

ZGODA

SPRING
2021

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

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Welcome Spring
Witaj Wiosno

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During spring the Earth’s axis is at an angle in between our closest and farthest point from the sun. The weather turns warmer, trees begin to grow their leaves, plants start to flower, and young animals such as chicks and lambs are born. The arrival of spring brings more daylight, so we can enjoy the energy that triggers the release of serotonin, a brain chemical that helps us feel happier. For believers, spring is a reminder that God is all about making things new. Enjoy the spring season!

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of the U.S. of N.A.

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The great gift of Easter is Hope.

*Wishing you an Easter blessed with
Hope, Joy, and Peace.*

Happy Easter!

Wesołego Alleluja!

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PNA Frontline Hero Award



These days we don't need to look to the skies to find a hero; they are in our lives every day. In hospitals, restaurants, schools, local stores, and on the frontlines battling the Covid-19 pandemic, members of our PNA Community have been working hard to keep us all healthy and safe.

Thank you to all of the frontline workers. We appreciate your courage and your commitment. You are modern Frontline Heroes. You exemplify the core values of our organization.

The Polish National Alliance is committed to supporting the health and well-being of our members and their families. We would like to recognize the Frontline Heroes within our own organization and reward them for their tireless efforts. This is where you can help. Nominate members in your community for the PNA Frontline Hero Award and show them your appreciation for all that they do!

Nominees must be a Beneficial Member of the PNA in good standing. There will be one Frontline Hero selected from each PNA Region, and presented with a check in the amount of \$500 as a token of our appreciation. Deadline for nominations is **June 30th, 2021**.

Full Name of Frontline Hero Nominee.....
Occupation.....Brief Summary of Duties:.....

Nominee's Address:

Nominee's Phone: Email:

Brief Explanation for Reason of Nominating Frontline Hero:

Name of Person Submitting Nomination:

Phone: Email:

Submit your nomination no later than **June, 30th, 2021** to:



PNA Fraternal Department
6100 N. Cicero Avenue
Chicago, IL 60646-4385
pna-znp.org

Email: fraternal@pna-znp.org
More information: 1-800-621-3723 ext. 312



From the President

March 2021

Dear Members,

This is the first edition of Zgoda in the New Year, and while many of 2020's problems have carried over into 2021, I hope the beginning of this year has been peaceful for you. We need to stay positive, focused, and take control of our destiny. We want to strive to make this year better than in the past.

Even though 2020 was a challenging year due to the pandemic, I am delighted to report that the Polish National Alliance is financially sound. The total revenue increased from \$35.289 million to \$36.565 million in 2020. The organization experienced a net operating income of \$884k before refunds to members. The total assets increased by \$3.5 million, to \$433.438 million while the surplus increased by \$110,000 to \$21,844 million. Overall, expenses were lower by \$750,000 in comparison to the previous year. Thanks to PNA's conservative and stable investment policy, the assets pledged to support PNA's liabilities are sufficient and able to provide for the expected benefits and expenses of its in-force business.

As of the beginning of this year, National Secretary Alicja Kuklinska will be serving as Acting Editor of Zgoda. She has previously served in that position for seven years and agreed to continue for the time being. We offer our sincere thanks and gratitude to Mr. Mark Dobrzycki for his efforts and contributions to the 2020 Zgoda issues.

I am pleased to announce that we have hired a new National Sales Manager Mr. Thomas Adamson, to work with Ms. Jolanta Walaszek and the rest of our PNA Team. He comes to us with many years of experience in the Insurance Industry, Sales, Training, Product Development. We are excited to have Mr. Adamson on board and wish him success in his new role!

COVID-19 has brought hardships to many families. One of the ways to make certain that loved ones and families are protected is through life insurance. Life insurance provides immediate cash to surviving beneficiaries, to assist in paying the deceased's final expenses, monthly bills, a mortgage on a family home, or any other financial obligations. Additionally, proceeds are tax-free to beneficiaries.

I invite you to take a look at our latest Life Insurance Promotions. Signing up for a Life Insurance Certificate is a quick process that will provide much-needed stability for your family during the time they will need it the most.

For almost forty years, the Polish National Alliance has been offering annuities to its members with thousands of members benefitting. With Americans living longer, annuities are one way to ensure a retirement strategy. One of the key benefits of an annuity is that it allows you to save money for the future and defer paying taxes until you retire, and in a more favorable tax bracket. An annuity serves as a complement to other retirement income sources, such as Social Security and pension plans.

With the filing of taxes around the corner, we are pleased to announce our interest rates on most annuities have been increased to 2.75% guaranteed for a year.

You can find our latest promotions on pna-znp.org, or by calling our Home Office Sales Team at 1-800-621-3723 ext. 330 (Jolanta), 325 (Bart), or 344 (Halina). They will be happy to assist you.

I wish you and your loved ones a joyful Easter Holiday, and for good things to come during the rest of the year.

Please know that whatever the future holds, the Polish National Alliance is here for you.

Happy Easter, *Wesołego Alleluja!*

Sincerely,

Frank J. Spula, FLMI
President and CEO

Our Official PNA Representatives

We are here for you. Our PNA representatives are just like family and we know that sometimes you need to reach out and talk to someone who talks just like you and understands your concerns. Below is a list of directors and fraternal advisors, the districts and regions they represent and their email addresses. Feel free to contact them with your comments and questions; after all, we are here for you!

Region	Fraternal Advisor	Contact	
A	Irene Grabowy	pnagrabowy@juno.com	860-589-0592
B	Sean Jackson	sjacksonpna@gmail.com	412- 841-3120
C	Bozena Kaminski	bozenak@polishslaviccenter.com	917-750-8143
D	Joseph Magielski	jmagielski@yahoo.com	330-518-6363
E	Stella Szczesny	stellaszcz@gmail.com	313-680-4548
F	Barbara Wesołowski	Bwesolowski1@yahoo.com	708-460-6657
G	Magdalena Solarz	pna.fraternal.g@gmail.com	773-777-8800
H	Jolanta Mazewski-Dryden	jola@drydeneventproductions.com	713-805-5810
I	Teresa Jankowski	jtjankowski@sbcglobal.net	414-559-9301
J	Greg Chilecki	gchilecki@dslextreame.com	714-744-2775

Region	District	Area	Facebook Page
A	I,II	Maine, Massachusetts, New Hampshire, Rhode Island, Vermont, Connecticut	Polish National Alliance, North -East states
B	VIII	Western Pennsylvania, Western New York	PNA , Region "B" Fraternal Group
C	III,VI,VII	Eastern New York, New Jersey, East and Southwestern Pennsylvania, Maryland, Virginia, Delaware, DC	Polish National Alliance, Mid Atlantic
D	IX, XVII	Ohio, West Virginia	Polish National Alliance, Ohio and West Virginia
E	X, XV	Michigan, Indiana	Polish National Alliance, Michigan and Indiana
F	XII	South Chicago	Polish National Alliance, South Chicago
G	XIII	North Chicago	Polish National Alliance, North Chicago
H	IV, V, XI	Texas, Nebraska, Missouri, Florida, Colorado	Polish National Alliance, Region H
I	XIV	North Dakota, Minnesota, Wisconsin	PNA, North Dakota, Minnesota, Wisconsin
J	XVIII	Washington, Oregon, Nevada, California, Arizona	Polish National Alliance, Pacific Coast, Nevada and Arizona



Important Message

From the National Sales Manager

For many years I have driven past the Polish National Alliance Home Office on the Edens Expressway while on my way to downtown Chicago or on my way home. I always wondered what the PNA was and what exactly went on in that two-story building. Now I am a part of it!

By way of introduction, I am a lifelong resident of the Chicago area and a graduate of Loyola University. In my career with a large commercial life insurance company, I gained experience as an office manager, agent, general agent, and compliance specialist. I began working as a Sales Director in the home office of a fraternal insurance company in 2004 and have worked with fraternal organizations continuously since then.

Some of my fraternal activity includes serving as President of the Illinois Fraternal Congress, President of the Fraternal Field Managers Association Board, and being an active member of the National Association of Fraternal Insurance Counselors.

My wife, Libby, and I currently live in Skokie, IL. We have five children and 17 grandchildren. My focus at PNA is the growth of life insurance and annuity production while promoting the PNA culture and fraternal values. I am so very pleased to be a part of this great organization and hope that my experience, knowledge, and skills can contribute to the growth and financial strength of PNA.

Wishing you and yours a truly blessed Easter. One that is filled with God's peace and joy. Hopefully, in the next year, we can approach normalcy in our lives once again.

*Tom Adamson, FICF, CLU ChFC
National Sales Manager*

LP65 and You

- **Does someone depend on you for income?**
- **Do you have a family?**
- **A non-working spouse?**
- **Employees that work for you?**

If so, you may want to explore what Cash Value Life Insurance can do for you and your dependents.

While trying to balance between providing needed income for your loved ones and prepare for your eventual retirement income, you can put life insurance to work for you.

The PNA Life Paid-Up at 65 is a versatile solution that offers multiple advantages to you as the insured and to you as the retiree. First and foremost, age 65 is your last premium payment! Just as you reach the time when you quit working and start to live on the assets you have accumulated, there are no more premiums due.

You may use the cash value at age 65 in several ways. It can provide a lifetime monthly income. An income that you can't outlive. You can take it out in a lump sum which would give you the cash but would end the life insurance coverage. Or, if you still need life insurance, you can leave it as a death benefit with no more premiums to pay.

Each premium you pay for your Life Paid-Up at 65 plan is doing "double duty" for you. It is working to take care of your family in case of untimely death and it is accumulating Cash Value to use as a supplement to your overall retirement income.

How could it work for you?
Ask us! **1-800-621-3723**



Life Paid Up at 65

Life Insurance that meets your family's needs and can be a source of retirement income!

ARE YOU PREPARED FOR RETIREMENT?

\$ 30,000 COVERAGE AMOUNT		
AGE	MALE	FEMALE
40	\$48.33	\$44.50
41	\$51.06	\$47.01
42	\$53.89	\$49.65
43	\$56.89	\$52.43
44	\$59.99	\$55.35
45	\$63.26	\$58.40
46	\$70.66	\$65.23
47	\$78.49	\$72.44
48	\$86.75	\$80.06
49	\$95.45	\$88.10
50	\$104.63	\$96.61
51	\$114.29	\$105.54
52	\$124.44	\$114.97
53	\$135.11	\$124.85
54	\$146.31	\$135.24
55	\$158.09	\$146.15

*Waiver of Premium Rider premium not included.

