their culinary traditions have attracted attention in recent years, such as their appetizing variant on the Romanian staple of Mămăligă.

The Górale Čzadeccy aren’t the only Polish Highlanders in Dolnośląskie Voivodeship. Overpopulation in the harsh conditions of the **Podhale** area of Poland has left a long history of outmigration of people from

that region, so it should be little surprise that these Polish Highlanders would gravitate towards the mountains. A number of villages in the Central Sudeten Mountains would be settled by these “Górale” resulting in the formation of a “**Little Podhale**” close to the Czech border. **Kapela Janicki** from Czarny Bór cultivates the traditional songs and dance which began at the foot of the **Tatra** Mountains in their new home.

One of these villages which was largely settled by Polish Górale is **Krajanów**. This tiny nook on the peripheries of Poland is best known as the home of **Olga Tokarczuk**, who won the 2018 **Nobel Prize in Literature**. Together with the neighboring town of **Nowa Ruda**, Krajanów has been the setting for the **Literary Heights Festival** since 2015, with audiences drawn by Tokarczuk’s star power and connections. They’re just a short distance away from **Dzierżoniów**, a sister city of Harwood Heights, Illinois, and **Pieszyce**, home to the esteemed Polish-American poet **Adam Lizakowski**, a friend of another Polish literary giant, **Czesław Miłosz**.

While Pieszyce and Dzierżoniów lie in Lower Silesia, Krajanów and Nowa Ruda are in a different historical region. In contrast to most of Dolnośląskie Voivodeship, the area around **Kłodzko** is part of **Bohemia**. This was the land of the **County of Kladsko**, and it only ended up in the province of Silesia because of its tactical position and the areas conquest by **Frederick II the Great of Prussia** during the **Silesian Wars**. The county’s capital, Kłodzko has been referred to as **Little Prague** because of the bold Czech influences in its built environment. A number of villages in what was called the **Česky Koutek** area of Kłodzko spoke an archaic form of Czech until World War II when most of



Kłodzko, 1500



St. George Church, Krajanów

Photo: Edward Knapczyk/Wikipedia

the Czech inhabitants of these villages were expelled to Czechoslovakia.

Aside from this piece of Bohemia, Dolnośląskie Voivodeship also has a substantial slice of the region of **Upper Lusatia**. The village of **Nawojów Łużycki**, known for its landmark manorial estate, is across the river from it’s Silesian twin, **Nawojów Śląski**. Lusatia is home to a stateless indigenous people who speak a Slavic tongue related to Polish and Czech referred to as Sorbian. Many **Sorbian** (Serbowie łużyccy) studied at the University of Wrocław, which in the 19th century was a center of the **Slavophile Movement**, educating students from Lusatia. These students later became Lusatian national activists. One of the most famous Sorbs was prof. **Jan Arnošt Smoler**, an ethnologist, author of many books in the Upper Sorbian language and publisher of the German-Lusatian dictionary, who studied Protestant theology in Wrocław in the 19th century.

Sorbian ties with Dolnośląskie Voivodeship continued after the Second World War. 17 Lusatians studied at the University of Wrocław, who became ambassadors of Polish culture in Lusatia. One of them is **Alfred Měškank**, a translator of Adam Mickiewicz’s works into Sorbian. While Żary in neighboring Lubuskie Voivodeship may be the capital of Polish Lusatia (Łużyce Polskie), there are however a number of substantial settlements which are at least partially in today’s

Poland. A number of these cities were split when the new boundary between the People's Republic of Poland and the **German Democratic Republic** was set along the Lusatian Neisse River. The most well-known example are the twin towns of **Zgorzelec** and **Görlitz** (**Zhorjela** in the local variant of Sorbian), a picturesque place that in recent years has gained notoriety as **Görliwood** thanks to a sizable number of movie crews which have filmed here. While most of the sites appearing in the film **The Grand Budapest Hotel** are located along the German side of the Neisse River, a pleasant Polish accent in this cinematic piece was that it was set in the imaginary country of *Żubrowka*, a word familiar to any connoisseur of Polish vodka.

Zgorzelec is also notable for its visible presence of a local Greek and Macedonian community. Members of these Balkan nations found their way to Poland as refugees of the **Greek Civil War** after World War II. While many of those who found asylum in Poland ended up returning in the subsequent decades, some folks have stayed behind and planted roots in this country. The **Orthodox Church of Equal-to-the-Apostles Emperor Constantine and Empress Saint Helen**, was built in large part thanks the efforts of local Greeks and Macedonians together with aid from Greece.

