

# ZGODA

Summer  
2022

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

1881-2022 Vol.172; No.2

**Summer is here!**  
*Lato, lato, lato czeka...*



# Contents

- 3 From the President
- 4 PNA Regional Representatives
- 5 In Memoriam – Teresa N. Abick
- 6 Independent Comparative Report
- 7 – 10 From the National Sales Manager
- 11 – 25 Fraternal News
  - The Chicago Society Inauguration
  - The Milwaukee Society Story
  - 2022 Photo Contest Results
  - 75th PNA National Bowling Tournament
  - Region H News
  - Council 8 & Milwaukee Society Egg Hunt
  - Easter in PNA Lodge 700
  - PNA sponsored Essay Contest
  - Graduate Scholarship Announcement
- 30 – 33 Life of Polonia
  - Polish National Anthem Contest
  - Polish Graduate Ball Chicago
  - Flag Rising in Chicopee
  - Celebrating Polish Constitution Day
  - Polonia for Ukraine
- 34 – 38 Destination Poland – The Łódź Voivodeship
- 39 Hej Sokoly
- 40 – 41 Taste of Poland – Summer Dinner
- 44 – 44 Living Well – Overactive Thyroid Gland
- 45 – 46 Important Announcements
- 47 PNA Advertisement



## **Poppy flower field in central Poland.**

The national flower of Poland is the Corn Poppy. Poland's flag features the exact red color of these flowers and it is a symbol of the strength and resilience of the Polish people.

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of the U.S. of N.A.

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**addresschange@pna-znp.org**



# From the President

*May 2022*

Dear Members,

Despite the difficulties of the past two years, we have always responded to the pandemic in innovative ways. Now that more people are starting to feel comfortable with connecting face-to-face, the districts within our organization are bringing back in-person events. Summer is right around the corner, and we will soon be able to reunite with our friends and family that we haven't seen in a while due to the pandemic.

Each year, our Fraternal Activities Department hosts a National Golfing Tournament. This year's tournament will be hosted by Lodge 1120 and will be held on July 15th and 16th in La Porte, Indiana. We invite all golfers to join us for a relaxing weekend of golfing, making new friends, and rebuilding old friendships.

During the weekend of April 29th and 30th, the Polish National Alliance hosted its 75th National Bowling Tournament in Chicago, Illinois. The tournament was held in the true spirit of comradery, with bowlers from Pennsylvania, Indiana and Illinois participating. Thank you to all the participants that took part.

For 142 years, our members have made a difference in people's lives all over the world, and lived up to the mission of the organization. With the outbreak of the war in Ukraine, the Polish National Alliance and its members stepped up to help. As President of the organization, I was able to meet with Mrs. Agata Kornhauser-Duda, the first lady of Poland, at a private meeting. Mrs. Duda was in Chicago promoting a campaign for humanitarian aid aimed at helping Ukraine citizens and Ukrainians of Polish descent. During her visit, Mrs. Duda stressed the need for more assistance due to the continuing hostilities in Ukraine. Additional information is found in the following pages of Zgoda.

On Memorial Day, we owe our deepest gratitude to our fallen men and women in the armed forces. Memorial Day is a time to count our blessings and remember all those who serve to protect our country.

On the third Sunday of June, we will be celebrating Father's Day. In honoring fathers, we honor families. Fathers play an indispensable part as role models, loving guides, and providers for their children. We owe them our gratitude and deepest respect for their presence and love. We pray that they receive God's blessings not just Father's Day, but every day.

It was with sadness that I attended the funeral of our former Vice-President, Teresa N. Abick. Mrs. Abick was a member of our organization since she was born, and was a truly devoted member until her passing.

Mrs. Abick was born in Detroit and called it home until coming to Chicago. Professionally, she was involved in local politics and worked with various elected governmental officials. In 1991, she was elected Vice-President of the Polish National Alliance and served in that position until her retirement in 2015. She also served as interim President after the passing of Edward Moskal.

Mrs. Abick's commitment and dedication is appreciated and will be sorely missed by all the individuals she touched in her lifetime. Her focus was always on young people, and she made her mission to provide opportunities and mentorship whenever she could. Our deepest condolences to her family and many friends.

As a fraternal benefit society, we have a common bond and that is to support the Polish community and provide financial security through life insurance. Over the years, we have provided strong and stable life insurance protections, annuities, and other products to over two million members. Through our successful life insurance business and wise investments, we continue to live up to our mission statement and provide fraternal programs driven by the importance of helping others, including scholarship programs, sport activities, and educational programs.

A scholarship committee met in May to review scholarship applications for the 2022-2023 school year. The applications were reviewed and judged on a point system. Approximately \$150,000 were distributed to qualifying students. Congratulations to all! During the summer months, we have many graduations taking place, from grade school to college. On behalf of our organization, I'd like to extend our congratulations to the graduates, and the family and friends who helped along the way. Our best wishes for all of your successes!

In closing, please enjoy the summer weather! Whether it's Memorial Day, Father's Day, or any other celebrations, take some time to reconnect with family and friends while following health and safety guidelines. You deserve to have some fun after working hard all year!

Happy summer!

Sincerely,

*Frank J. Spula, FLMI  
President & 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 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	David Milcinovic	davidgmilcinovic@yahoo.com 216-299-1407
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@dslexreme.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



## 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](http://pna-znp.org)

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

# In Memoriam

## **TERESA NATALIE ABICK** **(1928-2022)**



A bright light in Polonia went out with the passing of Ms. Teresa Natalie Abick. Ms. Abick spent her life as a hard-working and compassionate public servant who worked to build a better place for those around her, and to promote Polish culture and heritage in the United States. Polonia is a

better, stronger community because we were fortunate enough to have Teresa Abick come our way.

Ms. Abick was born in Detroit on July 27th, 1928 to Chester and Teofila Sikora. She attended St. Stephen's Elementary School, St. Casimir's High School, the Detroit Business Institute, and Walsh Community College. The Sikoras were very active in the PNA; Mr. and Mrs. Sikora were both PNA members, along with Ms. Abick's three brothers. They signed Ms. Abick up when she was 1 years old. All belonged to Council 54, Lodge 53.

Ms. Abick was first elected as a delegate to Council 54 in 1949. Since then, she went on to hold every office a member can hold outside of the PNA home office, including as the Recording Secretary of Lodge 53, President of Council 54, Commissioner of District 10, and much more. Under her direction, Council 54 instituted a Scholarship Program for PNA High School seniors. In 2005, after the passing of President Edward J. Moskal, she was sworn in as Interim President until the election of Frank Spula as PNA President a few months later.

Most notably, Ms. Abick served as the 1st National Vice President of the Polish National Alliance from 1991 until her retirement in 2015. As Vice President, she oversaw the implementation of Polish language courses, Polish Schools, the National Scholarship Program, Polish Dance groups, Senior Citizen Programs, and Polish heritage and history celebrations.

Ms. Abick was also very active in politics, including as a National Director of the Polish American Congress. She worked for several Michigan state legislators and politicians, including former Michigan Governor James Blanchard, the late Congressman John D. Dingell, the late State Senator George Hart, and Representative Ray Murphy, Mayor John B. O'Reilly, Dearborn, Michigan, Honorable Joseph Pernick, Judge of Probate of Wayne County Probate Court, Michigan. She also represented the PNA as a trustee for Pope John Paul II Cultur-

al Center and helped raise over a million dollars for its building fund in Washington D.C. She served as Regent and Ambassador of the Orchard Lake Schools. She served on the Boards of Directors of the American Cancer Society and St. Andrews Home for the Aged. And that is all just to name a few of the numerous contributions of Ms. Abick!

Ms. Abick was the recipient of numerous awards, including (but not limited to) the Polish National Alliance Achievement Award, American Relief for Poland Dedication Award, the WPNA 1490 AM Radio Person of the Year Award in 2003, Woman of the Year award from Orchard Lake Ladies Auxiliary in 1998, and much more.

Ms. Abick strongly believed in the youth and their ability to change the world. "I strongly believe that youth is our future, like we always preach but sometimes don't practice," she once said in an interview. She continued: "When you help somebody with a scholarship, by supporting dance groups, Polish schools, or just by giving a small donation for a performance, you are supporting Polish heritage. Polish history is so unique and great."

Ms. Abick passed away on April 1st, 2022 at 93 years old. She was the beloved wife of the late John "Bo" Abick. She was the loving mother of Tom (the late Marianne) Tabin and the late Mark Tabin, and the dearest grandmother of Jeanine (Clint) Hodge, Matthew Tabin, Timothy (Teresa) Tabin, Jonathan Tabin, and T.J. (Nicole) Tabin. She also leaves 10 great-great grandchildren, 2 great-great-great grandchildren, nieces Elaine (Kenneth) Kurc, Anita Tabin, Patricia Sikora, Natalie (John) LaCroix, and several great nieces and nephews.

Ms. Abick traveled extensively to Poland and Rome, and met the late Pope John Paul II several times. When she once asked him for a blessing for Polish Americans, he made a cross on her forehead. Ms. Abick carried herself with a loving, positive attitude for everyone around her. She was a true force in our organization and a proud member of our vibrant Polish-American community.

*She will be dearly missed by friends and family.*





## POLISH NATIONAL ALLIANCE OF THE US OF NORTH AMERICA

Chicago, Illinois

### STRENGTH & STABILITY

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



## Standard Analytical Service, Inc.

Publishers of Independent  
Insurance Reports Since 1932



### FACTUAL ANALYSES OF SIGNIFICANCE

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

This report should not be interpreted as an analysis of the stock value of a capital stock company, nor is it intended to imply that the company featured will be as successful or is better than the companies making up the aggregate averages, nor is it a recommendation

or analysis of the specific policy provisions, rates or claims practices of the organization featured. Its use for all companies, stock, mutual or fraternal, is intended to serve as a guide with respect to the current financial responsibility of the individual company featured herein, based upon the current statutory financial statements on file with the state insurance departments where they are available for public inspection.

Standard Analytical Service, Inc.  
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### FINANCIAL STABILITY

The financial condition of a life insurance organization is an important factor in public confidence. In this regard we prepared the following report on:

#### POLISH NATIONAL ALLIANCE OF THE US OF NORTH AMERICA

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

These 25 leading Life Insurance Companies have been in business for an average of over 100 years and own a major portion of the invested assets and life insurance in force of all the companies. Thus, a favorable comparison of the financial ratios for the company featured herein with 25 of the leading companies can be indicative of the company's financial stability.

