

ZGODA

SUMMER
2021

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

1882-2021 Vol. 167; No. 2

Happy Summer!
Milego Lata!



Contents

- 3 **From the President**
- 4 **Official PNA Representatives**
- 5 **PNA Frontline Hero Award**
- 6 – 7 **From the National Sales Manager**
- 3 – 31 **Fraternal News**
 - District VIII 2021 Convention
 - Piast Lodge 3259 Election
 - West End Lodge Communion Breakfast
 - Council 91 Celebration
 - Easter Egg Hunts in California, Wisconsin & Illinois
 - Lajkonik's 30th Jubilee
 - Coloring Contest
 - Scholarship Opportunities
 - News from Polish Schools
 - News from Texas
 - Scholarship Announcements
 - We are Proud of...
 - The Alliance College Legacy
- 32 – 33 **Life of Polonia**
 - May 3 Celebrations in Chicago
- 34 – 37 **Destination Poland – West Pomeranian**
- 38 – 39 **Taste of Poland**
 - West Pomeranian Summer Menu
- 40 – 42 **Living Well – Take Care of Your Feet**
- 43 **Dziennik Związkowy**
- 44 **Coloring Contest 2021**
- 45 – 46 **Bulletin Board**
- 47 **You Need Life Insurance**



Member of the Wici Song and Dance Theatre **Ania Gebicz** (PNA Lodge 3278), after Wici's successful, 2018 performance at the Polish Fest in Milwaukee, Wisconsin. Photo by Alicja Kuklińska.

(USPS 699-120)
Published Quarterly
The Official Publication
of the Polish National Alliance

6100 N. Cicero Avenue
Chicago, IL 60646-4385
Phone: (773) 286-0500
www.pna-znp.org

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

Executive Committee

Frank J. Spula

President, CEO

Marian Grabowski

Vice President

Alicja Kuklińska

National Secretary

Steve H. Tokarski

Treasurer

Board of Directors

Irene T. Hercik

Anthony W. Nowak-Przygodzki

Val Pawlos

Teresa Struziak Sherman

Jeffrey M. Twardy

Send all articles, correspondence
and materials to:

ZGODA Magazine

6100 N. Cicero Avenue

Chicago, IL 60646

e-mail: **zgoda@pna-znp.org**

Alicja Kuklińska

Editor

Ewa Krutul

Graphic Editor

Teresa Strudziak Sherman

Małgorzata Bondyra

Magdalena Biedroń

Contributors

Periodicals—Postage Paid at Chicago,
Illinois and additional mailing offices.

POSTMASTER: Send address
changes to Zgoda, c/o PNA
6100 N. Cicero Avenue
Chicago, IL 60646-4385

Change of address

or interruption in subscription
1-800-621-3723 (ext. 366)

addresschange@pna-znp.org



From the President

June 2021

Dear Members,

It is impossible to convey how much the past 15 months have tested us all. As the vaccine rollout continues, and the number of Covid-19 cases in the United States continues to decrease, our dream of living in a post-Covid-19 world gets closer each day. Many of you are transitioning back to an in-person office setting, and many of you have children that are returning to in-person learning. I hope you all had a wonderful Mother's Day and Memorial Day, and I wish you a wonderful Father's Day as well. I would also like to extend my sincerest congratulations on behalf of the PNA Executive Committee to all the 2021 Graduates!

Our organization is fortunate to have remained, and continues to remain, financially sound throughout this ordeal. Our building has remained open in service to our members during the pandemic while following strict Covid-19 safety protocols. As the weather gets warmer and the restrictions start loosening, we are looking forward to opening up our building for more community events following state and city guidelines. The safety of our employees and visitors continues to remain our top priority.

Speaking of events and programs, we are delighted to announce that the National Golf Tournament will be taking place on July 23th and 24th in Westmoreland, Pennsylvania. This is our first major national event since the pandemic, and we encourage golfers from all over the country to participate! We look forward to seeing you there!

The Polish National Alliance is still accepting nominations for the "PNA Frontline Hero Award". Please submit your nominations no later than June 30th, 2021 using the form enclosed in this issue of Zgoda.

Every year, the Polish National Alliance offers scholarships to qualifying members attending a four-year accredited college or university. During May, a scholarship committee met and reviewed 150 applications of undergraduate students and approved a total of \$157,000 in scholarship funds. During June, scholarship applications of graduate students will be reviewed. Congratulations to our scholarship recipients!

With the end of tax season and the approach of a post-COVID world, it's time to start thinking about protecting or increasing protection for our families. Each person makes invaluable contributions to the household and needs to be equally protected. In this issue, we are featuring the importance and value of having sufficient coverage for women in our lives as partners. Statistics indicate that women in this day and age are still undervalued and greatly underinsured. We are dedicated to helping change that.

We have so much to celebrate this coming season. As restrictions begin to ease, we can begin to once again appreciate the things we have previously taken for granted. I wish you all a wonderful summer!

Stay happy and healthy!

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	stellaszc@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

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 National Sales Manager

Consider This!

A recent study by LL Global and the LIFE Foundation indicates that one of the top reasons for owning life insurance is to replace the lost income or wages caused by the death of the breadwinner. But what about the non-working spouse?

Several years ago, I was finishing up an interview with a new client. He was married and the father of three young girls. We had just determined and arranged for the purchase of the amount of life insurance he should have to make sure that his family was taken care of in the event of his untimely death.

At this point I asked him if he was comfortable with the amount of life insurance on his wife and if he would like to do an analysis of what amount of life insurance she should have. He told me that his wife's very important job was to stay at home with the children. As a result, she did not earn an income and he felt that she did not need life insurance.

About a year later I called him just to check in and see if there were any changes in his life that we should review. He told me that he was glad I called and that he would like me to come to his home and discuss life insurance coverage for his wife.

When I asked him what had changed since the last time we met, he related that the wife of a friend of his had died very suddenly. His friend also had three young children.

The husband was feverishly trying to be a mom and dad at the same time. He was dropping kids off at relatives' houses and picking them up after school. He did not have the money for a permanent daycare situation and the kids were beginning to share in his stress.

My client didn't want that to happen to his family. He realized that while you can never replace the emotional value of a parent, the stay-at-home parent's substantial economic value can be covered by life insurance at a nominal cost. The dollars provided by life insurance can assure a stable atmosphere for the children.

The cost for the peace of mind that a \$250,000 Twenty-Year term insurance policy on a female age 35 would provide could be as low as \$20.25 per month depending on underwriting factors. With PNA's Blended Solution you can design a plan that combines the right amount of term insurance and whole life insurance with the right amount of premium for your budget.

Tell us your story. Contact your local PNA representative or give us a call in the **Home Office at (800) 621-3723**. Do it for your family.

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



TELL US YOUR STORY

"She needs life insurance because we rely on her. We deserve peace of mind and protection. We made the decision and she designed her own life insurance plan."

- Patrick, 36 years

"Purchasing life insurance was fast and easy. We figured out the amount we need and how much we can afford to pay. We made a decision and I feel confident I did what is best for me and my family."

- Sophia, 35 years

WHAT WORKS FOR HER WORKS FOR US

CALL PNA 1-800-621-3723

Polish National Alliance of the U.S. of N.A.
6100 N. Cicero Ave, Chicago IL, 60646

www.pna-znp.org  [Facebook.com/PNAZNP](https://www.facebook.com/PNAZNP)



* Premium options based on 20-year term and LP 90.

The PNA has the solution to provide the life protection she needs and deserves, because we care. Women have been an integral part of Polish National Alliance since 1880. We have been supporting women in their achievements, independence, and career growth recognizing their talents since our inception. They helped us grow.

MONTHLY PREMIUMS FOR HER ¹			
\$300,000 COVERAGE AMOUNT			
Age	20-Year Term ³	Blended Solution ²	Whole Life LP 90 ⁴
35	\$ 23.76	Combination of both plans	\$ 199.80
36	\$ 25.11		\$ 208.44
37	\$ 26.73		\$ 217.62
38	\$ 28.35		\$ 227.34
39	\$ 30.24		\$ 237.33
40	\$ 32.40		\$ 248.13
41	\$ 34.56		\$ 259.47
42	\$ 37.26		\$ 271.35
43	\$ 40.23		\$ 284.04
44	\$ 43.47		\$ 297.54
45	\$ 47.25		\$ 311.85

¹Quoted rates are for Female, Preferred Risk, monthly Automatic Debit. Rates are subject to underwriting. ²The Blended Solution is a combination of a 20-Year Term Policy premium and A Whole Life Paid-up at 90 Policy premium. ³The 20-Year Term Life Insurance has a premium that is guaranteed for 20 years and is renewable to age 95. ⁴The Whole Life Paid-up at 90 is a Cash Value policy with a level premium to age 90 at which time no additional premium are due. It has a maturity age of 121. Not available in all states. For terms and conditions, call (800) 621-3723. The opinions and ideas expressed by the individuals providing testimonials are their own. The testimonials are not indicative of future performance or success and may not be representative of the experience of other clients or agents.

District VIII 2021 Convention

The members of the lodges and councils of District VIII convened for their annual District Convention at West End Pulaski Lodge 1052 in Pittsburgh, PA on April 10th, 2021.

The event was well attended with members of many lodges and councils throughout the district. Among the members of the delegation were also National Directors Val Pawlos and Jeffrey Twardy, Fraternal Advisor for Region B, Sean Jackson, and former Commissioners of District VIII Joe Kaminski and Dave Sinclair. Diane Morgan was re-elected to be the District Treasurer and Breanne Dombrowski was elected as the Recording Secretary of the District.

The District was recognized and commended for their great efforts in 2020, growing sales of over \$58,000 in newly generated premiums for the District and over 20% growth from the previous year, even in the face of the everyday struggles of the pandemic. The top fraternal sales agent for 2020 was Jeff Twardy of Lodge 1052. Sean Jackson (Lodge 750), Dave Sinclair (Lodge 664), Mike Zadrozy (Lodge 976), and Rich Tyszkiewicz (Lodge 750) were also recognized for their top sales in 2020.

Additionally, Dave Sinclair was recognized as the 2021 Man of the Year for District VIII. Dave worked hard for two terms as commissioner of District VIII and still continues to be involved both in his lodge and within the District. He continues to be an exemplary member of the PNA and a valuable resource within the District.



(l-r): Director Val Pawlos, 2021 Man of the Year Dave Sinclair, Fraternal Advisor Sean Jackson, Director Jeffrey Twardy.

District VIII would like to thank the members of West End Pulaski, Lodge 1052 for putting together a successful and safe District VIII Convention and would also like to thank Rockefeller's Grille for catering the delicious food for the event.