Another interesting binational tourist attraction along the Polish German border in Upper Lusatia is the **Park Mużakowski/ Muskauer Park** which in recent years has been inscribed as a **UNESCO world heritage site**. The park and its surroundings have been extensively reconstructed and renovated in the past 20 years.

Heading south towards the border with the Czech Republic, the commune of **Bogatynia** is one of the wealthiest areas of Poland. This is thanks to the **Turów Coal Mine**, which operates as an open-pit and employs over 5,500 people. While much of the original **wattle and daub** structures have survived into the present day in Bogatynia, a devastating flood damaged a number of historic structures which were irrevocably demolished during the event. At the edge of the commune is the **Tripoint** where Poland, Germany, and the Czech Republic come together, attracting many visitors to the site.

One of the newest treasures of Dolnośląskie Voivodeship is a testament to the strong links between the United States and Poland. The Wrocław villa of **Tymoteusz Karpowicz** will be the home of Olga Tokarczuk's Foundation which the author set up with the moneys of her Nobel Prize award. Karpowicz was a Professor at the **University of Illinois at Chicago** and an exceptional Polish language poet whose experimental work has been gaining popularity since his death in Oak Park, Illinois in 2005. This makes it all the more fitting that Tokarczuk would choose Karpowicz's villa as the home of her new literary initiative.

The depth and wealth of history, culture, and tradition in Lower Silesia is worthy of an investment of time and effort to visit. Like the legendary figures of **Liczyrzepa** and **Krakonosz**, the story of Dolny Śląsk has captivated and enticed many. Visit, and you too will discover its magic.

By **Daniel Pogorzelski**
Writer, historian and member of PNA Lodge 2514



The Gate of Gluttony's Greed

Kluskowa Brama

A Wrocław widower loses what he loves, twice!

Wrocław is a city seated in the heart of Lower Silesia. It is a city over a thousand years old with stories and legends to match its history. The winding waters through Wrocław are made up of not only the Oder River but also the Bystrzyca, Oława, Ślęza and Widawa as well as the Dobra River and many smaller streams which flow through the city. Wrocław is often called the Venice of the North and maybe that is the reason why in 1766, Count Farussi lived there. Don't know the Count? Well he is better known as Giacomo Casanova. Yes, that Casanova but that's a different story of love for another time, let's stick to this legend of love in Wrocław.

Many years ago, the city of

Wrocław grew in and around the canals and islands of this important locale. On one of the islands in the town lived Nicholas, a handsome, strong man and his very attractive wife, Hedwig. He was madly in love with his beautiful bride. He bragged about her to all his friends and neighbors. They were the perfect couple. She was incredibly gorgeous, and he was a rugged, good looking Silesian man who worked hard and had an appetite to match.

Nicholas knew he was very fortunate. He loved Hedwig not only because she was incredibly good-looking but also for her incredible culinary skills and in particular, one of her specialties, 'kluski slaskie'. The Silesian dumplings were the only one thing on this

earth that Nicholas loved as much as his beautiful bride.

One morning Nicholas woke up early. As he was preparing for work, a wonderful and tantalizing smell rose from the kitchen below. He went downstairs to find Hedwig preparing a special meal for him after he returned from a hard day's work in the city market. He immediately lit up with a big smile because Hedwig was preparing a delicious feast, beef roulade, red cabbage and his favorite, Silesian dumplings. Nicholas hugged and kissed her, said that he loved her so much that he couldn't live without her. He promised to be back as early as possible from work. He grabbed a dumpling from a bowl and Hedwig shouted at him to put it back.

Nicholas ran about the town square supplying the market stalls with whatever they needed. Moving large crates and barrels and setting up stands was his job. Everyone liked him because he was a good, hard working man. The day was coming to an end, Nicholas was cleaning up the square and saw the sun coming down. As the last rays were about to extinguish, Nicholas rushed to his home.

He brought some flowers he was given by one of the vendors along with some sweets that he would share with his love Hedwig after dinner. He entered the house and





Photo by Mark Dobrzycki

called out to Hedwig. She didn't answer. Nicholas walked into the kitchen all the while thinking that Hedwig was preparing that special sauce that she would pour onto the dumplings to make them taste even better. Hedwig was lying on the floor, he dropped to his knees and grabbed her face. She was dead! He cried out "She is too young to die! Oh why, oh why?"

Several days had passed since the funeral and Nicholas was despondent. He lost his love, his best friend, and he lost the woman who made him the best dumplings in Wrocław. Nicholas was completely lost without Hedwig. He couldn't sleep. He couldn't work. Nicholas couldn't do anything at all.