KEY FINANCIAL RATIOS - DERIVED FROM THE ANNUAL STATEMENTS AS OF DECEMBER 31, 2021  
(The 25 leading companies are determined by the amount of Admitted Assets as of December 31, 2021)

### SOLVENCY

Assets for each \$100 of Liabilities

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

Assets for each \$100 of Liabilities as of Dec. 31, 2021

American National Insurance Company, TX .....	\$120.11
Ameritas Life Insurance Corporation, NE .....	107.75
Connecticut General Life Ins. Co., CT .....	142.36
Fidelity & Guaranty Life Ins. Co., IA .....	103.99
Guardian Life Ins. Co. of America, NY .....	113.52
John Hancock Life Insurance Co., (USA), MI .....	103.96
Life Ins. Co. of the Southwest, VT .....	107.73
Lincoln National Life Ins. Co., IN .....	102.74
Massachusetts Mutual Life Ins. Co., MA .....	109.37
Metropolitan Life Insurance Co., NY .....	103.01
Midland National Life Insurance Co., IA .....	107.60
Minnesota Life Insurance Co., MN .....	105.35
Nationwide Life Insurance Co., OH .....	105.36
New York Life Insurance Company, NY .....	112.99
Northwestern Mutual Life Ins. Co., WI .....	109.59
Ohio National Life Insurance Company, OH .....	105.31
Pacific Life Insurance Company, NE .....	106.81
Penn Mutual Life Insurance Company, PA .....	110.12
Principal Life Insurance Company, IA .....	102.30
Protective Life Insurance Company, TN .....	107.04
Prudential Insurance Co. of America, NJ .....	106.27
RiverSource Life Insurance Company, MN .....	103.04
State Farm Life Insurance Company, IL .....	120.93
Symetra Life Insurance Company, IA .....	105.26
United Of Omaha Life Insurance Co., NE .....	106.58

AVERAGE OF 25 OF THE LEADING LIFE CO'S ..... \$106.66

**POLISH NATIONAL ALLIANCE..... \$105.45**

### LIQUID INVESTED ASSETS

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

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

AVERAGE OF 25 OF THE LEADING LIFE CO'S ..... \$45.23

**POLISH NATIONAL ALLIANCE..... \$100.71**

### ADDITIONAL SOCIETY STRENGTH

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

	This Society	Average 25 of the Leading Life Companies
Assets per \$1000.....	<b>\$593.12</b>	\$163.51
Reserves per \$1000.....	<b>489.57</b>	64.33
Surplus per \$1000.....	<b>30.64</b>	10.21

### FINANCIAL STATEMENT SUMMARY AS OF DECEMBER 31, 2021

Admitted Assets	Benefits to Policyowners
<b>\$443,323,344</b>	<b>\$26,469,203</b>
Policy Reserves	Net Investment Income
<b>\$365,920,291</b>	<b>\$16,445,449</b>
Total Liabilities	Total Income
<b>\$420,421,835</b>	<b>\$41,155,896</b>
Gross Surplus (Incl. Capital, if any)	Insurance Issued
<b>\$22,901,509</b>	<b>\$19,240,000</b>

Insurance in Force  
**\$747,438,000**

CONCLUSION: Based on the financial results achieved in the year ended 2021, the comparative analysis made of the organization featured herein is **favorable** when compared to the aggregate averages of 25 of the LEADING LIFE INSURANCE COMPANIES.





## From the Manager of Sales

*May 2022*

Dear Members,

What has the Covid-19 Pandemic taught us? To prepare for the unexpected. And if you want to prepare your family in the tragic event of your sudden passing, then you need to purchase adequate life insurance.

The sooner you decide to purchase life insurance, the better you will be financially and emotionally. By purchasing life insurance sooner, you will get a smaller premium. You will also be lessening your anxiety about the future. As one client told me, "I am buying life insurance now, because I want to sleep well at night". Protect your family from the unexpected and act today.

In this issue of Zgoda, we are featuring two life insurance plans: 20 Year Term, and 20 Pay Life. They sound similar in name, but they function in different ways. Understanding the differences is key to protecting your family in the best way possible.

20 Year Term will protect you for 20 years, and it is the most economically feasible protection plan of insurance. The cost for peace of mind for a 30-year old female could be as low as \$30 a month for a \$500,000 Twenty-Year Term life insurance coverage, depending on underwriting factors. This is less than a \$1 a day, or less than two Starbucks vanilla lattes per week!

20 Pay Life insurance provides permanent protection your family deserves with cash value that is always available to you. You can also count on your premiums not changing. Once you are approved, you will own life insurance that will provide lifelong protection as long as your premiums are paid.

It is extremely likely that taxes will rise in the future. Both of these plans can help with that because they offer tax free death benefits when payable to your beneficiary.

Let the Polish National Alliance ease your mind and help you get a good night's sleep. Call us today to discuss which type of life insurance best fits your needs. Our team of compassionate and knowledgeable representatives are available by phone to help you understand your choices and pick the type of life insurance that best fits your needs. Contact your PNA representative today, or call the Home Office Sales Department at **(1-800)-621-3723**.

Have a great summer and enjoy the Sun that makes everything grow!

Fraternally yours,

*Jolanta Walaszek, Sales Manager*



## *Protect Those You Love*



# *Protect your family with PNA*

Provide your family with lifelong protection.  
Lock your premiums when you're young & healthy.

## **PNA 20PAY LIFE INSURANCE PROVIDES:**

- permanent financial protection that your family deserves,
- access to your cash value if you ever need it,
- your business protection and outstanding debt security,
- level premiums.

COVERAGE <b>\$30,000</b>		
AGE	MALE	FEMALE
30	\$41.39	\$37.99
35	\$47.06	\$43.28
40	\$54.54	\$50.14
45	\$63.26	\$58.40
50	\$73.63	\$67.96

*Above are monthly rates.*

*Above rates are preferred non-smokers.*

*Higher amounts available. Subject to underwriting.*



**Call PNA (800) 621-3723**

*Protecting families since 1880*

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

[www.pna-znp.org](http://www.pna-znp.org)

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





**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



# The Chicago Society Evening of Elegance

The Chicago Society 2022 Evening of Elegance was held on January 29th at the Park Ridge Country Club in Park Ridge, IL. This year, we honored Mr. Martin Obrecki, former president of the Polish American Police Association. The committee members for this event were Mr. Chris Grzadziel (Chairman), Brother Adam Konopka, Mr. Ted Makarewicz and Mr. Peter Dykas.

The event started at 6:00 pm with cocktails and Hors d'oeuvres. Prior to dinner, the program started with the playing of the national anthems of the Republic of Poland and the United States of America. After a welcome speech by Evening of Elegance Chairman Chris Grzadziel, 2019 Chicago Society St. Joseph provided the invocation, followed by elegant and delicious dinner.

After dinner, Mr. Jacek Bryniak of the Consulate of the Republic of Poland spoke to the guests. Brother Adam Konopka then introduced 2022 honoree Mr. Obrecki, and presented him with the honoree plaque. The Chicago



Society then presented a \$1000 donation to the PAPA scholarship program in the name of Martin Obrecki. Mr. Obrecki spoke to the guests after accepting the plaque and donation. The program continued with the induction of the 2022 officers and directors. Presiding over the induction was the Honorable John A. Wasilewski. After the induction, Brother Adam Konopka, 2022 President, spoke to the guests. The Anthony Kawalkowski Orchestra provided wonderful dancing music for the rest of the evening.

The program book for the 2022 Evening of Elegance can be viewed on the Chicago Society website here: <https://www.chicagosocietypna.org/2022-evening-of-elegance-prog>. Pictures of the event can be viewed on the Chicago Society Facebook Page: <https://www.facebook.com/ChicagoSocietyPNA>.

Thank you to all who attended. This



year's the Evening of Elegance drew 71 guests. A great thank you to Mr. Tony Kawalkowski for donating his time to both dinner and dancing music. **Thank you to all for all their help in planning, preparing and executing for this event.**

Chris Grzadziel, Vice-President, 2022 Evening of Elegance Chairman

*Submitted by Peter Dykas,  
Senior Director*



# The Milwaukee Society Story

## On its Hundredth Anniversary

It is no small task to speak about the Milwaukee Society on this great occasion. Is it possible to summarize a hundred years of existence in a few minutes? I'll give it the old college try!

The story of the Milwaukee Society of the Polish National Alliance is indeed impressive. There is the story of its origin and mission. There are the stories of its members' numerous achievements, both individually and for the Society. Finally, there is its tradition of fellowship.

The origin of the Society is recounted by Mr. Anthony Szynczak in the beautiful essay he wrote for the Society's Silver Anniversary in October 1946.

On December 29, 1921, the first meeting of the Milwaukee Society was held at the Kosciuszko Armory Hall. With 26 men committed to join, those present elected their first set of officers, with Eugene Tomkiewicz as president. The Society's stated mission was also approved: "To form a perfect union of Americans of Polish ancestry, promote a high regard for American principles, ensure the members a moral, intellectual and social development, foster the language, traditions, and culture of Poland and take as its motto good fellowship and congeniality."

The story of the Society's members is harder to tell. How to properly discuss the more than 1,200 men and 350 women who have belonged to Group 2159 of the PNA over the past hun-

dred years? We can start with a few facts.

By 1929 the Society had 130 members. That same year, a Ladies Auxiliary was formed, composed of the members' wives and daughters. This group, led for years by Leonne Wozinski, would devote itself to several worthy causes. These included providing books to children in the St. Joseph orphanage at Christmas and distributing food baskets to needy families at Thanksgiving. By 1946, the Auxiliary could report raising more than \$40,000 for these and other charities. One such charity was the tremendous American Relief for Poland organization led by Milwaukee Society member Francis X Swietlik, Censor of the PNA and Dean of Marquette University's Law School.

Not surprisingly, the Society's membership took a hit during the Great Depression. But by 1946, it had rebounded to 138 men with their names and professions listed in that program book. The 58 members of the Ladies' Auxiliary were listed as well. One of the men was Aloyius Szymanski, the Baseball star and future hall of famer remembered by fans as Al Simmons.

In the years after, the Milwaukee Society continued to grow. In 1990, it stood at 309 members - 234 men and 75 women.

Society members served in the government as judges (elected and ap-

pointed), city and county officials, city council members, county supervisors, and state legislators. Three have been elected to the U.S. House of Representatives: Thaddeus Wasielewski, Clement Zablocki, and Gerald Kleczka. Several, including Francis Swietlik, have held national office in the Polish National Alliance. Many have served in the military.

The achievements of the Society and its members in serving the larger community begin with their support of worthy candidates for public office - Polish and non-Polish alike. It has involved the commitment to the well-being of Poland over the years - through American Relief for Poland in and after World War II, the Polish American Congress since 1944, and in helping win Poland's entry into NATO in 1999.

In 1929, the Society supported the funding of the monument to General Casimir Pulaski in Milwaukee. In the 1990s, its members led the effort to restore St. Josaphat Basilica to its past glories. A decade later, they helped restore the Kosciuszko monument. And of course, there is the Society's role in creating the first Polish Fest in 1982, led by Conrad Kaminski, Adrian Choinski, and Marty Kmiec, and in building the beautiful Polish Center of Wisconsin in 2000 under the leadership of Mike Skwierawski. Indeed, the first five presidents of the Polish Heritage Alliance, sponsor of Polish Fest and the Polish Center, have been



Milwaukee Society members – Judges Skwierawski, Tim Witkowiak, Fran Wasielewski, John Walloch, and our Society’s president, Janine Adamczyk.



Back in 1975, Milwaukee Society members led by Roman Witkowiak played a crucial role in making the 37th PNA convention so memorable –highlighted by a parade down Wisconsin Avenue and a concert of great Polish music at the Marcus Center.

There is one last aspect of the Society that deserves more than a mention- its remarkable fellowship. In the 1920s, every member was addressed as ‘Brother’ at meetings. There was plenty of singing and even an official Milwaukee Society song. The monthly meetings featured “lunch” that began around 8 p.m. There was card-playing, too. My big regret –I never learned the game of Sheephead!

When I joined the Society in 1971, our fellowship included the annual inter-city bowling tournament with the Chicago Society, the golf outings, the Green Bay Packers game at County Stadium, and Polish Day with the Brewers. Our Sick and Relief Committee was doing good work on behalf of members having difficulties. We began our college scholarship awards program. We have restarted inviting guest speakers to our meetings. Mayor Henry Maier addressed us one evening

on “The Foreign Policy of Milwaukee”! George Reedy from Marquette University regaled us for hours with his stories from his time as press secretary for President Lyndon Johnson.

So there we are, a society true to its founding mission for a century, and its countless fine members, genuine achievements, and fellowship. What more can be said?

Here may I add a final, personal note.

In December 1970, my dear Mother-in-law, a dedicated PNA member, asked me to buy an insurance policy for our newborn son. Of course, I agreed and bought one for myself, too. I didn’t give it a second thought.

