

ZGODA

Fall
2021

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

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Hello Fall!

Jesienne pozdrowienia!

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Autumn is the time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.

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From the President

August 2021

Dear Members,

I hope you and your loved ones had an enjoyable summer and are looking forward to the cool, crisp fall weather. Whether you are preparing your children to go back to school, planning to return to school yourselves, or just looking to ease into a more focused routine after a relaxing summer, the Polish National Alliance is here to support you.

Every year, the Polish National Alliance awards scholarship money to students looking to pursue higher education. This year, the Polish National Alliance awarded a total of \$62,500 in scholarship money to graduate students and \$160,500 and undergraduate students. Congratulations to all the scholarship recipients! We highly encourage every eligible PNA member to submit a scholarship application next year as well!

The good news is that you don't have to wait until your child is old enough to apply for scholarships to start giving them a financial leg up. There are many ways to financially secure your child's future, including with a life

insurance certificate. The PNA's back-to-school special offer is a Term to Age 25, with \$25,000 in coverage for \$35.00 a year and \$50,000 of coverage for \$70.00 a year. Don't miss this chance to give your child's future insurability a boost! Call our office today at 1-800-621-3723.

However, one of the most critical ways to safeguard your children's futures is to safeguard yourselves. By now, we should all be keenly aware of the importance of always being prepared for the worst. Please consider purchasing life insurance or increasing your protection if you already have it. Unfortunately, 46% of American adults own no life insurance, and the number of American adults who have it is steadily declining. That is a very worrisome trend.

It's okay to have questions about life insurance. Maybe you think you can't afford it. Maybe you don't believe it is necessary. Perhaps it seems so complicated to you that you're afraid to get lost in the details. Our compassionate representatives understand your hesitations, and they are ready to help you find the best coverage for you and your family at an affordable rate. All you have to do is call our office.

It is important to remain realistic in addition to hopeful. Though things don't seem as dangerous as they once were, we do not live in a post-COVID world yet. In light of the continuing spread of COVID-19 variants, I encourage you to remain careful and follow all safety guidelines as they apply to you.

The Polish National Alliance Executive Committee and I wish you and your loved ones to have an enjoyable fall season and an engaging school year! Stay safe and healthy!

Fraternally,

Frank J. Spula, FLMI
President and CEO

Our Official PNA Representatives

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

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

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

PNA

passed the test of time

Our goal is to bring the best life insurance and annuity solutions to our members. We believe that our core values drive our success, and transparency is the best policy. As a 141-year-old insurer, we value our genuine relationships with our members. As a fraternal benefit society, the Polish National Alliance of the U.S. of N.A. offers fraternal benefits to its members as well as life insurance and annuities. This is how we stand out in the insurance business.

We are an organization with traditions that we have maintained over a multi-generational journey. We know our members by heart. They have been with us for the past five generations. As a result, our relationship is strong. We are one big family. We realize that not every life insurance company can say that about its clients.

Over 2 million men and women across the nation have entrusted us with their life insurance and annuity protection. We intend to keep our promise to continue protecting families, as we have done since 1880.

Despite being a smaller organization, we are proud to share that **the Polish National Alliance ranks 186th among the top 200 U.S. Life/Health Insurers based on admitted assets in 2020, according to 'The Best Review.'** We have successfully maintained our position from 2019.

Founded in 1899, **AM Best** is the world's first and largest world credit rating agency specializing in the insurance industry. **'The Best Review'** is AM Best's monthly insurance publication.



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. 376

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

Polish National Alliance

6100 N. Cicero Avenue,
Chicago, Illinois 60646





From the National Sales Manager

Buckle Up for Safety Buckle Up for the Future

July 2021

By the time you read this, the kids may be already back to school or deep into preparation for the coming school year. What a blessing for them and us that they can go back to school and enjoy being with their friends and teachers.

When we talk about purchasing insurance for children, there is frequently an uneasy feeling. Most people associate life insurance with death, and it's not easy for them to have this discussion. The best reason for insuring your children is to protect their future insurability. There are other reasons for purchasing the insurance young. The premium is lower, and the children are usually in good health. It also allows them more time to grow the cash value before retirement age.

PNA has two solutions for protecting future insurability. The first is to purchase a Term to Age 25 policy that affords term life insurance coverage up to age 25 with a

conversion privilege to age 25. For example, if you were to purchase a Term to Age 25 in the amount of \$50,000 for a 10-year-old, the cost would be \$70.00 per year until age 25. The \$50,000 is convertible up to age 25 to one of PNA's Whole Life Plans with no evidence of insurability required. The new premium would be based on the age of the child at the time of conversion.

The second very popular solution is to purchase one of PNA's whole life policies with a Guaranteed Issue Rider added to it. The rider allows the child to buy an additional \$25,000 of insurance at ages 25, 28, 31, 34, 37, and 40 with no evidence of insurability. That would be an additional \$150,000 of insurance with no other health requirements.

When I was in high school, my father purchased a life insurance policy for me. At the Agent's suggestion, he included the Guaranteed Issue rider because you don't know what the future holds for your health. Years later, when I was married and had two kids, I developed a medical issue. My heart started skipping beats. Coincidentally, right at that time, I had the option to purchase more insurance without answering any health questions. I took it. My dad had buckled me up for the future, and it paid off. The earlier you secure the future, the better.

You spend a lot of time and effort making sure your children are prepared for the future. Buckle them up for their future insurability.

Call your PNA representative to tell your story and see how easy it is to prepare your child for future insurability.

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





**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

PNA life insurance Special

BACK-TO-SCHOOL OFFER



Buckle Up for *Safety!*
Buckle Up for the Future!

with PNA Term to Age 25*

- \$25,000 of Coverage for \$35.00 a year
- \$50,000 of Coverage for only \$70.00 a year
- Available Ages: 0-15
- Coverage to Age 25
- Convertible to Age 25

CALL PNA

1-800-621-3723

Lock In *INSURABILITY* today!

Protect a lifetime of dreams with PNA!



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

1-800-621-3723
www.pna-znp.org
[facebook.com /pnaznp](https://facebook.com/pnaznp)

Visit us online
pna-znp.org

* Not available in all states.

2021 Graduate Scholarships Awarded

Each year, the Polish National Alliance awards scholarships to members pursuing graduate school. These awards are given to PNA members of outstanding academic merit who have also shown their dedication to community service. This year, the PNA awarded nearly \$63,000 in scholarships to 25 graduate students. This year's PNA Graduate Scholarship Committee Members were: Director of Sales at LOT Airlines Magdalena Pantelis, attorney Joanna Dobecka-Lambert, and attorney, Co-chair of Amicus Poloniae Legal Clinic Robert P. Groszek.



(l-r) Robert Groszek, Magdalena Pantelis, Joanna Dobecka-Lambert

The Illinois recipients of the graduate scholarships were invited to visit the PNA home office for a meeting with President Spula. On July 27th, four graduate scholarship recipients visited the Polish National Alliance office, received their scholarship confirmation letters, and were treated to a lunch with President Spula as well as Fraternal Activities Coordinator Mary Środoń.

The Polish National Alliance is very proud of the fact that so many members aspire towards higher education, and choosing the scholarship recipients is always a difficult task. Congratulations to all of our scholarship



recipients! We wish you the best of luck in your future endeavors as you

work to become doctors, lawyers, dentists, engineers, or whatever your dreams call you to do!

The full list of scholarship recipients can be found on the PNA's website: pna-znp.org

The Graduate Scholarship Application for the 2022/23 Academic Year will be available on the PNA Website in the spring of 2022.

2021 PNA GRADUATE SCHOLARSHIP RECIPIENTS

Carano	Dominic	University of Akron School of Law
Chiccarine	Anthony	Philadelphia College of Osteopathic Medicine
Czuma	Monica	University of Illinois
Deszcz	Natalia	Northwestern University
Drab	Melissa	Marquette University
Drab	Megan	Marquette University
Fraczek	Tomasz	University of Washington
Gabrys	Natalia	University of New Haven
Kajdas	Marta	Poznan University of Medical Science
Kaminski	Szymon	University of Illinois -Urbana
Kaminski	Erin	Northeast Ohio Medical University
Kozlowski	Konrad	University of Miami School of Medicine
Krzywosz	Monika	Illinois State University
Marzec	Danielle	University of Michigan Flint
Moll	Elissa	University of Toledo
Pollick	Kristen	John Hopkins Bloomberg
Ratajczak	Nicole	University of California
Sherman	Scott	Liberty University
Sokolowska	Gabriela	Medical University of Bialystok
Stopka	Beata	Governors State University
Strzelecki	Ashley	University of Kentucky
Tipker	Michael	Dartmouth College
Trochimiuk	Natalie	George Washington University
Urbanek	Tomasz	Concordia University
Wawrzyniak	Alexa	Neomed



Melisa Drab



Monika Ratajczak



Ashley Strzelecki



Krzywosz Monika



Dominic Carano



Elissa Moll



Ryan Tipker



Szymon Kaminski



Marta Kajdas



Anthony Chiccarine



Kristen Pollick



Scott Sherman



Tomek Fraczek



Danielle Marzec



Monica Czuma



Beata Stopka



Gabriela Sokolowska



Kozłowski Konrad



Alexa Wawrzyniak



Natalia Deszcz



Tomasz Urbanek



Kaminski Erin



Natalia Gabrys



Natalia Trochimiuk



Megan Drab

Results of the 2021 PNA Essay Contest

How has Covid-19 Affected My life?

We have all been experiencing the Covid-19 pandemic in different ways. The PNA 2021 Essay Contest allowed our members to express their thoughts on how the global pandemic affected their lives.

A total of sixteen essays in two age categories were submitted and forwarded anonymously to the panel of four judges: Mary Anselmo (Lincolnshire, IL), Henry Anselmo (Chicago, IL), Beata Softys (Niles, IL), David Tokarski (Crown Point, IN).