This plan provides you with:

CASH VALUE AT RETIREMENT

- Can be taken in lump sum
- Converted to a lifetime income
- Provide periodic payments

DISABILITY PROTECTION

- Waiver of premium benefit* if you are sick, injured, and unable to work

CASH VALUE LIFE INSURANCE FEATURES

- Access to Cash Value
- Tax-Advantaged Retirement Income**
- Income Tax-Free Death Benefit**
- Disability Protection



Polish National Alliance of the U.S. of N.A.
6100 N. Cicero Ave, Chicago, IL, 60646
www.pna-znp.org

1-800-621-3723

www.Facebook.com/PNAZNP

Certain products might not be available in all states or the District of Columbia. Contract subject to terms and conditions. The description of benefits is brief and does not constitute, in itself, a contract. Above rates are for non-smokers. Higher amounts of insurance protection are available. Subject to underwriting. **Consult Tax Advisor.



**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

Dear Members,



The last several months were difficult for all of us.

We are all affected by the Covid-19 pandemic in one way or another.

We have to live through the difficulties life brings us, and hope for better times. Times, we can meet again, and see our unmasked smiles.

With spring and Easter comes hope, and a reminder of the miracle of life. May this miracle bring you peace and joy!

Happy Easter!
Wesołego Alleluja!

Zdrowych i radosnych
Świąt Wielkanocnych
życzy serdecznie czytelnikom
Zgody
zespół redakcyjny:

*Alicja Kuklińska
Ewa Krutul
Teresa Struziak Sherman
Magdalena Biedroń*

COUNCIL 62 INSTALLS OFFICERS FOR 2021

Chicopee, MA. Council 62 Polish National Alliance delegates of Chicopee, MA held their 2021 annual meeting and elections virtually utilizing the audio telephone Freeconferencecall.com service. Each Council delegate was required to dial a number, put in the designated code and was then connected to the conference. Election Chairperson and Installing Officer, Diane Lukomski, PNA Lodge 711, administered the oath of office to elected delegates and officers.



Pictured standing left to right: Richard Knurek, 2nd Vice President and President of the Polish Alliance Youth Camp, Camp Stanica in Bondsville, MA; Diane Lukomski, Chairperson of Elections; Jeannie Zapala, former Commissioner PNA District 1, and Council 62 1st Vice President; Gilbert J. Sherman, President; Teresa Struziak Sherman, PNA National Director, and Council 62 Financial and Recording Secretary, and Brian Gendron, Treasurer. The photo was taken prior to COVID -19 restrictions in early 2020.

Because of COVID-19, Council 62 is not planning an Easter Egg Hunt this year. We hope to plan for an Egg Hunt in 2022.

The PNA Council 62 co-educational overnight camping season will be in question due to the pandemic as well. Anyone interested in sending a child to Camp Stanica, the Polish Alliance Youth Camp in Bondsville, MA should contact Gene Kirejczyk at 48 Szetela Drive, Chicopee, MA 01013, or call 413-592-0227 for updated information regarding the opening of Camp Stanica.

Council 62's challenge is to increase PNA membership and has organized a membership contest for all its delegates for the year 2021. Our goal is to have every delegate enroll, or refer at least one new member for 2021 and Sales Representatives should enroll at least three new members in 2021. Sto Lat PNA Council 62!

*Teresa Struziak Sherman,
PNA Director*



The Stefan Gadecki Family Needs Your Help

Holyoke, MA. On July 23, 2020, Stefan Gadecki, 43, son of Richard and Irena Gadecki, suffered a major seizure at home. He was taken to the hospital, where after an MRI and two separate opinions, Stefan's worst nightmare became a reality. He was diagnosed with a Stage IV Glioblastoma, the most aggressive form of brain cancer.

The Stefan Gadecki Family



Southwick, MA. The Stefan Gadecki family at home in Southwick, MA. Since Stefan has been diagnosed with a devastating brain tumor, family expenses have skyrocketed. The Gadecki's are a 100% PNA family, and we want to help our fellow members in their time of great need. Please help with any donation that you can afford. It will be greatly appreciated. Pictured are: Stefan, Caitlin, Brynn (8), and Annika (5) Gadecki.

Stefan, his loving wife of 13 years, Caitlin, and their two sweet girls, Brynn, 8 and Annika, 5, are now faced with the fight of their lives. While there is no cure for this cancer, Stefan is ready to fight to prolong his life as much as possible. On August 12th, 2020 he underwent a lengthy surgery where doctors were able to remove most of the tumor. Chemo and radiation treatments followed to slow down the regrowth of the tumor. Stefan was of course unable to work due to his diagnosis, and loss of vision from the tumor. Caitlin has worked at a local children's hospital foundation for 13 years and continues to do so, while also supporting and bringing Stefan to treatments, which are five days per week for six weeks.

The Gadecki family is a 100% PNA family of PNA Lodge 525 of Holyoke, MA. Stefan's mother, Irena Gadecki, has been active in PNA Lodge 525 of Holyoke, MA for at least 20 years as the financial secretary. She is the treasurer of PNA Council 82, Delegate to PNA District 1, and secretary of the Polish American Congress of Western Massachusetts and has chaired the Miss Polonia Massachusetts Pageant since it began. The Western MA Lodges and Councils, as well as PNA Council 111 of Worcester, MA and PNA District 2 have supported Stefan and want to help them as much as possible. We want Stefan, while facing these difficult times of heartbreak and uncertainty, to not have added financial stress.

On September 20, 2020, spearheaded by PNA National Director, Teresa Struziak Sherman, PNA Council 62 of Chicopee, MA and Camp Stanica Directors met outdoors at Camp Stanica and voted to support Stefan and his family. Individuals, as well as Council 62 and Camp Stanica contributed to the cause.

On October 11, 2020, an extended group of supporters gathered at Pilsudski Park in Holyoke, MA to render support to Stefan and his family. Supporters included: Region "A" PNA Fraternal Advisor, Irene Grabowy from Bristol Connecticut; former PNA District 1 Commissioner, Wanda Milecki from Worcester, MA; President PNA Council 111 of Worcester, MA, Peter Milecki; President of PNA Council 82 of Holyoke, MA and former PNA District 1 Commissioner, Frank Wolanin and Mary Wolanin; President PNA Council 62 and PNA Lodge

711 of Chicopee, MA, Gilbert J. Sherman; President of PNA Lodge 525 of Holyoke, MA, Dorothy Wolanski, and President of the Polish American Congress of Western Massachusetts, Joseph M. Kos. The National PNA Home Office has also made a donation.

Stefan is also unemployed. He lost his job due to COVID-19 at the early part of 2020. Any donation, no matter how small will be greatly appreciated. The money raised will help with medical expenses, living expenses, and offer the Stefan Gadecki family an opportunity to have family experiences that are being taken away from them far too soon. Their dreams of living a normal life have been crushed. Our hope is that we can still help them make beautiful family memories to keep in their hearts forever.

Although the prognosis for this disease is not positive, we will remain positive that new treatments and options will become available as time goes on. We are faithful, hopeful, and believe there are infinite possibilities. God

Council 62 and Camp Stanica Contribution



Bondsville, MA. At the quarterly meeting of PNA Council 62 of Chicopee, MA, and PNA Camp Stanica, delegates heard the appeal of PNA National Director, Teresa Struziak Sherman, to help a PNA family of our bordering PNA Council 82 in Holyoke, MA. Stefan Gadecki is facing the challenge of fighting a recently diagnosed brain cancer. Both the Council delegates and Camp Stanica delegates agreed to financially help the Gadecki family. Pictured standing left to right front row near the Camp Stanica pavilion are: Helena Jalbert, Melissa Petrasiewicz, Jeannie Zapala, Richard Knurek, PNA National Director, Teresa Struziak Sherman and Gilbert J. Sherman. Back row: Gene and Cindy Kirejczyk. Taking the photo was Brian Gendron.

Extended Group of Supporters



Holyoke, MA. Additional Stefan Gadecki supporters gathered on October 11, 2020 to offer faith, hope and love to the entire Gadecki family by being led in prayer by PNA Director Sherman. Prayers were offered in both English and Polish. Pictured in the center: the Stefan Gadecki family: Annika, age 5; Brynn, age 8; Caitlin and Stefan being presented donations collected at the event by PNA National Director, Teresa Struziak Sherman. Second row: parents of Stefan, Richard and Irena Gadecki; Joseph M. Kos, President of the Polish American Congress of Western Massachusetts and Mary Wolanin, Vice President of the Polish American Congress of Western MA and member of PNA Lodge 525. Back row: Peter Milecki, President PNA Council 111, Wanda Milecki, former PNA Commissioner District 1, Gilbert J. Sherman, President PNA Council 62 and PNA Lodge 711; Dorothy Wolanski, President PNA Lodge 525, and Frank Wolanin, President PNA Council 82 and former Commissioner PNA District 1. Missing from the photo is Irene Grabowy, PNA Fraternal Advisor Regions 1 and 2. Masks were removed for the photo. Sabina Gadecki, sister to Stefan, contributed to this article submitted by: Teresa Struziak Sherman, PNA Director

works wonders, and Miracles do happen! Right now, we are all praying for that Miracle.

Thank you for your consideration to help the Gadecki family, our PNA family members in need. Please join our group of Stefan Gadecki supporters with a donation.

Any donations can be mailed to Stefan personally at:

Stefan Gadecki
P.O. Box 1037
653 College Hwy.
Southwick, MA 01077-9998

Or mailed to:

Polish National Credit Union,
c/o Urszula Kulig, 46 Main St.,
Chicopee, MA 01020



John Raphael Hercik, born April 21, 2020, son of Joseph and Maria Hercik of Peoria, IL, is the newest member of PNA Lodge 694. John's PNA membership is a gift from his loving grandparents, Joseph and Irene Hercik, PNA Director. John joins his five siblings and parents as a part of a 100% PNA family!



100% PNA Family! (l-r) Katie, Maria with Mia on her lap, Joseph holding John, Michael, Grace, and Joey Hercik.



Lyla Maria Burgess, born July 7th, 2020, is the newest member of PNA Lodge 750 in Glassport, PA. She is the daughter of Matthew Burgess and Breanne Dombroski, a Treasurer of Council 110 and Officer of Lodge 750. Lyla was signed up by Fraternal Advisor of Region "B", Sean Jackson.



Kalina Cupial, born October 16th, 2020, daughter of Krzysztof and Karla Cupial of Humble, TX. She joins her uncles, aunts, and cousins as a PNA member of Progressive Lodge 2336. Kalina was signed up by Jolanta Mazewski-Dryden, Fraternal Advisor Region H.



Joshua Staszek Jackson, born December 11, 2020, is a new member of Lodge 2525. He is a son of Alec and Natalie Jackson (nee Jedruszko) of Livonia, MI. PNA certificate is a thoughtful gift from his loving "babcia" Teresa Jedruszko.



Faustina Wanda Gray, born August 28, 2020, daughter of Nick and Teresa Gray is the newest and youngest member of Lodge 1224, Rockford, Illinois. The certificate is a gift from her loving grandparents Stan and Mary Gwardys. She was signed to the PNA by Joe Wojewodzki, Financial Secretary of Lodge 1224.