Then a few weeks later, I was asked a remarkable question by a student after one of my classes at UWM. Did I belong to the PNA, and did I know about the Milwaukee Society?

Well, a week later I called Helen Wrecza, the financial secretary who had sold me our insurance. When I asked her about the Society, she replied, “The Milwaukee Society, that’s a great organization! I’ll send in a lodge transfer card to Chicago tomorrow!” What more is there to add: “That’s a great organization!”

One hundred years! Sto lat Milwaukee Society! Thank you!

*Don Pienkos, October 2021*

.....

In 2019, the Executive Committee of the Polish National Alliance honored its distinguished members from the Milwaukee area with PNA’s highest awards. Professor Donald Pienkos received the Silver Cross of Honor in recognition of his dedication and commitment to the organization.



*(l-r) Frank J. Spula PNA President , Professor Donald Pienkos, Alicja Kuklińska National Secretary, Steve Tokarski, PNA Treasurer*

# 2022 PNA

## Photo Contest Results

On Wednesday March 9, 2022, a committee of three members (Alicja Kuklinska, Polish National Alliance National Secretary; Michal Duch, Polish Daily News Graphic Designer; Daniel Bociaga, WPNA Radio103.1 FM Journalist) met at the PNA Home Office to choose the winners of the 2022 Photo Contest.



The committee carefully looked at each entry and chose 10 winning photos based on originality and technique. 30 entries were received in total. The contestants each submitted an 8 x 10 photo. This year's theme was, "Winter Wonderland".

Without further ado, here are the 2022 Photo Contest Winners:

Chris Wojewodzki	Lodge 1224	Rockford, IL	"Porter Road"
Jakub Belzek	Lodge 3241	Lake Villa, IL	"Ice Castle"
Nicholas Szudy	Lodge 1824	Homer Glen, IL	"Dog Days"
Beverly Collins	Lodge 119	Leawood, KS	"Sitting Pretty"
Sharon Tylanda	Lodge 1758	Bloomfield Hills, MI	"Winter Sunset"
Joseph Wojewodzki	Lodge 1224	Rockford, IL	"Chickadees"
Hiacynta Babiarz	Lodge 2416	Muskegon, MI	"Mała Cyganecka"
Jeff Gazdik	Lodge 455	St. Clairsville, OH	"Mocha in the Snow"
Victoria Dorula	Lodge 1824	Bridgeview, IL	"Resting on the Frozen Lake Delton"
William Dorula	Lodge 3244	Bridgeview, IL	"Father & Son Ski Trip"

On behalf of Polish National Alliance Officers and Directors, we would like to extend a big congratulations to the winners, and a big thank you to everyone who submitted photos!

We look forward to seeing your entries in 2023!

You can find information about the 2023 Photo Contest entry requirements in this issue of Zgoda, and on [pna-znp.org](http://pna-znp.org).

## PNA Art Gallery



Chris Wojewodzki "Porter Road"



Hiacynta Babiarz  
"Mała Cyganecka"





Nicholas Szudy *"Dog Days"*



Joseph Wojewodzki *"Chickadees"*



Victoria Dorula *"Resting on the Frozen Lake Delton"*



Beverly Collins *"Sitting Pretty"*



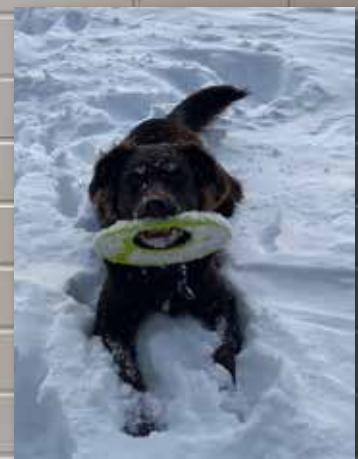
Jakub Belzek *"Ice Castle"*



William Dorula *"Father & Son Ski Trip"*



Sharon Tylenda *"SWinter Sunset"*



Jeff Gazdik *"Mocha in the Snow"*



# PNA 75<sup>th</sup> National Bowling Tournament



The 75th National Bowling Tournament was held on April 29 and 30, 2022, in Chicago, IL. Bowlers gathered at the Habetler Bowling Center for their assigned squads. The singles and doubles events took place on Friday afternoon, and the teams bowled on Saturday.

The opening ceremonies took place on Friday. First, Vice President Marian Grabowski welcomed President Frank Spula, National Secretary Alicja Kuklinska, Treasurer Steve Tokarski, Chief Financial Officer Jim Gura, and the bowlers to our 75th National Bowling Tournament. He also thanked Habetler Bowl's Management Team for their hospitality. Next, Vice President Grabowski introduced the PNA guests: Director Irene Hercik, Fraternal Advisor Barbara Wesolowski, former Director Anna Wierzbicki, former Commissioner of District 12 Jerry Hejna, and District 13 Commissioners Wanda Juda and Joseph Hercik.

Vice President Grabowski called on President Spula to

throw the first ball, and then threw the second ball to officially start the tournament.

Thank you to all the bowlers who participated in the tournament!





### Winning Teams:

1	"Team Sparta" Captain Mark Karczewski
2	"Bowling Matters" Captain Stanley Krawczyk
3	"Lightning I" Captain Casey Grabowski

### Singles:

1	John Wagner
2	Evan Newgent
3	James Kantos

### Doubles:

1	John Wagner – Chris Marcyjanik
2	Robert Madej – Richard Kubarek
3	Michael Newgent – Chad Newgent

### All Events:

1	Mark Karczewski
2	James Kantos
3	Robert Madej





# Region H News

*Summer 2022 is here! Wishing you all great vacations with family and friends! Spring started out wonderfully, with many get-togethers and traditional Polish celebrations. We did enjoy a wet Smingus Dingus and great festivals in May, along with in-person PNA meetings. The community got together to rally support for our Ukrainian neighbors and we are still holding functions to support.*

*We also honor the memory of an amazing woman and PNA staple, Ms. Teresa Natalie Abick, former Vice President of PNA. We will not forget all you have done for PNA and the community.*

*Additionally, congratulations to the PNA scholarship winners!*

## Wawel Dance Group

The Houston Dance Group Wawel, promoters of Polish culture, has been dancing up a storm and expanding. This group has many young and old PNA members that have been participating for many years. The group consists of the original Wawel Dancers, Babcia Wawel and now the Mini Wawel. They have been performing all over the state of Texas and beyond! Some of the celebrations include Texas Independence Day Celebrations, weddings, fundraisers, and Sealy Spring Festival the Polish May Fest in Houston. Wawel is now getting ready for Polski Dzień Celebrations on the June 24th in Bremond. We congratulate the choreographers and directors of these amazing groups!



*Babcia Wawel*



*Wawel Dancers*



*Mini Wawel*



## Progressive Annual Meeting

Progressive Lodge 2336 held their annual meeting both in person and via Zoom on January 9th, 2022. Our event was hosted at Polonia Restaurant by the Szpak family. Officers are President and Financial Secretary Jolanta Mazewski-Dryden, Vice-President Lukas Bielecki, Treasurer Katie Kubiak, and Door Marshall Victoria Odolski. Lodge 2336 has the youngest group of directors. They are nearly all in their 20's and early 30's. We wish Lodge 2336 much success!

## Valentine's Day

Fraternal Advisor Region H Jolanta Mazewski-Dryden visited the Polish School in Houston to distribute Valentine's gifts and to give a donation to the school. Each class was visited and the kids were thrilled to receive their Valentine's Hearts. Additionally, a Kosciuszko Lodge 165 Representative was on hand to also show their support of the school with a generous donation from the Lodge.



*Lodge 2336 Erica Dryden presenting the children with hearts.*



*Lodge 165 Jerry Dorcz donating to Director Tomasziewicz*



*PNA Kosciuszko members represent the Texas Polish community at the rally in Houston in support of Ukraine on the steps of city hall.*

## Polish Rising Star

On April 1st, Progressive Lodge 2336 member Michal Szpak debuted his first directorship of a play by Yasmina Reza Bog Mordu with phenomenal success in Houston. Guests included Mr. Robert Rusiecki, Consul General of the Consulate General Office of the Republic of Poland in Houston, TX. We are looking forward to more plays and short films.



*Michal Szpak (right)*

## Annual Easter Basket Blessing and Easter Egg Hunt

On April 17th, the Polish Community in Houston held their annual, traditional Easter basket blessing, followed by the Easter Egg hunt sponsored by the Polish School in Houston. Fraternal Advisor Jolanta Mazewski-Dryden and Lodge 2336 Secretary Erica Dryden were on hand to donate to the school's director Hania Tomasziewicz and deliver hundreds of chocolate Easter bunnies for the children at the event.



*Lodge members Odolski and Drydens with the traditional Easter Baskets at the Blessings.*



## Polish Festival in Houston

The Houston Polish Festival is back! The event was a great success with great Polish food, drinks, entertainment, and an amazing silent auction. Entertainment came in from Poland for the event with the fantastic Tekla Klebetnica! The PNA once again supported the event and was there with a booth to promote the PNA. Many members stopped by, and there were even many from out of state! The event also supported the Ukrainian community and had a special guest appearance from Poland's past president Lech Wałęsa!



*PNA booth with members of Wawel Dancers and Lodge 2336 Members Erica Dryden and Katie Kubiak*



*Lodge 165 member Maryann Ciaston heading up the amazing silent auction*

## Congratulations!

Congratulations to Michael Marshall for graduating from Texas A&M University! Michael graduated with a BA in Poultry Science and left Texas to pursue a career in Georgia. He is a member of the PNA Kosciuszko Lodge 165, and he and his family are incredibly active and

heavily involved in the organization. Michael sends his thanks to PNA Lodge 165 for scholarship support. We will miss you when you leave for Georgia!



Congratulations to the Winners of the Progressive Lodge 2336 Scholarship, Victoria Odolski and Christopher Odolski. We wish you much success in your university endeavors!



*Christopher Odolski assisting at the PNA booth*



*Victoria Odolski*

Special thanks to Stan Aponiuk for his photography. Check out Polish National Alliance Region H's Facebook Page

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**Region H is looking for sales agents. Please contact us for more information.**

## PNA Graduate Scholarships



Each year, the Polish National Alliance awards scholarships to members pursuing higher education. The Polish National Alliance Scholarship Ad Hoc Committee recently met to review scholarship application for the 2022-23 school year. This year, 123 applications were submitted.

This year's PNA Scholarship Committee Members were: Anna Wierzbicki, Kathy Lesny Evans, and Wanda Juda. Scholarship applications were awarded points based on several criteria, including GPA and fraternal and community service. The students with the highest total number of points were awarded scholarships.

All PNA Scholarship recipients were notified of their awards via USPS mail. The full list of scholarship recipients can be found on the PNA's website (pna-znp.org).

The Polish National Alliance is very proud that so many of our members aspire towards higher education! Congratulations to all of our applicants and scholarship recipients! We wish you all the best of luck in your future endeavors!

# Polish Fest 2022 at Stevenson High School

If you live far from Poland but would like to experience and enjoy Polish culture, look no further! There's a good chance a Polish fest is within reach.

Stevenson's Polish Club hosted 'Polish Fest 2022' on Friday, May 6th, at Adlai E. Stevenson High School, Lincolnshire, IL. It was a fest that celebrated Polish Heritage and was organized by the students of the Polish Club and sponsored by the Polish National Alliance, WPNA 103.1 FM, Dziennik Związkowy, Value Spa & Laser, and DJ DannyG - Daniel Gancarczyk!