Mary and Henry Anselmo



David Tokarski



Beata Softys

The submitted essays were very insightful and moving. After careful consideration, the judges selected the following winners of the 2021 PNA Essay Contest in two age categories:

HIGH SCHOOL

- | | |
|--------------------|---------------|
| 1. Marta Mscisz | Mokena, IL |
| 2. Jenna Nink | Ottawa, IL |
| 3. Reyna Czyzewski | Milwaukee, WI |

ADULT

- | | |
|---------------------|---------------------|
| 1. Margaret Weglarz | Rolling Meadows, IL |
| 2. JoAnn Slabonek | Lansing, MI |
| 3. Joe Pajor | Westbrook, CT |

Thank you to all of the participants, and congratulations to the winners!

We hope you will enjoy reading the winning essays by Marta Mscisz and Margaret Weglarz.

How has Covid-19 Affected My life?

For as long as I can remember, I was fascinated with the idea of celebrities. Living a glamorous life with all I could ever imagine became my dream. I was on a path to pursue a crazy vision of a life that I now realize would never be satisfactory. Having all the money in the world can never bring anyone happiness, which is something valuable I learned from this pandemic. Because of all the newly found extra free time due to Covid-19, I found myself reflecting on the important aspects of life, and what it truly means to be happy.

To begin, throughout the last year, the media has showered us with gruesome images and unfathomable numbers that are just too big for the average teenage brain to comprehend. Yet for us, life had to go on. School became something you did in bed and social media took over as basically the only form of contact with the outside world. At first, I found myself spending hours a day on my phone trying to keep up with my social obligations that were dumped on me almost immediately, and it quickly became exhausting. Responding to the same messages everyday became a chore, and it was difficult to adjust to the lack of face-to-face contact with my friends. Along with this, my family had to adapt with being together all the time, which made me realize that you do not understand the significance of quality alone time until you do not have it. The beginning of the pandemic was the worst part, as no one knew what was to come out of it. The world just stopped, and none of us could predict whether life would go back to as it used to be.

When the world was at a halt, it became obvious who the real stars of our society were. Television broadcasts stopped admiring the lives of the mega rich and began focusing on the real celebrities among us. It was evident that the Kardashians have no valuable social influence on our day-to-day lives, but rather it was the essential workers working hours every day to keep us safe and healthy that hold the greatest impact in our society. Even the businessmen who dress in suits everyday were of no comparison to the local grocery store workers, though society has convinced us that somehow their job was not as commendable. Above all, it was the doctors and nurses who worked tirelessly to keep their patients stable in the undesirable conditions they were handed that progressed us to where we are today. These workers knew the risks of their jobs, yet still showed up daily to work, and for that they have the most respectable title in today's society as "essential workers."

The realization came quickly, almost like whiplash, that the life I so badly wanted to live had no meaning, and that I could fulfill my purpose on this Earth in different ways. Taking a step back, I weighed my options and figured that using my abilities to help others rather than only myself would give me a greater promise of an accomplished future. This is what inspired me to actively take steps in order to achieve this new crazy dream I have of improving my community, no matter how small the step.



I began listening to others' stories and when possible, joining clubs that revolve around social justice and benefits to members all over the world. The new skills I have acquired in just this past year will stick with me for the rest of my life and will potentially open doors I would have never deemed imaginable before. With this new perspective on life, it has personally inspired me to go deeper into sociology in college and further into the future to learn more about the impact of social factors in one's community versus their outcome in life. There are many different ways each of us can fulfill our social obligations to better this world, and it is important for young people to realize this, as they are the future of our society. The easiest method is simply being a good person and working hard to leave this world better than you experienced it. When you are kind to those around you, the payoff will be more than any satisfaction a monetary value can bring.

Marta Mscisz, Mokena, IL, PNA Lodge 1824

Because of this pandemic, I have learned a lot of valuable lessons about what it means to have a purpose and what we as individuals need to do in order to improve our society for our future. We may have lost a year of our social lives due to the virus, but what we learn from ourselves is more worthy than anything these missed gatherings could have brought us.

As I have gotten older and began adulting through life, my dream shifted with my maturity and practicality level of thought. In my mid-20s, I dreamed of moving out of my parents' house and traveling the world. In my early 30s, my dream was to be able to work from home so that I could travel and be able to work remotely. Part of that dream came true due to the Covid-19 pandemic, while the latter perished.

I remember initially hearing about the Covid-19 virus at the start of 2020. I equated it to the—somewhat mild in comparison—H1N1 “swine flu” of 2009, of which I had a first-hand encounter while living in Japan. I was quarantined in my apartment for a week with what felt like a mild cold and then was back to teaching my students after that. With no medical background, I assured my inquisitive family members that Covid-19 was going to be something similar; there was nothing to worry about.

The initial stay-at-home order on March 21, 2020 was the day my work from home dream came true. I settled in nicely into our newly remodeled home office, overjoyed at the prospect of sleeping in just before work began; my new 30 second commute to the room next to our bedroom was the latest thing I was bragging about. Virtual coffee breaks became the new norm. Stay safe became the common phrase at the end of phone calls and emails.

Even though I was enjoying my new remote work life, many of my family members and friends were significantly less elated, the nation included. In Illinois, nonessential businesses were required to cease operating. So that meant my husband was no longer allowed to physically work at the gym and had to resort to virtual training as well as his hours being sliced in half.

My 99-year-old Great-Aunt Frances—who suffered from dementia and was in hospice care—was no longer allowed any visitors during a time that appeared to be nearing the end of her long, full life. Supplies had to be dropped off in the wing of the nursing home, sanitized by staff and brought to Frances' room. The nurses would video chat my Mother and Frances, but it did not appear that Frances could see nor recognize my Mother on the other end of the call, which was already devastating. My Mother asked to see her in-person since she recognized something was off about Frances' appearance in a recent photo, but the nurses assured that her vitals were good. Again, there was nothing to worry about.

Two days later, Frances died.

Only after she died was it okay to visit her. We put on medical aprons, masks, gloves and had our temperature taken before being allowed to see her. She was still warm. We could have done the same thing when she was still alive. It seems like the isolation in that room killed her faster. My Grandparents live a few miles from where Frances' funeral was held and were too afraid to attend; I never imagined I would facetime my Grandparents while attending my Grandfather's sister's funeral. A month in and this

pandemic is starting to hurt. Okay, there is something to worry about.

My Mother called me while grocery shopping, gasping at the empty shelves. Hearing the raw emotion in her shaky voice brought me to tears. She was physically reliving the trauma from her childhood during Communist Poland right before her eyes on the shelves at Whole Foods, where there was no bread, no chicken, and no rice in sight. That kind of trauma stays with you, shaping life decisions. The life in Communist Poland she thought she escaped when she immigrated to the USA was a real-life nightmare where supplies were scarce.

Summer of 2020 was hopeful, and we associated mostly within our family "pods". My 92-year-old Grandfather experienced a stroke just before his 65th Wedding Anniversary family gathering. We were planning a surprise Polish Folk Band to perform songs from his youth. Again, not being allowed to visit him at the nursing facility, except for standing outside near a second-floor window. My family decided to care for him at home rather than in the nursing facility. My Mom continues to say his fate would be like Frances' if we left him there.

Hearing contradicting theories and conspiracies from our own medical workers and fellow doctors as well as other opinions from the media undoubtedly inspired fear and skepticism in many of us:

"I didn't even know I had Covid-19! I feel fine, it's no big deal!"

"My Mother was hooked up to a ventilator for three weeks and is finally coming home. This virus is deadly!"

"The government can't make a mask mandate! Masks aren't even effective!"

"Studies show that certain masks help slow down the spread of air particles containing the virus."

Everyone has a story about an influential experience relating to Covid-19, and that personal story was the benchmark and basis of their opinion regarding Covid-19. I know because I did just that when I compared Covid-19 to H1N1.



There were no more hugs from people outside our pod, but then you would encounter those that acted like there was not a pandemic happening, and it was very awkward when they would kiss you on the cheek; you didn't even have a moment to pull back on this forthcoming invasion of space. Just to be safe and mindful, we would take an extra few days of isolating before visiting our senior neighbors for a card game night, disclosing when and how many people we were exposed to. Virtual therapy sessions seem like the norm and I am no longer searching for monthly travel adventures as we look into starting a family. There is more and more to worry about.

I am living my dream of working from home, but at what cost? I would give it all up to not always have a pandemic to worry about.

Margaret Weglarz, Rolling Meadows, IL, PNA Lodge 3250

There is only one game. Think Golf.



The Polish National Alliance's 58th National Golf Tournament, hosted by Lodge 664 St. Joseph's Club, was held on July 23rd and 24th, 2021, in Westmoreland City, PA. Two days of golf took place at the stunning Madison Club Golf course in Pennsylvania.

We were honored by the presence of 108 golfers that joined the event. The Vice President of the PNA, Marian Grabowski, and the Chairman of the PNA's 58th Golf Tournament Committee, Luke Baverso, have welcomed all the guests. Then, in their welcoming speech, they devoted a moment of silence to members, friends, and golfers who did not survive Covid.