Brady Blair Ritter, born June 10, 2020, joined his big brother Buster, and numerous cousins, as a member of Lodge 128 in Bremond, TX. Brady's certificate was a gift from his loving great grandmother Marie Zan. He was signed up by PNA Sales Representative, former Commissioner Wanda Kotch-Ray.



Emila C. Florek, born April 4, 2019, is a new member of PNA Lodge 1134. The parents are Thomas and Ashley Florek. The PNA membership is a lasting gift from her grandparents Edward and Margaret Florek of St. Louis, MO. She was signed up by PNA Sales Representative, former Commissioner John A. Baras.



John J. Pludrzynski, born December 30, 2020, son of Thomas and Jessica Pludrzynski, is a new

member of PNA Lodge 1684. PNA certificate is a gift from his loving grandparents John and Mary Pludrzynski of Slingerlands, NY. He was signed up by former Commissioner, PNA Sales Representative Marian Wiercioch.



Joseph John Chuchla, born May 25, 2018



Lilian Grace Chuchla, born April 25, 2014

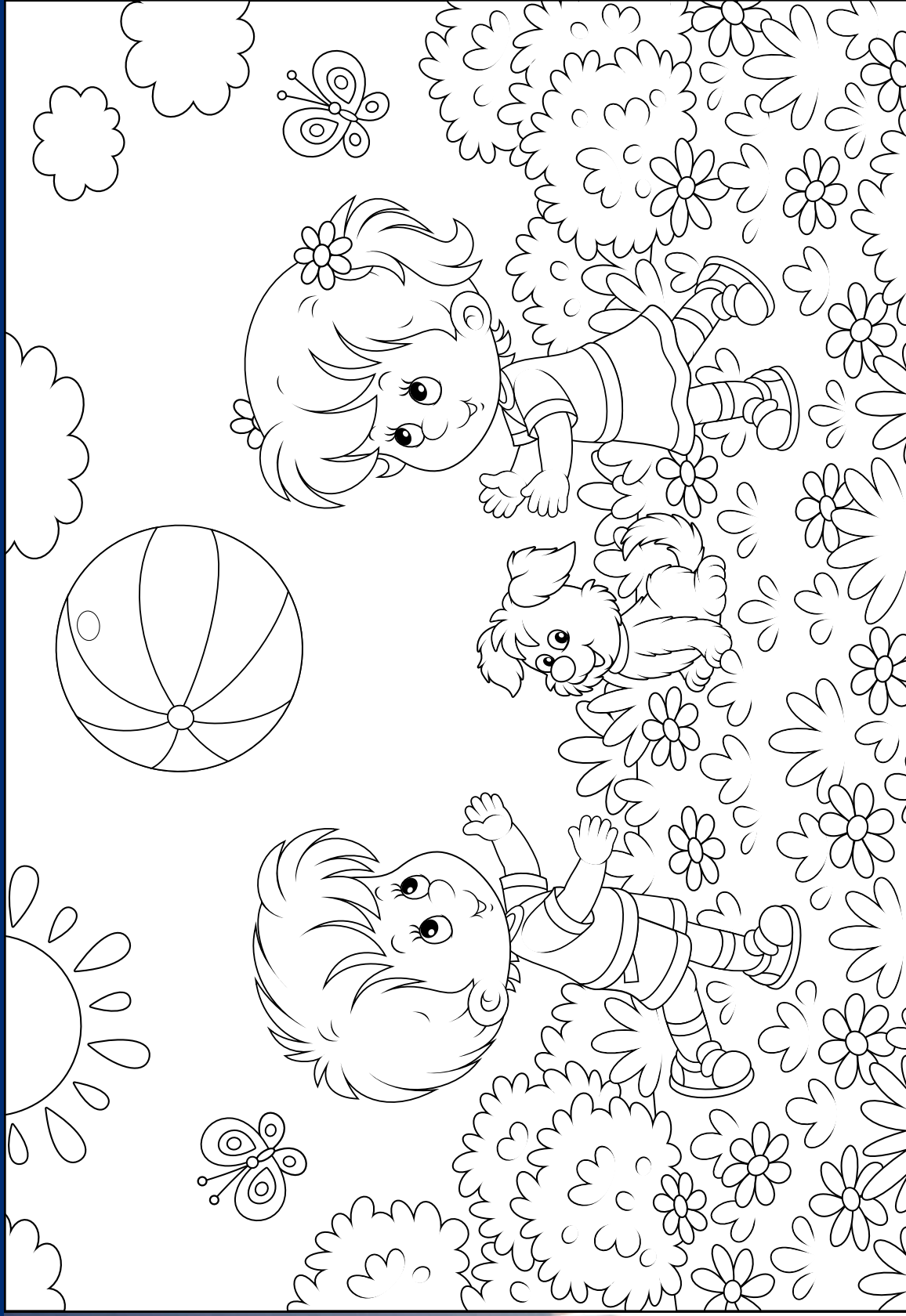


Katherine Ann Chuchla, born April 20, 2011

children of Jonathan and Bethany Chuchla of Lemont, IL, are the newest members of Lodge 2368. Their PNA certificates are a thoughtful gift from their loving grandmother, Ms. Patricia Chuchla (nee Turkowski) of Palos Heights, IL. They were signed up by Barbara Wesolowski, Fraternal Advisor, Region F.

2021 PNA COLORING CONTEST FOR CHILDREN AGES 5 TO 8

WELCOME SPRING



RULES: Submission deadline: **June 30th, 2021.** Child must be PNA member. One entry per child. Each entry must have the child's full name, age, and address attached with the completed coloring page. There will be three winners selected, and three \$50 checks awarded. You can download the coloring page at pna-znp.org
Mail entry to: **PNA Fraternal, 6100 N. Cicero Ave., Chicago, IL 60646**



Polish National Alliance Scholarship Program

Deadline is April 15th, 2021



The Polish National Alliance is pleased to announce the PNA's Annual College Scholarships. The program is available to all PNA members who are currently enrolled as full-time College or University students and who will be continuing their undergraduate studies in the Fall 2021 semesters.

Full-time students who will be Sophomores, Juniors, and Seniors in the Fall 2021 semester qualify for scholarships. Incoming freshmen do not qualify.

Please check Community/Scholarship Program tabs for Rules, Regulations, and Application. You may also request the Application by e-mailing:

fraternal@pna-znp.org

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

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



**Polish National Alliance
of the U.S. of N.A.**
6100 N. Cicero Avenue
Chicago, IL 60646-4385

pna-znp.org

PNA Supports Polish Heritage



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*

Supporting Christmas Basket Program

Last November, the PNA Lodge 685 in Cle Elum, WA, donated \$250 to the Centennial Center Christmas Basket Program supporting Christmas food and toy drive.

If there is a will, there is a way to help those in need!



PNA Lodge 685 President Gary Fudacz presents Susan Klein, Center Director, with a donation.

*Submitted by: Floyd Rogalski,
PNA Lodge 685 Recording Secretary*

News from Texas

Sending prayers to all for good health and safety during these challenging times. We have certainly been dealt with some difficult circumstances in Texas and other parts of the U.S., in addition to COVID-19, and our strength is being tested. We have begun the liturgical season of Lent and getting closer to Easter (Wielkanoc). It has been tough getting out and about in the first quarter, but we have managed to make some things happen. When there is a will there is a way. Please do not forget the products that PNA has to offer. You never know when you will need the protection life insurance offers.

Despite several obstacles, Dożynki 2020 at Our Lady of Częstochowa Church in Houston was celebrated in a smaller than normal fashion. A Harvest/Thanksgiving mass was celebrated to thank God for this year's harvest and bounty and to welcome the new priest, Reverend Tadeusz Rusnak.

A group got together to celebrate a long time Progressive Lodge 2336 member's 80+ birthday: Roza Ekimov (we don't tell a ladies age!). She is a dedicated PNA member, continues to work with everyone in the community, and keeps on giving. Sto Lat Pani Roza!

Progressive Lodge 2336 and its members came out and represented the Polish community at the annual Renaissance Festival in Magnolia. Every weekend for two months Michael Szpak and Kasia Łukasiewicz were out at the Polish Village along with friends. Fraternal Advisor Dryden stopped in to visit and thank everyone.

El Paso gave us a unique way to socialize and spend Polish Independence Day together. The Independence Day hike was amazing! Thank you Basia, Jacek, Michal, and Augie for making the hike special and for celebrating the meaning of November 11th for the Polish people! Do następnego razu!



The Polish Consulate in Houston had a limited celebration for the Polish Independence Day celebration. Jolanta Mazewski-Dryden, Fraternal Advisor attended the event along with Dr. Jim Mazurkiewicz, Mike Kurtin, and other PNA members.



Annual Meeting of the Polish American Council of Texas, which local PNA lodges sponsor was held. Though there were less people in attendance, it was a great celebration with all COVID protocols in place. PNA had a Polish display once again and gave out the current PNA promotions and additional materials. A number of awards were given out to members in the Polish community that have for many years contributed to perpetuating Polish Heritage.



Award winners

Though we were not able to host the traditional Polish Christmas party, the Houston Polish School held a small one during class. As always, PNA Progressive Lodge 2336 Fraternal Advisor Jolanta Mazewski-Dryden stopped in and distributed gifts to children and their teachers in appreciation for the work they do.



You can't have Christmas without pierogi, so members of the Austin Polish Society got together and made a day's worth! Progressive Lodge 2336 Erica Dryden & Lukas Bielecki with some of Austin Polonia made enough Pierogi to feed a small army! What a great day!



The Polskie Kolędownia (Polish Christmas Caroling) tradition continued in Texas. It took place at St. Stanislaus Catholic Church, St. Stanislaus Catholic Cemetery, and the Chappell Hill Museum. The amazing event was organized by Dr. Jim Mazurkiewicz of Kosciuszko Lodge 165.



The Kolędownie tradition was carried on in Bremond, Texas. This wonderful event was organized by Brian Marshall from the Kosciuszko Lodge 165 and has been going on for decades.



In January 2021, Progressive Lodge 2336 held their annual meeting and small Christmas luncheon, though attendance was small, it was a successful meeting and it was wonderful catching up with our members.



The Progressive Lodge 2336 and Kosciuszko Lodge 165 Lodges held their annual meeting and a luncheon in Polish Home in Houston. Members were able to participate via face-time.



Progressive Lodge 2336 Erica Dryden and Lukas Bielecki visited Polish School in Houston, making children smile with St. Valentine's treats at their Carnival celebration. Thank you to the wonderful teachers and the parents that keep on teaching our language and heritage.



Check out and share the PNA Region H's New Facebook Page!

Keep us updated with your projects, ideas, and innovations.
<https://www.facebook.com/Polish-National-Alliance-Region-H-100688988414554/>

*Jolanta Mazewski-Dryden,
 Fraternal Advisor – Region H*

Baroque Pearl in Camden

St. Joseph's Polish Catholic Church (Kościół Świętego Józefa) is a historic Roman Catholic Church at 1010 Liberty Street in Camden, Camden County, New Jersey.