Families and friends came and enjoyed an outstanding share of Polish music, traditional cuisine, prizes, and fun! The young, cheerful crowd enjoyed hopping

to electrifying modern music and then switching to the lively Polish one. All participants had a chance to experience polka dancing and the thrilling Polish songs. White and red colors painted on everyone's faces, flashing Polish flags, and Polish-themed t-shirts added to the fun and overall atmosphere. Polish Club's students have demonstrated untamed Polish pride, positive energy, and good character.

Adlai E. Stevenson High School is a public school located in Lincolnshire, IL. It is one of the top American high schools, ranked seventh in Illinois. The school's District No.125 is considered number one in America.

*Agnieszka Szafranski*



## Council 8 & Milwaukee Society Egg Hunt

The PNA Council 8 & Milwaukee Society Easter Egg Hunt was held April 9, 2022 at the Polish Center of Wisconsin. Children decorated eggs and enjoyed some snacks before the Easter Bunny led them outside for the Easter Egg hunt. Children were able to take photos with the Easter Bunny, and also got a chance to make cookies at a cookie station! This event was a success and we can't wait for next year!

*Submitted by Teresa Jankowski,  
Fraternal Advisor, Region J*





# Wielkanocne tradycje Grupy 700



*Organizatorzy: od lewej - Agnieszka Samras, Piotr Dalecki, Ursula Grzelecki, Zbigniew Grzelecki, Izabela Kelly, Elżbieta Rudzińska, Leokadia Wilczek*

Jak co roku, w Wielką Sobotę, w Parafii Matki Boskiej Jasnogórskiej w Los Angeles, odbyło się tradycyjne poświęcenie koszyczków z pokarmami. W tym czasie, w ogrodzie parafii, Grupa 700 PNA zorganizowała wielkanocne szukanie jajek, czyli Egg Hunt dla dzieci wieku od 2 do 14 lat.

Tak jak w latach poprzednich, młodzi uczestnicy dopisali. Dzieci zostały podzielone na 2 grupy wiekowe i rozpoczęły się zabawy; kto znajdzie więcej jajek oraz kto znajdzie specjalne, złote jajka. Dzieci bawiły się świetnie!

Panie Henia Łazarz i Agnieszka Samras, oraz panowie Piotr Dalecki i Krzysztof Grzelecki pomagali dzieciom w nawigacji po terenie i nadzorowali bezpieczeństwo wszystkich obecnych w trakcie polowania na jajka. Czasami trzeba było nieco pokierować gromadką rozbieganych dzieci i bardzo przydatni okazali się

tutaj nasi studenci, członkowie PNA. Dziękujemy Victorii Borkowskiej, Victorii Bochniak, Oli Dudek i Mathew Koziół.

W czasie, gdy dzieci były zajęte szukaniem jajek, ich rodzice mogli zapoznać się z ofertami PNA, reklamowanymi przez naszego skarbnika, panią Elżbietę Rudzińską.

Po zakończeniu polowania na jajka, na dzieci oczekiwały słodkie niespodzianki, specjalne dyplomy i nagrody pieniężne dla znalazców złotych jajek, które osobiście wręczył prezes Grupy 700, Zbigniew Grzelecki. Pomagały mu w tym panie Leokadia Wilczek, Ursula Grzelecki i Izabela Kelly. Ogromne dzięki również dla Pani Doroty de Gonzaga Myszkowskiej za dodatkowe nagrody.

Impreza udała się doskonale, dzieci były szczęśliwe i uśmiechnięte, rodzice

też. Fragmenty naszej zabawy trafiły w formie reportażu o tradycjach Polonii na zachodnim wybrzeżu do polskiej telewizji (tvrepublika.pl). Dziękujemy pani reporter Małgorzacie Schulz która przeprowadziła krótkie wywiady z organizatorami i przygotowała reportaż (link): <https://tvrepublika.pl/Polska-w-Ameryce-czyli-jak-rodacy-spedzili-tegoroczna-Wielkanoc-wideo,138869.html>

Dziękujemy serdecznie wszystkim, którzy przyczynili się do sukcesu tej imprezy.

*Zbigniew Grzelecki, Prezes Grupy 700*



*Prezes Zbigniew Grzelecki i wiceprezes Leokadia Wilczek wręczają dyplom i nagrodę*



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# „Żołnierze niechciani”

Przez wiele lat **Jacek Piotr Latałło**, (Grupa 2514 ZNP/PNA), wytrwale gromadził dokumentację, zdjęcia, nagrania i przeprowadzał wywiady z nielicznymi, pozostałymi przy życiu żołnierzami Błękitnej Armii przygotowując się do produkcji filmu dokumentalnego „Żołnierze niechciani”.



**Jacek Piotr Latałło**

Tematem filmu są losy żołnierzy Błękitnej Armii gen. Józefa Hallera, która zaczęła się formować we Francji w 1917 z ochotników polskiego pochodzenia, z tego ponad 20 tysięcy z Ameryki.

Bohaterami filmu są utrwaleni 25 lat temu na taśmie filmowej żołnierze: Konstanty Baczyński, Józef Ziółkowski, Juliusz Szczygowski, Jan Marc i Walentyn Jankowski, którzy walczyli o niepodległą Polskę. Ich drogi prowadziły poprzez obóz szkoleniowy w Kanadzie, walkę we Francji i w Polsce, wojny z Rosją, aż do dramatycznego rozwiązania Błękitnej Armii i demobilizacji ochotników. Po wojnie, gdy żołnierze Armii Hallera wrócili do Ameryki często, jako inwalidzi, nie zos-

tali uznani jako weterani wojenni przez żaden kraj, ani Polskę, ani USA.

„Żołnierze niechciani” to przejmujący film o losach ludzi, którzy gotowi byli zapłacić życiem za niepodległość ojczyzny swoich ojców, których niesprawiedliwie potraktowały administracje państwowe Stanów Zjednoczonych i Polski i o których na długi czas zapomniana historia.

Realizując swój niezwykły film, Piotr Latałło oddał chwałę zapomnianym patriotom, którzy walczyli za wolną Polskę.

W ramach propagowania polskiej historii i przypomnienia o bohaterstwach Polaków w Stanach Zjednoczonych, Piotr Latałło zainicjował konkurs na pracę pisemną dla młodzieży klas maturalnych polonijnych szkół językowych w aglomeracji chicagowskiej. Zrzeszenie Nauczycieli Polaków w Ameryce rozpowszechniło i przeprowadziło konkurs, którego sponsorem został Związek Narodowy Polski.

Zwycięzczynią konkursu, „Jakie myśli i uczucia towarzyszyły ci podczas oglądania filmu

„Żołnierze niechciani” w reżyserii Jacka Piotra Latałło”, została Elizabeth Bukowski. Podczas balu maturalnego, Agata Mścisz, była komisarz Okręgu XII, wręczyła jej nagrodę w wysokości \$1000 w imieniu Związku Narodowego Polskiego.

## KONKURS

**Jakie myśli i uczucia towarzyszyły ci podczas oglądania filmu „Żołnierze niechciani” w reżyserii Jacka Piotra Latałło?**

Urodziłam się w Stanach Zjednoczonych w Chicago, ale moi rodzice pochodzą z Polski. Tam sięgają nasze korzenie. Moi rodzice cały czas nam to wpajali, ale nie rozumiałam tego tak dosłownie, dlaczego tak bardzo im zależy abyśmy uczyli się języka polskiego, geografii a przede wszystkim historii Polski.

Oglądając film pt. „Żołnierze niechciani” coś we mnie pękło. Coś, czego nie umiem wytłumaczyć, ale czuję, że się zmieniłam, że zmieniło się moje spojrzenie na historię odzyskania przez Polskę niepodległości. Dopiero teraz znalazłam odpowiedź i jest mi ogromnie wstyd i zarazem żal, że potrzeba było aż jedenastu lat chodzenia do polskiej szkoły, uczenia się na pamięć regulek i dat, które i tak po egzaminach uciekały w niepamięć.

Na początku temat pracy konkursowej wydawał mi się nudny, sądząc po okładce płyty DVD, sądziłam, że będą tam nudne, dokumentalne urywki i wypowiedzi starych ludzi. Nic bardziej mylnego. Już od samego początku, zwróciło moją uwagę, że jest to historia opowiedziana przez ludzi, którzy tak jak ja urodzili się w Ameryce, niektórzy z nich nigdy nie byli w Polsce, a tak ochoczo zgłosili się by o jej wolność walczyć. To byli młodzi, przystojni chłopcy o parę lat starsi ode mnie. Pewnie mieli już swoje dziewczyny, z którymi planowali cudowną przyszłość. Jak wielka musiała być też ich wiara, że pomimo całej tragedii wojny przeszli przez nią dzielnie wspierając się nawzajem i dodając sobie odwagi. Pamiętali o poległych, których nie mogli godnie pochować,



kładąc malutkie krzyżyki na ciele każdego martwego żołnierza.

Oglądając film poczułam się częścią tego pokolenia. Poczułam wielką z nimi więź, w jednej chwili chciałam móc iść z nimi, jako sanitariuszka, aby pomóc opatrzyć ich rany a czasami po prostu tylko być przy ich ostatnim tchnieniu ducha, aby poczuć bliskość bratniej osoby. Boże mój, jak ciężko jest stać tak bezradnie, szczególnie teraz, gdy jesteśmy wolni, młodzi i dopiero uświadamiamy sobie, że komuś tę wolność zawdzięczamy. Zadaję sobie pytanie, co ja zrobiłam, żeby podziękować za to, co mam? Nawet apele szkolne, lekcje historii i wypracowania, coroczne parady były dla mnie i pewnie dla większości, o ile nie wszystkich uczniów, czasem na kolejne wspólne spotkanie towarzyskie.

Film przybliżył mi postać przywódcy Legionów Polskich, gen. Józefa Hallera, który wypowiedział służbę Austrii i z oddanymi sobie Legionistami przedostał się do Francji, by tam tworzyć wojsko polskie, do którego dołączali również ochotnicy ze Stanów Zjednoczonych. Jestem szczęśliwa mogąc z dumą powiedzieć w szkole angielskiej o słynnych czternastu punktach naszego amerykańskiego prezydenta Woodrowa Wilsona, w których to domagał się utworzenia niepodległej Polski z dostępem do morza. [„An independent Poland should be created, having a secure outlet to the sea”]. Można słusznie stwierdzić, że Błękitna Armia generała Hallera przyczyniła się do całkowitej klęski niemieckiej. Nasi bohaterzy! Czy na pewno? Jeśli tak, to, dlaczego film nosi tytuł “niechciani”? Dlaczego rząd amerykański i rząd polski pozostawił ich bez pomocy w chwili, kiedy oni najbardziej jej potrzebowali? Przecież oddali swoją młodość, swoje bez troskie młode lata za to, by ratować świat! Tak, świat!

Wstyd mi za to, bo jako urodzona w Ameryce czuję się jej częścią i uważam, że powinniśmy byli zapewnić im powitanie godne bohaterów, a jako Polka czuję, że rząd polski powinien o nich pamiętać chociażby pisząc o ich odwadze i bohaterstwie w gazetach, rozgłaszając o tym przez radio. Wiem, że panowała ogromna bieda i głód w Polsce, ale czasami to nie pieniądź, lecz dobre słowo, słowo “dziękujemy” podnosi człowieka na duchu. W wielu przypadkach brak tego wsparcia doprowadził naszych bohaterów do tragicznej śmierci przez odebranie sobie życia. Ich śmierć leży na sumieniach naszych pradziadków a więc i na naszym.

Wiem, że otrzymałam ogromne zadanie, aby pomóc zmazać tę plamę hańby z honoru naszej ojczyzny. Pragnę, aby i moje dzieci w przyszłości poznawszy Ziemię Ojców; jej kulturę i tradycje, ukochały ją całym sercem i przejęły się szlachetną dumą swego pokolenia.