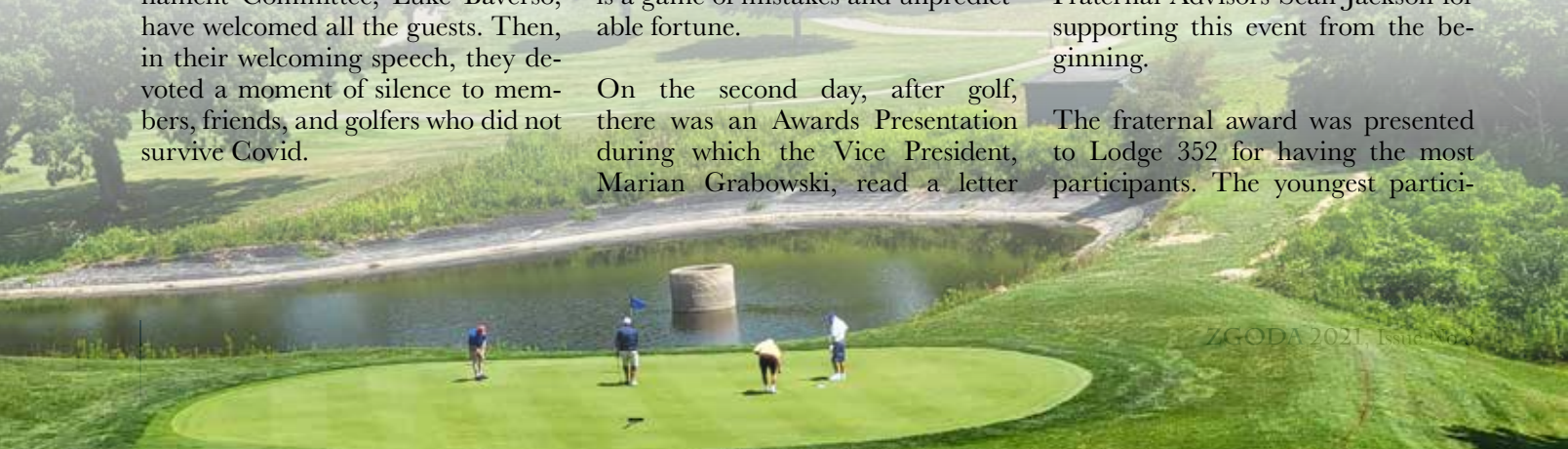
Afterwards, the game started, and golfers took off into the beautiful golf course. Although it was hot, it didn't get in the way of our golfers to be able to play like champions! We saw many great shots that day, and the tireless determination of our golfers, who had lots of fun. This game of confidence and competence, once again, has shown us that if one genuinely loves golf, they must love the fact that no one shoots 50 and that golf is an inherently imperfect game. As such, golfers love the challenge of the day as they understand that golf is a game of mistakes and unpredictable fortune.

On the second day, after golf, there was an Awards Presentation during which the Vice President, Marian Grabowski, read a letter

from the President of PNA, Frank Spula. In his letter, Mr. President recognized the officers of lodge 664 of Westmoreland City, PA. He extended his gratitude to them for their efforts and hospitality in hosting this event. President Spula thanked all the guests for their participation. He further expressed his hopes and plans to join in the following year's golf tournament.

Next, he thanked the Officers of the District VIII, National Directors Val Pawlos and Jeff Twardy, along with Fraternal Advisors Sean Jackson for supporting this event from the beginning.

The fraternal award was presented to Lodge 352 for having the most participants. The youngest partici-



pant was Adam Galaski from Lodge 352 of McKeesport, PA, and the oldest was Richard Draves from Lodge 1120 of La Porte, IN.

The PNA Leadership was represented by Vice President, Marian Grabowski, Treasurer Steve Tokarski, Director Jeff Twardy, Fraternal Advisor, Region B Sean Jackson, Fraternal Advisor, Region D Joseph Magielski, and Fraternal Coordinator Mary Srodon.

Polish National Alliance Officers, Directors, and Fraternal Committee members would like to extend their thanks to our guests who attended or assisted in any way with the 58th Annual Polish National Alliance National Golf Tournament. Additionally, a special thank you goes to Mr. Luke Bavero and members of Lodge 664 for their help in organizing this event. We had an outstanding tournament filled with fraternalism, great games of golf, friendship, and fun!

Thank you everyone for another successful PNA National Golf Tournament!

Golf lovers always play to play great!

2021 NATIONAL GOLF TOURNAMENT WINNERS

Champion Flight

1st	158	Dean Marraccini
2nd	168	Fred Smallhoover
3rd	168	Howard E. Butters, Jr

A Flight

1st	156	Mike Squires
2nd	167	Joe Navarolli
3rd	168	Reed Tomlinson

B Flight

1st	168	Frank Piekut
2nd	170	Dennis Tomlinson
3rd	171	Robert Everson

C Flight

1st	169	Richard Schiffhauer
2nd	171	Steve Galaski
3rd	174	Wayne Jones

D Flight

1st	182	Jerry A. Townsend
2nd	183	Dale J. McGinley
3rd	190	David Sevacco

E Flight

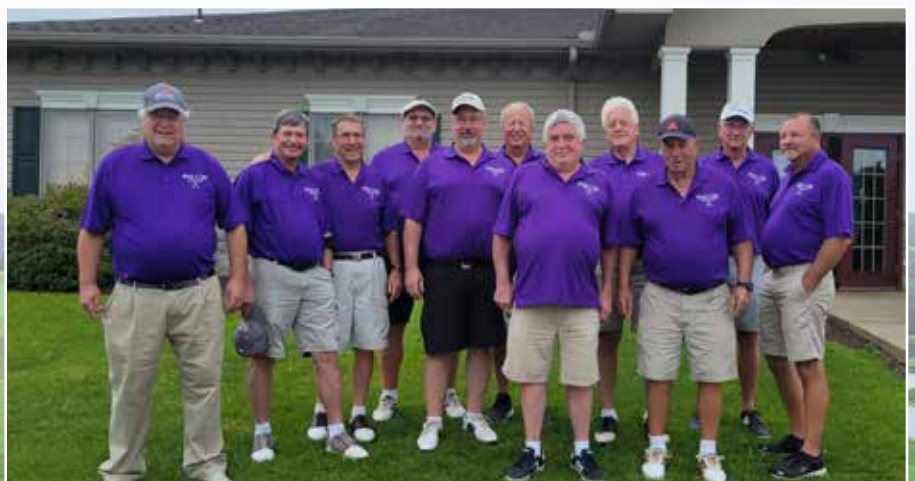
1st	207	Jim Wyszynski
2nd	208	James O'Donnell
3rd	209	Cary Good

Women Flight

1st	204	Monica Letta
2nd	218	Denise M. Gerhard
3rd	237	Sherry Wonsevic

JOIN PNA 2022 GOLF TOURNAMENT IN LA PORTE, IN
Contact: fraternal@pna-znp.org





Bohaterowie ostatnich miesięcy

Bohaterowie ostatnich miesięcy nie mają nadludzkich sił, niezwykłych wehikułów, ani nie przemieszczają się w przestrzeni i czasie. Są to oddani pracownicy służby zdrowia, nauczyciele, sprzedawcy, dostawcy, przedstawiciele służb porządkowych i wielu innych zawodów, którzy w czasie szczytu pandemii koronawirusa COVID-19 nie mogli bezpiecznie pozostać w domach, ale pracowali, by zapewnić nam wszystkim poczucie bezpieczeństwa i umożliwić normalne funkcjonowanie.

Związek Narodowy Polski (PNA) zwrócił się do swoich regionalnych przedstawicieli z prośbą o wytypowanie członków organizacji, którzy z narażeniem zdrowia i życia pracowali na pierwszej linii pomocy i usług. Wytypowanie tylko jednego bohatera do nagrody wdzięczności nie będzie łatwym zadaniem, ale warto jest skierować uwagę na tych, którzy w naszym lokalnym środowisku wyróżnili się swoją odwagą i oddaniem.

Bohaterowie (PNA Frontline Heroes) wybrani, lub wylosowani w poszczególnych regionach otrzymają nagrodę pieniężną w wysokości \$500 i zostaną zaprezentowani w następnym numerze Zgody oraz na stronie internetowej PNA: pna-znp.org

Przedstawiciele Regionu J Związku Narodowego Polskiego pragną przedstawić osoby nominowane do „PNA Frontline Hero Award”.



Pielęgniarka dyplomowana, absolwentka San Diego State University pracująca w Sierra Vista Regional Medical Center, San Luis Obispo w Kalifornii na oddziale urazowym i ratunkowym. W czasie pandemii, pracowała dla Saint Bernardine Medical Center odwiedzając w domach pacjentów chorych na Covid-19 i transportując ich do szpitala helikopterem medycznym.

Alexandra Grochulski



Absolwentka Touro University, doktor farmacji ze specjalizacją w farmaceutycznej opiece krytycznej oraz chorobach zakaźnych. W czasie nasilenia pandemii Alexandra zajmowała się kliniczną ewaluacją regulacji medycznych, opinii ekspertów oraz środków farmaceutycznych podawanych chorym na COVID-19. Do jej kompetencji należy również edukacja personelu medycznego, lekarzy i pacjentów.

Krystyna Kajdas



Ukończyła Akademię Medyczną w Gdańsku na wydziale farmacji i nostryfikowała swój dyplom po przyjeździe do Stanów Zjednoczonych. Od 24 lat pracuje w aptece w Kaiser Permanente w Carlsbad CA. Krystyna pracowała kilka miesięcy za zamkniętymi drzwiami robiąc zdalnie zamówienia pocztowe, które w czasie nasilenia pandemii osiągnęły rekordowy poziom. Po zaadaptowaniu apteki do przepisów i ograniczeń CDC wróciła do osobistej obsługi pacjentów.

Viola Turek



Pracuje w Riverwalk Post-Acute w Riverside CA, jako pielęgniarka przełożona. Viola wydaje pacjentom leki, zastrzyki, kroplówki oraz zmienia opatrunki. Przyjmuje i ewaluje nowych pacjentów, jest odpowiedzialna za dokumentację oraz kontakt telefoniczny i osobisty z lekarzami i pacjentami.

Kasia Grochulski



Absolwentka State University w San Marcos, CA, z dwiema specjalizacjami. Kasia jest dyplomowaną pielęgniarką i kinezytologiem (specjalistką zajmującą się mechaniką ruchu ciała człowieka oraz psychologicznymi reakcjami organizmu na ruch). Jest zatrudniona w Saddleback Hospital w Laguna Hills, CA, gdzie zajmuje się pacjentami przez cały okres trwania pandemii koronawirusa.