The parish was started by a group of Polish immigrants in 1891, who bought land and in 1895 completed a combination of church and school. The present church was designed in the Baroque style by Philadelphia architect George Lovatt and was dedicated in 1914. The building is cruciform in shape with three bells in the tower. The exterior is covered in gray Vermont granite.

The magnificent interior of the church features a 63-foot nave and an apse that is crowned by a half-rounded cupola above the main altar. There are two side altars in niches that flank the main altar. The sanctuary features stunning, large stained-glass windows donated as memorials over the years. The ornate altar, statues, columns, frescoes, paintings, wooden pews make it one of the most beautiful American churches. With its 1,000 people capacity, the church could be a picture-perfect setting for the most special ceremonies.

The church was once home to a growing congregation of Polish immigrants and their children, but over the years and as a result of changing demographics, parishioners aged and moved away. During a series of consolidations within the Diocese of Camden, St. Joseph's Polish Catholic Church was merged with the Cathedral of the Immaculate Conception.

Historical St. Joseph Polish Church in Camden NJ has been designated, a pilgrimage site for 2021. Over 125 years old, it features over 90 first-class relics, including Pope John Paul II.

Polish traditions are kept alive at St. Joseph's. There are Polish Masses offered, blessings of Easter baskets, special exhibits, etc. For those who cannot visit Camden, virtual tours are available.

www.stjosephscamdennj.org

Special thanks to Mr. Edward Pierzynski of Haddon Township, NJ for informing us about this significant religious and architectural landmark.

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- o Complete the profile information below
- o Mail it to the PNA Main Office
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- o Or call your local representative

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33rd Annual Jack N' Jill Golf Outing



Couples winners and Jim Meinzer(Host)

Pittsburgh, PA: West End Pulaski Lodge 1052 Board Member James Meinzer successfully hosted the 33rd annual Jack n' Jill golf outing on Saturday, August 22, 2020, at Green Meadows Golf Course in Volant, PA.



Ronny Stacey – Worst Golfer

What's a Jack n' Jill outing you ask? Well, it is a couple's event, and the basic rules are that men hit the golf ball from tee to green and then their partner putts. The scores for each are combined on the scorecard and there are several skill prizes to be won or in most cases lost. The most coveted, or depending on your point of view, the unwanted trophy is that of the Horse's Ass. This award goes to the most putts on their scorecard and was won this year by Tracy Smith. Each winner receives a trophy and bottle of champagne.

The outing had 76 golfers this year and a great time was had by all. Fraternalism was and is always forefront and the participants were treated to a fantastic Filet Mignon dinner prepared by Jim Meinzer and his assistant Eric Arlet. As is the norm, a 50/50 was held with the proceeds

benefitting a different charity each year. This year's selection was Teresa's Hope 4 Hearts. The 50-50 raised \$250 for them. The winners, Bruce and Sandy Tomlinson graciously donated their halfback, and Teresa's Hope 4 hearts were given a total of \$500.

A heartfelt Thank You also goes to the PNA Home Office who has supplied trophies for this event for several years. The Jack n Jill group reciprocates by continuing to sign up new PNA members each year from the guests that attend.

Lowest Couple Score:

Bryan and Stephanie Betzler

2nd Lowest Couple Score:

Jason & Jenny Pryor

Longest Putt:

Joyce Coleman

Least Amount of Putts:

Jenny Pryor

Worst Golfer:

Ronny Stacey

Worst Couple:

Keith and Tracy Smith

Most Putts (aka Horse's Ass):

Tracy Smith

*Jeff Twardy,
PNA Director & Sales Representative*



Keith and Tracy Smith- Worst Couple

Santa's Visit in Milwaukee

PNA Council 8 of Milwaukee, WI, held a drive-thru visit with Santa on December 13, 2020, at the Polish Center of Wisconsin. Families were able to take pictures with a masked Santa and children received a Christmas backpack filled with goodies. Thank you all for coming, and complying with pandemic safety protocols. Wishing everybody a healthy and prosperous 2021,

Fraternally,

*Teresa Jankowski,
PNA Fraternal Advisor Region I*



2021 PNA Essay Contest

How has Covid-19 Affected My Life?

We have all experienced the Covid-19 virus in different ways. We would like to know how it has affected you and your family. The PNA essay contest offers an opportunity to express your thoughts on how the global pandemic affected you or your family's life. We look forward to reading your work.

Essay theme: How has Covid-19 Affected My or My Family's Life?

Eligibility: Must be a PNA member

Age Categories: High school
Adult
*One entry per family.

Essay Requirements: The essay shall reflect the writer's own original thinking. The paper shall not exceed one thousand (1000) words, typed in English, 12-point Times New Roman font, double-spaced with one inch margins. All entries become the property of the Polish National Alliance and may be used in future PNA publications.

Deadline: **May 31, 2021** (postmark date)

Awards: Prizes in each category.

First Place - \$300.00

Second Place - \$200.00

Third Place - \$100.00

Submitting Your Essay: Do not put your name on an essay. Each entry must have a separate cover sheet including: name, mailing address, phone number, and email.

Mail Essay to:

Polish National Alliance
Fraternal Department
6100 N. Cicero Ave.
Chicago, IL 60646 or Email: fraternal@pna-znp.org



Polish National Alliance of the U.S. of N.A.
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Mistrzostwa Literowania w Yorba Linda

W dniu 20 lutego 2021 roku, po dwuletniej przerwie, odbył się w Polskiej Szkole im. Heleny Modrzejewskiej działającej przy Ośrodku Polonijnym w Yorba Linda, Kalifornia konkurs literowania po polsku.



Zwycięzca w grupie młodszej Joshika Sanchez z Kazimierzem Kmak, Marleną Hulisz, Grzegorzem Chileckim, Jarosławem Musiałem.

Konkurs był sponsorowany przez lokalną Grupę PNA 3259 „Piast” i byłego komisarza Okręgu 16 PNA, Jarosława Musiała. Sponsorzy ufundowali dwie nagrody w wysokości \$100 każda, a Grupa Piast ufundowała karty upominkowe do sklepu Target dla uczestniczących w konkursie członków.

Mistrzostwa przeprowadzono w dwóch grupach wiekowych, pierwsza to uczniowie klas 4 i 5, druga, uczniowie klas 6, 7 i 8. W pierwszej grupie startowało 9 uczniów, a w drugiej 12. W komisji oceniającej umiejętności literowania zasiadli: Kazimiera Kmak – dyrektor szkoły, Marlena Hulisz – wiceprezes Grupy Piast pełniąca rolę przewodniczącej

jury, Jarosław Musiał - były komisarz okręgu 16 oraz Grzegorz Chilecki - krajowy doradca PNA w Regionie J. Konkurs prowadziły nauczycielki Polskiej Szkoły im. Heleny Modrzejewskiej panie Bożena Lasunowicz i Anna Kobylecki.

W pierwszym etapie konkursu uczestnicy mogli zapisać wylosowany przez siebie wyraz. W drugim etapie już nie mieli tej możliwości i musieli każdy wyraz przeliterować z pamięci. W grupie młodszej zacięta walka trwała ponad półtorej godziny. Dopiero w 18 rundzie, wyraz „upór” zdecydował o zwycięstwie ucznia klasy 5, Joshika Sanchez. Należy nadmienić, że Joshik pochodzi z rodziny, w której mama jest Polką, a tata jest pochodzenia latynoskiego. Po zakończeniu konkursu zwycięzca stwierdził, że to babcia najbardziej mobilizuje go do nauki języka polskiego.

Po przerwie odbył się konkurs dla uczniów klas starszych. Jego rozpoczęcie poprzedziła uroczystość wręczenia dyplomów i medali Global Seal of Biliteracy dla ubiegłorocznych absolwentów szkoły, którzy w grudniu 2020 r. zdali egzamin z języka polskiego Avant STAMP 4S. Dzieci otrzymały ufundowane przez rodziców prezenty, a pani dyrektor i paniom nauczycielkom wręczono piękne bukiety kwiatów. Poziom konkursu w grupie starszej był bardzo wysoki i aby wyłonić zwycięzcę, sięgnięto do listy wyrazów dodatkowych. Ostatecznie, w 12 rundzie wyraz „dżem” zdecydował, kto został zwycięzcą. Został nim uczeń klasy 7 Zachary DeMaio, wyprzedzając

Nelly Matusik z klasy 6 (drugie miejsce) i Helenę Munson z klasy 7.

Uczestnikom konkursu wręczono pamiątkowe dyplomy i drobne upominki. Zwycięzcy otrzymali również okolicznościowe medale i nagrody pieniężne. Z podziwem można było obserwować zmagania uczestników z pięknym, ale także trudnym językiem polskim. Udział w konkursie był dla dzieci dużym wyzwaniem, gdyż wszystkie są urodzone w USA i język polski jest ich drugim językiem.

Organizatorzy Mistrzostw Literowania stanęli na wysokości zadania i wspaniale uczcili Międzynarodowy Dzień Języka Ojczystego, który obchodzony jest corocznie 21 lutego.

Wielkie brawa dla zwycięzców! Gratulacje i duże podziękowania dla dyrekcji szkoły oraz dla wszystkich, którzy przygotowali piękną oprawę artystyczną i czuwali nad sprawnym przebiegiem konkursu.

Grzegorz Chilecki & Jarosław Musiał



Zwycięzca w grupie starszej Zachary DeMaio z Bożeną Lasunowicz, Jarosławem Musiałem, Marleną Hulisz.

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Polish Custom Continues In Massachusetts

Holyoke, MA. Polish National Alliance Lodge 525 of Holyoke, MA held its third International Women's Day event on March 8, 2020, at Pilsudski Park in Holyoke. The event was featured as, "*Damskie Spotkanie Przy Kawie*" and only ladies of all ages were invited to attend. International Women's Day, in Polish: *Miedzynarodowy Dzień Kobiet*, is celebrated in Poland every year on March 8. It became a day of celebration in Poland after World War II, and implemented by the Russians. Initially this feast was designated by the government, and it later was accepted by Polish society and it became part of Polish culture.

From 1948 to 1956, Polish women began to change the image of the meaning of this day. It was a time for women to demand rights for improved working conditions. With the fall of Stalinism, the government and mass media began to recognize that women are mothers, housewives and also exhibit special beauty and caring attributes. The government and media still try to convince Polish women that their role is to build a socialistic future, but women also wished personal happiness. Women were beginning to strive for a better life, treatment, and recognition for their contributions to society overall.

The late 1980's was the dawn of the celebration of Women's Day. It became a day to revere women and give them a flower such as a rose or carnation. There was a strong tendency to adopt Western culture's Valentine's Day. This became popular, but not in Poland until the middle 1980's.