Na zakończenie pragnę szczególnie podziękować mojej mamie, która cały czas mnie motywuje i wierzy we mnie. Również dyrekcji mojej polskiej szkoły i wychowawczynie. Za słowami hymnu polskiego odważnie i głośno wołam: „Jeszcze Polska nie zginęła, kiedy my żyjemy!”

Hołd pamięci żołnierzom Błękitnej Armii! Pamiętamy!



*Elizabeth Bukowski,  
Polska Szkoła im. Św. Fabiana*



Polish National Alliance announces the availability of scholarships to qualified post-graduate students for 2022. Application must be submitted by **June 15<sup>th</sup>, 2022**

#### Applicants must:

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

Submitting the Application does not guarantee a Graduate Scholarship. Recipients will be notified via mail by **July 31<sup>st</sup>, 2022.**

For information please call **1-800-621-3723 ext. 380** Application is available on the PNA's website: **www.pna-znp.org**



# Znam i śpiewam polski hymn narodowy

## KONKURS MUZYCZNY

W czwartek 5 maja 2022, w siedzibie PSFCU, głównego sponsora konkursu „Znam i śpiewam polski hymn narodowy”, jego młodzi laureaci odebrali nagrody i słowa uznania od organizatorów, członków jury oraz sponsorów.

Konkurs został zorganizowany przez koordynatorów działającego w Chicago Przystanku Historia, pod patronatem Instytutu Pamięci Narodowej oraz Zrzeszenia Nauczycieli Polskich w Ameryce.

Pomysłodawczynią konkursu objętego mecenatem Ministra Edukacji Narodowej prof. Przemysława Czarńka, prezesa IPN dr. Karolem Nawrockim oraz Konsulatu Generalnego RP w Chicago była Helena Sołtys (PNA, Grupa 3250) z którą współpracują w Przystanku Historia polonijni pedagodzy Bernadetta Manturo i Marek Adamczyk.

Patronat medialny nad konkursem objął, należący do Związku Nar-



odowego Polskiego (PNA), „Dziennik Związkowy”, którego menadżer, Łukasz Dudka, sprawował funkcję mistrza ceremonii.

Założeniem obejmującego uczniów szkół polonijnych przedsięwzięcia było propagowanie polskich symboli narodowych, a w szczególności polskiego hymnu, Mazurka Dąbrowskiego. Na konkurs wpłynęło kilkadziesiąt nagrań,

z których jury w składzie; Grażyna Auguścik, Anna Siwiec Sitkowska, Mirosława Sojka-Topór i Arkadiusz Górecki (przewodniczący), wyłoniło zwycięzców w trzech kategoriach wiekowych.

Dzięki operatywności organizatorów, konkurs był hojnie sponsorowany przez: Polską i Słowiańską Unię Kredytową reprezentowaną przez członka zarządu Bogdana Ogórka oraz menadżera Roberta Radkowskiego, Związek Narodowy Polski reprezentowany przez sekretarz krajową Alicję Kuklińską, Zjednoczenie Polskie Rzymsko-Katolickie reprezentowane przez prezesa Jamesa Robaczewskiego i sekretarz/skarbnik Agnieszkę Bastrzyk oraz Kongres Polonii Amerykańskiej -IL Division, reprezentowany przez Mirosława Miedzińskiego w asyście kilku członków zarządu.

W uroczystości uczestniczyły również przedstawicielki chicagowskich harcerek, drużyny Beata Pawlikowska i Lusja Bucki oraz wiceprezes Zrzeszenia Nauczycieli Polskich w Ameryce, dyrek-



*Marek Adamczyk, Helena Sołtys, Agata Grochowska (Konsul RP), Bernadetta Manturo*

tor Polskiej Szkoły im. Gen. Tadeusza Kościuszki Urszula Gawlik.

**Wszyscy dostojni przedstawiciele polonijnej społeczności przybyli na ceremonię rozdania nagród by docenić talenty młodzieży, oraz zaangażowanie ich rodziców, którzy pielęgnują polskie dziedzictwo kulturowe w Stanach Zjednoczonych. To dla nich należą się brawa i słowa uznania!**

## ZWYCIĘZCY KONKURSU

### Grupa I

I – Maya Galej (Polska Szkoła im. Emilii Plater)

II- Leonard Charlie Bikowski (Szkoła im. 7 Eskadry Kościuszkowskiej)

III – Ariana Urbańczyk (Akademia Języka Polskiego i Kultury im. Marszałka Józefa Piłsudskiego)

### Grupa II

I – Anastazja Gąsior (Polska Szkoła im. Emilii Plater)

II- Kinga Pawlikowska Tamulis (Polska Szkoła im. św. Ferdynanda)

III – Julia Szmajda (Polska Szkoła im. Feliksa Konarskiego)

### Grupa III

I – Victoria Smutek (Akademia Języka Polskiego i Kultury im. Marszałka Józefa Piłsudskiego)

II- Karolina Kawula (Szkoła im. Trójcy Świętej)

III – Amy Kramarski (Szkoła im. Kardynała Stefana Wyszyńskiego)



*Bogdan Ogórek (PSFUC), Alicja Kuklińska (PNA). Łukasz Dudka (Dziennik Ziwiązkowy)*

# BAL MATURALNY 2022

W sobotę 7 maja 2022, 555 polonijnych absolwentów z 39 polskich szkół językowych bawiło się na balu maturalnym w sali bankietowej Dury Lane w Oakbrook Terrace.

Od kilkudziesięciu lat Zrzeszenie Nauczycieli Polskich w Ameryce organizuje dla młodzieży kończącej naukę w polonijnych liceach studniówkę, ale przez ostatnie dwa lata, ze względu na obostrzenia covidowe nie było to możliwe. W tym roku abiturienti polskich szkół aglomeracji chicagowskiej celebrowali zakończenie swojej edukacji z pełnym rozmachem.

Na uroczystość przybyli licznie zaproszeni goście, przedstawiciele organizacji polonijnych oraz przedstawiciele fundatorów stypendiów i nagród, w tym biletu do Polski ufundowanego przez PLL LOT. Wśród ofiarodawców nagród był również Związek

Narodowy Polski (PNA) reprezentowany przez Agatę Mścisz.



*Elizabeth Bukowski & Agata Mścisz*

Po części oficjalnej, występach artystycznych i eleganckiej kolacji przyszedł czas na oczekiwaną przez młodzież zabawę oraz symboliczne przejście przez Bramę Dorosłości.

*Zdjęcia: Artur Partyka*





# The National Katyń Memorial Unites Baltimore

## The 22<sup>nd</sup> Annual Katyń Remembrance

**Baltimore, MD.** – Despite the overcast, chilly, and windy weather here on April 3, 2022, approximately 150 people congregated around the National Katyn Memorial for the 22nd Annual Remembrance of two years of absence at the Memorial site due to COVID-19 pandemic restrictions. They came to honor and solemnly remember the 22,000 Polish military officers and the inclusive national leadership of Poland murdered during the spring of 1940 in the Katyń Forest at the brutal hands of the Soviet Union (aka Russian) NKVD militarized political police. Besides Katyń Forest, this genocide was also simultaneously carried out at other known locations in Russia that collectively included Mednoe, Kharkov, Starobelsk and Ostashkov during the second year of World War II.

This Katyn Remembrance was organized by the National Katyn Memorial Foundation, under the auspices of Chairman Richard Poremski, in cooperation with the Embassy of the Republic of Poland. The ceremonies and participants included color guards from the Polish Legion of American Veterans (PLAV) - Department of Maryland, the Polish Army Veterans Association of America (SWAP) Post 81 - New Jersey, Catholic clergy (RC, PNCC), diplomats, guest speakers, politicians, military officers, and Polish folk groups. It closed with the laying of wreaths and playing “Taps” by a PLAV bugler.



**Baltimore's Mayor Honored.** *The Honorable Brandon Scott (center), Mayor of the City of Baltimore, is depicted receiving certification of Honorary Membership in The National Katyn Memorial Foundation (NKMF), along with its obligatory em-*

*broidered Katyń armband. Mayor Scott is flanked by NKMF officials Chairman Richard Poremski (left) and Secretary Thomas Rybczynski.*

The guest speakers included Baltimore Mayor Brandon Scott; U.S. Congressman John Sarbanes; Consul General Aleksandra Krystek, and Colonel Pawel Marzęda, Deputy Defense and Air Attaché, representing The Embassy of the Republic of Poland in Washington, D.C.



**Poland's Armed Forces Represented.** *Colonel Pawel Marzęda, Deputy Defense and Air Attaché, Embassy of the Republic of Poland, is shown delivering remarks on behalf of the Armed Forces of Poland to the audience in front of the imposing National Katyn Memorial. At right is MC Thomas Rybczynski.*

A déjà vu thread running through all of the speeches expressed the stark similarity of the Russian invasion and unconscionable brutal aggression happening right now in Ukraine, *vis-à-vis* Poland in World War II - with the Katyń Massacre being just one horrific example of extreme *modus operandi*-Russian cruelty.

All of the speeches presented were pertinent and well delivered; the following are just a few edited notable excerpts:

**Mayor Scott:** “The Katyn Monument is for everyone in Baltimore City. It symbolizes unity that unites us all to resist hatred and malevolence.” He also opined how the various ethnic groups strengthen and enhance the fabric of the city, making it stronger and more diverse to everyone's benefit.

**Congressman Sarbanes:** Focused on the Ukraine tragedy, said that he is confident that the United States and Congress will actively support the defense of Ukraine against Russian

aggression and that Congress just passed legislation to provide billions of dollars in aid to the embattled and beleaguered country.

**Colonel Marzęda:** Gave an overview of Poland's military participation and contributions on world-wide allied battlefronts in WWII. He said that the Katyń Massacre was pent-up Russian revenge for the resounding defeat of the invading Red Army at the very gates of Warsaw in 1920 – "The Miracle on the Vistula." The colonel ended his remarks with the patriotic Motto of Poland's Armed Forces: "Za Życiem i Bronią" – "With Life and Arms."

**Consul General Krystek:** Read a letter from Ambassador Marek Magierowski, recounting the horrific details of the extended Katyń Massacre and the genocidal effect suffered on Poland by the Russians. He thanked the Nation Katyń Memorial Foundation for "continuing to hand the mantle of historical remembrance to future generations over the past 20 years."

Earlier in the day, a Katyń-dedicated mass was celebrated at Holy Rosary RC Church. At the afternoon Katyń reception in the Great Hall of the Polish National Alliance, the 96 victims of the April 10, 2010, catastrophic Smolensk-Katyń airplane crash was honored with a candle lighting ceremony and eulogy. The crash claimed the lives of Poland's President Lech Kaczynski, his wife Maria, the Chiefs of the Polish Armed Forces, esteemed clergy, prominent government officials, notable institutional leaders, and honored citizens.

The eminent and distinguished entourage was en route to the Katyń Forest to pay homage to the slain sons of Poland on the 70th Anniversary of the Katyń Massacre. They have become an indelible and paramount element in Poland's collective Katyń memory.

On this reflective spring Sunday, all who perished because of Katyń were commemorated; those in April 1940 by the hand of Josef Stalin's the Soviet Union and, more recently, those by the capricious Hand of Fate on April 10, 2010.