Nicholas went to the Cathedral of St. John the Baptist and prayed to God for help. There on Ostrów Tumski, he stayed for several days and nights praying. He had lost weight and was unkempt, he was difficult to recognize by people who knew him as others avoided the thin

and wasted man. Hedwig's spirit looked down upon him from Heaven. She felt pain and was sad for her widowed husband. God had called her and she answered, but knew that her husband had little chance to survive without her. That night when Nicholas was sleeping on a bench on the island, she appeared to him in a dream. Hedwig told him that she will make those dumplings he so much loved to eat every night and leave them in a pot on the stove in their kitchen. He was to do only one thing and that was not to commit gluttony. Nicholas was to leave at least one dumpling in the pot.

He woke up with a sparkle in his eye as the sun greeted him. Nicholas rushed to their house hoping that the dream he had was true. In the kitchen, on the stove was a pot and it was filled with dumplings! Yes, it was his favorite, Silesian dumplings; they tasted just like the dumplings Hedwig made for him. He was famished and started eating dumpling after dumpling.

The last dumpling was at the bottom of the pot, he wanted to eat it so bad, even though he was no longer hungry. Nicholas thought to himself, "If Hedwig made all those dumplings, she could make more the following night". He took his fork and aimed for the last dumpling. The dumpling jumped out of the pot, sprouted legs and ran out of the house. Nicholas chased the dumpling down the street and across the bridge. But it was too fast, and Nicholas was too full to catch it. He ran hard and was about to catch it outside the cathedral, but as he was about to grab it with his fork, the dumpling jumped high and landed on the gate.

Nicholas looked up, and within moments, the prized dumpling set in stone upon the gate never to be eaten by anyone. Nicholas knew he had sinned. He knew he lost his wife because he didn't listen to her leaving the house for work that morning when he took the dumpling, and now, he lost the dumplings he loved to eat forever. He could not control himself and he lost the two things he loved most, his wife Hedwig and the Silesian dumplings she made for him with love

*A legend of Wrocław as written
by **Mark Dobrzycki***

*Want to see the Stone Dumpling Gate?
The "Brama Kluskowa" is located at
Kanonia, 50-329 Wrocław, Poland*

A Taste of Silesian Favorites...

BEEF ROULADE, SILESIAN DUMPLINGS & RED 'MODRA' CABBAGE



Photo by Piotrus/Wikipedia 2013

A straightforward recipe to make a full, traditional Silesian Sunday dinner which fills your tummy and your soul. Sunday, in Silesia, is an especially important day especially after a long and hard week of work in the coal mine or at the steel mill. The hearty meal is eagerly awaited by all. It is a simple but flavorful mix of meat, potatoes and vegetable and it is not hard to make but it is certainly delicious.

Mashed potato ingredients, prepare first

- 3 medium Russet potatoes
- ½ cup whole milk or heavy cream
- 1 tablespoon unsalted butter
- salt and pepper
- optional, sour cream

Main dish ingredients

- 1lb of beef entrecote cut into 6 pieces
- 1 chopped medium onion
- 6 prunes cut into quarter pieces
- 2-3 tablespoons of potato starch
- 1 egg
- 6 quarter pieces of pickle – cut lengthwise
- 2/3 cup of red wine vinegar
- 1 large apple
- 3 or 4 allspice grains
- 2 Laurel leaves
- 6 medium-length slices of bacon
- 2 tablespoons of Dijon mustard
- 2 tablespoons of clarified

- butter
- 2 tablespoons of unsalted butter
- 1 cup of flour
- 1 small red cabbage
- 2 cups of beef broth
- Saran wrap
- toothpicks
- salt and pepper for taste

MASHED POTATOES

First of all, prepare the mashed potatoes. Fill medium pot with water, add salt and set on the stove with high heat. Peel potatoes and cut into pieces, the smaller the pieces the easier to mash and combine.

Add the potatoes to boiling water, simmer for up to 20.

Drain water from pot, place back on stove with medium heat, add butter and mash the potatoes. Stir potatoes well and cook for 2 to 3 minutes.

Add whole milk or heavy cream, continue stirring and mashing. Optional, add sour cream for extra smoothness. Remove from heat and let cool.

SILESIAN BEEF ROULADE

- Begin by tenderizing the meat. Place each piece on a cutting board, top with saran wrap and beat with a meat pounder on each side. Beat each piece until it's a little less than a quarter of an inch. The pieces should be thin so that they easily form into a wrap.