Submitted by Greg Chilecki, Fraternal Advisor, Region J

District VIII Golf Tournament

Over 120 golfers from Western Pennsylvania and New York gathered in Cambridge Springs, Pennsylvania, for the 2021 Thaddeus „Ted” Haluch Memorial District VIII Golf Tournament at Venango Valley Inn and Golf Course. For over 55 years, the District VIII Golf Tournament has welcomed hundreds of members and guests to help grow and strengthen the fraternalism within the PNA in western Pennsylvania. The men and women of District VIII were able to dodge the raindrops as they teed up over two days of golf in the tournament. Joining the golfers were PNA National Secretary Steve Tokarski, PNA Directors Val Pawlos and Jeff Twardy, PNA Fraternal Advisor Sean Jackson, and Former District VIII Commissioner Rich Tyszkiewicz.

nounced. The weekend’s top golfer was Drew Evanoka from Lodge 1746 in Canonsburg, PA, with a two-day score of 152. The top women’s score was turned in by Tusia Mott of Lodge 1540, Cambridge Springs, PA. The Senior’s Champion was Frank Piekut of Lodge 750 in Glassport, PA. Congratulations to all the winners! The PNA and the members of District VIII would like to thank the members of Lodges 1540 Cambridge Springs, Lodge 1052 West End, the staff at Venango Valley Inn and Golf Course, and all the volunteers for their hard work in making sure this year’s event was a huge success!

“A” Flight:

1st: Kevin Pawlos,
Lodge 1052, West End - 161
2nd: Phil Mattich,
Lodge 352, McKeesport - 167
3rd: Blake Mattich,
Lodge 352, McKeesport - 169



Champions Flight:

1st: Drew Evanoka,
Lodge 1746, Canonsburg - 152
2nd: Josh Strawins,
Lodge 352, McKeesport - 153
3rd: Dean Marraccini,
Lodge 352, McKeesport - 158



“B-I” Flight:

1st: Brian Jones,
Lodge 352, McKeesport - 164
2nd: Eric Vermilya,
Lodge 664, Westmoreland City - 166
3rd: Joe Hetrick,
Lodge 352, McKeesport - 171



After two fun and challenging days of golfing, the golfers were treated to a steak dinner banquet where the winners and awards were an-

“B-II” Flight:

1st: Jeremiah Hood,
Lodge 664, Westmoreland City - 171
2nd: Gerard Corrigan,
Lodge 1327, Moxham - 174
3rd: Robert Everson,
Lodge 664, Westmoreland City - 174



“F” Flight (Seniors):

1st: Frank Piekut,
Lodge 750, Glassport - 169
2nd: Dale McGinley,
Lodge 1052, West End - 178
3rd: Mike Kanai,
Lodge 750, Glassport - 180



“C” Flight:

1st: Jeff Shaw,
Lodge 352, McKeesport - 181
2nd: Nick Mihon,
Lodge 664, Westmoreland City - 181
3rd: Adam Galaski,
Lodge 352, McKeesport - 184



“Women’s” Flight:

1st: Tusia Mott, Lodge 1540,
Cambridge Springs - 203
2nd: Rose Konsel, Lodge 1540,
Cambridge Springs - 224
3rd: Sherry Green Wonsevicz,
Lodge 1870, Slovan



“D” Flight:

1st: Daniel Witkowski,
Lodge 352, McKeesport - 199
2nd: Frank Yuvan,
Lodge 1746, Canonsburg - 201
3rd: Joseph Sedbens,
Lodge 352, McKeesport - 203



Lodge Team Lowest Score:

Lodge 352, McKeesport - 642
Josh Strawins, Dean Marraccini
Brian Jones, Joseph Pici



The ladies of District VIII



*(Top row (l-r): Steve Tokarski, Chris Nowotarski, Jim Meizner, Val Pawlos.
Bottom row: Justin Tiwady, Jeff Tiwady)*

*Submitted by Sean Jackson,
Fraternal Advisor, Region B*

Greetings from Region H

The summer heat has gotten to us a bit, and some of us have been hit hard by some crazy weather. But fall is around the corner, and we are getting ready for Dożynki, festivals, and many other events!

The Polish Community is stronger than ever. We are creatively adapting our approaches to meet the changing needs of the world, whether by Zoom, webinar meetings, or outdoor activities. The Polish community is creating more Polish classes, Polish university studies, student clubs, cultural community events, and much more. Many dance groups are also back in the Polish swing!

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

Region H hopes everyone is safe, in good health, and getting on with life in the current state of affairs. We are praying for those of you who have been diagnosed with COVID-19 or have lost loved ones to this virus.

Jolanta Mazewski-Dryden, Fraternal Advisor, Region H

A Taste of Poland in Houston

The Houston Polish festival had to adapt their annual May event this year due to COVID-19 restrictions. They hosted a drive-thru event selling Polish foods, drinks, and desserts. We were so inspired by the high number of attendees. The Houston Polish festival committee is pleased to announce that they are back in full swing and planning a full-blown Harvest Festival the first weekend of October. It will include Polish food, music, dance, and a traditional celebration of the Harvest.



The June Sadowski Kruszewski Studio Theater

The University of Texas at El Paso (UTEP) named its studio theater after June Kruszewski Sadowski. Dr. Zbigniew Antoni Kruszewski attended the honorary ceremony on behalf of his late wife. June Sadowski Kruszewski was a huge lover of theater and art. Together with Dr. Kruszewski, she made multiple donations to the UTEP Theater Department. She was an actress herself and performed with a Polish Theater Ensemble in Chicago. The June Sadowski Kruszewski Studio Theater is probably the only one in the US that is named after a Polish American woman. This gives the entire US Polonia a reason to be proud and to remember June's legacy.



Agustin Lopez, Dr. Zbigniew Anthony Kruszewski, Justyna Lopez

Wawel Dancers back after 454 Days

Preparing for the Dożynki Polish Festival in Houston!

Dance Group Wawel, which features several PNA members in Houston, is getting their dancing feet ready for a great event performance schedule. It is great to see them back and performing!



Pola Negri Film Festival in Austin

Austin Polonia is staying connected - Pola Negri Film Festival in Austin, Texas, continued through June 20th and was advertised by TVP Polonia. A Zoom discussion panel on Pola Negri took place, organized by the Austin Polish Society Historical Club and Culture Avenue magazine. The information about the panel was posted by the "Polish Journal" from New York City.



Joanna Sokolowska-Gwizdka and Mariusz Kotowski.

The Polish Kapela

The Polish Kapela played Polish music for the 4th of July Celebration in Chappell Hill, Texas. Everyone in the band has Polish roots, with their ancestors settling in Bremond, Anderson, and Chappell Hill, Texas (Brazos Valley). Dr. Jim Mazurkiewicz, PNA Lodge 165, lead this talented group of entertainers.



Entertainers: Leonard Kasowski – Fiddle; Fabian Jezierski- Fiddle; Charles Brossman – Guitar and English Vocals; Ramon Borski – Bass Guitar; Bernard Borski – Drums; Cf Jozwiak – Button Box Accordion; Frank Motley – Button Box Accordion; James Mazurkiewicz – Bebenek and soundcheck; and Dr. Jim Mazurkiewicz – Concertina and Polish Vocals.

Polish School in Pompano Beach, Florida

A shout out to the Polish School in Pompano Beach, Florida. Hope to hear more from you in the future. PNA has so much to offer you and your families!



The Event Schedule for PNA Regions H

Sponsors, Supports, or Exhibits:

- September 5- Annual Homecoming Bazaar, St. Mary Planterville, Texas
- September 5 - St. Joseph Annual Bazaar, New Waverly, Texas
- September 5 - Chappell Hill, Texas 83rd Annual Homecoming
- September 19 - Slavic Festival, Houston, Texas
- September 24-25 - Bremond Polish Festival, Bremond, Texas
- October 1-3 - Dożynki Polish Festival, Houston, Texas, Our Lady of Czestochowa
- October 10 - Homecoming Bazaar, St. Stanislaus, Anderson
- October - Polish Heritage Center – Grand Opening Festivities, Panna Maria
- October 10, Traditional Turkey Day Dinner at Panna Maria and Polish Heritage Center
- November 13 - Annual PACT Meetings at St. Joseph Catholic Church in New Waverly, Texas
- December 3-5 - Blanco, Texas Festival of Texas Fiddling. Competing Brian Marshall the Polish Fiddler, Lodge 165

Check out Polish National Alliance Region H's new Facebook Page. Please share and like us on Facebook! Keep us updated with your projects, ideas, and innovations!

<https://www.facebook.com/Polish-National-Alliance-Region-H>

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

PNA of Wallingford's 121st Anniversary Celebration



People gathered from near and far on Saturday, August 14th, in Wallingford, CT, to celebrate a milestone accomplishment of Lodge 513: our 121st Anniversary!

What a day it was! Officers, lodge members, and friends of the PNA of Wallingford volunteered to put on an incredible extravaganza. The day was hot and humid with a brief rain shower, but nothing could dampen the Polish pride and spirit on display. The beautiful PNA Park was the venue for our “Old Fashioned Polish Picnic” theme. John Gora & Górale from Ontario, Canada, provided fabulous music and entertainment. Czapiga’s Polish market of Meriden, CT, provided the Polish and American food for the day. Lots of energy, lots of fellowship, and lots of celebration were on tap this day!

We were honored to have Frank Spula, National President of the PNA, in attendance. Mr. Spula recognized the PNA of Wallingford for its accomplishments and made several award presentations. Lodge 513 Financial Secretary Ed Zolkiewicz received an Appreciation Award for his 25 years of service as Secretary to our Lodge. Next, PNA Business Board Director Teresa Struziak Sherman and Region A Fraternal Advisor Irene Grabowy came to the stage and joined President Spula. Mr. Spula spoke fondly of Lodge 513’s past and complimented us on our vision and commitment to the future. He then called up Lodge 513 President Ed Zavaski to receive a Milestone Award for our 121 years of dedicated service, devotion, and commitment to the Polish National Alliance. Ed accepted this award on behalf of all the officers & members of Lodge 513 and Vice-President John Zielinski.