*Richard P. Poremski,  
Honorary Consul of the Republic of Poland*

*Photos: Brendan Little*

## Polish Flag Raising in Chicopee, Massachusetts

**Chicopee, MA.** On March 21, 2022, the Mayor of Chicopee, John Vieau, welcomed an audience of seventh and eighth-grade students from St. Stanislaus School and many visitors to the grounds of Chicopee City Hall for the raising of the Irish, Polish, and Ukraine flags. The Polish flag was raised to celebrate the feast of St. Joseph, which was on March 19. Also present were City Councilors and guests representing the Polish American Congress of Western MA, Polish National Alliance, Council 62, The Kosciuszko Foundation, New England Chapter, and other Polish and Irish Clubs in the area. Mayor Vieau told of the Polish community's contributions in molding Chicopee into its modern form. He remarked that he is proud of his Polish heritage and what the Polish citizenry continues to accomplish for the city, for example, the importance of the development of the Polish Center of Discovery and Learning at Elms College. It captures the meaning of what it is to be Polish. Mayor Vieau boasted that there are three different kielbasa producers in the City of Chicopee.



*Observers at the Chicopee, MA Polish Flag Raising*

Seventh and eighth-grade students from St. Stanislaus School in Chicopee, MA, stand behind the Honorable Chicopee Mayor, John Vieau during his speech at the Polish flag-raising ceremony. Many attendees from various Polish Organizations and area residents were present for the event.

*Submitted by Teresa Struziak Sherman, PNA Director*



# *Polish Constitution Day Parade Week*

The Polish National Alliance participated in several events throughout the first week of May to celebrate Poland's Constitution of May 3, 1791.

On May 2nd, PNA was represented at a **Polish Flag Raising Ceremony at the Daley Plaza** organized by the Polish Consulate in Chicago. Participants were joined by Alan Krashesky of Channel 7 News, Grand Marshall of the 2022 Polish Constitution Day Parade, representatives from Poland, as well as other prominent members of Polonia.

On Saturday, May 7th, Chicago celebrated its annual **Polish Constitution Day Parade!** That morning, the Polish National Alliance took part in a Wreath Laying Ceremony at Kosciuszko Monument. At 11:30 AM, the parade began! The weather was perfect!

On Sunday, May 8th, representatives from The Polish National Alliance took part in a **Mass at St. Trinity Church (Trójcowo)**. This Mass is a longstanding tradition that takes place

the day after the parade. The intention of the Mass is to pray for Poland and the Polish community. This year, the Mass was also for peace in Ukraine.

The Polish National Alliance initiated the first parade on May 2nd, 1891. This year's parade was coordinated by the Alliance of Polish Clubs. We send our thanks to them for doing such a great job!











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# Polonia for Ukraine



The Polish American Congress has raised almost \$250,000 during the PAC “Polonia for Ukraine” campaign. Majority of funds was collected during the weekend radiothon hosted by the WPNA 103.1 FM station owned by the Polish National Alliance.

The largest contributors to the cause were: the Polish National Alliance, the Polish Roman Catholic Union of America, Polish Falcons of America and one of the largest branches of the PAC – the Michigan Division, but also streamed generously from other organizations, businesses and individuals.

Donations will be distributed for medical needs for citizens in Ukraine and refugee needs in Poland.

The Polish American Congress has already presented \$115,000 to the Ukrainian Congress Committee of America. The other half of the \$230,000 raised will soon be given to the Polish Red Cross.

It was a beautiful act of solidarity with Ukraine, which, under the PAC umbrella, united the entire Polish community and showed one of the ongoing goals of the Congress.



*PAC and PNA representatives donating money to the representatives of The Ukrainian Congress Committee of America, IL Division. (l-r) Steve Tokarski (PAC, PNA), Filip Frackowiak (Councilor of the City of Warsaw, Poland) Frank Spula (PAC, PNA), Lukasz Dudka (Polish Daily News, PAC), Ihor Diaczun (UCCA), Pavlo Bandriwsky (UCCA) Maria Korkatsch-Groszko (UCCA), Mary Anselmo (PAC), Mark Grzymala (PAC), Jacek Niemczyk (WPNA 103.1FM Radio Station), Micheline Jaminski (PAC, PRCUA), Alicja Kuklinska (PNA, PAC), Joanna Marszalek (Polish Daily News)*

*“We thank all organizations and individuals who have opened their hearts and donated to our campaign. The Polish National Alliance proudly contributed \$10,000 to the cause. We are also grateful to donors who may not be Polish American or of Polish descent who made contributions. Together we have shown the spirit of solidarity with Ukrainian refugees.”* stated PNA & PAC President Frank J. Spula.

On May 10, 2022, the Consul of the Republic of Poland in Chicago, Małgorzata Bąk-Guzik, hosted a meeting with the First Lady of the Republic of Poland Mrs. Agata Kornhauser-Duda, the Secretary of State in the Chancellery of the RP President Mr. Adam Kwiatkowski and important representatives of Polonia. The purpose of this meeting was to acknowledge the efforts of Polonia in support of the Ukrainian crisis and to underscore the continuing need for additional financial assistance.



*(l-r) Micheline Jaminski (PRCU Vice-President & PAC Treasurer), Frank Spula (PNA & PAC President), Alicja Pożywio, Ewa Koch (Polish Teachers Association President, Conrad Novak (Chicago-Warsaw Sister City International), Kornelia Krol (President of the Federation of Polish Medical Organizations Abroad), Iwona Filipiak (PACC President), Ms. Agata Kornhauser-Duda (First Lady of the Republic of Poland), Łucja Mirowska-Kopeć (Alliance of Polish Clubs President), Minister Adam Kwiatkowski, Małgorzata Bąk-Guzik (Consul of the RP), Bogdan Ogorek (PSFUC Director), Kathy Lesny Evans (Legion of Young Polish Woman President), Stephen Kusmierczak (PMA), rev. Andrzej Maslejok, Hubert Cioromski (Chairman of the Copernicus Foundation)*



# Łódź Voivodeship

*From the shores of the Baltic Sea to the rocky Carpathians,  
Poland offers tourist attractions that should not be missed. Rich History.  
Stunning scenery. Hidden treasures.*

---

The Łódź Voivodeship (Województwo łódzkie) is a voivodeship in central Poland. It is named after its capital and largest city, Łódź. Like most voivodeships in Poland, the Voivodeship area has changed several times throughout history, though the capital has always been Łódź. From 1919 to about 1939, the Łódź Voivodeship comprised much of Poland's Midwestern part. What we consider the Łódź Voivodeship today was established on January 1, 1999, due to Polish local government reforms adopted in 1998.

This Voivodeship might not have as much nature as other voivodeships in Poland, but it has a wide array of Polish historical and cultural sites of great significance. If you are a Polish film buff, then it is likely that your favorite Polish actors and filmmakers went to school here. You may also recognize many of the sites from your favorite movies! The Łódź Voivodeship also has what many people consider the folk capital of Poland: Łowicz! Read on to learn more about the elements of Polish culture that were born and continue to be cherished here!



## ŁÓDŹ



Łódź is the third-largest city in Poland and the capital city of the Łódź Voivodeship. The city's motto, "From a boat to a ship" ("Ex navicula navis"), is a suitable description of its contemporary history. After World War II, Łódź suffered from decades of economic and societal struggles. However, recent efforts to revitalize the town have paid off. Today, Łódź is a blossoming creativity hub, sometimes called the cinematic capital of Poland. It is known for its National Film School, Łągiwnicki Forest, Piotrkowska Street, and so much more. In 2017, Łódź was inducted into the UNESCO Creative Cities Network and named UNESCO City of Film. No wonder Łódź is often known by its nickname, "HolyŁódź"!



Łódź seems to have it all: a blossoming creative culture, a rich industrial heritage, plenty of nature, and things are only getting better! It is easy to see why Łódź was recently chosen as one of the Top 25 global destinations in 2022 by National Geographic!

### PIOTRKOWSKA STREET

Piotrkowska Street (ulica Piotrkowska), sometimes called Bigel or Pietryna, is the longest street in Poland and one of the longest in Europe. It is about 4.2 kilometers (2.6 miles) long and runs from Liberty Square (Plac Wolności) to Independence Square (Plac Niepodległości). Piotrkowska Street is a bustling street lined with shops, restaurants, historic residential and industrial buildings, and other attractions. Piotrkowska Street is regarded as the cultural and business heart of Łódź.



Piotrkowska Street was built around 1823 and originally served as a route between Piotrków Trybunalski and Zgierz. Łódź, which was a small settlement at that time, was on this route. In addition to being lined with commercial enterprises, today's Piotrkowska Street hosts several significant events, such as festivals, concerts, and fairs.

Piotrkowska Street is a major tourist attraction beloved by visitors and residents alike. Piotrkowska Street is also where you can find the Łódź Walk of Fame, lined with pavement stars containing the names of several renowned stars of Polish cinema.

### MANUFAKTURA

Manufaktura is a massive shopping, service, and entertainment center in Łódź. Just like Piotrkowska Street, Manufaktura is known for preserving its historic atmosphere and its commercial one. The Manufaktura hosts over 300 stores, restaurants, pastry shops, cafes, and other businesses. It contains the largest public square in Łódź, and the total area of the complex makes it Poland's second-largest, with the Old Market Square in Kraków being the biggest!





## THE HEART OF POLAND'S FILMMAKING

Łódź's cinematography history began after World War II with the creations of Feature Films Studio and the Łódź Film School. The Feature Films Studio, and more broadly, the city of Łódź itself, is where most Polish post-war films were shot. These included Oscar-nominated films such as "The Promised Land," "In the Darkness," "Sexmission," "Ida," and "Afterimage." The series "More Than Life at Stake" was also filmed here.



Łódź Film School, also known as the Leon Schiller National Film School (Polish: Państwowa Wyższa Szkoła Filmowa, Telewizyjna i Teatralna im. Leona Schillera), is also where many revered Polish actors and filmmakers, such as Andrzej Wajda and Krzysztof Kieślowski, got their education. Are you looking for some movie night ideas? You're in luck; Łódź Film School is an online Polish Movie Database on its website! You can find it here: <https://etiudy.filmschool.Łódź.pl/>.

## ŁAGIEWNICKI FOREST

Łagiewnicki Forest is one of the largest urban forests in Europe. The forest has a diverse array of tree species, including oaks, Scots pines, and birches. During warmer months, visitors come to enjoy the walking and bike trails. During cooler months, it's a popular destination for cross-country skiers. Within the forest also lies a longtime pilgrimage destination: An

18th-century Franciscan monastery that houses a painting of St. Anthony and the grave of beatified monk Rafał Chyliński.



The southern entry point contains the Arturówek Recreation Complex, with a great assortment of activities: beer gardens, campgrounds, rope courses, snack shops, hotels, swimming, and more!



## IZRAEL POZNAŃSKI PALACE

During the 1860s, a Polish-Jewish trader named Kalman Poznański started a cotton business in Łódź. Initially, the business was not successful. However, when his son Izrael Poznański took over the company, the sharp rise in the price of cotton worldwide helped Poznański make a fortune. Izrael Poznański went on to be one of the key industrialists that drove the textile revolution in Łódź. He used this fortune to turn the modest tenement building into a vast, L-shaped neo-renaissance and neo-baroque style palace!



Poznański took his inspiration from the French neo-renaissance architect Hilary Majewski and later Adolf Zeligson (who modified the palace). He intended for this palace to be his residence. The southern wing of the palace is topped with tall domed roofs. There were also gardens filled with plants so rare that their Latin names had no Polish equivalent at the time. There was also a shooting range, ballroom, chamber of mirrors, a huge dining room, fancy embellishments, and sculptures.

In 2015, the palace was officially included on the List of Historic Monuments of Poland.

## ŁOWICZ

Łowicz is a town in the Łódź Voivodeship known for its historic monuments and remnants of traditional Polish folk artwork. The beautiful Old Market Square contains many historic tenement houses that host eminent people, including Napoleon Bonaparte.



There is also a museum (Muzeum w Łowiczu) showcasing Polish folk art and historical artifacts from the region. Whether it be dresses, artifacts, houses, or dishes, this city has many things decorated with traditional Polish floral patterns!