The following are the resolutions set forth from the Resolutions Committee for the District VIII Convention:

Resolution of the District VIII Convention April 10, 2021

We as members of the Polish National Alliance District VIII Convention Resolution Committee held on Saturday April 10, 2021 at Lodge 1052 West End Pulaski do hereby decree:

- We wish to extend our thanks to all National Officers, Directors, Advisors, Council and Lodge Officers, past and present for their commitment and dedication to the Polish National Alliance and District VIII.
- We thank the members of the Convention Committees for their work in making this annual convention a great success.
- We wish to thank and remember in our prayers the courage of our forefathers, who with their wisdom and foresight in 1880, laid the groundwork for the fraternal organization that we so enjoy today as the Polish National Alliance.
- We wish to congratulate our District VIII agents and Financial Secretaries for their outstanding efforts and performance since our last convention. District VIII

is proud to have many top agents in all of the PNA.

- We wish to congratulate the lodges of District VIII who have again propelled our district to the forefront of the PNA in Membership, Sports, Youth Activity and Fraternalism in 2021 and beyond.
- We encourage and challenge our Lodges and Councils to actively participate in community affairs and fundraising events for the charity. Let us be the leaders of giving back to the communities in which we enjoy a good life.
- We wish to thank and support the members of our communities who continue to battle the Covid-19 virus and we remember and pray for those who are affected by the ongoing struggle of illness and loss.
- We wish to thank our men and women in our armed forces, along with the armed forces of Poland and the free world for keeping our lands safe from harm's way.
- We wish to thank the home office of the PNA for their continued support of the various sports and cultural activities annually sponsored by lodges and councils of District VIII.
- In conclusion, we wish good health to all and the best of luck in our endeavors not only in our personal lives, but as members of District VIII and members of our community and country.

*Submitted by Region B Fraternal Advisor
Sean R. Jackson*

Wybory w Grupie 3259 „Piaśt”

W dniu 16 stycznia 2021 roku, w prywatnej rezydencji jednego z członków Grupy „Piaśt”, odbyło się doroczne zebranie sprawozdawczo- wyborcze, w którym wzięło udział ponad 20 członków grupy i paru zaproszonych gości.

Była to pierwsza możliwość spotkania się osobiście od ponad 9 miesięcy ze względu na obostrzenia wynikające z COVID-19. Zebranie odbyło się z zachowaniem zasad bezpieczeństwa, pomiarem temperatury uczestników i użyciem maseczek.

Zarząd grupy przedstawił sprawozdanie z działalności za rok 2020 oraz sprawozdanie finansowe, a po pysznym posiłku odbyły się wybory.

Nowy zarząd Grupy 3259 „Piaśt” został wybrany w następującym składzie:

Grzegorz Chilecki - prezes
Marlena Hulisz - wiceprezes
Jerzy Menclewicz - wiceprezes
Barbara Jarosławski - sekretarz finansowy
Jarosław Musiał - sekretarz protokołowy
Anna Dolewski - skarbnik
Arkadiusz Kajdas - marszałek
Janusz Piątek - odźwierny



Zaprzysiężenie Zarządu Grupy 3259 (l-p): B. Jarosławski, A. Kajdas, A. Dolewski, M. Hulisz, G. Chilecki, J. Menclewicz, J. Piątek, J. Musiał, K. Kajdas.

Następnie odbyła się dyskusja na temat możliwości kontynuowania działalności grupy i organizowania imprez podczas panujących obostrzeń w roku 2021. Spotkanie było również okazją do celebrowania urodzin czterech członków grupy urodzonych w styczniu.

Grzegorz Chilecki

West End Lodge 1052 Annual Communion Breakfast

Pittsburgh, PA; On March 21, 2021, West End Lodge 1052 celebrated its annual communion breakfast. This year was a special one. The Lodge and its Board of Directors honored Joseph A. Kaminski by naming the breakfast after Joe.

President Mark Pawlos talked about how Joe's name is synonymous with the West End Pulaski Club and the many other Polish organizations he is involved in. Joe was very touched, along with his family and members of the club, by the title. From now on, the breakfast will be known as the Joseph A. Kaminski Annual Communion Breakfast.



appreciative of the donation. It was great to have Chief Schubert there to help us celebrate, given how busy his schedule is.

There were a total of 80 members in attendance at the breakfast, along with 10 children. Easter Baskets, as well as money, were given out to each child. Baskets were donated by members of the club who do this every year for the kids.

A special thanks go to Rockefellers Grill for catering the event, and to club member Arch Schubert for making all the paska bread. This was a great day for everyone!

*Submitted by PNA Director,
Val Pawlos*



During the breakfast, four students were honored as recipients of the Ray Twardy Scholarship. Isabella Bogdan, Erica Pawlos, Kevin Smith and Taylor Smith were each awarded a \$500.00 scholarship. Since the inception of Ray Twardy Scholarships 18 years ago, 115 scholarships have been given to eligible members, for a total of \$57,500 being awarded.



Each year, the lodge also picks an organization in the community to donate money to. This year, a check for \$1,500.00 was presented by President Mark Pawlos on behalf of Lodge 1052 for the Special Olympics. City of Pittsburgh Chief of Police Scott Schubert was present to receive the check on their behalf. Chief Schubert is very much involved in the Special Olympics and was very



Urodziny św. Jana Pawła II

18 maja 1920 roku, w Wadowicach nieopodal Krakowa, przyszedł na świat najbardziej znany Polak na świecie, Karol Wojtyła – krakowski metropolita, kardynał, poeta, myśliciel, późniejszy papież i święty.



Polacy na całym świecie pamiętają i celebrują rocznicę urodzin św. Jana Pawła II. Członkowie Gminy 91 Związku Narodowego Polskiego (PNA) od śmierci papieża w 2005 roku, organizują w dzień jego urodzin spotkania towarzyskie upamiętniające wielkiego Polaka.

Tradycją tych radosnych, majowych spotkań jest krótki program artystyczny i kremówki, ulubione ciastka papieża. Z inicjatywy Stanisławy Rawickiej, prezes Gminy 91, przy budynku PNA posadzona została sosna, ulubione drzewo Karola Wojtyły, która rośnie pięknie w Chicago, mieście, które stało się domem dla wielu pokoleń Polaków.

We wtorek 18 maja, zarząd oraz członkowie gminy zaprosili Polonię do głównej siedziby PNA na uroczyste obchody urodzinowe. W tym roku celebrowano je podwójnie, jako że z powodu pandemii koronawirusa w 2020 roku nie odbyła się jubileuszowa impreza 100. urodzin św. Jana Pawła.

Imprezę poprowadziła prezes Gminy 91 Stanisława Rawicka. Część artystyczną rozpoczęto modlitwą, którą poprowadziła Elżbieta Cimochowicz, intonując również pieśń „Chwalcie Łąki Majowe”, do której śpiewania włą-

czyli się wszyscy zgromadzeni. Przedstawicielki działającego pod patronatem PNA Teatru Pieśni i Tańca „Wici”, zaprezentowały ulubioną pieśń papieża „Barke”. Grupa Niebo, w składzie: Ola Podowski – wokal, Kasia Pijanowska – wokal, Eliza Zacharow – wokal, Michał Sadowski – wokal, Jan Zieńko – gitara, zaprezentowała trzy utwory: „Amazing Grace”, staroirlandzki utwór „Be Thou My Vision” i „Hallelujah” Leonarda Cohena.



Na zakończenie, w ogrodzie pod papieską sosną, przy tablicy z napisem „A żywym staniesz na zawsze wśród nas”, dziewczynki z zespołu Wici, ubrane w barwne łowickie kostiumy, wypuściły do nieba biało-żółte balony, a przed rozstaniem każdy z uczestników został poczęstowany pyszną kremówką.

Zdjęcia: Artur Partyka



Wielkanocne Szukanie Jajek w Grupie 3259 „Piast”

W Wielką Sobotę 3 kwietnia 2021 roku, w Ośrodku Polonijnym w Yorba Linda, Kalifornia, po rocznej przerwie spowodowanej pandemią, odbyło się tradycyjne poświęcenie pokarmów. Wiele osób zarówno polskiego pochodzenia jak i amerykańskiego całymi rodzinami przybyło na tą uroczystość. Frekwencja była jednak mniejsza niż w latach poprzednich.

(l-p) Barbara Jarostawski, Iwona Pisarek, Elżbieta Piątek, Zosia Grochulska i Grzegorz Chilecki przy stoisku informacyjnym.



Korzystając z okazji, Grupa Piast zorganizowała szukanie jajek dla wszystkich chętnych dzieci w wieku od 1 do 12 lat. Organizatorzy przygotowali ponad 600 jajek wypełnionych niespodziankami oraz rozdali książeczki do kolorowania. W tym roku, w sześciu turach zabawy wzięło udział 90 dzieci.

Zarówno młodzi uczestnicy i ich rodzice, jak i organizatorzy obserwujący dzieci bawili się doskonale.

Przy okazji tej imprezy, rodzice dzieci mogli zapoznać się z ofertą ubezpieczeń na życie i planów emerytalnych Związku Narodowego Polskiego fachowo zaprezentowaną przez panią Barbarę Jarostawski.

Sukces imprezy nie byłby możliwy bez zaangażowania członków Grupy Piast i pomocy przedstawicieli związkowej młodzieży; Yagoda, Maya i Kaya Jędrzejczak oraz Dominika Piątek spisały się doskonale.

Grzegorz Chilecki, Doradca PNA w Regionie „J”



Dzieci w pełnej gotowości, aby wyruszyć na szukanie jajek. Kaya Jędrzejczak i Barbara Jarostawski czuwające nad ich bezpieczeństwem.

Council 8 Easter Egg Hunt

On March 27, 2021, PNA Council 8 held Easter Egg Hunt at the Polish Center of Wisconsin. Families gathered inside and enjoyed packaged snacks and drinks. The Easter Bunny led the children outside for the Hunt. Instead of a group photo, individual family pictures were taken.

Submitted by Teresa Jankowski, Fraternal Advisor, Region I



Wielkanocna Zabawa w Ogrodzie PNA

W niedzielę 28 marca 2021 roku, w ogrodzie PNA, odbyło się wielkanocne szukanie jajek sponsorowane przez PNA i zorganizowane przez doradczynię na Region G, panią Magdalенę Solarz oraz koordynatorkę programów członkowskich Marię Środoń.

Jako że pani Magdalena Solarz jest również dyrektorem artystycznym Teatru Pieśni i Tańca Wici, wiosenna impreza rozpoczęła się od popisu umiejętności tanecznych i wokalnych członków tej znanej Po-

nad 100 dzieci. Wielkanocny zajączek i kurczaczek otworzyły drogę pogoni za wypełnionymi niespodziankami kolorowymi jajkami.