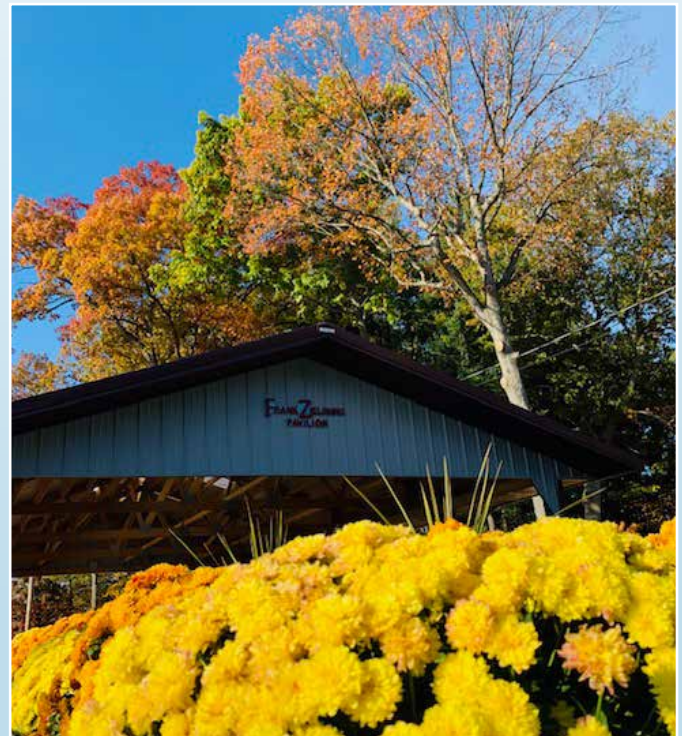
Kevin Scarpati, Mayor of the City of Meriden, presented us with a Proclamation designating August 14th, 2021, as Polish National Alliance Lodge 513 Day. Next up was Rosanne Paluszewski Ford, President of the Midstate

Chamber of Commerce, who presented our lodge with an Appreciation Award for our 121 years of service to the community. Later on, State of Connecticut Representative Craig Fishbein presented Lodge 513 with an Official Citation from the Connecticut General Assembly in Recognition of our 121st Anniversary.

All in all, it was a fabulous day of celebration. From our founding in April of 1900 to this day, we are honored to be entrusted as stewards for our founding fathers of Lodge 513 in Wallingford. I believe the late St. John Paul II said it best: “Let us remember the past with gratitude, live the present with enthusiasm, and look forward to the future with confidence”! May we together stay strong and build a bigger and better PNA.

For additional information, please log onto our Wallingford PNA website at: **www.pnapark.com**

*Respectfully submitted by Edward Zavaski,
President of Lodge 513*





Dreaming of Christmas

Original Art Contest for PNA Members Ages 9 to 17

August 1st – October 31st, 2021

People love Christmas because it is a holiday that brings us together. It is time of celebration, giving, receiving, sharing, and showing kindness. Whether your Christmas is very traditional and religious, or a winter vacation spent skiing or relaxing on a tropical beach, it is always the most awaited time of the year. Share your artistic vision of Christmas with your PNA family!

Guidelines:

- All artwork must be an original, hand-done creation.
- No photographs and computer-generated artwork will be accepted.
- Artwork must be at least 8.5 x 11 and no larger than 18 x 24 inches and cannot be thicker than 1/4 inch.
- The child must be a PNA member. Only one entry per child will be accepted.
- The artwork should not have the artist's signature, initials or name.
- Send your artwork, along with the completed Art Contest Entry Form to:

**Polish National Alliance
Fraternal Activities Department
6100 N. Cicero Ave.
Chicago, IL 60646**

- Postmark no later than **October 31st, 2021**.

A panel of independent judges will review all submitted, anonymous entries and select three winners in 3 age groups: 9 – 11, 12 – 14, 15 – 17. Entries will be evaluated on interpretation of the theme, technical/art skills and originality. Winners will be awarded: \$200 (1st Place), \$150 (2nd Place), & \$100 (3rd Place) in each age group. All entries become the property of the Polish National Alliance and will not be returned. Zgoda editor reserves the right to select art work to be featured on the cover of Zgoda Winter 2021 issue.

2021 Art Contest Entry Form

Title of the artwork:

.....

Name:

Age: D.O.B:

Address:

City:

State: Zip:

Phone No.:

email:

Lodge No.:

Parent Signature:





Dear Zgoda Readers!

If you are waiting for your child to be featured in the "Welcome to the PNA Family" section of our publication, please note, they will be included in the upcoming Winter 2021 Zgoda issue.

If you wish to introduce your child as a New Member, please email your information and photo to: zgoda@pna-znp.org

Shred Day 2021

Polish National Alliance, and the United Credit Union, joined forces and organized a community Shred Day. This event gives individuals the opportunity to have their confidential documents destroyed on site. By partnering with the United Credit Union, we help inform the community about preventing identity theft.

The Mobile Shred Trucks stayed on PNA grounds Saturday, August 7, 2021, from 10:00 to 12:00 noon. Shred Day was successful. We had approximately 100 cars that drove through!

Thank you to those who came out to shred their documents. See you next year!



2021 Coloring Contest Results

The 2021 Coloring Contest for PNA members ages 5-8 created interest in 30 young artists. This year, children were required to color the "Welcome Spring" playful scenery page.

In July, three judges: Joanna Marszalek of the Polish Daily News, Joanna Trzos of the WPNA 103.1 FM Radio Station, and Agnes Szafranski of the PNA Marketing Department carefully considered all of the anonymously submitted entries and selected three winners. Redyn F. Grubin, Nora A. Pietrzyk, and Nadia S. Przeslicke were awarded a special PNA Diploma and \$50 check. Congratulations!

Thank you to all participated young artists. Please, keep your crayons at hand!

WINNERS OF THE 2021 PNA COLORING CONTEST:

Redyn Frances Grubin (7)
Newington, CT, Lodge 464

Nora Adeline Pietrzyk (6)
Nashville, TN, Lodge 3250

Nadia S. Przeslicke (8)
Chicago, IL, Lodge 669



(l-r) 2021 PNA Coloring Contest Judges: Joanna Trzos, Agnes Szafranski, Joanna Marszalek

Region F News



Greetings to all PNA members in District 12 - Region F! Now that life has begun to return to normalcy again, let us be thankful that we have survived to live another day. Our thoughts and prayers go out to all who have suffered from Covid-19 and recovered and to those who lost a loved one to this horrible virus.

While PNA activities have been on a 15-month extended leave of absence due to the pandemic, some of our lodges and councils have begun to schedule meetings again. Many of you may have kept in contact via telephone, Facetime calls, or Zoom meetings. ZGODA has also

published many interesting articles during these past 15 months to keep us updated on PNA life.

Historically, the summer months have been idle, except for picnics at our PNA Youth Camp in Plano/Yorkville, Illinois, and other occasional social events. As we get ready to resume more PNA activities in the fall, we look forward to meeting with our fraternal brothers and sisters again.

I invite you to check out our Region F/District 12's Facebook page to keep up with important news. Just type POLISH NATIONAL ALLI-

ANCE SOUTH CHICAGO in the Facebook search bar. This page is regularly updated. "Like" the post and "Share" it with your friends so that we can expand our communication base.

District 12 is planning a District Convention to be held in October. Invitations will be sent to all Council and Lodge Presidents and Secretaries, and we encourage your participation. Due to the pandemic, we have not convened a District 12 Convention since October 2019 and have much to discuss.

If you wish to be included in receiving email messages regarding District XII future events, please email me to be added to a digital mailing list. Send to: bwesolowskil@yahoo.com.

Likewise, if your lodge or council wants to advertise a specific meeting or activity, I would be happy to post it on our Facebook page.

Until we meet in person, stay safe and well, and enjoy the summer months ahead!

*Barbara J. Wesolowski,
Fraternal Advisor Region F*

Dożynki 2021

Tradycja organizowania dożynek w Ośrodku Młodzieżowym Okręgu XII i XIII Związku Narodowego Polskiego (PNA) sięga ponad osiemdziesiąt lat. W tym roku, w słoneczną niedzielę 1 sierpnia, wieniec uwity z kłosów zbóż, chleb oraz kosz symbolizujący plody ziemi przynieśli przed ołtarz starostowie tego- rocznych dożynek, państwo Martyna i Paweł Kęskowie.

Msze świętą w malowniczej, otwartej kaplicy ośrodka celebrował ksiądz Sebastian Gargol. Liturgia sprawowana była w podzięce za plony oraz w intencji życia wiecznego zmarłych dla uczestników Powstania Warszawskiego i weteranów.

Część artystyczną dożynek przygotowali góralska kapela młodzieżowa „Diwcynta” z Lemont, oraz kapela i chór „Teatru Ludowego Rzepicha”. Na zakończenie, tegoroczny starosta i członek zarządu ośrodka, Paweł Kęsek pokroił poświęcony chleb i symbolicznie poczęstował nim wszystkich zebranych.

Zarząd Ośrodka Młodzieżowego Okręgu XII i XIII ZNP dokłada wszelkich starań, by podtrzymywać polskie tradycje i obrzędy w Stanach Zjednoczonych wykorzystując malownicze położenie obozu i dbając o jego infrastrukturę.



Kolonie letnie w Yorkville

Wiosną tego roku, zarząd Ośrodka Młodzieżowego Okręgu XII i XIII ZNP w Yorkville/Plano podjął decyzję o zorganizowaniu kolonii letnich dla młodzieży, biorąc pod uwagę wszelkie zalecenia dotyczące bezpieczeństwa i zdrowia dzieci w obliczu ciągle jeszcze nieopanowanej pandemii wirusa COVID-19.



Po wielu miesiącach izolacji społecznej oraz nauki w domu, rodzice i dzieci z entuzjazmem zareagowali na wiadomość o koloniach letnich w Yorkville. Wszystkie tygodniowe turnusy zostały błyskawicznie wypełnione. Koloniści mieli okazję uczestniczyć w zajęciach sportowych, tanecznych, artystycznych, wieczornych ogniskach, dyskotekach oraz wyjazdach do pobliskiego parku wodnego „Raging Waves”. Ośrodek dysponuje dużym basenem, boiskami, piękną przestrzenią, która pozwala dzieciom odpocząć od komputera, telewizora i telefonu. Kadra wychowawców i pomocników kierowana w tym roku przez panią Annę Dziejmę zadbała o bezpieczeństwo młodzieży i dobrą zabawę.