- Form each roulade by smearing the inside of each beef piece with Dijon mustard, covering it in full.
- Place a quarter-sized slice of pickle in the middle along with a slice of bacon.
- Wrap the meat into a roulade by closing each piece in from the right and left side first and then fold over the top and roll it closed. Secure with a toothpick, weaving through from top to bottom lengthwise. Repeat this for each roulade.
- Place a large saucepan on the stove with a medium heat setting and allow it to begin to heat.
- In the meantime, season each roulade with salt and pepper on each side and toss thoroughly in flour.
- Pour 2 tablespoons of clarified butter into the saucepan on the stove and slightly warm.
- Begin to place each roulade in the saucepan to fry.
- Fry each wrap evenly from each side until it's fully caramelized. Flip each piece back and forth making sure it's not burning.
- When the meat is fully browned on each side pour the 2 cups of broth over the meat.
- Add the laurel leaf and allspice into the saucepan.
- Cover the saucepan and let the meat stew for 1.5-2 hours. The meat will be ready when tender. Frequently check.

RED 'MODRA' CABBAGE

- While the beef roulade is cooking prepare the red cabbage dish.
- Cut off the bottom edge of the cabbage and then cut into quar-

- ters.
- Cut each quarter piece into finely chopped thin slices,
- Prep a large saucepan with 2 tablespoons of butter and toss in the chopped onions and prunes. Sauté until onions are translucent.
- Add in the red cabbage and stir until thoroughly blended.
- Next, pour in the red wine vinegar. Continue to stir. Sauté until the vinegar has been fully absorbed.
- Add a teaspoon of salt and a dash of pepper to taste, stir.
- As contents cooks in the pan, peel an apple and cut it into small slices. Add the apple slices into the pan.
- Once the apples are thoroughly stirred in, cover pan with lid and allow the contents to stew for about 20 to 30 minutes until the cabbage is soft.

SILESIA DUMPLINGS

- Set 10 cups of water to boil in a medium-sized pot. Add salt.
- Divide the mashed potatoes in your bowl into 4 triangular pieces.
- Scoop out one quarter section and place on top of the remaining potatoes in the bowl. Sift in potato starch, a teaspoon of salt and 1 egg.
- Using your hands, knead the potatoes, starch and egg mixture together until a smooth mass.
- Next, rip off a small piece of dough and roll into a ball between your hands. Press each ball of dough between your hands to flatten into a round dumpling about a half-inch thick, repeat till all dough is used.

- Place each dumpling on cutting board. Use your finger to make a dimple in the middle of each dumpling.
- Toss dumplings into boiling water, up to 10-15 at a time.
- Cover pot and boil for about 5 minutes. Remove dumplings when cooked and rise to the top. Use a strainer to remove.

Prepare the plate:

- Place a roulade on plate along with several dumplings. Pour sauce over each serving.
- Finally, add a generous scoop of Modra Kapusta to the plate.
- Sprinkle chopped dill over the plate.
- Smaczno!

This recipe is from the new PBS television series "Flavor of Poland"

For more recipes and information about the program check:

www.flavorofpoland.com

**New Recipes
of Polish
favorites
with a
PNA twist
coming
soon!**

PNA Pennsylvania Poles!

PNA WEST END LODGE 1052 HELPS SENIORS

PNA West End Lodge 1052 of Pittsburgh, Pennsylvania is always community conscious and especially now during the pandemic, has stepped up their concern. Lodge President Mark Pawlos and lodge officers made a concerted effort to help seniors in the surrounding neighborhoods. Mark's idea sparked a tremendously successful effort in which lodge members donated money to buy food for seniors. Almost \$6,500 was collected.

Mark and board members put their words into actions. Three times, food was bought and put in bags by the board and lodge members. The care packages were distributed to senior centers and directly to seniors living in the surrounding communities including Elliot, Mt. Washington, Sheradan,

Special thanks go to Shop'n Save Mt Washington and Sheradan United Methodist Church for their help. Also, a big thank you to Mark's wife Gail, and to Tracy and her husband Keith Smith, lodge vice president, for a tremendous job. West End Lodge members made this possible with their extraordinary effort. More than 250 bags were handed out to people in real need. Our members wanted to let the seniors know that they are not forgotten and always in our thoughts and prayers.

*Submitted By Val Pawlos
PNA Director*

PNA LODGE 841 SCHOLARSHIP RECIPIENTS

Martin Olshanski, president of PNA Lodge 841 of Monaca, Pennsylvania announced the recipients of the annual scholarship awards. Four deserving students from Lodge 841 were chosen based on a number of criteria including membership in the lodge. All of the award winners are current college students. Each is pursuing career goals while at the same time preserving their Polish heritage through their involvement with the PNA.