Dzieci rozbiegły się po trawnikach otaczających budynek PNA położony w sercu pięknej, rezydencjalnej dzielnicy Chicago. Bardzo szybko znalazły wszystkie wielkanocne jajka

i po zrobieniu pamiątkowych zdjęć z zajączkiem, kurczaczkiem i tancerzami zespołu Wici, zadowolone pojechały z rodzicami do domów.

Dla rodziców PNA przygotowało do wylosowania w loterii kosz z wielkanocnymi smakołykami. Szczęście dopisało 5-letniej Annabelle May, która wraz z mamą Karoliną May, odebrała kosz w biurze Związku Narodowego Polskiego z rąk sekretarza Alicji Kuklińskiej.



lonii Amerykańskiej grupy. Piękne, kolorowe stroje występujących prezentowały się zjawiskowo na tle błękitnego, wiosennego nieba i szmaragdowozielonej, młodej trawy. Był to pierwszy, po rocznej przerwie spowodowanej pandemią Covid-19, występ zespołu.

Po części popisowej przyszedł czas na szukanie wielkanocnych jajek, na które czekało z niecierpliwością





Jubileusz Zespołu Pieśni i Tańca „Lajkonik”



W sobotę 25 kwietnia 2021 roku, w kościele pod wezwaniem Świętej Trójcy w Chicago, działający pod patronatem Związku Narodowego Polskiego, Zespół Pieśni i Tańca „Lajkonik” uroczystie obchodził 30-lecie swojej działalności.

W jubileuszu „Lajkonika” wzięli udział związani z zespołem obecnie i na przestrzeni lat tancerze, ich rodziny, osoby pracujące na rzecz grupy oraz dostojni goście, min. Konsul RP w Chicago Małgorzata Guzik-Bąk, prezes Związku Narodowego Polskiego i Kongresu Polonii Amerykańskiej Frank Spula, dyrektor zarządzająca Muzeum Polskiego w Chicago Małgorzata Kot, sekretarz Zjednoczenia Polskiego Rzymsko-Katolickiego Agnieszka Bastrzyk, dyrektor działającej przy misji polskiej szkoły pani Anna Baran oraz

Magdalena Solarz, doradca ZNP i dyrektorka artystyczna Teatru Pieśni i Tańca Wici z jego przedstawicielkami.

Mszę świętą, koncelebrowaną przez dyrektora zespołu „Lajkonik”, proboszcza parafii, ks. Andrzeja Totzke, rozpoczęło wykonanie skomponowanej na tę okoliczność przez Halinę Misterkę i Martę Dudek jubileuszowej pieśni. Po nabożeństwie zebrani mieli okazję obejrzeć film poświęcony historii i artystycznym sukcesom „Lajkonika”, wysłuchać kilku

utworów w wykonaniu grupy, zasłużonych słów uznania i gratulacji składanych przez czcigodnych gości i wspomnień osób związanych z zespołem od początku jego istnienia.

Na zakończenie wieczoru, zgromadzeni przenieśli się do sali parafialnej na krótki program artystyczny, urodzinowy tort i pamiątkowe, rodzinne zdjęcia.

Zespół Pieśni i Tańca „Lajkonik” powstał w 1991 roku przy Polskiej Misji Duszpasterskiej pod wezwaniem św. Trójcy w Chicago z inicjatywy Ewy i Marka Kusiów i liczył 12 tancerzy. Od 1997 jego kierownikiem artystycznym jest pani Halina Misterka, która z zapałem i kreatywnością prowadzi zespół przez pasmo lokalnych i międzynarodowych sukcesów. W ciągu minionych 30. lat, przez grupę liczącą obecnie ponad 100 osób, przewinęło się około 500 tancerzy. Wielu z nich założyło rodziny i dziś przywożą na próby swoje dzieci, pragnąc przekazać im te same wartości i te same przeżycia, których sami doświadczyli.

Zespół Pieśni i Tańca „Lajkonik” jest częścią Grupy 3241 Związku Narodowego Polskiego (PNA) i od początku swego istnienia otrzymał od organizacji finansowe wsparcie na łączną sumę przekraczającą \$200,000.

Zdjęcia: Artur Partyka

Pełna galeria zdjęć z jubileuszu „Lajkonika”: dziennikzwiazkowy.com



It's COOL to be in Polish school

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

MATURA W POLSKIEJ SZKOLE IM. ADAMA MICKIEWICZA

Egzamin dojrzałości w Polskiej Szkole im. Adama Mickiewicza był bez wątpienia najważniejszym wydarzeniem dla uczniów trzecich klas licealnych, którzy, po wieloletniej nauce w polskiej szkole, sprawdzili swoje umiejętności językowe w czasie matury poprzedzonej kilkumiesięcznymi, wytężonymi przygotowaniem. W tym roku szkolnym, do dwuczęściowego egzaminu przystąpiło 29 abiturientów z obydwu lokalizacji szkoły; w Burbank oraz Chicago.

Część pisemna egzaminu maturalnego stanowiła nie lada wyzwanie gdyż została skonstruowana pod kątem egzaminu certyfikacyjnego z języka polskiego, jako obcego na poziomie

językowym B2. Maturzyści zmierzali się z wieloma zadaniami z zakresu rozumienia tekstu, poprawności grammatycznej i językowej, a także umiejętności pisania krótkich form wypowiedzi pisemnej w postaci podania o rozmowę kwalifikacyjną. Testowane umiejętności z pewnością przydadzą się wkraczającym w dorosłość nastolatkom, dla których znajomość drugiego języka może okazać się atutem na rynku pracy.

W niedzielę, 25 kwietnia odbyła się część ustna egzaminu dojrzałości, podczas której młodzież demonstrowała swoją wiedzę oraz kompetencje językowe w oparciu o wcześniej przygotowane prezentacje multimedialne.

Komisja w składzie: dyrektor szkoły p. Anna Pałasz, p. Bożena Świątek, p. Sławomir Panek oraz p. Agata

Mścisz oceniała nie tylko poprawność językową i słownictwo, ale też płynność wypowiedzi, wymowę i intonację. Wszyscy uczniowie wspaniale się zaprezentowali. Najlepiej poradziły sobie Nicole Grochola i Marta Mścisz, które jako jedyne otrzymały oceny celujące z obu części.



Ważny etap w życiu wychowanków Polskiej Szkoły im. Adama Mickiewicza został już zamknięty. Serdecznie gratulujemy wszystkim tegorocznym maturzystom i życzymy im wielu sukcesów w zdobywaniu wiedzy na kolejnych poziomach edukacji oraz powodzenia w życiu osobistym.

Agata Mścisz



„W HOŁDZIE ZA ODWAGĘ I POŚWIĘCENIE”

Konkurs poezji i pieśni w Polskiej Szkole im. Króla Kazimierza Wielkiego



W piątek, 30 kwietnia, w Polskiej Szkole im. Króla Kazimierza Wielkiego w Orland Hills, IL. odbył się konkurs patriotyczny recytatorsko-wokalny pod hasłem “W hołdzie za



odwagę i poświęcenie”. Wydarzenie zaplanowano na kilka dni przed ważnymi dla Polaków świętami, a mianowicie Dniem Flagi Rzeczypospolitej Polskiej, świętem Polonii i Polaków za granicą oraz 230 rocznicą uchwalenia Konstytucji 3 Maja.

Wzięło w nim udział blisko 100 uczniów, w trzech kategoriach wiekowych. Osobno oceniani byli wykonawcy pieśni patriotycznych. W jury, obok dyrektor szkoły Izabeli Przybyły, zasiadła Barbara Wesolowski, doradca regionalny PNA, a także Grażyna Pikul, kierownik oddziału PSFCU w Orland Park.

Zwycięzcami konkursu zostali: John Rychtarczyk (w kategorii kl. 0 – 2), Olivia Mormol (kl. 3 – 5) oraz Wiktor Mormol (kl. 6 – liceum). Pierwsze miejsce w kategorii wokalnej wyśpiewała uczennica klasy 5 – Anna Zwoliński, która w przepiękny i bardzo wzruszający sposób wykonała pieśń

“Czerwone Maki na Monte Cassino” do słów Feliksa Konarskiego.

Poprzez recytację i śpiew dzieci nie tylko wzbogacały swój język polski, poznawały twórczość znanych poetów, ale składały również hołd uczestnikom powstań narodowych, żołnierzom kampanii wrześniowej i młodzieży walczącej o wolność Polski.

Agata Mścisz



N

ews from Texas

Happy Summer! I hope you are all in good health, and moving forward to this modified normality. We have been tested and we are adapting and flourishing. Thank you to those who have gone above and beyond to help others. Two PNA members Brian Marshall and Grace Ciaston are brought to mind. Brian Marshall, our Polish Fiddler, has been there for so many people and given his time to play for, unfortunately, several funerals giving the last send off to amazing music, and has kept us laughing with his crazy and fun Polish videos. Grace Ciaston, a first-year nurse, was thrown into the craziness of a global pandemic and has given her all to help those in need in any way possible. We thank you both for putting yourselves out there, and many others amazing people that we have not named. If there is someone out there that we need to recognize, please let us know!

The community is adapting and being creative whether by zoom, webinar meetings, or outdoor activities. The Polish Community is strong. The community is creating events such as Smigus Dingus in the park, and outdoor library and book meet up, Polish History Club, film festivals, zoom exchanges in Austin; Drive through Fish Fry's, paczki, and Taste of Poland Festivals in Houston; and University students becoming more involved in the polish community and creating new Polish clubs at the University of Texas - Austin! Let's continue to promote and support local Polish businesses!

Please do not forget the opportunities and products PNA has to offer. Share with your friends and family, and make sure you are protected! You never know when you will need what PNA offers.

Jolanta Mazewski-Dryden, Fraternal Advisor, Region H

Houston Fish Fry

Despite several obstacles, on February 26, 2021, the traditional Fish Fry held at Our Lady of Czestochowa Catholic Church was a great success. PNA Region H was thrilled to support this modified Fish Fry during the liturgical season of Lent leading up to Easter. Thanks to those who worked, participated and came out to the "drive-thru" event. Great to see people out, even in their cars.



Women's Day Event in El Paso

On March 6, 2021, the Annual Women's Day (Dzień Kobiet) event with a lady's potluck was held to celebrate International Women's Day



Konkurs Palm Wielkanocnych

On March 28, 2021, the Nicolaus Copernicus Polish School in Houston along with Our Lady of Czestochowa Catholic Church held a unique contest in which the children created the traditional Polish Palms and were awarded prizes. This was a great event that showcased the cre-



ativity of the youth. PNA proudly supports and sponsors the Nicolaus Copernicus Polish School in Houston. Congratulations to all that participated and congrats to the school for this creative initiative.