In addition to the artifacts in the Museum, Łowicz also has several traditional wooden houses on display, spread out over 42 acres. The historical buildings depict traditional Polish village life.

### PIĄTEK

Piątek (English: Friday) is a town known for claiming to be the geometrical center of Poland. A monument marks the location of the center. The town's name comes from the day that the weekly market used to be held.



# Row Row Row Your Łódź, gently down the River Łódka!

The first historical mention of Łódź date back to the 14th century, and it became a city in 1423 by edict of King Władysław Jagiełło.



## *The City of Łódź Seal 1577*

You may have noticed that the name of the city of Łódź is the Polish word for boat! There are several hypotheses as to how the city got its name. Some say it has to do with the name of the River Łódka, which runs through the city. But it's not clear whether the river was actually named after the city. Other believe that the name derives from the word łoza, which is a type of willow tree prominent in that area.

However, perhaps the most well-known is the legend of a man named Janusz! The legend during the 14th century, where Janusz decided to travel by boat on a creek, sometimes through forests as well. During one evening, it began to rain. Janusz had to drag his boat onto shore and turn it upside down so he could have some shelter.

Janusz woke up the next morning and realized that he really liked this spot. So much so that he decided to permanently settle there. Other people eventually started joining him, and the settlement kept growing. According to the legend, this is how Janusz's impromptu rest stop turned into the city of Łódź!





# The Promised Land of Łódź



Until the 19th century, the Polish city of Łódź was a small, provincial farming town. In 1820, when the city became a part of the Russian partition, it was given the status of a factory town, which resulted in accelerated economic opportunities.

People, primarily peasants, relieved by the Russian Empire from mandatory working for nobility came to Łódź looking for work. Investors could count on governmental money and cheap labor. Practically overnight, Łódź became a textile industry capital of Europe with a population of 300,000, reaching almost 500,000 by the onset of World War I.

The cosmopolitan city was raised ex-

peditiously fast by Poles, Jews, Germans, Russians, and other groups and relatively peacefully co-existed until World War II ended the prosperity of Łódź. German immigrants brought to the town their technical skills, and Polish peasants and poor Jews were looking for work and better life. The unlimited possibilities attracted resourceful Jewish manufacturers and investors from other European countries. The city was governed by Russians, the least populous ethnic group in town. Łódź was a real melting pot of Europe with different languages, traditions, religions, and plenty of conflicts. However, they were always resolved in the name of the business. The peaceful co-existence was the

main reason behind the city's spectacular development.

Łódź thrived in the 19th century. Fortunes were raised, palaces built, and there was a need for more urban infrastructure, state establishments, and cultural happenings.

After World War I, which severed Łódź from the Russian markets, the city suffered economically but kept its leading position as an important industrial center. It remained a cosmopolitan city until the horrors of World War II. The Nazi Germans occupant tried to exterminate the Jewish population of Łódź and Poland, and destroy the Polish nation.

After the war, there was no returning to Łódź's previous glory. However, today Łódź is finding its new identity. It is a vibrant city with a lot to offer, including being the center of Polish filmmaking.

Try watching "The Promised Land" by Andrzej Wajda, and learn about the fantastic story of XIX century Łódź.



# HEJ SOKOŁY!

If the title of this article sounds familiar, it's probably because you've been to a Polish or Ukrainian wedding before! "Hej Sokoly" (English: Hey Falcons; Ukrainian: Гей, соколи) is a Polish and Ukrainian folk song that is popular in Poland, Ukraine, Slovakia, and other Eastern and Central European countries. The song also goes by the titles, "Żal za Ukrainą (Longing for Ukraine)" and "Na zielonej Ukrainie (In green Ukraine)". Though the precise lyrics vary between languages, "Hej Sokoly" is sung from the perspective of an Uhlan or Cossack saying goodbye to the love of his life, a Ukrainian girl, before he rides away on a horse.

Historians are not sure who the author of the song is. Many believe that it is Ukrainian-Polish poet and songwriter Tomasz Padura, although researchers are unable to find the song among collections of his works. Others believe it was written by Polish classical composer Maciej Kamieński. Some also believe that the author was Józef Bohdan Zaleski, a nineteenth century poet of the Ukrainian School of Polish Romanticism.

This song was historically popular at more than just parties. Polish Home Army fighters during World War II, and Polish soldiers during the Polish-Soviet War, would also sing this song. One thing certain, however: wherever this song is sung, it is sure to bring some life to the party!

**Pieśń „Hej sokoły”,** znana również pod tytułem „Ukraina”, to jedna z najpopularniejszych Polskich ballad biesiadnych. Skomponowana najprawdopodobniej przez Macieja Kamińskiego podczas wojny polsko-bolszewickiej stała się również popularna pieśnią ukraińską.



Józef Brandt, „Kozak i dziewczyna przy studni.”

## *Hej Sokoly*

*Hej, tam gdzieś znad czarnej wody  
Siada na koń kozak młody,  
Czule żegna się z dziewczyną,  
Jeszcze czulej z Ukrainą.*

*Hej, hej, hej sokoły  
Omijajcie góry, lasy, doły,  
Dzwoń, dzwoń, dzwoń dzwoneczku,  
Mój stepowy skowroneczku,  
Hej, hej, hej sokoły  
Omijajcie góry, lasy, doły,  
Dzwoń, dzwoń, dzwoń dzwoneczku  
Mój stepowy dzwoń, dzwoń, dzwoń!*

*Pięknych dziewcząt jest niemało,  
Lecz najwięcej w Ukrainie,  
Tam me serce pozostało,  
Przy kochanej mej dziewczynie.  
Hej, hej...*

*Ona biedna tam została,  
Przepióreczka moja mała,  
A ja tutaj w obcej stronie  
Dniem i nocą tęsknię do niej.  
Hej, hej...*

*Żal, żal za dziewczyną,  
Za zieloną Ukrainą,  
Żal, żal serce płacze,  
Że jej więcej nie zobaczę.  
Hej, hej...*

*Wina, wino, wino dajcie,  
A jak umrę pochowajcie  
Na zielonej Ukrainie  
Przy kochanej mej dziewczynie.  
Hej, hej...*



For this Zgoda issue, Ms. Malgosia Bondyra tested a few traditional central-Poland favorites for us.

Strawberries are everybody's summer favorite fruit; however, some might not be familiar with the strawberry dumplings. This is an excellent opportunity to surprise your family with a new strawberry dish, perfect for lite summer supper. If you prefer something heartier, make the gołąbki.

Poles can eat soup all year round! This time, try zalewajka. Smacznego!

## Strawberry Dumplings

*Knedle z truskawkami*



### Ingredients:

- 3.3 lbs. potatoes
- 2 eggs
- ½ lb. flour
- Fresh, small strawberries
- Sugar

### Garnish:

#### Option 1

- 1 stick of unsalted butter
- 2-3 tbsp breadcrumbs

#### Option 2

- Heavy whipping cream and sugar

### Directions:

Peel potatoes and boil them in lightly salted water. When cooked, drain them well and let them cool a bit. Grind potatoes in the meat grinder and let them cool completely. Add 2 eggs and most of the flour and mix it well. If too sticky, add the rest of the flour. Clean, wash and dry

whole strawberries, and sprinkle them with sugar. Dust some flour on your workstation, take a piece of the dough, form a ball, and then flatten it with your hand on your workstation.

Place a strawberry in the middle and close, form the dough into a ball, and let it sit on the floured surface. In a large pot, boil some water, and add some salt. Carefully add knedle to the boiling water, return to a boil and reduce heat. After knedle swim to the top, cook them for 4 minutes. Take the knedle out with a slotted spoon and place it on a serving plate. Place butter and breadcrumbs into skillet and brown lightly. Pour over the knedle and serve (garnish option 1). Instead of garnishing with butter and breadcrumbs, you can use heavy whipping cream mixed with sugar (garnish option 2).

## Zalewajka Soup

*Zalewajka*



### Ingredients:

- A few slices of lean smoked bacon, chopped
- One onion, chopped
- 1 handful of dried wild mushrooms
- 1 carrot, sliced
- 2 cloves garlic, minced
- 4 medium potatoes, peeled and cubed
- 2-3 liters of vegetable broth
- 1 cup of żur
- Sour cream or sweet cream
- 4-6 allspice berries
- 3 bay leaves
- Salt and pepper to taste
- 1 tbsp. dried marjoram

### Directions:

Soak mushrooms, clean them, and then chop them into medium pieces. Fry bacon in a pot, add allspice and bay leaves, add a bit of cooking oil if needed, add onions and keep frying until onions are fried but not burned. Add broth to bacon and onions. Add mushrooms and simmer for 15 minutes. Add carrots and potatoes and simmer for 15 minutes. Add żur while stirring continuously, bring it to a boil, reduce heat and simmer for 5 minutes. Add garlic, then salt and pepper to taste. Mix in sour cream or sweet cream and bring it to a boil. Turn the heat off and stir in the marjoram.

## Stuffed Cabbage Rolls

*Gołąbki*



It makes about 25 rolls

### Ingredients:

- 2 or more quarts of water
- 2 medium-large heads of cabbage
- 2-2.5 cups cooked rice or minute rice
- 10 tbsp. butter (divided use)
- 4 onions, chopped (divided use)
- 3 cloves garlic (optional), minced
- 3 eggs, beaten
- 3 lbs. ground meats (I use a combination of beef and pork)
- 1-quart chicken stock
- 1-quart beef stock
- 3 tablespoons flour
- Salt (or Vegeta seasoning) and pepper
- 2 small cans of tomato paste

### Directions:

Remove any exposed wilted leaves from the cabbage. Carefully cut out the core of the cabbage to allow leaves to release when boiled. Boil salted water in a large pot. Add one head of cabbage, and after several minutes the leaves will become pliable. Remove the leaves one at

a time as they become flexible and start to fall off the head. Drain the cabbage leaves and allow them to cool. Repeat process with second head of cabbage. After cooling the cabbage leaves, using a paring knife, carefully remove the thick outer vein from the leaves without making holes in the leaves. You should have approximately 25 leaves. Set aside. Cook rice according to package, adding butter for extra flavor. Allow to cool. Sauté 3 onions in 3 tablespoons of butter until soft. Add 2 minced garlic cloves toward the end of cooking, so the garlic does not burn or become bitter. Allow to cool. In a large bowl, combine the ground meats, rice, onion & garlic mixture, eggs, salt (or Vegeta seasoning), and pepper. Pre-heat the oven to 375°F. While the oven heats, prepare the cabbage rolls. Place a small amount of the meat mixture, about the size of the palm of your hand (you can use an ice cream scoop for consistency), into the center of one cabbage leaf. Carefully roll the leaf, tucking the sides of the leaf to keep the meat mixture inside. Repeat with remaining leaves and filling. Transfer the stuffed cabbage rolls to an oven-safe pan or a heavy-duty aluminum steam table pan. Pour both stocks over the stuffed cabbage rolls, cover with aluminum foil, and bake for approximately one hour until the leaves are very tender and the internal temperature is at least 160°F. For the sauce, use a cheesecloth to strain the stock from the cabbage rolls and set them aside. In a pot, sauté 1 onion in 2 tablespoons of butter until soft. Add remaining minced garlic and cook for one minute. Add 2 tablespoons of butter and 2-3 tablespoons of flour and cook for 2 minutes, stirring and being careful not to brown or burn the mixture. Add tomato paste, salt (or Vegeta seasoning), pepper, and the strained stock. Simmer for about 10 minutes and adjust seasoning to taste. Pour sauce over the stuffed cabbage rolls and serve immediately.