Emily James of Gotha, Georgia is a student at Florida State University in Tallahassee. The PNA Monaca

Lodge Scholarship she received will help pay tuition and school expenses at the oldest public school in the state of Florida.

Brothers Brandon and Donovan Luerssen of Haymarket, Virginia each received a PNA Monaca Lodge Scholarship. Brandon attends Lake Superior State University in Sault Ste. Marie, Michigan a school with specialized programs such as fisheries and wildlife management and environmental sciences. Donovan is a student at Washington and Jefferson College in Washington, Pennsylvania, where 85% of the graduating students are accepted into medical, law and graduate school.

Richard Mangerie of Beaver Falls, Pennsylvania will use his PNA Monaca Lodge Scholarship at Drexel University in Philadelphia, Pennsylvania. He is enrolled in the selective liberal arts school's Institute of Technology.

PNA Monaca Lodge wishes all the recipients the best in their academic endeavors. The 2021 program will soon be announced, stay tune for details arriving shortly.

*Submitted by Martin Olshanski,
President, PNA Lodge 841 Monaca*



Crafton Heights, West End and Windgap. A letter was included in each bag from the lodge expressing our concern about the seniors during these difficult times.

New Times & New Ways



The PNA Seminar Sales Team led by President Frank Spula, center, with Manager of Sales Jolanta Walaszek and sales representative Bart Szkutnicki during one of the most recent virtual sales seminar events.

As we continue to grow as better individuals, technological advancements have really paved the way to more accessible and convenient train-

days and times of the week to accommodate all individuals involved in sales. The sales seminars are moderated by PNA President Frank Spula, Sales Manager Jolanta Walaszek and sales representative Bart Szkutnicki.

We have a growing number of participating individuals with each seminar session containing highly educative concepts. Our goal is to improve the knowledge and skills of every PNA sales representative. Over the last 3 months, participation has totaled approximately 150 sales representatives.

With every session, each one of our team members leaves with confidence to service our clients in their needs. Below are some of the comments received:

Marie - "Amazing presentation. Most informative. Very convenient."

ing for workforces. Since May of this year, the PNA Membership Department has initiated virtual seminars for our sales representatives.

Seminars are scheduled on different

Dennis - "It was a great seminar. The platform used for the seminar was excellent!"

Sandy - "I really enjoyed these virtual meetings. I look forward to more."

Please call the Membership Department at 800-621-3723 and contact Halina Kuczynski ext. 344, Bart Szkutnicki ext. 325 and Jolanta Walaszek ext. 330 for more information on the upcoming seminars, and how to join the PNA sales team.

If you ever thought of becoming a PNA sales representative, now is the time!

Go Sales Team!

*By Jolanta Walaszek
PNA Sales Manager*

*Photos by Agnes Szafranski
PNA Marketing*



Jolanta Walaszek, Manager of Sales, prepares for the virtual seminar by setting up the online meeting at the PNA Chicago headquarters.



The sales team shares a laugh with some of the online participants during the last virtual seminar.

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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) winnings 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



Pandemic Stress: Tips for a Positive Resolution



There is no doubt that the coronavirus, or COVID-19, has caused many problems for us all world-wide. The uncertainty and almost daily changes about what is happening, is causing disruption in our actions, behavioral changes we must undergo, interpersonal relationships, job insecurity and changes in daily life activities. The result is negative stress. Being able to cope with the stress in a healthy way will cause you, your family/friends to feel better and make your community stronger.

Possible Reactions to Pandemic Stress

- Worry/fear about your health and the health of your loved ones, your financial concerns/your job or the support services that you have been relying on.
- Feelings of numbness, disbelief or anxiety.
- Changes in sleeping or appetite/eating patterns.
- Decrease in energy and activity levels; lacking motivation.
- Feeling tired, overwhelmed or “burned out”.
- Feeling sad or depressed.
- Problems sleeping (having nightmares, upsetting thoughts or images), or difficulty concentrating.
- Increase in chronic health problems, example: heart-burn/GERD.
- Physical reactions, such as headaches, body pains, stomach problems or skin rashes.
- Increase in mental health conditions.

- Releasing anger or being short tempered.
- Increased use and abuse of alcohol, tobacco or other drugs.
- Increased suicide risk, especially for people who have experienced violence, child abuse, bullying or sexual violence. Feelings of isolation/depression anxiety and financial stresses can also increase the risk of suicide.