Informacje na temat kolonii letnich dla dzieci oraz innych imprez organizowanych w Ośrodku Młodzieżowym Okręgu XII i XIII ZNP można znaleźć na stronie: pnayouthcamp.org



Święto Bożego Ciała w Yorkville

W niedzielę 6 czerwca 2021, na terenie Ośrodka Młodzieżowego Okręgów XII i XIII PNA w Yorkville, IL odbyły się obchody święta Bożego Ciała.

Uroczystość Najświętszego Ciała i Krwi Chrystusa - Boże Ciało, to jedno z głównych świąt obchodzonych w Kościele katolickim. Głównym celem obchodów jest publiczne wyznanie wiary w obecność Jezusa Chrystusa w Najświętszym Sakramencie, oddanie mu czci i podziękowanie za łaski płynące przez ten sakrament.



W Polsce święto Bożego Ciała obchodzone jest w czwartek po uroczystości Trójcy Świętej, wypadające zawsze



60 dni po Wielkanocy. W niektórych krajach, również w Stanach Zjednoczonych, przenoszone jest na kolejną niedzielę. Głównym punktem obchodów jest uroczysta procesja eucharystyczna. Na jej czele niesiona jest zawsze monstrancja z Najświętszym Sakramentem.



Organizatorami tegorocznej uroczystości w Yorkville były koła należące do Związku Podhalan w Ameryce: Koło Czerwienne, Koło Ratułów, Koło Bustryk i Klub Hyzne. Mszę świętą celebrował i procesję prowadził ksiądz Ryszard Miłek, kapelan Związku Podhalan w Ameryce. Uczestnicy w pięknych góralskich strojach z chorągwiemi, dzieci z koszyczkami pełnymi płatków róż, które rozsypywały w drodze do kolejnych kapliczek, tworzyli piękną barwną procesję. W obchodach wzięły również udział dzieci ze szkoły im. Króla Kazimierza Wielkiego w Orland Hills, pod kierownictwem Agaty Mścisz, która jest jednym z dyrektorów ośrodka w Yorkville, a także grupka dzieci, które w tym roku po raz pierwszy przystąpiły do świętej komunii. Radosna, rodzinna atmosfera święta była udziałem wszystkich, którzy przybyli na tę plenerową uroczystość.



Po zakończeniu części religijnej, prezesi kół zaprosili wszystkich zebranych na piknik zorganizowany przez należącego do zarządu ośrodka Bogusława Kwaśnego. Góralski zespół Wichry prowadzony przez Annę Zalińską wystąpił z programem artystycznym uprzyjemniającym piknik i kończącym piękną, plenerową uroczystość.



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

Amicus Poloniae 2021

Pro Bono Legal Help for those who need it most

In 1990, the Polish National Alliance and several Polish American Attorneys got together to create the Amicus Poloniae Volunteer Free Legal Clinic. The Legal Clinic provides free legal aid to low-income individuals, and partners with Chicago Volunteer Legal Services (CVLS), and also collaborates with the Advocates Society. Since its inception, countless clients have received assistance in a variety of case types, including immigration, family law, social security, real estate, and more.

The Legal Clinic takes place on the third Saturday of every month in the Polish National Alliance Cafeteria. Clients wishing to see an attorney are asked to arrive at 10:00 AM. Once a client arrives, one of our volunteers assist the client in filling out some short paperwork, after which clients are directed into a waiting room. When one of the volunteer attorneys are ready to see a client, a

volunteer comes into the waiting room to call the client by name and lead them to the table where the attorney is sitting, at which point the client and attorney can have a one-on-one consultation.

Are you not Polish, or don't speak Polish? No problem! We welcome anyone, whether they be a client or a volunteer, of any racial or ethnic origin with open arms. We have several interpreters on site to assist with any language barrier that may occur.

The clinic was put on hold during the pandemic, but has successfully returned earlier this year. Each month, the clinic gets busier and busier! Clients and volunteer attorneys also now have the option to participate via ZOOM.

Amicus Poloniae is Latin for, "Friend of Poland". At the Polish National Alliance, we believe that fraternalism and love of community is best shown through your actions. These are the values that led to the creation of the Amicus Poloniae Legal Clinic.

If you are interested in volunteering, or need legal assistance, you can call the clinic at 773-286-2325 or email amicuspoloniaeclinic@gmail.com. We are always happy to have new volunteers, whether they be attorneys, interpreters, or anyone willing to help out in general.



(l-r): Attorney Marek Loza, Amicus Poloniae Clinic Co-Chair Robert Groszek, Joe Dybisz, Nelly Cembala, Monica Lebensztejn, Magdalena Biedron, Helena Loza, Attorney Kent Sinson, Ursula Matelski, Judge Jonathan Green, Attorney Michal Fus

Magdalena Biedron
Amicus Poloniae
Legal Clinic Coordinator

A COVID-19 Quieted 21st Katyń Remembrance

BALTIMORE, MD. – For the second year in a row, the Annual Katyń Remembrance was drastically affected by government-mandated quarantines or restrictions directly related to the COVID-19 pandemic. However, the National Katyń Memorial Foundation (NKMf) resolved to soldier on and undertake the 21st Annual Katyń Remembrance in adherence with the official federal, state, and city mandates. And, unfortunately, absent again were the extensive ceremonies at the National Katyń Memorial site and the follow-up reception and dinner at the Polish National Alliance. One critical Remembrance component was maintained and allowably expanded: The 10:30 a.m. Katyń-Dedicated Mass at Holy

Rosary R.C. Church. The Holy Eucharist was co-celebrated by the Reverend Ryszard Czerniak, Pastor, and Chaplain Adam Muda, Captain, United States Army. There were over 100 participants in attendance.



Wreath Presentation. Chaplain Adam Muda, Captain, U.S. Army (left) and Lieutenant Colonel Karol Budniak, Assistant Defense and Air Attaché, Embassy of the Republic of Poland, are depicted presenting the official Remembrance Wreath at the National Katyń Memorial.

A truncated - but no less dignified - Katyń Remembrance Ceremony was conducted after the mass. A statement from Poland's Ambassador Piotr Wilczek was read on his behalf by Richard Poremski, Poland's Honorary Consul in Baltimore and Maryland. Then followed an address from Lieutenant Colonel Karol Budniak, Assistant Defense and Air

Attaché, Embassy of Poland. The Polish patriotic poem "Katyń" (by Marian Hemar) was presented by sisters Sara and Kasia McDaniel, students from the Cardinal August Hlond Polish School. The obligatory Monsignor Zdzisław Peszkowski's "Katyń Prayer" was read both in Polish and English by Krystyna Osowski and Adam Rybczynski, respectively. The sounding of "Taps" by Steve Wojciechowski, PLAV, concluded the ceremonies.

The NKMf eagerly anticipates that it will be allowed to resume its regular and full schedule next year with its celebration of the 22nd Annual Katyń Remembrance during April of 2022, in adherence to its established *raison d'être*:

~ Cri de Coeur of the National Katyń Memorial Foundation ~

"SHOULD I FORGET THEM,
MAY GOD IN HEAVEN FORGET ME"

Adam Mickiewicz

You are cordially invited to view this year's 21st Remembrance at www.KatynBaltimore.org, or on Facebook at facebook.com/katynbaltimore.

Submitted by Richard P. Poremski

Call to Rest. "Taps" is sounded in honor of the Polish Martyrs of Katyń Forest by Steve Wojciechowski, Commander of the Polish Legion of American Veterans (PLAV), Department of Maryland, at Holy Rosary Church ceremonies.

4th of July Parade in Niles



The Polish National Alliance participated in the July 4th Parade held by the Village of Niles! The weather was sunny and hot, which was perfect for marching through scenic streets with a shade of trees and cheering from enthusiastic spectators. Niles is a town in Illinois with a sizeable (almost 25%) population of Polish Americans, many of whom are PNA Members.

The PNA was represented by several employees and supporters, and was led by PNA President Frank Spula, who was driving a decorated convertible. Dancers from Wici Song and Dance Theatre also represented the PNA. They dazzled the crowd with their dances in beautiful Kraków costumes.

The July 4th Niles Parade has been growing in popularity each year. Its joyful and friendly atmosphere attracts many viewers and participants from local organizations and businesses.



Lubusz 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.

In this issue of ZGODA, we're taking you to west-central Poland to the Lubusz Voivodeship (Województwo lubuskie)! The Lubusz Voivodeship is of the smallest and least-populous Polish provinces, and it is packed with plenty of beautiful historic sites and nature. The area is generally flat with several forests, lakes, and rivers. It has

one of the mildest climates in Poland, with long summers and mild winters. Lubusz Voivodeship derives its name from Lubuska Land (Ziemia Lubuska). Its previous capital Lubusz (today the city of Lebus in Germany), became part of Poland in the 10th century. Like much of Poland, the area within the Lubusz Voivodeship was

historically ruled by several conquering forces, including the Holy Roman Empire, Prussia, to name a few. The Lubusz Voivodeship was formed in 1999 when the 49 provinces established in 1975 were consolidated into 16 provinces. The Voivodeship's two regional capitals are Gorzów Wielkopolski and Zielona Góra.



ZIELONA GÓRA

Zielona Góra (Green Mountain) the largest city of the Lubusz Voivodeship and one of its two capital cities has many interesting features. It has a charming Old Town, numerous museums, including a Torture Museum, and The Planetarium - one of three planetariums in the world with a movable dome.



Zielona Góra is known for being called the Wine Capital of Poland! The history of wine in that area dates back centuries. Zielona Góra area, then belonging to Germany, launched its first sparkling grape wine. Wine connoisseurs have plenty of attractions to indulge in.



GORZÓW WIELKOPOLSKI

After you are done sampling some wine at the first capital city of the Lubusz Voivodeship, make your way to the second. Gorzów Wielkopolski is the economic center of the region, located near the biggest oil fields in Poland. It experienced a fast economic improvement after the Second World War with several new industries, including in fabrics and tractors. Many of these industries remained major employers for decades.

Additionally, Gorzów Wielkopolski has been termed “The city of parks and gardens” because...you guessed it! There are also a lot of parks and gardens.

Gorzów Wielkopolski is also known for its strong Romani culture presence. Every summer, in the first week of July, the region holds the International Romani Gathering, including a series of mesmerizing concerts.