There is an attempt to revitalize Women's Day in Poland and in Western Massachusetts as well. Many women would like to be treated special on this day, when men will try to be better husbands or sons and even help with daily chores.

The Polish National Alliance (PNA) was impacted by the women's movement. Women within the PNA organization were protesting for the right to vote. As a result in 1900, twenty years before the United States 19th Amendment to the Constitution, women were given the right to vote in PNA matters.

In an audience of 150 women at Pilsudski Park, there were many teachers, nurses, doctors, lawyers and business leaders. Each lady was presented with a long stemmed rose upon entering the hall. The guests enjoyed entertainment by DJ Janusz Wolanski and had an exceptional buffet, much, much more than *kawa or herbata*. There was also time to play

Bingo, trivia, name that tune and the movie that supported that tune. The event received such positive responses that we all hope that PNA Lodge 525 will continue to host the celebration in the years to come. Thank you to all who volunteered their time and homemade delicacies.

PNA LODGE 525 COMMITTEE APPLAUDED FOR SUCCESSFUL EVENT



Holyoke, MA. Enjoying the spectacular Polish Women's Day event at Pilsudski Park in Holyoke, MA on March 8 are PNA Lodge 525 officers left to right: Irena Gadecki, Financial Secretary/Sales Representative; Ewa Pierzchalski, Vice President; Dorothy Wolanski, President; Malgorzata Misniekiewicz, Recording Secretary, and Marysia Wolanin. The event was a great success. The guests enjoyed the plentiful food selections, special entertainment and most of all each other's company.

ENJOYING POLISH WOMEN'S DAY IN HOLYOKE, MA



Holyoke, MA. A room filled with 150 women of all ages attending the Women's Day celebration at Pilsudski Park and enjoying the food and entertainment is pictured at the event held on March 8, 2020.

PREPARING FOR INTERNATIONAL WOMEN'S DAY EVENT



Holyoke, MA. There is much preparation needed to organize such an event such as an International Women's Day for 150 people. Pictured is Lidzia Lech, member of PNA Lodge 525, assembling flower decorations in her living room prior to the March 8th celebration party.

*Teresa Struziak Sherman,
PNA Director*

The Celebration of Woman's Day in Holyoke, was held shortly before Covid-19 pandemic affected all of our communities, and kept us in isolation. We hope to continue in our traditions, in-person meetings and gatherings as the world conquers the coronavirus with prevention protocols and vaccines.

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addresschange@pna-znp.org

For the Kids

Polish National Alliance Council 171 in Bethlehem, PA, made lots of pierogi last winter! On the initiative of Anna Thompson, the proceeds, \$1000, were donated to the Pen State's Thon, a student-run philanthropy committed to enhancing the lives of children and families impacted by childhood cancer.

Submitted by Christine Thompson

Congratulations Council 171 Members for your exemplary display of fraternalism!



(l-r) Joseph Janik, Antionette Sharetsky, Anna Thompson, Agnieszka Niemirka, and Christine Thompson.

Celebrating Pulaski Day 2021

On February 26, 1986, Chicago Mayor Harold Washington introduced a resolution to designate the first Monday in March General Casimir Pulaski Day, and the City Council approved. Although Chicago Public Schools stopped giving students Pulaski Day off in 2012, many banks, the Chicago Public Library, Cook County Government Offices, private schools, and other institutions are closed for this holiday. The Polish National Alliance closes our office on Pulaski Day as well.

This year, a few events took place to honor the Polish-born American War Hero and Father of the American Cavalry, General Casimir Pulaski.



(l-r) Polish Daily News General Manager Łukasz Dudka, National Secretary Alicja Kuklińska, Mayor of Chicago Hon. Laurie Lightfoot, PNA President Frank J. Spula, Polish Daily News Editor-in-Chief Alicja Otap. Portrait of General Pulaski (artist unknown) is a property of the Polish National Alliance.

The Illinois Division of the Polish American Congress held a mass honoring General Pulaski on Sunday, February 28th at Our Lady Mother of the Church in Chicago. The mass was conducted by Bishop Andrzej J Wypych, with the National flags of Poland and the United States on display. Though it was smaller, with congregants sitting farther apart than usual due to Covid-19 restrictions, it was still a meaningful celebration with represen-

tatives from various Polish-American organizations, as well as friends of the Polish Community, coming together to celebrate the legacy of General Pulaski, the values of Freedom and Democracy that he fought for, and the friendship between the United States and Poland. PAC -IL Division awarded four people with Honorary IL PAC Membership: Maria Papas (Cook County Treasurer), Ariel E. Reboyas (30th Ward Alderman), Michael Freichs (State Treasurer), and Dr. Willie Wilson (Politician and Philanthropist). After Mass, the students who won the Literary Contest dedicated to the Memory of General Pulaski were given their awards.

On March 1, 2021, the Polish Museum of America hosted its annual Pulaski Day, celebration that featured several prominent speakers and a brief musical performance. This year, due to COVID-19 protocols, the event was available to the public through live virtual streaming. PNA President Frank Spula gave a speech paying tribute to General Pulaski, during which he spoke about our responsibility to build upon the Democracy that General Pulaski fought for and to work to inspire younger generations to continue this work. „We strongly encourage younger generations to get involved and get their input,” remarked President Spula, „...they are the future of this country and the only way we can have things occur is if we get the involvement of younger people”.

In the afternoon, the Polish National Alliance Building hosted a special guest as well! Chicago Mayor, Lori Lightfoot paid tribute to General Pulaski and his contributions to the United States and Democracy by visiting the Polish Daily News (Dziennik Związkowy) and the WPNA 103.1 Radio Station, both PNA subsidiaries, to give brief interviews. Mayor Lightfoot presented President Spula with a proclamation declaring March 1st to be Casimir Pulaski Day in the City of Chicago.

Photos: curtesy of dziennikzwiązkowy.com



From Poland to India — Journey of the Nowicki Siblings



Poles mass deportations to USSR. Photo: IPN

In the Winter 2020 Zgoda edition, we published an article about a compassionate Indian Maharaja who took in several hundred Polish children during World War II and gave them a home away from home. Shortly afterwards, Ms. Imogene Salva contacted us with a touching story: her late uncle, PNA Member Józef Nowicki, her mother, and one aunt were part of the second transport of Polish children welcomed and sheltered by the man known as the “Good Maharaja”!

Józef Nowicki, was the sixth of ten children of Konstanty and Teodora Nowicki. He was born in 1929, in the village of Dąbrowa, in the province of Wołyń, Eastern Poland. On the morning of February 10th, 1940, the

Nowickis became one of thousands of families taken by the Soviet Secret Police in a series of forced expulsions that targeted mainly families of military men, prisoners of war and foresters. The Nowickis were given minutes to gather their belongings; the family hastily bundled up food, bedding, and their family Bible. One of the Russian officers, whose name Józef didn’t remember, but whom his family mentioned daily in their prayers, even insisted that they pack their sewing machine, which would prove indispensable to their survival. Loaded onto sleighs in the frost, Józef Nowicki and his family were taken to a train station where they saw hundreds of other Polish families waiting in the sub-zero temperatures. Everyone was

then packed by Russian soldiers into a train made up of cattle wagons. Sixty to seventy Polish prisoners were herded into each freezing wagon. The families were deported to the northern reaches of European Russia in inhuman conditions, via a journey that lasted between three to four weeks. At the end of the journey, only half of the passengers in the wagon in which the Nowickis were packed into survived.

From Vologda, the family was transported another 250 kilometers to their final destination on sleighs, to a settlement called Holm. The NKVD officer led the family into a one room frozen barrack with an iron stove in the middle with one warning: *Kto nie rabotayet, tot i nie kuszayet* (he who doesn’t work, doesn’t eat). Józef’s father and 16-year-old brother Tadek were taken the next day to a forced labor camp 20 kilometers away, where they would labor 12-16 hours a day felling trees in -40 degrees Celsius. Józef and some of his other siblings were taken to compulsory Russian school to be indoctrinated into young Bolsheviks. Starvation became a lingering threat after the family’s provisions ran out. Eleven-year-old Józef and his fourteen-year-old sister, Janka, left school to work 12 hours a day chopping wood, as they would receive a daily portion of fish soup and an extra slice of bread. Their mother’s health quickly deteriorated, but she continued to work hard to help provide for her family. When not in bed with her persistent

cough, she would be mending the locals' tattered clothing, for which she was occasionally rewarded an onion or a potato. When the roads were passable, the family would walk miles to a local market where they would barter the last remnants of their clothes for bits of food. Imogene's mother Józefa, or Ziuta as she was called, was fortunate to have a kind Russian teacher, who would bring her blini, a Russian pancake. Large numbers of Polish refugees died every single day from the bitter cold, malnourishment, and sickness.



Józef Nowicki at the time of evacuating from USSR

After news of amnesty reached the camp, the Nowickis fled their settlement and walked for weeks in knee-deep snow to the nearest train station, where they then traveled south to the Polish Embassy in Kuibyshev. The warmer climate fueled epidemics of dysentery and typhoid. Thousands of Poles arrived daily in Kuibyshev. They were exhausted, starved and diseased, and many died upon arrival. The Nowickis were hospitalized upon arrival. After several weeks, news arrived via the Polish Red Cross that a kind-hearted Maharaja from India, Jam Saheb Digvijay

Sinhji, was offering lodging in his kingdom for several hundred Polish children.

Parents were made to make the most difficult decisions of their lives. Should they keep their children together with them in Russia, where death was still imminent, or give their children a chance of survival and freedom at the cost of separating from them? It broke Józef's mother's heart to contemplate separating herself from her children, but in the end, she made the decision to give 3 of her children a chance at survival. And so it was that Józef, Ziuta, and their sister Jadzia, embarked on a journey to India.

You can learn more about Józef



Polish Indian Reunion, New York, summer 2001

Nowicki's life journey in the newly released novel, "One Star Away", written by his niece Imogene Salva, available on Amazon. It chronicles the wartime ordeals of the Nowicki family and her uncle's and siblings' eventual refuge in beautiful India. Her narrative aims to turn our thoughts to the triumphs of the human spirit. Thank you, Ms. Imogene Salva, for sharing your family's incredible story.

*Magdalena Biedroń
Imogene Salva*

PNA Progressive Lodge 2336

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For information contact
Dr. John Hittinger, Director,
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Opole Voivodeship

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

The Opole Voivodeship (Województwo Opolskie) was created on January 1, 1999 after discussions between the government and residents. Original partition plans were met with opposition from both the German minority population and ethnic Poles, who feared that they would lose regional representation and be alienated if the region was drawn to divide them. About 15% of the approximately one million inhabitants of this Voivodeship are ethnic Germans. As such, many areas are officially bilingual, and the region contains many German cultural elements.