Święconka

Blessing of the Food/ Baskets (Święconka) is a beautiful Polish tradition continued in Texas. This year was no different!



PNA members Mazewski-Dryden, Erica Dryden, and the Ciaston Family.

Easter Egg Hunt

Once again, the children in the Polish community were treated to a fantastic Easter egg hunt with prizes of chocolate bunnies and more, donated

ed by Fraternal Director Region H – Jolanta Mazewski – Dryden. Additionally, the Nicolaus Copernicus Polish School in Houston was given a donation to the school by PNA Region H. Thanks for all the great work that you do!



Children enjoying the Easter egg hunt and the Easter rabbit



Donation to the Polish School – Fraternal Director Mazewski-Dryden with the Teachers

Biblioteka Polskich Książek

Mobile Polish Library visited Mueller Park in Austin, on April 18th with an even bigger selection of the crowd favorites- recently purchased books by Tokarczuk, Mróz, Chmielarz, Pamuk, and more. An innovative way to keep the community involved.



Pączki Day

Keeping the Polish community active and involved the Polish School in Houston created a drive-through Paczki day. What a success. Thank you, everyone!



Polish Flag Day

El Paso showed us once again how to socialize and enjoy nature while celebrating Polish Flag day and Poland's Constitution Day. The General Casimir Pulaski Society in El Paso, Texas celebrated Poland's Constitution Day by hiking in the Franklin Mountains (Aztec Cave Trail). During the hike, they were able to tell their guide and some fellow hikers about the Constitution of 1791, the second oldest in the entire world. Thank you Bogusia, Justyna, Augie, Andrew, Michal, and Mark for proudly representing El Paso Polonia! After the hike some more joined in for a delicious Majowka picnic. The hike was amazing and the Polish Flag was held high!



May Day- Majówka

The Polish Community in Dallas knows how to celebrate Mayday with grilling, live music, dancing, and other great events. Jagoda Dancers were on hand showing their new costumes to ensure the event was lively! Thank you, European in Texas Market Café, for hosting.



A spontaneous Majówka get together took place in Zilker Park in Austin on May 2nd, 2021. Parents, kids, dogs, friends, enjoyed May Day organized by Magdalena Pidani.



PNA Lodge 2336 Members Remembered

The Polish Community has lost two very devoted and beautiful souls. Wiesława and Tadeusz Brzeski passed

away only days apart from each other in Poland, from COVID-19. This beautiful couple has been a part of our community for over 25 years. They would attend all events and would always generously help and give. They are part of the Polish National Alliance fraternal community and held a wide variety of positions in the organization. They traveled to Polish events, supported PNA throughout Texas, and always had beautiful smiles, Rest in Peace.



Wiesława and Tadeusz Brzeski with their beloved grandchildren.

New Initiatives supported by PNA Region H. We need your help on this Research Project.

Welcome to the Polish Club at the University of Texas that joins the Texas A&M Polish Club.

The Vice President, Nathan Silverstein, a student at UT Austin, is documenting the experiences of survivors of Poland's years under martial law. If you or someone you know would be interested in sharing your story, please contact Nathan. This important era is under-documented and Nathan is working diligently to record the stories. YOU can help by contacting him today. <http://bit.ly/PLMartialLaw>

The Polish Heritage Center

Recently, the Polish American Congress Executive Committee unanimously approved the following resolution commending the tremendous work being done to create the Polish Heritage Center in Panna Maria, Texas. *Polonia can be rightly proud of this magnificent undertaking. The Polish American Congress joins with over ten million Americans of Polish descent in offering its heartfelt congratulations for all the work being done by the many contributors to the Polish Heritage Center, led by its driving force and founder, Bishop Emeritus John W. Yanta. President Frank J. Spula, on behalf of the Polish American Congress Executive Committee and its members, heartily commends and thanks all of you!*



Check Out Polish National Alliance Region H's new Facebook Page - please share and we'd love to hear from you! Keep us updated with your projects, ideas, and innovations!
<https://www.facebook.com/Polish-National-Alliance-Region-H-100688988414554/>

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

2021-22 Undergraduate Scholarships

The Polish National Alliance Scholarship Ad Hoc Committee met mid-May to review approximately 160 applications received for the 2021-22 PNA Undergraduate Scholarship Awards. The 2021-22 PNA Undergraduate Scholarship Committee Members were: Wanda Juda, Kathy Lesny Evans and Anna Wierzbicki.

Choosing the recipients was a very difficult task for the committee, but in the end, they awarded almost \$160,000.00 in scholarship funds to recipients. Scholarships were awarded based on the applicants' abilities to meet specific qualifications in categories such as GPA and fraternal and community service. Points were given in each specific category, and the students with the highest number of points were awarded. All PNA Scholarship recipients were notified of their award via USPS mail.

The PNA is very proud that so many members aspire towards higher education.

The members of the Scholarship Committee, along with the Executive Officers and PNA Board Members, wish each recipient and applicant the best in their future endeavors!

A full list of recipients can be found on the official PNA website: pna-znp.org



The 2021-22 PNA Undergraduate Scholarship Committee Members (l-r): Kathy Lesny Evans, Anna Wierzbicki, Wanda Juda.



Polish National Alliance announces the availability of scholarships to qualified post-graduate students for 2021.

Application must be submitted by

June 15th, 2021

Applicants must:

- Must be a U.S. Citizen or permanent resident,
- be a PNA member (for min. 5 years, with a permanent certificate of insurance no less than \$10,000.00),
- have a high academic record supported by an official transcript,
- be involved in community activities and voluntary services,
- be involved in the Polish-American community,
- Submit Application and Resume providing information regarding applicant's achievements, extracurricular activities, work experience etc.
- Submit a typed 500 word essay in which the applicant will provide information about why he/she deserves the financial support from the PNA.

Submitting the Application does not guarantee a Graduate Scholarship.

Recipients will be notified via mail by **July 31st, 2021.**

For information please call **1-800-621-3723** ext. 380

Application is available on the PNA's website:

www.pna-znp.org

Gift that will last a lifetime



Celebrate special family occasions...

with a thoughtful and invaluable gift.

The gift of a life insurance certificate is a meaningful sharing of your legacy with your loved ones.

SINGLE PREMIUM WHOLE LIFE				
Age	Boy		Girl	
	COVERAGE AMOUNT			
	\$ 15,000	\$ 30,000	\$ 15,000	\$ 30,000
0	\$ 1,231.95	\$ 2,433.90	\$ 1,107.15	\$ 2,184.30
7	\$ 1,548.30	\$ 3,066.60	\$ 1,391.55	\$ 2,753.10
14	\$ 1,948.95	\$ 3,867.90	\$ 1,753.50	\$ 3,477.00
18	\$ 2,201.40	\$ 4,372.80	\$ 1,993.20	\$ 3,956.40

20 Pay Whole Life (Annual Premium)				
Age	Boy		Girl	
	COVERAGE AMOUNT			
	\$ 15,000	\$ 30,000	\$ 15,000	\$ 30,000
0	\$ 133.05	\$ 236.10	\$ 123.15	\$ 216.30
7	\$ 16 .50	\$ 291.00	\$ 147.75	\$ 265.50
14	\$ 195.60	\$ 361.20	\$ 179.25	\$ 328.50
18	\$ 217.65	\$ 405.30	\$ 200.25	\$ 370.50



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

6100 N. Cicero Ave, Chicago IL, 60646

www.pna-znp.org

[Facebook.com/PNAZNP](https://www.facebook.com/PNAZNP)

CALL PNA

1-800-621-3723

By purchasing a gift of life insurance policy for your children from PNA you are also guaranteeing membership in the largest Polish fraternal organization in the United States. Children (policyholders) can also take advantage of valuable tuition assistance and reimbursement programs, summer camps as well as various sport activities and competitions. For more detailed information please contact your local representative or the PNA Membership Department.



**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

We are proud of...

Richard Poremski **HONORARY CONSUL OF POLAND**

The state of Maryland Receives an Honorary Consul and Consulate. Richard P. Poremski, has been appointed as Honorary Consul by the Republic of Poland for the State of Maryland, headquartered in the City of Baltimore. The United States Department of State granted Poland's request for the establishment of the Consulate and formally approved the appointment of the Honorary Consul.



Richard P. Poremski, an Honorary Consul of the Republic of Poland in Baltimore, MD

BALTIMORE, MD. Before the COVID-19 pandemic, during a National Katyń Memorial event, Richard Poremski was surprised to receive a personal fraternal overture from the Embassy of the Republic of Poland. Ambassador Piotr Wilczek honored him with an invitation to begin a lengthy and intense process that would ultimately lead to the establishment of a new Honorary Consulate

of the Republic of Poland in Baltimore, Maryland, with Poremski installed as its new Honorary Consul.

After accepting the candidacy, Poremski began an arduous and very complex application and vetting process that went on for nearly a year. All of the various multi-faceted documents had to be submitted in Polish and English. Then there was all the necessary diplomatic interaction between the Embassy of Poland, the Ministry of Foreign Affairs in Warsaw, and the U.S. Department of State. Every single 'i' was dotted and every single 't' was crossed, sometimes even more than once, before all of the parties applied their final stamp of approval to the new diplomatic venture.

March 23, 2021, despite the cautionary "Ides of March" timing, proved to be a very auspicious day for Polonia, Poles, and citizens of the State of Maryland as the Embassy of the Republic of Poland in Washington, D.C. for-

mally announced and made official the appointment of Honorary Consul Richard P. Poremski, and consequently the establishment of a Consulate in the City of Baltimore. The United States Department of State followed suit with its approvals, publishing the necessary official government announcement and issuing consular credentials to Poremski.

The Polish Embassy, in its official government announcement, stated that "The duties of Polish Honorary Consuls include: protection of the rights and interests of the Republic of Poland and its citizens, fostering friendly relations and cooperation between Poland and the U.S., fostering the bonds between Poland and Polish Americans, promoting the Polish economy, science, culture and language, and providing consular assistance."

Poremski is not new to serving the public and the Polish community. In fact, in 2018 he received the national Distinguished Service Award from the American Council for Polish Culture. He continues to dedicate himself to many worthy organizations, currently serving as President of Polish National Alliance Council 21, as Chairman of the National Katyń Memorial Foundation, as Judge Advocate for the Department of Maryland of the Polish Legion of American Veterans, as Public Relations Director for Ojczyzna Polish Dancers and as a Board Member of the Polish Home Club, and that's only the beginning of the list.