## Polish Rhubarb Compote

*Kompot z rabarbaru*



### Ingredients:

- 1 lb. rhubarb stalks (preferably peeled)
- 1/2 cup sugar (honey)
- 2 quarts water

### Directions:

Add all ingredients to a pan, bring to a boil over high heat. Reduce heat to a slow simmer. Cook for approximately 30 minutes. Strain out the rhubarb, chill and enjoy. You can serve the concentrated compote as is or dilute with water. Add strawberries, garnish with lemon, rhubarb stalks or fresh mint.



*Małgorzata Bondyra,  
PNA Lodge 238  
President,  
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*Photos by  
Michael Carnahan,  
Lodge 339,  
Council 21, MD*



# Overactive Thyroid Gland

The thyroid gland, located in the front of your neck, is butterfly-shaped and small, but powerful. It makes thyroid hormones that control the way your body uses energy. Therefore, these hormones affect nearly every organ function, including your heartbeat. Thyroid hormones also help keep you warm and keep the brain, muscles and other organs working as they should. When your thyroid becomes overactive, it speeds up many of your bodily functions. This is called hyperthyroidism. This article will focus on hyperthyroidism. In the next issue of Zgoda, the health article will focus on hypothyroidism, where the body makes less thyroid hormone than the body needs. About one in 100 Americans aged 12 and older have hyperthyroidism.



## Hyperthyroidism during pregnancy

If you have hyperthyroidism and are planning to become pregnant, make sure that your hyperthyroidism is under control. Having a mild case is usually not a problem, but keep your doctor informed about your condition once you do become pregnant. If the condition is not treated, hyperthyroidism can affect both mother and baby.

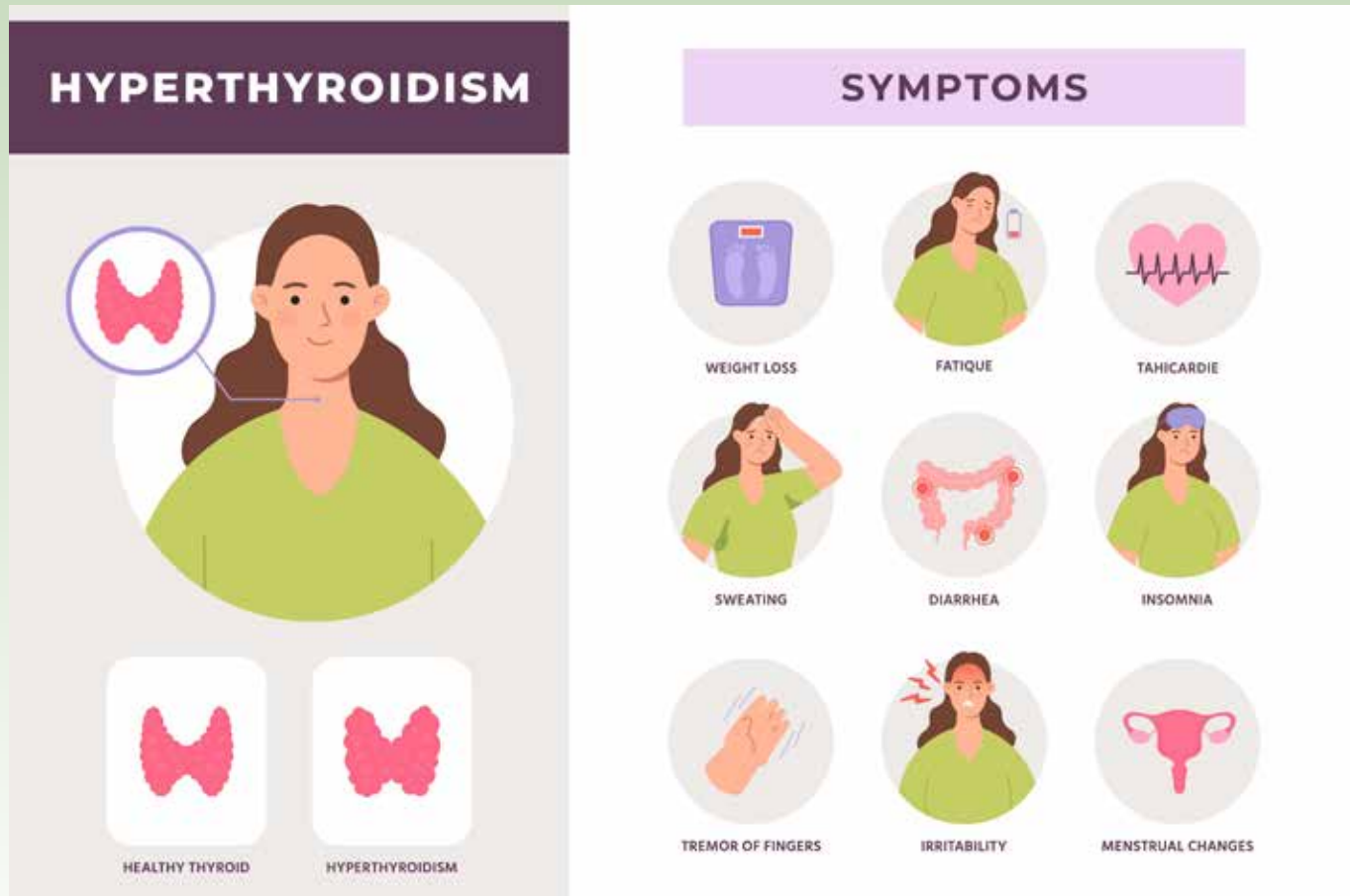
## Symptoms of hyperthyroidism

Symptoms may vary from person to person, and may include, as bodily functions speed up and your body metabolism increases:

- Weight loss despite an increase in appetite
- Nervousness, irritability
- Anxiety
- Rapid or an irregular heartbeat
- Trembling hands/muscle weakness
- Increased sweating and heat intolerance
- Thinning of the skin
- Frequent bowel movements
- Changes in the menstrual cycle (less frequent)
- Difficulty sleeping
- Fine brittle hair
- In Graves' disease, there can be a bulging of one or both eyes

- An enlargement in the neck, called goiter
  - In older adults, different symptoms may include loss of appetite, depression and isolation from others
- Hyperthyroidism usually begins slowly, but in young patients, it can occur very suddenly.

creased amounts of stored thyroid hormone into the blood. The same symptoms can occur by taking too much thyroid hormone medication, or ingesting too much iodine. In these last three cases, the thyroid is not to blame. Iodine is used by the thyroid gland to make the thyroid hormone.



### Causes of hyperthyroidism

There are several causes of hyperthyroidism. The most common cause (in more than 70% of cases) is an overproduction of the thyroid hormone by the entire thyroid gland. The condition is an autoimmune disorder called Graves' disease. Graves' disease is caused by antibodies in the blood that attack the thyroid gland causing it to grow bigger and make more thyroid hormone than needed. This type of hyperthyroidism tends to run in families and occurs often times in young women. Little is known as to why certain people get the disease. Another type of hyperthyroidism is noted by one or more nodules or lumps in the thyroid gland that may grow causing the enlarged gland to produce more thyroid hormone into the blood stream than needed. This condition is called toxic nodular, or multinodular goiter. Also, some people may have temporary symptoms if they have thyroiditis, caused by a problem with the immune system or a virus causing the thyroid gland to leak in-

Therefore, the amount of iodine you eat affects how much hormone your thyroid makes.

### Possible complications of hyperthyroidism

If your hyperthyroidism is not treated, serious health problems can occur, such as:

- An irregular heartbeat that can lead to blood clots, stroke, heart failure and other heart problems
- An eye problem called Graves' ophthalmopathy
- Thinning bones, osteoporosis and muscle problems
- Menstrual cycle and fertility problems

### Hyperthyroidism diagnosis

Upon physical examination, your doctor will assess his/her findings and your symptoms and order appropriate blood tests to confirm his/her findings. The findings include feeling for an enlarged thyroid gland and a rapid pulse. Also, s/he will look for moist, smooth skin and tremor of your



fingers, fast reflexes, and eyes may have some abnormalities if you have Graves' disease. Laboratory tests are ordered to measure the amount of thyroid hormones that are in your blood, such as: thyroxine (T4), triiodothyronine (T3), and thyroid-stimulating hormone (TSH). A thyroid scan may be ordered, as well as a blood test to measure the amount of antibodies, if present, that attack the thyroid gland. An ultrasound of the thyroid may be ordered, especially if thyroid nodules are present in your neck. It can show if the nodules are more likely to be cancerous. You should not have a thyroid scan if you are pregnant or breastfeeding. If radioactive iodine is used, it can show up over the entire thyroid gland, indicating that you may have Graves' disease. A radioactive iodine uptake test checks thyroid function and helps to determine the cause of the hyperthyroidism. If you have a thyroid nodule, or lump, your health care professional may take a fine needle biopsy of the nodule to determine if the nodule/lump is cancerous or not.



### Treatment for hyperthyroidism

The goal of treatment for hyperthyroidism is to bring your increased thyroid hormone levels to normal. Treating the disease will prevent long term health problems and relieve symptoms. No one treatment works for everyone. Treatment depends on the cause and severity.

#### Treatment Options for Hyperthyroidism

- Medicines: Beta-blockers cause blood cells to relax and widen and reduce tremors, rapid heartbeat and nervousness until other treatments begin to work. You may feel better in hours, but they do not stop the overproduction of thyroid hormone production.
- Antithyroid medicines: These drugs are generally safe and effective. They block the thyroid from making too much thyroid hormone and do not cause permanent damage. Allergic reactions may occur in 5% of patients. If you have a reaction, stop taking the medication and contact your doctor immediately.

- Radioactive iodine: This is a common and effective treatment. The radioactive iodine- 131 can be taken by mouth in liquid or capsule form.
- Thyroid surgery: Doctors may consider removing part or most of the thyroid gland when other methods of treatment have failed. Hypothyroidism may be the result of the surgery. You will then need to take thyroid hormone medicine for the rest of your life and be checked for your thyroid hormone levels frequently.

### The effects of nutrition on hyperthyroidism

Since your thyroid gland uses iodine to make thyroid hormones, if you have Graves' disease or another autoimmune disorder, you may be sensitive to foods containing iodine. Eating foods with high amounts of iodine, such as kelp, dulse or other kinds of seaweed, may worsen hyperthyroidism. Taking iodine supplements may cause the same effects. Consult your health care provider about what foods to limit or avoid, discuss any iodine supplements that you take and any cough syrups or multivitamins that may contain iodine.

### Conclusion

The small and powerful thyroid gland is located in the front of your neck. Its function is to control bodily functions. Sometimes it produces too much or not enough of the thyroid hormone. If you have any of the symptoms mentioned, contact your health care provider. Diagnosis and treatment are simple most of the time, but necessary as soon as possible. Do not wait to get treated. The next article will speak to hypothyroidism and the value of taking supplements for both hyperthyroidism and hypothyroidism. COVID-19 treatment and the thyroid gland will also be included. Hope to find you all reading this and the next issues of *Zgoda*.



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## JESTEŚ MŁODY

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



## CZAS NA ZMIANY?

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

31-60  
LAT



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

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



## RODZINA

zabezpieczasz przyszłość swoich najbliższych



## KREDYTY

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



## BIZNES

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

60+  
LAT



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

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



## BEZPIECZEŃSTWO

finansowa przyszłość twoich najbliższych będzie bezpieczna



## POKRYCIE KOSZTÓW POGRZEBU

pieniądze z ubezpieczenia na życie pokryją koszty twojego pogrzebu



## SPUŚCIZNA

wskazane przez ciebie osoby lub organizacje otrzymają pieniądze wypłacone przez ubezpieczenie

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

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







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