This Voivodeship is the smallest and least populated province in Poland. Although it is small, it is packed with beauty, history and a strong Polish cultural presence. Whether you are an adventurer who wants to explore scenic outdoor landscapes, a history buff ready to wander one of the oldest and most scenic cities in Poland, or a lover of music wanting to be immersed in Polish Songs as old as the 1920s, the Opole Voivodeship is full of wonders that every visitor is sure to cherish.



*Coat of Arms of Opole City
Kazimierz I of Opole Statue, dedicated on May 20th, 2018*



The Opole Voivodeship has the warmest climate in Poland, which contributes to both its natural beauty and development of agriculture. The area is resourced with several minerals used for building, including limestone (called, “the white gold of Opole”), marl, marble and basalt. In addition to the climate, the numerous flora, fauna, natural landscapes preserved in three Landscape Parks, and even an island makes it an exciting tourist destination. Whether you are a hiker, a bird watcher, a botanist, or a general lover of the outdoors, the Opole Voivodeship has a place for everyone to enjoy and connect with nature.

City of Opole

Opole has a history dating back to the 8th century and is one of the oldest cities in Poland. One of the earliest records of Opole as a town is a 1217 document signed by Kazimierz I, grandson of Polish King Boleslaw Krzywousty, giving it the rights of a town. In 1283, Kazimierz I ordered a family residence to be built, known as the Piast Castle, on Pasięka Island. The city was located at the intersection of several main trade routes, which generated a steady flow of profits to the city from transit trade.



After the death of Kazimierz III the Great, the last ruler of the Piast Dynasty, Opole was incorporated into Brandenburg, and later, Prussia. Under Prussian control, a large amount of German settlers poured into the city, accelerating the process of Germanisation.

After World War II, the city then known by its German name, “Oppeln”, was transferred from Germany to Poland as per the terms of the Potsdam Conference, and changed its name to Opole. Unlike other parts of “Recovered Territories”, Opole did not expel any of its residents. Today, Opole, along with the surrounding region, is known as a center of the German minority in Poland.

Opole, the capital city of the Opole Voivodeship, has such a scenic Old Town and surrounding areas, that it is sometimes referred to as “Polish Venice”. A walk through

the Old Town, whether alone or via a guided tour, lets visitors explore a market square originally built almost 800 years ago, beautiful colorful bridges, and the star avenue. When you need a food break, there are several restaurants and cafes to choose from. Opole’s population is approximately 128,035 people, making it the smallest city in Poland to be the largest city in its province.

Though the city is mainly known as the host of the National Festival of Polish Song, visitors may be intrigued by many other things the city has to offer. The Church of St. Adalbert has its roots in the 10th century, and the Church of the Holy Cross has its roots in the 14th Century. Part of the Piast Castle remains, and there are several museums as well. Visiting Opole is also made more comfortable by the climate; Opole is one of the warmest cities in Poland.

The city of Opole even has an island! Sometimes called the green lungs of the city, Bolko Island, which is named after the Piast Prince Bolko, is bordered by the Oder River from the North and East, by the flood control channel from the West, and by what remains of the Wiński Channel from the North West. This is a perfect destination for visitors who would like to partake in biking, roller-blading, jogging, walking, or any other such outdoor activities along a scenic route.



National Centre of Polish Song

The National Centre of Polish Song is a hub of Polish Song of various genres where concerts are held year round. It is perhaps most notable for hosting the National Festival of Polish Song every year since it’s founded in 1963, with the exception of 1982, during martial law, which Poland was under. The National Festival of Polish Song

is held annually in Opole and is one of the two biggest music festivals in Poland (the second being Sopot Music Festival). The Festival generally lasts around three days in June, and is considered the most important cultural event in Poland. The Festival takes place in the National Centre's Millennium Amphitheatre.



The Polish Song Museum in Opole is also a fun and interactive place to learn about the history of Polish Song and Polish Songwriters from the 1920s to present day. The museum's exhibits include, but are not limited to, thousands of songs, photos, video clips, children's activities, and two music walls with touch screens. Visitors can record their favorite songs in recording booths, and then receive the recordings via email as a souvenir.



Piast Tower

Piast Tower is one of the most recognizable historic buildings in Opole and one of the oldest defensive structures in Poland. It is estimated that the tower was erected between the late 13th century and mid-14th century. Piast Tower is the only remaining part of Piast Castle, which was demolished in 1928. It is almost 115 feet tall. In the past, this height made the Piast Castle a useful lookout for soldiers

defending the area. Today, it's a perfect place for history buffs to visit and be able to see much of Opole from the top. The Piast Tower has been completely renovated and now includes several exhibits to educate visitors on the history of the Castle, and Opole in general.



Moszna Castle

22 miles away from Opole sits a castle often featured in lists of the most beautiful castles in the world. Moszna Castle, located in the village of Moszna, is spread out over 8,400 square yards and is known for being a combination of several unique and beautiful architectural styles. The castle contains 365 rooms, 99 towers, a park full of oak and lime trees several hundred years old, and a history of having several owners dating back to the 17th century. Many legends also contribute to the intrigue surrounding Moszna Castle, including that Moszna was first a monastery run by the Order of The Knights Templar.



Góra Świętej Anny Landscape Park

Góra Świętej Anny ("The Hill of St. Anne) Landscape Park was established in 1988 and covers an area of 50.50 square kilometers. The Landscape Park contains six nature reserves. Within this park is a Franciscan Monastery with a statue of St. Anne and the imposing calvary. This site is meaningful destination for Roman Catholic pilgrimages.



The Opawskie Mountains

The Opawskie Mountains (Polish: *Góry Opawskie*), partially located in Poland and partially in the Czech Republic, are one of the most popular tourist destinations within the Opole Voivodeship, and for good reason! The beautiful Opawskie Mountains, named after the Opava River, stretch from northern Czech Silesia into Polish Upper Silesia, the eastern continuation of the Golden Mountains range. The Polish part of the mountains includes a protected area known as the Opawskie Mountains Landscape Park. The highest peak within Poland is Biskupia Kopa, stretching tall at 890 meters.



The scenic Opawskie Mountains Landscape Park contains several mountain ridges, river valleys such as Biała Glucholaska, and depressions between the mountain ridges and on the surrounding land in which many villages reside. Throughout the entire history of environmental research done in the park, 919 species of vascular plants have been found, over 30 of which are legally protected. The Park also enjoys a surplus of mushrooms, many of which are edible.



The Opawskie Mountains also contain a variety of animals. There are several mammals, including lynx, edible dormouse, and mouflon. Over 130 species of birds have been found in the park, including the black stork, white stork, western marsh harrier, and barn owl.

*Written by: Magdalena Biedroń.
Photos selected by: Alicja Kuklińska*

Easter Delights

Polish Sour Rye Soup

Żurek



The Polish kitchen is known for its soups, and żurek is a favorite with this special treat being one of the earliest soups in Poland. It is absolutely a must-have dish at the traditional Polish Easter breakfast or brunch. There are many ways to prepare żurek. Here is the recipe I love the most.

Ingredients:

- 4 qts water
- 2 lbs dark smoked Polish sausage (preferably swojska) - sliced or bigger pieces
- 2-3 cloves garlic, minced
- Żurek/żur soup starter
- Heavy whipping cream or sour cream
- Maggi liquid
- Marjoram
- Salt and pepper to taste
- Several hard-boiled eggs (however many you like)
- (optional: potatoes, carrots, onion and fresh Polish sausage)

Directions:

1. Add water and sausage to a pot, bring to a boil, reduce heat and simmer for 20 minutes
2. Stirring constantly, add sour soup base, bring to a boil, reduce heat and simmer for 2 minutes
3. Add garlic, Maggi liquid, salt and pepper
4. Add cream, bring to a boil, turn off immediately and add marjoram
5. Halve, quarter or slice two or more hard boiled eggs into a soup bowl
6. Ladle soup with pieces of sausage over the eggs and serve

Easter Eggnog Cake

Wielkanocna Babka Ajerkoniakowa

Sweet, moist, delicious. Perfect Easter babka. You can decorate it any way you like, and perhaps invite your children to help you. Highly recommended by my family!



Ingredients:

- Cake (all ingredients should be at room temperature)
- 1 cup flour
- 1 cup potato flour
- 4 teaspoons baking powder
- 1 $\frac{3}{4}$ cup powdered sugar
- 4 teaspoons vanilla sugar
- 1 cup vegetable oil
- 1 cup eggnog
- 5 medium eggs

Frosting

- 1 cup powdered sugar
- about 3 tablespoons eggnog

Directions:

1. Preheat oven to 360°F
2. In a bowl, combine and mix flour, potato flour, baking powder, powdered sugar and vanilla sugar
3. Add the rest of the ingredients and mix at high speed for about 2 minutes
4. Grease a bundt cake pan with butter or margarine and sprinkle with flour
5. Transfer batter to the pan
6. Bake in the preheated oven for 50-55 minutes
7. After baking, leave the cake in the pan for 10 minutes, then place it on a wire rack and leave it to cool completely
8. Prepare the icing - mix powdered sugar with eggnog until smooth
9. Pour the icing over the cake

Waffles with Whipped Cream and Fruit Toppings

Gofry z bitą śmietaną i owocami



If you will have children attending your Easter breakfast waffles will be a guaranteed hit! This isn't a traditional Easter dish, but one of Poland's favorites all year round. I tried many waffle recipes and none of them produced the kind of waffles I was looking for. I kept adjusting ingredients,

and finally ended up with the perfect recipe for flavorful, crispy and light waffles. They are best, served with whipped cream and fresh fruits.

Ingredients:

- 2 cups flour
- 2 cups milk
- 1 tsp. baking powder
- Pinch of salt
- 1-2 tbsp. sugar
- 1/3 cup oil
- 2 eggs (separated)
- 2 cups heavy whipping cream or 1 can of ready whipped cream
- 6 tbsp. powdered sugar
- Fresh fruits (strawberries cut into pieces, raspberries, blueberries, blackberries, etc.)

Directions:

1. Warm up waffle iron
2. Mix all ingredients (except egg whites) together until smooth
3. Beat egg whites until firm
4. Add firm egg whites to the mixture and gently fold in until combined
5. Pour the desired amount of batter in the waffle iron and bake until golden brown or until timer goes off or indicator shows waffle is ready
6. Let it cool on a wire rack
7. Place heavy whipping cream and powdered sugar into a container and beat on high speed until firm
8. Topping Option 1: Top waffle with whipping cream and then with fresh fruits
9. Topping Option 2: Sprinkle with powdered sugar only

Herring with Apples and Onions

Śledzie z jabłkami i cebulą

In Poland, herring is present on holiday table at both Easter and Christmas.

This recipe is proven to be one of the favorites. Herring fillets complemented by apples, sweet onions and garnished with lemon slices and parsley, will look appetizing on any Easter table.