Should you experience these feelings/behaviors for several days, you should contact your health care provider. Taking care of your emotional health during a pandemic will help you think clearly, protect yourself and your family and help with the long term healing that we all will need to go through before it is over. Families have had to adapt and adopt new responses to many of the regular challenges of daily living resulting in isolation, frustration, disruption, irritability, boredom, distrust, loneliness, helplessness, anger, fear, sadness, aggression and even rebellion. People with pre-existing mental health conditions should continue with their treatment plans and watch for any new symptoms. Mental Health Disaster Distress Hotline contact: **1-800-985-5990**.

Healthy Ways to Manage Stress

- Take care of your body- eat healthy, well-balanced meals, exercise, keep regular sleep habits, avoid alcohol, tobacco and drugs.
- Connect with others- maintain healthy relationships and build a strong support system.
- Virtual communication, like phones, video chats, and social media contacts can help you feel less lonely and isolated.
- Take breaks- make time to unwind, take deep breaths and engage in activities that you enjoy.
- Remain informed- watch, listen to, or read the news from government officials who are reliable in their information. Avoid rumors on social media.
- Avoid too much news exposure- take breaks from news stories on the pandemic. Try to return to normal life as much as possible. Check for news updates between breaks.
- Maintain a positive attitude- concentrate on the

positives of the situation such as, now I can read the book I never had time to read; or now I can bake the dessert I always hoped I could make, etc.

- Seek help when needed- if after trying different resolutions to pandemic stress and having no success, speak with a clergy member, counselor, health care provider or call the hotline at **1-800-985-5990**.

In addition to the healthy ways to manage stress, work related factors can add to stress during a pandemic. Such factors may include:

- Concern about being exposed to the virus while at work;
- Taking care of personal and family needs while at work;
- Managing a change in workload;
- Feelings of guilt about not being on the frontline and not contributing enough to work;
- Feelings of job insecurity, and
- Requirements to learn new job skills, new communication methods and dealing with technical difficulties.

Tips to Build Resilience and Manage Job Stress

- Communicate openly with coworkers, supervisors and employees about job stress as you maintain social distancing of at least 6 feet.
- Work expectations should be discussed openly by everyone and problem resolutions should be a part of all concerned.
- Discuss mental health resources available in the workplace.
- Identify what you have, or have not, control over and do the best you can with what you have.
- Develop a daily routine, a comfort zone, to feel less stressed.
- Keep a regular sleep routine.
- Take work breaks, stretch, exercise or check in with family, friends or other coworkers.
- Spend time outdoors.
- If working from home, end your workday as you normally would.
- Remind yourself that each of us has a role in fighting this pandemic by observing the rules and regulations set up by government agencies.
- Realize that everyone is in an unusual situation with limited resources and requested to stay at home.
- Know where to go for help at work or contact your health care provider.

Assisting Children to Cope with Pandemic Stress

Children may show the effects of pandemic stress differently than adults. They may grieve over the loss of routines and playing with friends. Children may act out in a negative manner, not eat or sleep well, show persistent anxiety, lack of concentration, sadness or depression, and unexplained headaches or body pain. Younger children may resort to crying episodes. If the behaviors continue and interfere with school performance/school avoidance or relationships with family and friends, contact your child's health care provider.

- Ask questions of your child to determine his/her emotional well-being and to understand his/her perception of the pandemic.
- Allow the child to grieve by allowing him/her to talk and express feelings. Let your child know that s/he is not alone.
- Provide age appropriate answers to questions about the pandemic.
- Practice calming and coping skills with your child.
- Take care of yourself and be a role model for your child on how to cope.
- Reassure your child that s/he is safe, and it is OK to feel upset.
- Maintain the same routines as much as possible.
- Spend time doing activities with your child such as, reading, coloring playing board games or other activities that they enjoy.



Support for Teens and Young Adults. The COVID-19 pandemic has affected teens and young adults at a time in their lives when social distancing and social events have been canceled causing them to either feel isolated or causing them to disregard the pandemic rules altogether. They should feel free to socialize via the computer or cell phone. They can still mingle with friends while keeping the six foot distance. Doing for others can give a person a feeling of accomplishment and the recipient a feeling of gratitude. Being quarantined is not easy for anyone. Support the teen's feelings. It is of more critical importance for young adults who are in a serious relationships stage. They have real challenges to overcome if their relationship is to survive the pandemic. They need much support and encouragement.