After serving in the United States Army, Poremski began a 52-year career at the Port of Baltimore, and over many years he became more deeply involved in Polish organizations in Baltimore and beyond. Now retired, he spends countless hours dedicated to the promotion of Polish culture and heritage, and he looks forward to expanding his efforts through this new, unexpected position. "I was completely shocked," said Poremski. "Obviously, this is an incredible honor, and I was completely overwhelmed that I was chosen as the new Honorary Consul and to lead the new Consulate in Baltimore. Now it's time to get to work and do good things that benefit our communities here and abroad, and I'm looking forward to the challenges and opportunities ahead."

The new Consulate will be located at the PNA Council 21 building in Baltimore's Fells Point Community. With Council 21 already being at the center of Polish cultural activities in the region, adding the Consulate of-

fice at this location truly will enhance its visibility and will allow for easy access. Among his first actions as Honorary Consul, Poremski intends to re-establish relations between Maryland and Łódź through the Maryland Sister States Program. "During an EU event in Baltimore last year, reviving the program was discussed with representatives of the Maryland Secretary of State's office," Poremski said. "Now that we have our own Honorary Consulate, it seems like this is the perfect time to make this a reality and also to begin planning other activities that will build relationships that benefit Poles, Polonia, Poland, and Maryland."

There are five (5) Consulates General located in the major U.S. cities of Washington, D.C., Chicago, Houston, Los Angeles, and New York that are direct diplomatic extensions of the Polish Embassy in Washington. Additionally, there are seventeen (17) Honorary Consulates/Consuls that span the length and breadth of the U.S., including those in Hawaii, Alaska, California, Missouri, Ohio, Pennsylvania, North Carolina, Florida, and also offshore in The Commonwealth of the Bahamas.

Polonia throughout Maryland and the City of Baltimore are very proud of the newest diplomatic outpost of the Republic of Poland established in the United States of America.

*Submitted by Malgorzata Bondyra
Photo: Michael Carnahan*

Cyrus Allyar Trumpet Maestro

PNA Member is featured playing trumpet in the newly released "Bach Unbuttoned" CD commemorating 300 years of the Brandenburg Concertos.



Cyrus Allyar

Cyrus Allyar, a PNA member of Lodge 3193, was born in 1994 in Los Angeles, California, and is featured playing trumpet in Bach's Brandenburg Concerto No. 2 on the newly released "Bach Unbuttoned" on the Pentatone label.

Cyrus began trumpet instruction with David Searfoss of the Pasadena Symphony, and during his adolescent years, studied trumpet privately with Professor Boyde Hood of the Los Angeles Philharmonic. Cyrus also participated in the PNA National Spelling Bee in Chicago when he was in the 8th grade.

Cyrus Allyar further pursued his musical training in Germany under the guidance of Professor Wim Van Hasselt at the Hochschule für Musik in Freiburg and is currently pursuing a Master of Trumpet Performance degree with Professor Reinhold Friedrich at the Hochschule für Musik in Karlsruhe.

Cyrus has performed with numerous orchestras and ensembles that include several across Europe, and has toured extensively in Europe, Asia, Africa, and North America. He has performed with notable ensembles such as the Opéra National de Paris, Orchestre de Chambre de Paris, Le Balcon (Paris), Orchestre National de Lille, Ludwig Orchestra (Amsterdam), The Dutch National Ballet, the Oslo Philharmonic, the Hungarian National Philharmonic as well as Stuttgart Philharmonic. Cyrus has participated in festivals such as the Salzburger Festspiele, Lucerne Festival, Verbier Festival, Klara Festival, Ojai Festival, and Aldeburgh Festival and has performed on diverse recordings. Cyrus performs on both modern and historical instruments. Cyrus will be performing pieces by Lutoslawski and Stravinsky in Warsaw, Poland on June 17th, 2021 at the Wielki Teatr Opera Narodowa.

A recording of Cyrus playing the trumpet in Bach's Brandenburg concerto No. 2 can be found at: <https://smarturl.it/BachUnbuttoned>

Submitted by Ms. Kathleen Wrobel

Oliver Batcher

TENDER HEART

Amsterdam, NY, Mayor Michael Cinquanti honored a young PNA member, Oliver Batcher, for his kindness during an Amsterdam Salutes presentation at a Common Council Meeting per the recommendation of 4th Ward Alderman Stephen Gomula.



PD Det. Lt. Sal Megna and Sno Cone Joe owner Josh Malatino after they sing 'Happy Birthday' to twins Lenny Garcia, and Lyon Garcia as they celebrate their 7th birthday. Photo: Erica Miller/The Recorder

Oliver Batcher is a name to remember not because he's a superhero, or a great athlete, or a rich benefactor who gave away a million dollars to a worthy cause, although he may end up becoming all three. No, remember Oliver Batcher instead because he's a 10-year-old kid who lives in Amsterdam, who took it upon himself to do something really nice for someone else. Remember him because it is his heart, his character, and his generosity that symbolizes all that is good about the children in the Amsterdam community and the PNA Family.

Two of his friends, who happened to be twin brothers, told this young man recently that it was their birthday, but they were not having a party or getting any presents because of COVID-19 and their mother was not feeling well. Oliver could not and would not let that stand. He quickly put together an Easter egg hunt for the brothers, gave them each a bag of birthday goodies, and then

chased down the Sno Cone Joe truck and asked Joe (aka Josh Malatino's) to play Happy Birthday for the twins.

Batcher was one of Malatino's best customers, one who would often dig into his pockets to buy ice cream for kids in the neighborhood who didn't have money of their own. So the popular roving street vendor reached out to his friends at the Amsterdam Police and Fire Departments and Bill's Beverage Center and they donated a cash gift to the twins' family, as well as cookies, iced tea, and ice cream for a real neighborhood birthday celebration.

The City of Amsterdam and the Polish National Alliance salute Oliver Batcher for his kindness and compassion for his friends and for doing something he did not have to do simply because he knew it was the right thing to do. The effort he made to make sure his two buddies had a birthday celebration is an excellent example people of all ages can learn from. We are so proud to say Oliver Batcher, a resident of Amsterdam, is a member of the Polish National Alliance Lodge 1291.

Submitted by Edward Swiderski.

PNA Supports Polish Heritage



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*

The Impact and Legacy of Alliance College



In 1966, high school graduate, member of PNA lodge 661 Daniel Oboyski decided to apply to a college he had only vague knowledge about. Raised in a Polish family, in a Polish neighborhood, he felt an instant connection when he went on a tour and saw tributes to his heritage all around him: the Maria Skłodowska Currie Hall, the Kosciuszko Hall, and classes that teach about Polish culture, just to name a few. Mr. Oboyski soon became part of the rapidly increasing enrollment of Alliance College.

Founded by the Polish National Alliance, Alliance College matriculated its first students in 1912, with

President Taft as guest speaker at the dedication. Alliance College was located in Cambridge Springs, Pennsylvania, placing it about midway between New York and Chicago.

Alliance College was a liberal arts college whose main objective was to promote the Polish language and culture, and offered several classes that teach about both. The Polish Room in the library had an extensive collection of Polish literature and manuscripts that have since been given to the library at the University of Pittsburgh.

The college had a student-exchange program with Jagiellonian Universi-

ty in Kraków, Poland, and also gained national fame for its Kujawiaki folk dance ensemble. In a self-composed essay sent to ZGODA, Mr. Oboyski also spoke of a Wigilia Dinner with Opłatek that was held for the student body before Christmas Break.

The College also did its part to contribute to a free Poland. During World War I, two Polish Units trained on the campus and were attached to the Canadian army. Ignacy Jan Paderewski delivered the college's 1916 commencement address. The Alliance also cared for Polish refugees from Manchuria and Siberia after the war. It became an accredited four-year college in 1952.

Though its main purpose was to encourage the study of Polish Language and Culture in America, Alliance College sought to provide its students with as well-rounded of an education as possible. The College's objectives included, „To develop an enlightened interest in the cultural heritage of mankind...to provide an opportunity for students to acquire experience in leadership...to encourage a continuity of interest in spiritual and ethical values.” These

objectives, outlined in the Alliance College bulletin from 1968-1969, must have felt especially relevant at a time when the Vietnam War had been raging for almost 15 years. The college offered several courses, including Biology, Business, Chemistry, Mathematics, Sociology, English, as well as Polish and Russian language classes. A Mechanical Trades Institute was added in 1915. The College had several clubs, fraternities, and sororities as well.

There was also a summer course on Field Archeology, during which students would participate in archeological digs. Some of these students' most notable finds were artifacts of the early Archaic people who lived between 4,000 to 8,000 years ago. The artifacts found during these digs were sent to the Carnegie Museum in Pittsburgh.

Due to low enrollment and budget constraints, the college closed its doors in 1987. Though it didn't exist for very long, it succeeded in its objectives of providing its students with an intellectually stimulating and enlightening experience that also deepened their knowledge of Polish heritage. „I have interviewed college graduates from universities to state colleges... they did not seem to have enjoyed their college experiences as some of us who went to Alliance College,” writes Mr. Oboyski.

Alliance College's legacy lives on through the Alliance College Alumni Association, which promotes Polish culture through alumni and helps maintain the bonds they have with each other.

Thank you, Mr. Oboyski, for providing us with an Alliance College Bulletin, an article about Alliance College students' archeological dig, and a self-composed essay sharing your experiences at Alliance College!

*By Magdalena Biedroń based on Daniel Oboyski's Fond
Memories of Polish National Alliance's
Higher Education Institution.*



Who gets your money?

Make sure your check ends up in the right hands!

Your beneficiary designation (not your will) dictates who will inherit your life insurance, annuity, or retirement savings.

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

- ✓ You got married or got divorced
- ✓ You birthed or adopted a child
- ✓ You lost a loved one
- ✓ You decided to leave money to your favorite charity

Make sure the paperwork is up-to-date.

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

Download **Change of Beneficiary** form
of the PNA website pna-znp.org



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

For more information on the Polish National
Alliance and its programs visit:

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

230th Anniversary of the Constitution of May 3

A Weekend of Celebration

At the beginning of May 2021, The Polish National Alliance organized and sponsored several events commemorating Polish May 3rd Constitution Day.

On the morning of May 2nd, members of the PNA's Executive Team, as well as several other representatives and delegates, attended a wreath-laying ceremony at the Tadeusz Kościuszko monument in Chicago, which is an event that is traditionally



sponsored by the PNA. The event celebrated Polish Flag Day, the 230th Anniversary of the May 3rd Constitution, as well as Polish Diaspora Day. Many attendees gave speeches paying tribute to the Polish Community's past and current contributions to Chicago and the United States.