Ingredients:

- 6 salted herring fillets
- 2 large white (sweet) onions
- 2 large apples
- Juice from one lemon
- 1.5 cups heavy whipping cream
- 1 tbsp. sugar
- Lemon for garnish
- Fresh parsley

Directions:

1. Soak the salted herrings in water to reduce saltiness (I use herring fillets in oil which don't have to be soaked in water)
2. Cut herring fillets into small parts
3. Peel onions, cut some slices for decoration, dice the rest
4. Peel apples and shred them on larger shredding holes
5. Mix apples and onions with heavy whipping cream and add lemon juice and sugar to taste
6. Place the mixture on a platter
7. On top of the mixture lay herring pieces
8. Decorate with onion rings, lemon slices or wedges and fresh parsley leaves

Opole Beef Roulade

Opolska Rolada Wołowa

In case your Easter celebration turns out to be a dinner, I tested this delicious recipe from the Opole region featured in this Zgoda issue. Very Polish, very tasty and satisfying. The roulades are traditionally served with Silesian potato dumplings and red cabbage, but you can serve it with any other dumplings and your favorite Polish salad (surowka).



Ingredients:

- 4 large slices top round beef steak
- 1 medium onion, diced
- 3 oz. smoked bacon, diced
- 4 cucumbers in brine, diced
- mustard to brush the meat
- salt and pepper
- 4 allspice berries (whole)
- 3 bay leaves
- 2 tablespoons flour
- cooking oil for frying
- flour and water slurry for thickening the sauce

Directions:

1. Pound the meat, then salt and pepper it and brush each slice with mustard on one side
 2. Place the diced bacon, cucumber in brine and onions on the mustard-brushed side of each piece of meat
 3. Roll it into a tight roll (to hold it in place, you can wrap thread around it or fix it with skewers)
 4. Heat oil in a large pan
 5. Place the roulades in the hot oil, brown on each side, then add water, bay leaves and allspice, and lower the temperature to a simmer
 6. Cover and simmer until the roulades are soft
 7. When ready, remove the roulades and thicken the sauce with the flour and water slurry
 8. Serve with Silesian dumplings and red cabbage (kluski śląskie i modra kapusta)
- Smacznego! Happy Easter and Wesołego Alleluja!

Spring Deviled Eggs



Ingredients:

- 6 eggs
- 1 tbsp. of salt
- 3-4 tbsp. of mayonnaise
- 1/8 tsp. of salt
- Pinch of pepper to taste
- 1 tsp. each of fresh dill, parsley, chives (or other favorite herbs)

Directions:

1. Place eggs in a pot and cover with cold water, add salt and boil for approximately 7 min. Drain and fill pot with cold water for the eggs to cool
2. Peel eggs and cut them in half
3. Take out yolks, place in a shallow medium mixing bowl and mash with a fork adding mayo, salt, and pepper and chopped herbs. Mix until combined. Add salt and/or pepper to taste
4. Fill the egg whites with yolk mixture
5. Decorate with fresh herbs, red radish, cucumber etc.
6. Keep refrigerated until ready to serve

You can use horseradish, finely chopped pickles or roasted red beets instead of fresh herbs for more flavor and color on your Easter table.



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*Photos by
Michael Carnahan,
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The Custom of Świąconka

Easter is an important holiday in several cultures and the symbolism surrounding it inspires the religious and non-religious alike. Poles around the world see it as a time for spiritual reflection and renewal, a celebration of new life, and gathering together with family. Food and Art are both important elements of Polish culture, and they are especially reflected in the cherished tradition of *Świąconka* meaning, and “the blessing of Easter baskets”.

Every Holy Saturday, Poles from around the world fill their decorated Easter baskets with delicious food that they will eat the next day at Easter Sunday Breakfast and take them to church to participate in the prayer and blessing. In many older or rural communities, the Priest visits the household to do the blessing.

The typical Polish Easter Basket contains:

- **An Easter lamb** made out of butter or sugar to symbolize the goodness of Christ
- **Horseradish** to symbolize the bitterness of His sacrifice
- **Ham** to symbolize great joy and abundance
- **Bread** to symbolize a new life with Jesus Christ, the “Bread of Life”

- **Eggs** to symbolize new life and Christ’s resurrection
- **Cheese** to symbolize moderation
- **Salt** to symbolize purification
- **Smoked Bacon** to symbolize the over-abundance of God’s mercy and generosity
- **A Candle** representing Christ as the Light of the World
- and whatever else the person would like to have blessed!

Staples of Polish cuisine and culture, such as kielbasa, Pisanki (decorated Polish Easter eggs), Easter Bread (Babka, a round loaf generally topped with a cross or fish) can be found in the baskets as well. Sometimes, you might even see a basket with a bottle of wine!

Once the basket is filled, the food is covered with a white linen cloth. The baskets are typically decorated with sprigs of boxwood (bukszpan), spring flowers, and lined with lace or linen fabric, many of which are embroidered with traditional folk patterns or designs.

We hope you have a delicious and peaceful Easter Holiday! Smacznego i Wesołych Świąt!

Magdalena Biedron



Defense Against Covid-19

YOUR IMMUNE SYSTEM



The function of the immune system is to fight or limit infection in your body. The immune system can determine which cells are normal and which cells are not healthy and are danger to your body. The unhealthy cells send out a danger signals such as signs of infection, cell damage caused by sunburn, or cancer. When the immune system recognizes the signal, it responds. If the immune response does not or cannot act when needed, an infection occurs. Problems, such as allergic reactions or autoimmune diseases, can occur if the immune response reacts when there is no threat, or is not turned off once the danger no longer exists. The immune system is very complex. These cells circulate throughout or can live in a particular place in your body. Each cell type uses different ways of detecting problems, or dangerous body invasions, and can communicate with other cells to perform their functions. Researchers may optimize immune responses to act when

necessary, such as to fight infections or cancer.

WHERE DO IMMUNE CELLS DEVELOP?

All immune cells come from your bone marrow. They develop into mature cells with changes depending on what part of your body needs them.

Skin: As the first line of defense against virus/bacteria invaders, skin cells produce antimicrobial proteins to which immune cells respond. These immune cells can be found in specific skin layers.

Bone Marrow: Although the bone marrow has the ability to produce many types of cells, the most common type is the body's immune cells, which are the first line

of defense against infection. They are responsible for mounting responses to specific bad germs that had also been introduced to the body at one time in the past. This process is called immunological memory, and it is what vaccines attempt to do when we get vaccinated. The body can then provide an immediate response to attack the infection.

Bloodstream: Similar to police patrol cars, immune cells constantly circulate throughout the body's bloodstream scouting for problems. Immune cells can be found in the white blood cell count. When the doctor orders a white blood cell count, s/he can determine from the results whether the immune system in your body is scarce or overburdened. This could reflect a problem and the need for further investigation.

Thymus: Immune cells, known as T cells, mature in the thymus, a small organ located in the upper chest. They are aggressive cells that are ready to attack the virus or body invader.

Lymphatic system: The lymphatic system is a network of vessels and tissues that contain lymph fluid and lymphoid organs known as lymph nodes. The lymphatic system is a means for travel and communication between tissues and the bloodstream. Immune cells travel through the lymphatic system and rest in the lymph nodes, which can be found throughout the body. For instance, if the immune cells recognize a foreign germ or pathogen brought in from a distant area of the body, the immune cells will activate, replicate, and leave the lymph node to attack the harmful invader. The doctor may check for swollen lymph nodes to determine if there is an active immune response in a particular area of the body.

Spleen: The spleen is an organ located behind the stomach. It is not directly connected to the lymphatic system, but it is important in the processing of information from the bloodstream to immune cells. There are many immune cells located in the spleen, and they will activate and respond when a germ is recognized.

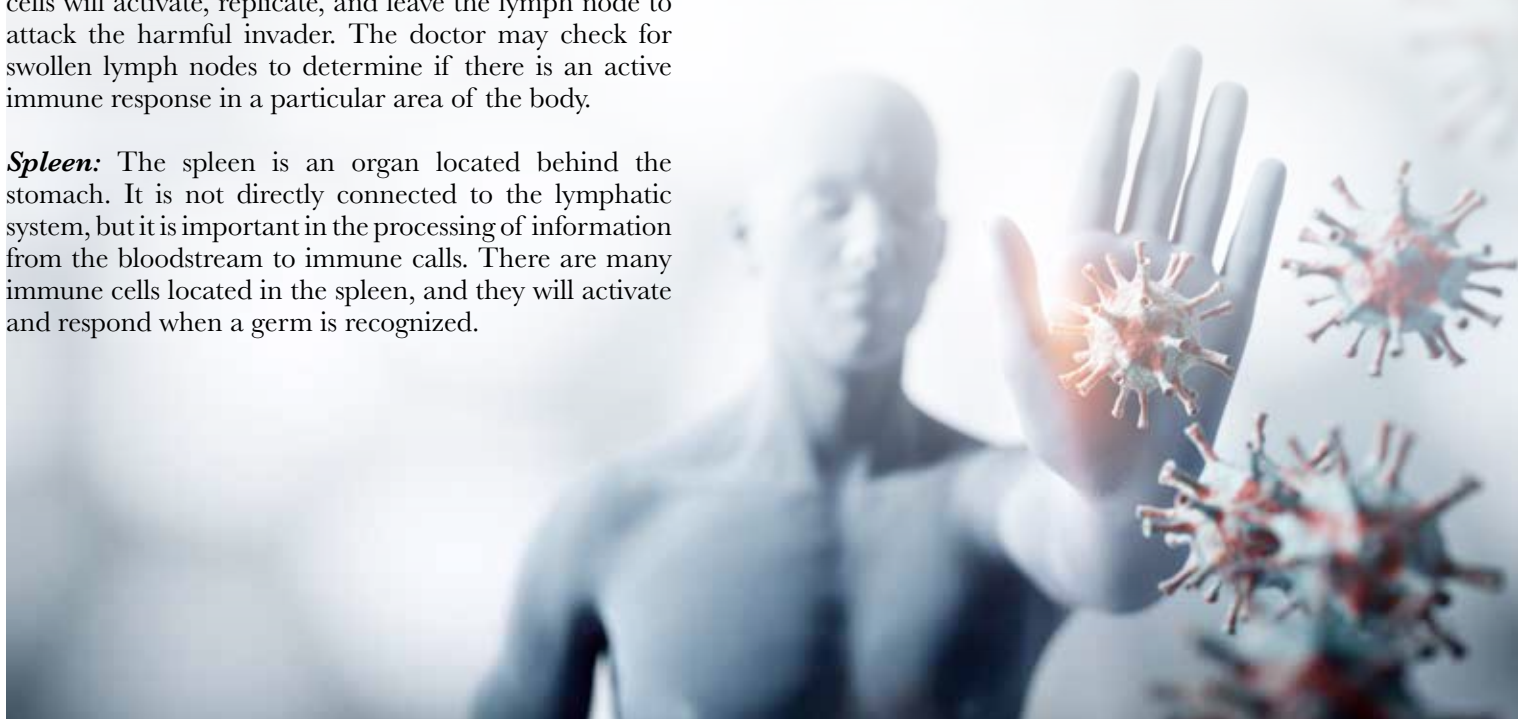
Mucosal tissue: Mucus tissue, such as in your nose, mouth, intestinal tract, open wounds, or the like, are prime entry points for germs or pathogens. Special immune hubs are located in mucosal tissue, such as the respiratory and digestive tracts.