MUSKAU PARK

Muskauf Park (Park Mużakowski) is a landscape park in the Upper Lusatia (Łużyce Górne) region of Germany and Poland, stretching along both sides of the German-Polish border on the Lusatian Neisse (Nysa Łużycka). It is the largest and one of the most famous English-style landscaped parks in central Europe. In 2004, UNESCO added the park to its World Heritage List, calling it “an exemplary example of cross-border cultural collaboration between Poland and Germany.”



The park was founded by Prince Hermann von Pückler-Muskau, a German nobleman who was renowned for his landscape gardening in the early 19th century. The process of building this park included remodeling an old Baroque-style castle, constructing a Gothic Revival chapel, and composing several winding paths and bridges for visitors to travel through. The prince also built a canal (called “Hermann’s river Neisse”), which integrates with the natural course of the Neisse river.



There are many other attractions that visitors can enjoy in Muskau Park, including a tropical glasshouse, a spa park, a hillside park, an orangery, the Kavaliershaus, and many more. Many buildings have been remodeled into hotel-style apartments in which visitors can relax and spend the night. Visitors can cross between Poland and Germany via the English Bridge, a bridge that stretches over the river Neisse. On either side of the park, you can treat yourself to some Prince Pückler ice cream. Smaczno!

TRAIL OF WOODEN CHURCHES

The Trail of Wooden Churches (Szlak Kościołów Drewnianych) is a 23 kilometer (a little over 14 miles) Trail with several historical wooden churches in the towns of Chlastawa, Kłępsk, and Kosieczyn. Whether you are religious or just a folk architecture enthusiast, you will find so much to appreciate by visiting these beautiful churches, some several centuries old.

The Church of the Visitation of the Blessed Virgin Mary (Nawiedzenia Najświętszej Marii Panny) in Kłępsk was built in the years 1367-1377. It is a single-nave building with an interior made in the Gothic-Renaissance style. Some of the equipment within the church is from centuries ago, including an altar in the form of a triptych featuring a statue of the Madonna and Child, made around 1500. In 2017, the church in Kłępsk was recognized as a Historical Monument.



The Nativity of the Blessed Virgin Mary Church (Narodzenia Najświętszej Maryi Panny) in Chlastawa was built in 1637 but was completely renovated at the beginning of the 20th century. It maintains a lot of its history via its gate-bell tower and interior artwork.



The Church of St. Simon and St. Jude Thaddeus (Kościół Świętych Apostołów Szymona i Judy Tadeusza) in Kosieczyn was built around 1408 and is the second older wood-en church in Poland after the church in Tarnów Pałucki.



SŁAWSKIE LAKE

Sławskie Lake (Jezioro Sławskie) is the largest body of water in the Lubuskie Voivodeship. It is located in the Sławskie Lakeland, in Wschowa County, in the Sława commune. It is around 5.7 miles long and a little over 1 mile wide. Sławskie Lake has an average depth of approximately 17 feet and can go as deep as 40.35 feet.



Sławskie Lake is a popular tourist attraction. Visitors can enjoy nearby hiking and biking trails, nearby sailing clubs, recreational centers, hotels, and campsites.

MIĘDZYRZECZ CASTLE

Międzyrzecz Castle was built around 1350 by Casimir III the Great and is located on a small hill in between two floodplains of the Obra and Paklica Rivers. It has been touched by war several times. In 1520, the castle took a lot of damage from the Teutonic Order and was completely destroyed in 1655 by the Swedes. The castle has housed a museum since 1945 and is a popular tourist attraction to this day.



Save the Date

POLISH HERITAGE MONTH CELEBRATION

October 10, 2021

The International Polka Association Tribute Band

With special guest from Canada,

John Gora

IPA Hall of Fame Inductees, TV, Radio & Recording Artists
Mike Stapinski, Kevin Altenburg, Ray "Melvin" Rzeszutko,
Laura Mateja, Dan Mateja, John Krawisz, Rick Rzeszutko

POLIS HERITAGE CENTER

1413 North 20th Street – Downtown, St. Louis, MO

Dancing Music 1:00 PM – 5:00 PM

Food & Refreshments

Sponsored by the PNA Cadets Lodge 1134 of St. Louis, MO



For information contact Carolyn: 636-938-4641 * carolynbaras@gmail.com

With the fall season fast approaching, we will be spending more time cooking at home. Małgorzata Bondyra and Micheal Carnahan have truly delicious suggestions for a hearty soup, interesting fish dish, and everybody's favorite autumn cakes. Enjoy!

“Niebecz” Soup *Zupa Niebecz*



Ingredients:

- 1-2 lbs. poultry meat or a 1-2 lb. piece of beef (or mixture of both) to make a broth
- 8 cups water
- 1 lb. of smoked Polish sausage diced, or 1 lb. of Polish cooked ham, diced
- 3 medium carrots, each cut

in half

- 3-4 medium parsley roots cut in half
- 1 small celery root cut in half
- 1 lb. potatoes, diced
- A handful of dried wild (Polish) mushrooms
- Salt
- Marjoram
- 2-3 bay leaves
- 5-7 grains of allspice

Sauerkraut:

- Approx. 1.5 lbs. sauerkraut
- Bay leaf
- A few grains of allspice
- Freshly ground pepper
- A good pinch caraway seeds
- 1 tablespoon of lard
- Salt

Directions:

Soak the mushrooms at least a few hours in advance, then clean and

rinse. Add water, meat portions, carrots, parsley roots, celery root, allspice and bay leaves, and cook for approximately two hours to make a broth. Remove meat and vegetables from the broth, and set aside the carrots for the soup. Add diced potatoes and cleaned mushrooms to the broth, and simmer until potatoes are soft. At the end, dice the carrots from the broth and add to soup, add the diced sausage or ham, and allow soup to cook for a few more minutes. After turning off the heat, add a pinch or two of marjoram.

Cook the sauerkraut, bay leaf, allspice and caraway seeds, then strain. Add lard, season with salt and pepper, and mix well. Serve the soup in a deep soup bowl, adding cabbage on the top. Alternatively, place cabbage in the bottom of the bowl and pour soup over top. It is a perfect soup for the coming chilly autumn days.

Sour Fish *Ryba na kwaśno*



Ingredients:

- 2 lb. fish fillets (cod, tilapia, etc.)
- Coating: egg, flour, and breadcrumbs

Pickling/brining mix:

- 3 medium white onions, finely sliced
- 4 ½ cups of water
- 2/3 cups of 10% vinegar
- 3 ½ tbsp. sugar
- 1 ½ tsp. salt
- Bay leaves
- Allspice berries
- 1 medium carrot, diced or grated
- 1 medium parsley root, diced or grated

Directions:

Salt the fish fillets. Coat in flour, eggs, and breadcrumbs. Fry in oil on both sides. Mix the ingredients of the

pickling/brining mix and cook for 10 minutes. Allow pickling/brining mix to cool completely, then remove the vegetables from the mix and divide into two portions (reserve the brining liquid). Place a layer of the fried fish fillets into a clay dish and cover with the vegetables from the pickling/brining mix. Place another layer of the fried fish fillets on the first layer and cover with vegetables from the pickling/brining mix. Pour the cooled brining liquid over the layers of fish and vegetables. Cover dish and refrigerate for 3-4 days. Serve chilled.

Plum Cake with Crumbs

Ciasto ze śliwkami i kruszonką



Ingredients:

Cake:

- 380g all-purpose flour / 13.5oz
- 200g sugar / 7oz
- 1 tsp vanilla sugar
- 1 tsp baking powder
- Pinch of salt
- 230g cooled butter/8oz.
- 1 egg

Filling:

- 700g washed plums/1lb 9oz.
- 2 tbsp. rum (optional)
- 1 heaping tbsp. potato flour/starch
- Powdered sugar for dusting.

Directions:

Preheat oven to 190°C / 375°F. Line a 28 x 24cm or 20 x 30cm baking pan with parchment paper. Cut the plums in half, remove seeds, and cut the large plums into quarters. Place plums into a bowl, add potato flour and rum, mix with a spoon and set aside. Add all-purpose flour, sugar, vanilla sugar, salt, and baking powder to a bowl and mix with a spoon. Coarsely grate the cooled butter into the dough mixture, and sprinkle some of the dough mixture over the butter about 3-4 times during the grating process, to prevent the grated butter from sticking together. Add the egg and knead the dough with your hands or with a mixer. Divide the dough into two equal parts. Place one part of the dough into the lined baking pan and spread it evenly to cover the bottom. Place the plums on top with the skin side down. Crumble (or coarsely grate) remaining part of the dough in your hands and spread evenly over the plums. Place your cake into the preheated oven and bake for about 45-50 minutes. Remove from the oven and set aside to cool completely. Sprinkle with powdered sugar and cut into pieces.

Note: Plums will give off a lot of juice when baking, but don't worry. When the dough cools down, it will be perfect!

Pumpkin Bread

Ciasto dyniowe



Ingredients:

- 4 eggs
- 1 ½ cups sugar
- 1 cup oil (canola/regular)
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/8 tsp salt
- 1 cup canned pumpkin
- 2/3 cup orange juice
- 3 cups flour
- 2 tsp baking soda
- ½ cup chopped walnuts or pecans (optional)

Makes 2 regular size loaves.

Directions:

Grease baking pans. Preheat oven to 350°F. Mix all ingredients and transfer to pans. Bake in 350°F for about 1 hour. Cool in pans 10-15 minutes before removing. Cool completely before slicing.



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



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

Is Type 2 Diabetes In Your Cards?



Facts about Prediabetes

Research scientists and health care professionals are aware of facts surrounding the hidden epidemic of prediabetes in the United States. There are 88 million Americans who are prediabetic, yet most people are not aware of it. Before you can become aware of prediabetes, you need to know what Type 2 Diabetes is and how you can determine if you are at risk.