After the ceremony, a celebratory Mass was held at the Holy Trinity Mission. Among those in attendance at the Mass, which was also sponsored and organized by the Polish National Alliance, were Polish Consuls, veterans, Illinois National Guard

Representatives, and delegates from the Lithuanian, Belarusian, and Ukrainian communities.

On May 3rd, the Polish Consulate at Chicago hosted a Polish and Lithuanian Flag Raising Ceremony at the Daley Center commemorating the May 3rd Constitution. As in past events, they were joined by several delegates and friends of the Polish and Lithuanian Communities. The 144th Army Band was in attendance and performed several Polish and Lithuanian songs during the ceremony. A proclamation declaring May 3rd Polish-Lithuanian Commonwealth State Constitution Day in Chicago, presented by Mayor Lori Lightfoot to the Polish National Alliance a few days prior, was also read during the ceremony.

The May 3rd, 1791 Constitution made history as the first Constitution in Europe, and second in the world overall. This Constitution moved the Polish-Lithuanian Commonwealth towards a Constitutional Monarchy that promoted equality between citizens and nobility, and extended rights and government protection to substantially more people. Though it was only in effect for around 19 months, the May 3rd Constitution served as a foundational building block to the systems of government in Poland, and many other countries, that have existed since then, and still are in force today.

Magdalena Biedroń

Photos: Courtesy of the Polish Daily News (Dziennik Żwiqzkowy)





West Pomeranian 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 West Pomeranian Voivodeship (województwo zachodniopomorskie) is located at the Northwest Corner of Poland. It borders the Baltic Sea to the North, the Pomeranian Voivodeship to the East, The Greater Poland Voivodeship to the southeast, the Lubusz Voivodeship to the south, and the German federal state of Mecklenburg-West Pomerania and Brandenburg to the West.

“Pomerania” derives its name from the Slavic phrase, “Po More”, which means, “Land by the Sea”. Located at the Northwest corner of Po-

land, this aptly named Voivodeship is home to many beautiful beaches, woodlands, and lakes. In addition to the many places to connect with Mother Nature in the West Pomeranian Voivodeship is also known for its various forms of architecture and fun events. Continue reading to see why thousands of tourists come to the West Pomeranian Voivodeship every year for a relaxing and invigorating summer experience in what is considered one of the greenest areas of Poland!

SZCZECIN



Szczecin is the capital and largest city of the West Pomeranian Voivodeship. It is located near the Baltic Sea and the German Border. The Port of Szczecin is a major seaport; it is the third-largest port in Poland and handles almost 10 million tons of cargo annually. Szczecin is Poland's seventh-largest city.

Szczecin has a fascinating history that dates back to at least the eighth century. It has been part of Germany, Sweden, Denmark, and Poland. Szczecin became part of Poland under Mieszko I in 967 and remained part of Poland for several decades. In the late 12th century, Szczecin fell under the rule of Saxony, Denmark in 1173, the Holy Roman Empire in 1181, and then Denmark again in 1185. It fell to the Holy Roman Empire again in 1235. Rulers changed as time went by. Eventually, by the 1630s Stettin (as the city was called in German) was completely Germanized.



The West Pomeranian Voivodeship coat of arms tributes the Gryf (Griffin, House of Piaszt) dynasty of Pomerania ruling the Duchy of Pomerania from the XII century to 1637.

In 1918, the city became part of the Weimar Republic. In 1935, the Wehrmacht made Stettin (as it was still called) the headquarters for Wehrkreis II, which controlled the military units in all of Mecklenburg and Pomerania. After World War II the city was transferred to Poland. Stettin was transformed from a German into a Polish city as it was renamed Szczecin.

Szczecin was a candidate for the European Capital of Culture in 2016 and is home to several museums, universities, theatres, and architectural sites. Like many Polish cities, its Old Town (Stare Miasto) is a beautiful place to take a walk and see older, colorful Polish architecture. It is also the birthplace of Empress Catherine the Great of Russia. In the center of Szczecin is the Szczecin Philharmonic, whose new building was awarded the European Union Prize for Contemporary Architecture.



One of Szczecin's biggest attractions is the embankment Wały Chrobrego. Located just on the banks of the Odra River, the ramparts were built in the early 1900s and offer lovely views of the harbor and the river.

MIĘDZYDROJE

The town of Międzyzdroje, found on the island of Wolin, is often known as the "Pearl of the Baltic" for its beautiful beaches, high cliffs, and forests. Its spa climate adds an even more relaxing touch to an already ethereal place.



In addition to nature, Międzyzdroje also has plenty of fun places to visit! There is a planetarium, oceanarium, many churches and museums, and even a papugarnia! It is a town that has also caught international recognition for its International House of Culture (Międzynarodowy Dom Kultury), and for being the birthplace of the Harvard World Model United Nations Conference in 1991.

NATURE

If you have ever read a book or article on natural phenomena found around the world, you have likely seen a picture of the Crooked Forest (Krzywy Las). The Crooked Forest, located near the town of Gryfino, is a grove of about 400 trees bent in such an unusual way that it has caught the fascination of people around the world.



This grove was planted in the village of Nowe Czarnowo around 1930. Each tree bends sharply to the north, just above ground level, then curves back upright after a sideways excursion of three to nine feet.

It is not clear why the trees are bent the way they are, though many theories exist. Most agree that the cause is likely manmade. Many people believe that the trees were formed this way in order to create timber to use in furniture or boat building. It is a site that is open to the public and is one of Voivodeship's most popular tourist attractions.

The West Pomeranian Voivodeship is home to two National Parks and seven Landscape Parks. The Drawa National Park and Wolin National Park both contain various

flora and fauna of great interest to tourists that enjoy hiking in forests, while also sightseeing near the sea.



Two Landscape Parks (Ujście Warty Landscape Park and Barlinek-Gorzów Landscape Park) also extend into the Lubusz Voivodeship. The beaches in the West Pomeranian Voivodeship are also very popular with tourists looking for a place to relax during the summer.



EVENTS

One of the most popular events in the West Pomeranian Voivodeship is Europe's biggest Germanic-Slavic Viking festival in the city of Wolin.



The city of Szczecin also hosts a several-day-long Sea Festival, which also several free open-air concerts.



There is plenty to see and enjoy in the West Pomeranian Voivodeship. All you need to do is to make your travel arrangements as soon as Poland reopens for tourism.



Interesting Facts about Szczecin



Szczecin and Stettin are the Polish and German equivalents of the same name, which is of Slavic origin, though the exact etymology is the subject of ongoing research.

The recorded history of Szczecin began in the eighth century, as Vikings and West Slavs settled Pomerania. The Slavs erected a new stronghold on the site of the modern castle.

The Population of Szczecin is 401,907, as of 2019, making it one of the largest cities in Poland, but not big enough to lose its unique seaport charm.

The city of Szczecin is surrounded by water making it an ideal location for the Baltic Tall Ship Regatta. The most beautiful and well-known ships in the world attend this race every year.

Szczecin is quite a green city with

beautiful parks, gardens, rivers, and surrounding forests. The old town and city center are safe, charming, and offer much to see and do.

Canned Fish Monument

Paprykarz Szczeciński is a Polish canned fish spread made from ground fish, rice, tomato paste, and vegetable oil, seasoned with onion, salt, and spices. It has the form of a reddish-brown paste with visible rice grains. The recipe, inspired by a West African dish sampled by Polish fishermen, was developed in the 1960s at a state-owned far-sea fishing and fish processing company based in the port city of Szczecin, in north-western Poland. It is a popular snack, especially with students, and remains a symbol of Szczecin's local identity.

A huge monument honoring a legendary canned fish dish from Com-

munist times has appeared in the port city of Szczecin in 2020. It was created by local photographer Bogusław Dyjek and unveiled by former workers at the factory where it was produced on the city's Gryfitów square.

Produced since 1967, the iconic Paprykarz Szczeciński was exported to 32 countries. The flavor, which changed a simple fish pulp into a delicacy, was based on the Nigerian spice called 'pima', similar to Hungarian paprika. The recipe underwent various transformations. Nowadays, several companies around Poland prepare their versions of Paprykarz Szczeciński.

AK



Please see page 38 for a delicious, tested paprykarz recipe by Malgorzata Bondyra!

Since this summer issue of the Zgoda takes you to the West Pomeranian Voivodship, Małgorzata Bondyra and Michel Carnahan tested and approved recipes from that region. They are great choices for a light summer supper. Enjoy!

Szczecin Fish Salad

Paprykarz szczeciński



Ingredients:

- about 1/2 lb. of smoked fish (mackerel, eel, trout, hake) - weight of peeled fish
- 1/4 lb. of rice cooked
- 2 carrots
- 1/2 red bell pepper
- 1 parsley root
- 1 large onion
- 1-3 whole allspice berry
- 1 bay leaf
- 1/2 cup vegetable stock
- 3 tablespoons of vegetable oil
- 2 tablespoons of tomato paste
- salt, pepper, 2 teaspoons of (sweet) paprika, 1/2 teaspoon of cayenne pepper

Directions:

Peel the skin and remove the bones of the fish, leaving the meat. Peel the carrots and parsley root and grate them on a large-mesh grater. Grate bell pepper. Peel and dice the onion. Pour 2 tbsp. of oil into a large frying pan and add the onion. Sauté the onion, stirring from time to time until soft. Add grated vegetables, allspice berry, and bay leaf. Pour in the remaining spoon of oil, season with salt and pepper, cook for 3 minutes, stirring occasionally. Add vegetable stock, cover, and simmer for 5 minutes. Remove lid and add shredded fish, paprika, cayenne pepper, and cooked rice. Continue cooking for about 4 minutes, stirring occasionally. Add the tomato paste and stir to combine. Remove allspice berries and bay leaf. The dish is now ready. It can be served warm with bread or stored in the fridge and used as cold pâté.

Polish Layered Herring Salad

Śledzie pod pierzynką

Ingredients:

- 1 lb. of herring in oil - 6 fillets
- 2 medium red beets
- 5 hard-boiled eggs
- 3 medium carrots
- 3 medium potatoes
- a small onion
- 10 cm piece of leek
- 5 small cucumbers in brine
- 8 oz. of your favorite yellow cheese, shredded
- 5 tablespoons of mayonnaise
- 2 tablespoons of plain yogurt
- 1 teaspoon of mustard
- salt and pepper
- chives and parsley for decoration



Directions:

For the best result, a transparent dish with straight sides should be used to serve this salad so you can show off the layers.