Alcohol and Substance Abuse. Increased stress can lead to increase use of alcohol and substance abuse. If this is your situation, or someone that you care about, seek help from a health care professional. Excessive use of alcohol increases the risk for committing violent attacks, injuries to self or others and motor vehicle accidents. It also increases the risk of long-term health conditions such as liver disease, cancer, heart disease, stroke, high blood pressure and birth defects. Drinking alcohol does not protect you from COVID-19. Alcohol can increase the risk of respiratory distress syndrome and pneumonia which are associated with COVID-19. Illegal substance use and abuse can contribute to severe reactions with COVID-19, up to and including death. The illicit drug supply may become disrupted during the pandemic, and not be available to the addict leading to withdrawal symptoms, or the person using contaminated drug products. Stay at home orders may lead to overdose situations with no one to help causing an otherwise preventable death. There are many ramifications for the person taking in too much alcohol or illegal drug use.

Support for Victims Experiencing Abuse. Violence is a serious public health problem, affecting people of all ages. Many who are victims of violence survive, but not without suffering long-term physical, mental and emotional health problems. Some of the public health reactions to decrease the spread of the pandemic virus involve avoiding large and small gatherings, working remotely and closing schools. Such measures can contribute to an increase in violence and abuse. The stay at

home suggestion to prevent the spread of the pandemic can lead to more time at home as an abuser. The abuse can include child abuse and neglect, intimate partner violence and elder abuse. Some suggestions for victims of abuse include: creating a safety plan while in the abusive situation, a plan to leave, or what to do after leaving. Practice as much self care and independence as possible. Reach out for help and maintain social connections through phone calls, texts, e-mails or other methods of communication.

Conclusion. The coronavirus pandemic, or COVID-19, has caused much stress in all of our lives, children, and teens, young, middle aged and elder adults. There are many resources on the internet to help us try to understand what is happening and suggestions on how to cope with COVID-19. Each one of us has different circumstances and coping challenges. Keeping a positive attitude and spiritual faith can guide you through the maze. How you react to the stress can affect your physical and mental health, well-being, the people you care about, your workplace and your community. It is important that we all recognize the stressful conditions we are in, and build resilience. If you cannot manage the situation, know where to go, or call, to find help. May we all find reprieve from this COVID-19 monster, soon.



Author:
Teresa Struziak Sherman,
RN, BSN, MS
PNA National Director

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H

earburn, Acid Reflux, GER and GERD

Know the Differences!

Heartburn, acid reflux, gastroesophageal reflux (GER) and gastroesophageal reflux disease (GERD) are terms often used interchangeably, but actually they are advanced stages of heartburn. More than 15 million Americans suffer from heartburn every day, and more than 60 million Americans experience heartburn at least monthly. There are many factors that can cause the discomfort of heartburn, one of them is stress. We are all living a life of uncertainty and stress as we try to prevent ourselves from getting the COVID-19 virus. We are all vulnerable to becoming victims of heartburn and its counterparts as we strive to outlive the virus. Heartburn is a burning feeling in your chest or throat, but has **nothing** to do with your heart. *Acid reflux* occurs when swallowed food passes from your throat, through your esophagus and by an opening into your stomach. Normally, the opening closes once the food passes through. If the opening does not close, stomach acid may flow backward into the esophagus and even up to your throat. This is called acid reflux. Stomach acid that touches your esophagus can cause heartburn or acid indigestion. When heartburn, or acid reflux, is frequent or causes complications, or interferes with your daily routines, it is referred to as *GER* or *GERD*. Doctors refer to GER as acid indigestion, acid reflux, acid regurgitation, heartburn or just plain reflux. The later stages of the disease can damage your esophagus and

may even lead to cancer. The difference between GER and GERD is the frequency of the acid reflux episodes. GER that occurs more than twice a week for several weeks could be GERD. GERD can be serious and if you think that you have GERD, you should contact your health care provider.

Causes of GERD. Eating certain foods, drinking alcohol, stress and some medications, such as asthma drugs, some blood pressure drugs, drugs that treat allergies, some pain medications, some sleeping medications, and medicines to treat depression may cause heartburn or GERD. Other factors are: increased pressure on your stomach from being overweight, obese or pregnant; having a diagnosis of a hiatal hernia; smoking or inhaling secondhand smoke.

Signs, Symptoms, Diagnosis and Treatment. The most common *symptom* of GERD is regular heartburn, which is a painful, burning feeling in the middle of your chest, behind the breastbone, and may also go to the middle of your stomach. However, not everyone with GERD has heartburn. Additional common symptoms may include: nausea or vomiting; pain in the chest or upper abdomen; bad breath; painful or problems swallowing, respiratory problems if stomach acid goes to your lungs, and the wearing



away of your tooth enamel if the acid travels to your mouth. The *diagnosis* of GERD is usually made by your history and frequency of symptoms, at which time your doctor will order further testing and a possible referral to a specialist, called a gastroenterologist. How can you try to control GERD episodes?