Basic Facts about Diabetes. Normally, your body produces insulin in your pancreas, an organ located behind the lower left side of your rib cage. Insulin is a hormone that helps to regulate blood sugar levels in your body. With diabetes, either your body cannot produce enough insulin that it needs, or your body cannot properly use the insulin that it does produce. This causes the sugar that the body needs to build up in your blood, and if high enough and not controlled, it can cause damage to nerves, eyes, heart, kidneys, cause foot problems, dental disease, strokes and affect other body organs.

Risks for Developing Type 2 Diabetes. It is important to be aware of the risks for developing Type 2 Diabetes and try to prevent a Type 2 Diabetes diagnosis from happening to you when possible. Contact your healthcare provider regarding screening to help you identify your risks and develop a plan of prevention.

Risks for Developing Type 2 Diabetes

- If you are age 45 or older
- Have a family history of diabetes
- Are overweight
- Are physically inactive
- Have had high blood sugars during pregnancy
- Are of African American, Latino, Native American, or Pacific American descent
- Have certain health problems that can also increase your risks

Types of Diabetes

Type 1 Diabetes. This form of disease is found mainly in children and young adults. It is an autoimmune disease. The body's immune system mistakenly attacks and destroys insulin-producing cells in the pancreas. This causes severe body distress and will lead to death if not treated medically by giving the person insulin daily to stay alive.

Gestational Diabetes. This occurs when a pregnant woman has had high blood sugars during pregnancy. Once the baby is born, the high blood sugars become normal, but these women are at greater risk for developing Type 2 Diabetes later in life.

Type 2 Diabetes. This is the most common type of diabetes and the type addressed in this article. It is linked to lifestyle factors, such as being overweight and or inactive. It can also be linked with a family history of the disease. The body becomes resistant to its insulin and fails to use it properly. Sugar then builds up in the blood and, over time, causes the body organ damage mentioned earlier. Type 2 Diabetes typically develops in middle-aged and older people. Still, it is becoming more common in young people due to the high consumption of processed/ fast foods on the market with very high carbohydrate or sugar values. Diet and exercise can help people control their blood sugar and avoid being diagnosed with Type 2 Diabetes.

Prediabetes Could be in Your Cards

More than one in three American adults have prediabetes, and they don't know it. Research by the Centers for Disease Control and Prevention (CDC) has reported that nearly one in four young adults (ages 19-34) and half of the population over age 65 live with prediabetes. Prediabetes occurs when your blood sugar test is higher than normal under normal conditions. The levels are not high enough to cause you to be diagnosed with Type 2 Diabetes, but it is a warning sign that over time if this higher level persists, you may develop the disease, especially if someone in your family has been diagnosed with diabetes. That is why knowing the risk factors for diabetes is so important for everyone. One does not always know what is lurking behind the scenes. Prediabetes is a sign that the cells in your body are not responding in a normal way to your insulin, a hormone that is needed to get your sugar in your blood to your cells to be used for energy. If the body can't make or respond to insulin, also referred to as insulin resistance, blood sugar levels rise. Increased blood sugar levels over time will cause your vital body organs to become damaged. Keep the risk factors in mind and

at bay. As an additional resource to see if you are at risk for diabetes, visit the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) website. If you are at risk, getting more exercise and losing even 10-15 pounds, if you are overweight, can help prevent diabetes if you are at risk. Eating healthier foods and taking a brisk walk for 30 minutes 5 times per week can help you lose weight, feel better and lower your risk for developing Type 2 Diabetes. Prevention is the key.

Can Vitamin D Prevent Diabetes?

Some sources have mentioned that taking Vitamin D daily as a supplement can prevent diabetes. Research studies by NIDDK have shown that Vitamin D does not prevent diabetes in adults. Vitamin D helps your body absorb calcium, a major building block of bone. It may also play a part in your nerve, muscle, and immune systems, but not in your development of diabetes.

Type 2 Diabetes in Our Youth

Type 2 Diabetes is more aggressive and very different in younger people than adults. The NIDDK has conducted many studies to help understand this difference. The findings also indicated that Type 2 Diabetes is increasing dramatically among young adults of minority, racial and ethnic groups. It progresses more rapidly than in adults, and there are more diabetic complications. Metformin, a commonly prescribed medication for adult diabetics, does not seem to control blood sugars in young people,



especially African American youths. The U.S. Food and Drug Administration recently approved the drug Liraglutide to treat Type 2 Diabetes in young people over the age of 10. It is inherent for parents to role model and guides young people toward reducing their risk factors for prediabetes and preventing diabetes from inflicting the young.

Conclusion

This article was written to provide you with serious information about diabetes and your risks for developing Type 2 Diabetes during your lifetime. The fact that so many people in the United States are prediabetic and do not know it is cause for concern. Prediabetes has reached epidemic proportions in the United States. The fact that children and young adults are being diagnosed with Type 2 Diabetes is critical because of the difficulty in controlling the disease, and the damaging effects diabetes can have on your body. The younger a person is when diagnosed, the more difficult it is to control the disease. It is critical to know what diabetes is, the risk factors for getting the disease, and preventing it by being tested and treated early. Regular exercise and proper diet, reducing 'junk foods' such as concentrated sugars and high carbohydrate foods will keep diabetes at bay. Parents, be good role models for your children and save them and yourself from having to suffer from the terrible consequences of Type 2 Diabetes. Keep diabetes out of your cards.



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Lower Blood Sugar Naturally

Can small lifestyle changes help to lower your blood sugar level?

Yes! These same changes can also lower the chances of developing heart disease and some cancers. Little changes in habit can make a huge impact. All you need to do is start, and stay consistent.

- Don't Skip Breakfast
- Reduce Your Carb Intake
- Avoid Sugar
- Avoid Large Meals
- Eat Fiber-Rich Foods
- Drink More Water
- Lose Weight
- Get Enough Sleep
- Handle Stress
- Keep Moving

Hopefully, these lifestyle changes will become your new norm. It will help you live longer, healthier, and happier.

TELL US YOUR STORY

*It may take a village to raise a child, but as a single parent,
it can feel like it's all up to me.*

I need life insurance because my kids rely on me.

*Purchasing life insurance is a way of making sure
they would be OK if something happened to me.*

*Everyone deserves **peace & protection**.*

They mean the world to me!

- Joanna, 36 years



WHAT WORKS FOR HER WORKS FOR US

CALL PNA 1-800-621-3723

GET A QUOTE ONLINE
pna-znp.org

**Design Your Own
life insurance plan
with PNA's
Blended Solution.²**



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.

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

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

1-800-621-3723

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. 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.

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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

THE POLISH NATIONAL ALLIANCE



PRESENTS

59TH
ANNUAL
GOLF
TOURNAMENT
Lodge 1120
La Porte, IN

2022 PNA Golf Tournament La Porte, IN

For updates, follow us on Facebook.com/PNAZNP
For more information e-mail us at fraternall@pna-znp.org



ANNOUNCES

2021 Competition on the Solidarity Movement

We invite you to learn about the price of freedom the Polish people have been paying for decades as a result of the 1945 Yalta Agreement. Take part in this unique opportunity to develop unknown chapters of the history of the Solidarity Movement and the so-called peaceful transition of Poland to a free-market economy!

The 2021 Competition is offered in two main categories:

- A. Documentary Film
- B. Historical Essay

First Prize in each Category: **3,000 USD**

Generous additional prizes will be awarded!

The submission deadline: **September 18, 2021**

2021 Competition of the Polonia Institute on the Solidarity Movement is open to adults 18 years or older as of September 18, 2021.

The work submitted must be in the English language.

For detailed information, including application forms and guidelines for Documentary Film and Historical Essay, please see 2021 Competition Announcement on the History of Poland - the Solidarity Movement - at our website <https://www.poloniainstitute.net>.

You can inquire via info@poloniainstitute.net
or call (310) 536-9591



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

THE POLISH NATIONAL ALLIANCE



PRESENTS

75th PNA BOWLING TOURNAMENT



**2022 PNA Bowling Tournament will be held
in Chicago Area**

For more updates, follow us on [Facebook.com/PNAZNP](https://www.facebook.com/PNAZNP)
For more information e-mail us at fraternal@pna-znp.org

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:

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

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

Our Lady of Czestochowa Church
1731 Blalock, Houston Texas



Come out and visit us at the Polish National Alliance display !

www.polishharvestfestival.org





Why do you need life insurance ?

0
18
AGE



I'm too young for life insurance and have my whole life ahead of me. Right now, I'm focusing on traveling and on my education. I'll think about life insurance later.

PNA provides more than just an insurance certificate. By purchasing life insurance with us, you will receive access to many of our fraternal benefits.



SCHOLARSHIPS

Every year, PNA awards approximately \$250,000 in scholarships funds.



POLISH SCHOOLS

PNA supports several polish schools in the U.S.



DANCE GROUPS

Join one of the dance classes sponsored by PNA.

19
30
AGE



I don't need life insurance! I'm young, healthy, and have plans.

Now is the time to purchase life insurance!



YOU'RE HEALTHY

Your health will never be better than it is right now. Being healthy makes purchasing insurance easy!



YOU'RE YOUNG

Life insurance premiums at your age are very affordable!



TIME FOR CHANGE?

Starting early with your life insurance program gives you more options later in life.

31
60
AGE



I have too many expenses, problems and debts to pay off. I do not have the time nor the money to purchase

There are ways to make insurance protection for your family more affordable. You are responsible for your family's future financial situation. Life insurance can make a very significant difference.



FAMILY

You're protecting the future of your loved ones.



DEBTS

Your loved ones will be able to pay off the existing financial obligations caused by mortgage, auto expenses, student loans.



BUSINESS

Life insurance can help keep the business you built running and provide income for your family.

60
+
AGE



It's time to relax! My kids are fully independent, I've paid off my mortgage, now it's time to make use of my life achievements,

You've achieved enough already, but you still have many years ahead of you. Purchasing life insurance now will support your family in need in the future.



INCOME-TAX ADVANTAGES

Lifetime Income and leveraged dollars



FINAL EXPENSES

The death benefit on a life insurance certificate will help to cover final expenses.



LEGACY

Your charitable beneficiaries will receive funds from the death benefit on your life insurance certificate.

Polish National Alliance
6100 N. Cicero Ave
Chicago, IL 60646

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