TYPES OF IMMUNITY

There are generally two types of immune responses, innate and adaptive. This is a complex occurrence, so I will not go into great detail, but it is worth noting the differences.

Innate immune cells recognize general danger or pathogen cell patterns such as, viruses, bacteria, fungi, and even non-infectious problems, but they cannot distinguish between specific strains of bacteria or viruses. They are included in a white blood cell count ordered by your physician. Their main function is having the ability to respond quickly and broadly when a problem occurs. Innate immune cells are also important for activating the adaptive immune response. Innate immune cells are critical for your body's defense, and disorders in innate cell function may result in repeated infections.

Adaptive immune cells are more specialized and recognize specific signals rather than general patterns. The immune system can respond to new or unforeseen problems. Some adaptive immune cells can neutralize pathogens, making them harmless and no longer a threat





to the body. Other T immunity cells carry out multiple functions such as killing infected cells and recruiting other immune cells to assist with deactivating the enemy cells. Malfunctioning adaptive system cells are either deleted or will not be properly activated. Immune memory is a feature of the adaptive immune response. As the adaptive immune cells are activated, they multiply rapidly. When the problem is resolved, the cells stop multiplying and are retained by the body as memory cells. The memory cells will then be ready to attack, should that particular pathogen resurface again to reestablish itself in the future.

FOODS AND LIFESTYLE THAT CAN BOOST THE IMMUNE SYSTEM

The coronavirus is still with us, but these foods and lifestyles can help our immune system function better to protect us. We still need to continue following CDC recommendations of washing hands frequently, wearing proper face coverings, maintaining social distancing, and regularly disinfecting household surfaces. The best immune support you can give your body ranges from fruits and vegetables to spices and shellfish, nutrients that your body already needs for good health. Antioxidants, vitamins and minerals are very important to your immune system and how effectively it responds to invaders, like viruses or bacteria particles that can enter your body. Many factors can boost your immune system, but your diet, exercise, sleep patterns, and your stress levels are

the major factors that are under your control. Eat a well balanced diet rich in vegetables, vegetable oils, and low in sugars, and try to avoid processed foods and foods high in sugars.

EXAMPLES OF FOODS TO HELP BOOST YOUR IMMUNE SYSTEM

Bone Broth. It has become available in supermarkets, but it is better to make your own. Bone broth supports the immune system in your digestive system by reducing inflammation. Bone broth contains nutrients that are also linked to immune health.

Citrus Fruits. Citrus fruits are high in Vitamin C which strengthens the immune system. Oranges and grapefruits are preferred over lemons or limes. A daily serving is preferred.

Ginger. Many health drinks have ginger in them. Ginger helps cleanse the lymphatic system and removes toxins or bad germs. Ginger is also an antioxidant and has anti-inflammatory properties. Drinking tea with fresh ginger root is an example, or you could add honey and lemon juice for added antibacterial and antiviral effects.

Kale. Leafy greens are some of the most nutritious foods to eat. They contain antioxidants and are rich in vitamins A and C. Vegetables such as arugula, kale and mustard

greens help key immune cells in the digestive tract and skin to function properly.

Bell Peppers. Yellow, orange and red bell peppers support the immune system. They contain beta-carotene, which helps the immune system by fighting oxidative stress in the body.

Shellfish. Shellfish have important properties that help the immune system in many important ways. Shellfish contain several minerals that can reduce inflammation and support immunity by decreasing oxidative stress levels in the body.

Pineapple. This is a good source for Vitamin C. It contains the enzyme bromelain, boosts immunity and decreases inflammation.

Carrots. Carrots contain the antioxidant beta-carotene, and help in immune cell functioning. Carrot juice is high in vitamin C and vitamin B6 which are needed for optimal immune response.

Kefir. Kefir is a fermented food. It improves digestive health by strengthening the immune system. Some examples of fermented foods include kefir, kombucha, sauerkraut, yogurt and kimchi. Kefir grains may be added to milk for a drink that boosts your body's defenses. Kefir can be purchased at your local market, or made at home by adding kefir grains to milk and added to smoothies, overnight oats, protein shakes, salad dressings and marinades.

Salmon. Wild salmon is preferred. It has more vitamins, especially vitamin D, which monitors the way the immune system responds to COVID-19. A vitamin D deficiency has been shown to be associated with the body's inability to fight off infections, especially respiratory infections. Researchers have suggested that vitamin D could be extremely important in preventing the acute respiratory distress that is often the cause of death in COVID-19 patients.

Garlic. Garlic has many properties that help the immune system. It is antiseptic, antibacterial and antifungal, which helps to destroy or resist viruses.

Other foods. Many other additional foods are identified by research as supporting the body's immune system. They include: sunflower seeds; almonds; sweet potatoes, Brazil nuts, sardines, baked beans, pumpkin seeds, turmeric; dried tart cherries; walnuts, and pomegranate juice. The vegetables, garlic, and spices can be added to soups.

DISORDERS OF THE IMMUNE SYSTEM.

Many different disorders of the immune system exist, such as, a weakened immune system, allergies, autoimmune diseases, infections of the bloodstream and cancer. These disorders need to be addressed by your health care provider.

VACCINATION AS A WAY OF PREVENTION.

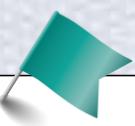
There are many questions regarding the COVID-19 vaccines, mutations of the virus, and the antibodies that the body develops once the vaccine is given to the patients. There is limited information regarding the answers, but we do know that in order to gain control of this monster, we must starve it to extinction. We did it to smallpox and polio, but we need everyone to feel safe about the vaccines. They could save your and others' lives. The vaccine will train your immune system to recognize the COVID-19 virus in its immune memory without you ever having had the actual disease, so the body is prepared before the germ gets a stronghold and infects more cells in the body. The intent is to have the vaccine activate both the innate and adaptive immune responses for an optimal quick and efficient result. I have not had the COVID-19 infection to date. I have had the vaccination and the Flu shot, and I hope that my immune system will work to its optimal ability to keep the germs away. Please keep yourself safe and well. Get your COVID-19 vaccination as soon as you are able.



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PNA National Director

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Attention District VIII Members!
2021 DISTRICT VIII CONVENTION

Saturday, April 10th
Registration 9:00 AM
Meeting 10:00 AM

West End Pulaski Club PNA
Lodge 1052.
14 Linhart St.
Pittsburgh, PA 15220

For questions or more
information contact

Fraternal Advisor Sean Jackson
SJacksonPNA@gmail.com



Lodge 2336, Houston, TX
Established 1925



**2019 Scholarship
Essay Contest**

Eligible Participants: Currently enrolled college or university student, member in good standing with PNA Progressive Lodge 2336 for the last 2 years.

Essay: Compose an original and creative essay (400-600 words) on your experience, understanding of Polish cultural activities and plans for your involvement in the future.

Awards: Three \$500 college scholarship will be awarded payable to the student's school.

Deadline: April 18, 2021

For Application and more information
contact:

E: erica.dryden@yahoo.com
P: 713-805-5363



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**Attention Union of Poles
in America Members!**

The Union of Poles in America,
a division of the Polish National Alliance
of North America (P.N.A.), has moved.

As of Friday, November 6, 2020, the new
offices of the Union of Poles are located at **7100**
East Pleasant Valley Road,
Independence, Ohio 44131.

The new office phone number is
(216) 520-0740.

The new fax line is **(216) 520-0743**

Please direct any questions or concerns to:
avid G. Milcinovic, UPA vice president
(216) 299-1407

or Allan Szuflada, director **(216) 789-0181.**



Dlaczego potrzebujesz ubezpieczenia na życie?

0
18
LAT



Jestem jeszcze za młody na ubezpieczenie na życie. Całe życie przede mną. Teraz myślę o podróżach i wykształceniu. Nad ubezpieczeniem zastanowię się później.

Ubezpieczenie na życie w Związku Narodowym Polskim to o wiele więcej niż polisa ubezpieczeniowa. To również dostęp do wielu dodatkowych programów.



STYPENDIA

Każdego roku ZNP przyznaje stypendia o wartości ponad \$250,000



POLSKIE SZKOŁY

ZNP wspiera kilkadziesiąt polskich szkół w USA



GRUPY TANECZNE

możesz zapisać się do najlepszych polonijnych zespołów wspieranych przez ZNP

19
30
LAT



Nie potrzebuję ubezpieczenia! Jestem młody, zdrowy, mam plany.

Tak naprawdę, jesteś w najlepszym momencie, żeby kupić sobie ubezpieczenie na życie!



JESTEŚ ZDROWY

otrzymasz polisę bez konieczności badań lekarskich. Z resztą, przeszedłbyś je śpiewając!



JESTEŚ MŁODY

stawki ubezpieczeń na życie dla ludzi w twoim wieku są bardzo niskie!



CZAS NA ZMIANY?

w przyszłości będziesz mógł zmienić rodzaj i wartość twojego ubezpieczenia bez badań lekarskich

31
60
LAT



Mam mnóstwo wydatków, problemów, długów. Nie mam czasu, ani pieniędzy na ubezpieczenie na życie.

Teraz, kiedy założyłeś rodzinę, masz dzieci, kupiłeś dom, jesteś odpowiedzialny za przyszłość wielu osób, ubezpieczenie na życie jest ci potrzebne bardziej niż kiedykolwiek wcześniej!



RODZINA

zabezpieczasz przyszłość swoich najbliższych



KREDYTY

twoi bliscy będą mogli spłacić kredyty zaciągnięte na kupno domu lub rozwój firmy



BIZNES

firma, którą stworzyłeś, przetrwa, a twoi bliscy będą mogli pokierować nią dalej

60
+
LAT



Czas odpocząć! Dzieci się usamodzielnili, spłaciłem dom, czas zacząć korzystać z dorobku życia, a nie kupować ubezpieczenie.

Osiągnąłeś już bardzo dużo, ale masz przed sobą jeszcze wiele lat. Ubezpieczenie na życie kupione właśnie teraz będzie kiedyś ogromną pomocą dla twoich najbliższych.



BEZPIECZEŃSTWO

finansowa przyszłość twoich najbliższych będzie bezpieczna



POKRYCIE KOSZTÓW POGRZEBU

pieniądze z ubezpieczenia na życie pokryją koszty twojego pogrzebu



SPUŚCIZNA

wskazane przez ciebie osoby lub organizacje otrzymają pieniądze wypłacone przez ubezpieczenie

Polish National Alliance
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Chicago, IL 60646

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