Controlling GERD Symptoms

- Avoid eating or drinking fatty or spicy foods;
- Avoid overeating, eat small more frequent healthy meals instead of three large meals;
- Manage stress by letting go of situations out of your control;
- Try not to eat anything 2-3 hours before bedtime, stay upright 3 hours after meals and avoid reclining/slouching when sitting;
- Sleep on a slight angle with the head of the bed raised 6-8 inches;
- Try to lose weight if you are overweight or obese;
- Wear loose fitting clothing around your abdomen to avoid squeezing your stomach which can force acid into your esophagus;
- Stop smoking or avoid secondhand smoke, and
- Try taking over-the-counter antacid medicines to get relief, but it is best to tell your health care provider if you do not get relief, and to rule out more serious conditions.

Depending on the severity of symptoms, the doctor may recommend lifestyle changes, medicines, surgery or a combination of treatments.

Diet May Help Prevent Heartburn or GERD.

Diet changes may help reduce symptoms of heartburn, acid reflux or GERD.

Foods that Help Prevent Heartburn/ Acid Reflux or GERD

- High fiber foods that will make you feel full so you will not overeat, such as: whole grains, oatmeal, couscous and brown rice;
- Root vegetables, such as sweet potatoes, carrots and beets;
- Green vegetables, such as asparagus, broccoli and green beans;
- Alkaline foods, such as bananas, melons, cauliflower,

fennel and nuts;

- Watery foods, such as celery, cucumbers, lettuce, watermelon, broth-based soups and herbal tea;
- Non-fat milk and low fat yogurt;
- Ginger, apple cider vinegar, and
- Lemon water.

Foods that May Cause Heartburn/ Acid Reflux or GERD

- Fried food; fast food;
- Pizza
- Potato chips/other processed snacks;
- Spicy foods/chili powder/pepper;
- Fatty meats/bacon/sausage;
- Cheese;
- Tomato-based sauces, and
- Chocolate, peppermint and carbonated beverages.

Conclusion. From heartburn to GERD, there are ways to manage the condition before it becomes a serious event in your life, or in the life of someone you care about. Reducing stress, making lifestyle changes, and utilizing information on what foods help, and those foods that may aggravate your symptoms, should help you make decisions and make you feel better. It is important to remember to inform your health care provider about your heartburn and its symptoms. There are treatments available that may help you avoid more serious consequences. Seek help from your health care provider.



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P.N.A. National Director

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Polish Heritage Opportunity

The Polish Heritage Center USA at Panna Maria, Texas, home of the first and oldest permanent Polish settlement in the United States, is searching for a Librarian/Archivist.

Interested applicants please check for more information:

<https://polishheritagecenterusa.org/>



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Send it to Zgoda and it might appear in the next edition.

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SZKOŁA POLSKA

Did you know that the Polish National Alliance provides subsidies for Polish Schools? If you are a Polish school principal, board member, or a teacher, please call our Fraternal Activities Department for more information at

773-286-0500 ext. 312

**subject to change*

Enter Now!

**Get your camera out and
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PNA Photo Contest**

Deadline is coming up fast!
All entries must be received
by Monday, **October 26, 2020**
Entry details on page 30

Just a Reminder!

Important days and holidays for the remainder of 2020

Labor Day	Monday, September 7
Patriot Day	Friday, September 11
All Saints' Day	Sunday, November 1
Daylight Savings Time End	Sunday, November 1
Election Day	Tuesday, November 3
Veterans Day	Wednesday, November 11
Thanksgiving Day	Thursday, November 26
Christmas Eve	Thursday, December 24
Christmas Day	Friday, December 25

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Contact the PNA Fraternal Advisor in your area with questions regarding PNA activities, a local Sales Representative or sales opportunities. Get involved!

Polish National Alliance of U.S. of N.A. 6100 N. Cicero Avenue, Chicago, Illinois 60646 | www.pna-znp.org

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b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	30,500	30,500
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	0	0
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	0	0
	(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	200	200
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))		30,700	30,700
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541	0	0
	(2) Free or Nominal Rate In-County Copies included on PS Form 3541	0	0
	(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	0	0
	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	0	0
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))		0	0
f. Total Distribution (Sum of 15c and 15e)		30,700	30,700
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))		300	300
h. Total (Sum of 15f and g)		31,000	31,000
i. Percent Paid (15c divided by 15f times 100)		100%	100%

* If you are claiming electronic copies, go to line 16 on page 3. If you are not claiming electronic copies, skip to line 17 on page 3.

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