Slice herrings into small pieces. Cook, cool, peel, and grate carrots, potatoes, beets, and eggs (keep each item in a separate bowl). Chop the onions, leeks, chives, parsley, and cucumbers in brine (keep each item in a separate bowl). Place ingredients in layers in the order listed, making sure to spread the ingredients across the entire area: Herring, onion, and leek, 1 tbsp. mayonnaise, potatoes, 1 tbsp. mayonnaise, mustard, salt and pepper, beets, salt and pepper, 1 tbsp. mayonnaise, 1 tbsp. yogurt, carrots, 1 tbsp. mayonnaise, 1 tbsp. yogurt, cucumbers in brine, 1 tbsp. mayonnaise, eggs, and cheese. Decorate with chives and parsley. Refrigerate for a few hours and serve chilled.

Polish Vegetable Salad

Salatka warzywna



Ingredients:

- 3-4 medium potatoes (skin on)
- 2-3 carrots (skin on) or 1 can of carrots
- 1 medium parsley root (skin on) – optional
- 1 small celery root (skin on) – optional
- 1 can of corn
- 1 can of peas
- 6 hard-boiled eggs, finely diced
- 1 small onion, finely diced
- 1 apple, finely diced
- 4 medium cucumbers in brine, finely diced
- Fresh parsley and/or dill, chopped – optional
- 1 tbsp mustard
- Mayonnaise (adjust amount for personal taste)
- Salt and pepper to taste

Directions:

Boil potatoes, carrots, parsley root, and celery root in their skins. Allow to cool, then peel, finely dice, and add to a large bowl. Add eggs, onions, apples, and cucumbers in brine. Add corn, peas, and parsley/dill. Add mustard, mayonnaise, salt, and pepper. Mix until all ingredients are thoroughly combined. Refrigerate for several hours before serving.

Artisan Home-Made Bread

Chleb domowy

Ingredients:

- 3 cups (approx.) of flour (regular or bread)
- 1.5 cups lukewarm water
- 1 packet (1/4oz) dry yeast or 3/4 oz fresh yeast
- 1 tsp. sugar
- 2 tsp. salt
- 1 tbsp. oil

Directions:

Mix yeast, sugar, salt and water together until all ingredients dissolve. Add flour and oil. Mix well. If the dough is too dry, add water, if too wet, add flour. The dough should be moist but not sticking to your fingers. After forming a nice ball, place the dough in a flour-sprinkled bowl, cover with a clean kitchen towel and let it rise for 1/2-1



hour in a warm place. Preheat the oven to 450°F, place your baking dish in the oven to heat up for at least 20 minutes. When the dough doubles its volume, take the dish out of the oven, sprinkle the bottom with a dash of flour. Take your risen dough out and gently fold it under a few times. Form a nice round loaf and place it in your baking dish. Make a few very shallow cuts on the top of the loaf. Bake covered for 30 minutes then remove the lid and bake for 15 more minutes. Take the baking dish out of the oven and carefully remove bread to the cooling rack. Slice and enjoy!



*Matgorzata Bondyra,
PNA Lodge 238
President, Council 21,
Baltimore, MD*



*Photos by
Michael Carnahan,
Lodge 339,
Council 21, MD*



Take Care Of Your Feet

THEY NEED TO CARRY YOU FOR A LONG TIME

Many people are not too fond of feet, and are not eager to talk about them, even their own feet. The truth is, feet need to be pampered, cared for, and treated carefully, especially if you have health conditions that could cause damage or serious complications to your ever-important feet. As we approach the warm summer months when people of all ages enjoy being barefoot, we need to be aware of safety for our feet. Please note that each foot has 24 bones, 33 joints, and over 100 ligaments, tendons, and muscles. The average person takes 8,000-10,000 steps daily and walks about 115,000 miles in a lifetime. Needless to say, our feet take a beating and should be treated with great respect and care. It is usually a time of foot recognition when we have a problem and are unable to use our feet as we would expect. If you don't think that feet are worthy of careful consideration, here are some examples of problems or conditions that can affect your feet: corns, calluses, blisters, ingrown toenails, warts, athletes' feet; other skin conditions, insect bites, cuts, scrapes, bruises, open lesions/wounds, painful conditions, fungus infections, bacterial infections, neuropathy, and amputations. The following foot care guidelines may help you to keep your feet healthy and able to prevent problems.

FOOT CARE GUIDELINES

- **Check your feet daily.** Look for cracks, cuts, blisters, red spots, and swelling, or any changes. Check the tops, heels, soles, and between your toes. Use a mirror to check the bottoms of your feet, or ask for help if you have a visual problem.
- **Wash your feet daily.** Use warm, not hot water. Dry your feet well, especially between your toes to prevent moisture and bacterial or fungus growth. Avoid soaking feet unless suggested by your doctor. Don't use any medicine on your feet unless prescribed or suggested by your health care provider.
- **Keep your feet soft and smooth.** Rub a thin coat of lotion over the tops and bottoms of your feet, but not between your toes. Apply a moisturizing cream with lanolin or a similar base to dry, rough feet. Use a bland powder or cornstarch if your feet perspire a lot. Don't allow powder to cake.
- **Smooth corns and calluses gently.** Use a pumice stone if your doctor advises such. Do not use sharp objects on corns and calluses.
- **If you are able, trim your toenails regularly.** If you are unable to trim your toenails, see a foot doctor (podiatrist) to trim them for you. Trim your toenails straight across and use a nail file to smooth the corners. Soak your feet 5-10 minutes before trimming your toenails. Have a podiatrist trim nails that are thick or tend to split. Don't cut toenails too short, or dig into the corners, or use a knife. Don't pick, cut or tear cuticles.
- **Place small pieces of lamb's wool between overlapping toes** to prevent rubbing and irritation.
- **Make sure your shoes fit properly.** If you have pain or discomfort, see your physician or podiatrist. Do not use chemical solutions to remove corns or calluses unless suggested by your doctor.
- **Wear shoes and socks all the time.** Although



the decision may be difficult at times, try not to walk barefoot. Wear shoes that fit well and protect your feet. Check your shoes before putting them on for objects, and that the shoe lining is smooth. Keep shoes clean and in good repair. Buy new shoes later in the day when your feet might be swollen and when you may need a larger size. To avoid blisters from new shoes, break them in gradually by wearing those 30 minutes at first, followed by an increase of 30 minutes each following day. You may need special shoes prescribed by a specialist. Wear socks with natural fibers like wool or cotton which absorb perspiration best and are gentle to the skin. Wear warm socks when it is cold. Pull the toe part of socks or stockings out about a half-inch before putting on your shoes to give toes room to move freely. Make sure that your socks are well-fitting and feel comfortable. Avoid shoes or stockings/socks that have constricting tops. Avoid purchasing shoes or socks that are made of plastic or synthetic materials, which cause feet to perspire and can cause fungal infections. Avoid sling back or cut-out shoes or sandals, or pointed shoes that pinch toes together.

- **Avoid hot or cold temperatures.** Wear shoes at the beach and on hot sand or pavement. Wear socks at night if your feet get cold. Do not test bath water with your feet. Do not use hot water bottles or heating pads on your feet.
- **Keep the blood circulation to your feet.** Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes at least 2-3 times a day. Avoid crossing your legs. Do not smoke because smoking causes problems with your circulation. Smoking reduces blood flow to the feet and which interferes with healing.
- **Call 1-800-784-8669** for help to quit smoking.
- **Be active every day.** Consult with your health care team about safe activities for you. Keep trim. Extra weight puts a strain on your feet. Carry a cane if your balance is unsteady. Elevate your legs if you tend to have swollen feet or ankle swelling. Wear well-padded walking/running shoes when you exercise.
- **Never use hot water bottles or electric heating pads to warm your feet.** You may get burned and not realize it until it is too late and foot damage has occurred.
- **Check with your health care providers.** When you visit your health care providers, ask them to check your feet. Tell them if you are having any foot problems.

Call your health care provider immediately if you have a blister, cut, sore, or bruise on your foot that does not begin to heal after 2-3 days. Do not let it go on for days and weeks. Serious problems may occur. Follow your health care provider's advice and treatment as planned.

- **Keep your diabetes under control.** If diabetes is not controlled, healing will be slow, or not at all. Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol.

FOOT CARE GUIDELINES



Summer Feet. When the warm weather arrives, people enjoy splashing in pools, relaxing on the beach, and having fun. Summer can cause some extra wear and tear on the body. Educated individuals usually protect themselves by using sunscreen, lip protectants and wear sunglasses. Many forget to protect two of the most important and neglected parts of the body, their feet. The American Podiatric Medical Association (www.apma.org) offers the following key tips on protecting yourself, which includes your feet, from salt water, sand, and other summer dangers.

- When applying sunscreen, remember to apply it to the tops of the feet and fronts of your ankles. Reapply if you have been in the water. Avoid sunburn!
- When out of the water, wash and dry feet thoroughly, especially between the toes. Clean dry feet resist disease.
- Avoid sharing towels which can be a good source of spreading athlete's foot or other diseases that can be spread.
- Take special care of toenails which can become a problem especially in damp areas. Nail injuries may lead to infections. See your doctor/podiatrist at the first sign of discoloration or infection.

- Wear shoes that are specific to the activity or sport. For example, never play Frisbee while wearing sandals, and wear boots when working outdoors or mowing the lawn.
- When in the ocean, be aware of jellyfish that often bite at feet and sharp coral that can cut the undersides of your feet. Wearing water shoes can prevent such injuries.
- When walking on the beach, be aware of prickly urchin spines. Avoid walking barefoot to protect you from jagged rocks, shells, and debris that could float ashore.
- Give yourself time to break in new shoes before going on vacation or to events where you will be doing much walking. Try new shoes with the socks/stockings that you plan to wear with the new shoes.
- It is important to swim, walk and enjoy the summer, and the warmer weather of the south. Walking is an excellent form of exercise for your feet. Swimming is a great alternative for people suffering tendinitis and plantar fasciitis, which can make other types of exercise painful.

THE FOOT AND DIABETES



Individuals diagnosed with diabetes are at a much higher risk of developing problems with their feet. Your health care provider should regularly check your feet for infection, injury, and bone abnormalities. Nerve damage, known as neuropathy, and poor circulation are the most common causes of diabetic foot problems. People with diabetes should get a foot exam at least yearly, or more often if they have problems, such as tingling of the feet, numbness, pain, burning sensation, swelling, open wounds, pain, or difficulty when walking. Maintaining blood sugar control may help stabilize neuropathy symptoms.

Proper footwear is critical for your feet. See Foot Care Tips above which are important for everyone, especially diabetics or people who are prone to foot problems. Call your health care provider immediately if you have any of the following symptoms. They are signs of a serious problem.

A blister, cut, or another foot injury that doesn't show signs of healing after a few days

A foot injury that feels warm to touch, is red or is swollen

A callus that has dried blood inside it

An injury that is black and smelly, a sign of gangrene, the death of body tissue. If not treated immediately, the gangrene can lead to amputation of the foot or even death.

CONCLUSION

There are many problems or conditions that can affect our feet. Some are not so serious, others much more serious. You should now be able to direct more attention to your feet and the feet of others by sharing information from this article. If you have conditions that affect your nerves and circulation, you are at risk of developing problems with your feet. By following the tips for the prevention of foot problems, you will have a fighting chance of avoiding some of the problems that can occur with your feet. Keep your feet healthy and free of problems as best as you can. Your feet need to carry you for a long time.



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

References:

1. Baystate Heart & Vascular Program. (April, 2015). *Meet your feet Guidelines for diabetic foot care.* baystatehealth.org/bhwp. P. 1-4.
2. Healthy feet store LLC. (2004-2021) *Summer foot care tips/ summer feet.* Printed with the permission of the American Podiatric Medical Association (June 2006). P. 1-3.
3. National Diabetes Education Program. *A program of the National Institutes of Health and the Centers for Disease Control and Prevention.* (Sept. 2014). *Foot care tips: take care of your feet for a lifetime.* NIH Publication NO. 12-4285 P. 18-20.
4. National Institutes of Health/US Library of Medicine. MedlinePlus Lab Test Information. (May 29, 2019). *Diabetic foot exam.* URL: <https://medlineplus.gov/lab-tests/diabetic-foot-exam/> P. 1-4.

POLONIA

CHICAGO

USA

POLSKA

ŚWIAT

KALEJDOSKOP

PRENUMERATA DZIENNIKA ZWIĄZKOWEGO

► DRUKOWANA

JUŻ OD **55 dol./rok**

► CYFROWA

TYLKO **3.90 dol./mies.**

+ pierwszy miesiąc za darmo

**ŻYCIE POLONII AMERYKAŃSKIEJ
NA BIEŻĄCO!**

**CODZIENNIE
KILKADZIESIĄT NOWYCH ARTYKUŁÓW!**



ZACZNIJ SWÓJ DZIEŃ OD WIZYTY NA STRONIE:

DZIENNIKZWIĄZKOWY.COM

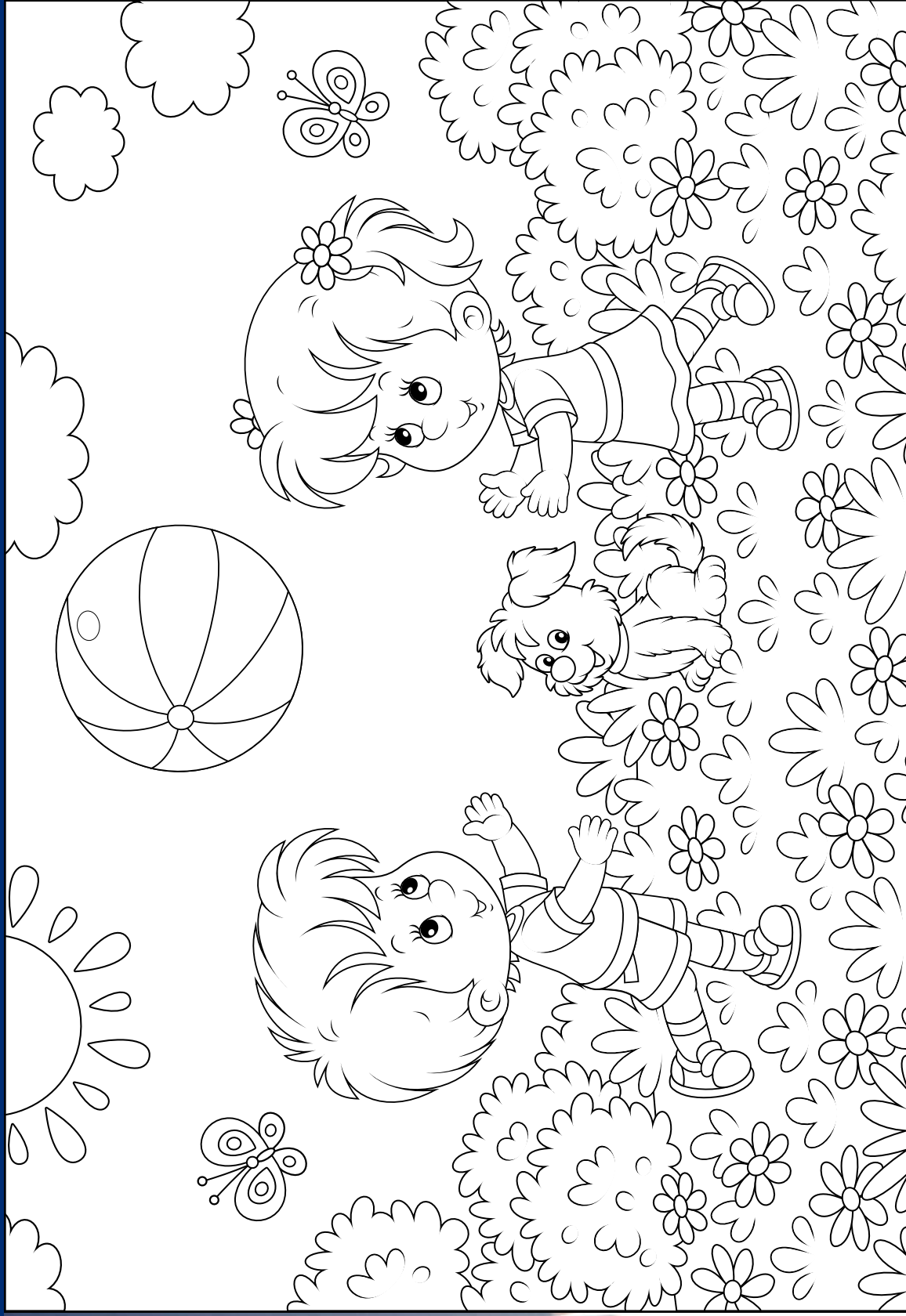


facebook.com/DziennikZwiazkowy



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**





Save the Date
Polish American Council of Texas
Annual Meeting
November 13, 2021



New Waverly, Texas
2021 Annual meeting, Awards, Polish Food, Fun & Performances



Come out and visit us at the
Polish National Alliance display !
For updates: www.pactx.org



POLISH AMERICAN MIX

Chicago's only
Polish American
hit music
24/7 FM station

**Włącz 103.1 FM
i uśmiechaj się od rana**

wpna.fm 



Save the Date
Polish Harvest Festival
"Dożynki"
September 24 -26, 2021

Our Lady of Częstochowa Church
1731 Blalock, Houston Texas



Come out and visit us at the Polish National Alliance display !
www.polishharvestfestival.org




POLISH INDEPENDENCE
10K/5K RUN/WALK
CHICAGO 2021

NOVEMBER 7
MONTROSE HARBOR
RUNFORPOLAND.COM

Polish Independence Run
is back at Montrose Harbor!
On November 7th, join us
on Chicago's lakefront
or sign up for the virtual run.
Registration is now open at
runforPoland.com



Have a happy, healthy summer!



10701 RIVER ROAD
YORKVILLE / PLANO, IL 60545

KOLONIE LATO 2021

W OŚRODKU MŁODZIEŻOWYM OKRĘGU 12 | 13 ZNP

TURNUSY DLA DZIECI W WIEKU 6 DO 15 LAT

LIPIEC 4-10 **LIPIEC 11-17** **LIPIEC 18-24**

LIPIEC 25-31 **SIERPIEŃ 1-7**

W CENIE WYJAZDU:
NOCLEG I WYŻYWIENIE
SPRZĘT SPORTOWY
ORAZ OFICJALNĄ
KOSZULKĘ PNA

DWUJĘZYCZNY PERSONEL
ZAPEWNI PROGRAM
Z WIELOMA ATRAKCJAMI
TAKIMI JAK

BASEN
TANIEC I ŚPIEW
PIŁKA NOŻNA ORAZ INNE SPORTY
JAZDA KONNA
OGNIŚC I KARAOKE
WYJAZD DO PARKU WODNEGO

CENA TURNUSU \$450 NA TYDZIEŃ

ZNIZKA DLA CZŁONKÓW PNA \$25 LUB ZNIZKA ZA WCZESNĄ REJESTRACJĘ \$25 TERMIN DO 1 KWIEŚNIA



WWW.PNAYOUTH CAMP.COM
ANNA DZIEJMA (CHILDREN'S CAMP DIRECTOR) : TEL 224-715-5120 E-MAIL ANNADZIEJMA1@GMAIL.COM
ROBERT SEMPOCH (YCA PRESIDENT) : TEL 847-322-6690 E-MAIL SEMPOCH11@GMAIL.COM
FACEBOOK.COM/PNACAMPPLANO

58th National Golf Tournament

Hosted by Lodge 664 St. Joseph's Society,
Westmoreland, PA

Friday and Saturday, July 23 & 24, 2021

The Madison Golf Course
519 Yukon Road
Madison, PA 16663

Information: 1-800-621-3723 ext. 312
fraternal@pna-znp.org
www.pna-znp.org

Entry deadline: June 30, 2021

PNA's Amicus Poloniae Legal Clinic



Amicus Poloniae provides pro bono legal services to the indigent who cannot afford to hire an attorney for civil law matters. All legal clinic intakes are on a Saturday.

The schedule for 2021 is set for:

June 19
July 17
August 21
September 18
October 16
November 20
December 18

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

(773) 286-2325



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

6100 N. Cicero Ave
Chicago, IL 60646

1-800-621-3723

www.pna-znp.org

facebook.com/pnaznp





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

6100 N. Cicero Avenue
Chicago, IL 60646-4385

Founded in 1880, the PNA offers a broad range of life insurance and annuity products, and supports its members through variety of fraternal programs.

Join Us Today!

You Deserve Financial Freedom!



A 5-year Single Premium Deferred Annuity
(SPDA) with a high rate of return

2.25%

A PNA ANNUITY CAN HELP YOU:

- Minimize your current income taxes.
- Maximize your return .
- Provide for a "tax advantaged" lifetime income at retirement.

ANNUITY

Traditional

Your contribution may be tax deductible.

Roth IRA

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

Tax Deferred Annuity

Defer your taxes on the interest earned,
until you start withdrawing the money.

Call 1-800-621-3723 ext. 365 or 331