

Welcome Autumn *To już jesień ...*



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Photo by Victor108, “Forest mushrooms”

Mushroom picking is Poland’s beloved autumn tradition. Polish “frutti di forest” can elevate even a simple dish to a sophisticated culinary creation. The most important rule to follow while picking wild mushrooms is to know their species!

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of the U.S. of N.A.

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From the President

August 2022

Dear Members,

It is hard to believe that 2022 is almost over. Many of you and your children are entering a new school year, possibly with a PNA Scholarship! Congratulations to all of our 2022 PNA undergraduate and graduate scholarship recipients. As an organization, we are proud of furthering the education of another 161 members.

We're pleased to see fraternal activities coming back. In June, District VIII held their annual Memorial Golf Tournament in honor of Ted Haluch, a true coach and sports activist, with over 130 golfers participating from Pennsylvania. With children returning to school, the Women's Auxiliary Committee of Lodge 750 in Glassport, PA, is holding a "Stuff the Bus" benefit that collects school supplies for the children in the South Allegheny School District. Lodge 1120 hosted PNA's 59th National Golf Tournament in La Porte, Indiana. The tournament was successful and full of the spirit of camaraderie.

For the last three years, our radio station 103.1 FM has been hosting a 10K/5K Run/Walk commemorating the Polish Independence, which took place on November 11th, 1918. This year, the competition will take place on Sunday, October 30th. There still is time for you to register at runforpoland.com.

With children starting school soon, it's time to consider protecting them by setting up a financial plan. The PNA is offering a special Back to School 20 Payment Life plan, which provides permanent coverage, building cash values with fixed premiums. Premiums for children are listed on page 7. Contact your local sales representative or the Home Office for additional information.

Our more mature members will receive letters offering a plan to assist with last expenses for individuals between the ages of 50 and 75. Applications generally will be accepted without a medical examination. The promotion will start on October 1st, 2022. Insurance coverage purchased years ago will not be ample to cover final expenses. For example, a \$5,000 certificate purchased 20 years ago would need to be increased by 64.7% (\$3,235.44) to keep pace with inflation, for a total of \$8,235.44. Please contact your local representative so that we can assist you with calculating by how much your existing coverage should be increased.

We have good news! To keep up with increasing interest rates, the Executive Committee has approved increasing the interest rates on our annuity products. Effective September 1st, 2022, the interest rates will be as follows:

- The Single Premium Annuity with a minimum of \$5,000 will pay an interest rate of 2.75% for Five Years;
- The Eight Year Annuity will have the interest of 3% with a minimum of \$500;
- The Two Year Annuity will have an interest rate of 1.25% on deposits of less than \$50,000 and a minimum of \$500 to open the account;
- The Two Year Annuity with a minimum deposit of \$50,000 will receive an interest rate of 2%;

The Executive Officers and I wish you a happy and healthy Fall Season!

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	pacbozenak@gmail.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@dslextre.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

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

Polish National Alliance of the U.S. of N. A.
49th Quadrennial Convention
August 29-31, 2023
Chicago, Illinois





From the Manager of Sales

Dear Members,

One of the things that I am really passionate about is juvenile life insurance. Some of us may have thoughts such as, "I don't want to benefit from my child passing". I've had clients tell me things like, "It just doesn't feel right". But that's not the right way to view this. To all of you out there that think the same things, please hear me out about the PNA Back-To-School Special for kids.

We all need life insurance, and that includes our children. I believe the most important benefit of life insurance for kids is that kids' policy premiums are locked in when they are at their healthiest. I speak to so many potential adult clients that want and need life insurance, but feel discouraged by their deteriorated health. During the underwriting process, their premium might increase substantially, or their applications might even be denied because of health issues.

Life insurance for kids is the cheapest it will ever be for them. A 20 Pay Life plan for a 5 year old girl with a coverage amount of \$100,000 will cost \$61.20 per month. By the time she is 25 years old, that policy will be fully paid-up. The same coverage for a 50 year old woman will cost \$192.51 per month, and won't be fully paid-up until she turns 70.

20 Pay Life is a permanent plan which provides cash value that grows over time. There are many ways you can potentially utilize it, including by taking a loan out to help fund education, or for a down payment on a house.

The PNA also offers a Guaranteed Insurability Rider. This rider allows the insured to purchase additional life insurance without medical questions or exam during the specified ages. The proposed insured can receive extra coverage regardless of their health.

The PNA icing on the cake of juvenile life insurance is the fraternal benefits that are available to our members. For example, the PNA Scholarship Programs for undergraduate and graduate students come in very handy. The commercial life insurance carriers do not offer these kind of benefits. That is why you should pick PNA during this PNA Back-to-School Special.

Call, email, or write to your agents and ask them how you can complete a life insurance application for your child, grandchild, niece or nephew and provide the bright future for them. If you do not have an agent, please call the PNA at 800-621-3723. We will assist you in making this very beneficial decision for a beloved child in your life. Many people already did.

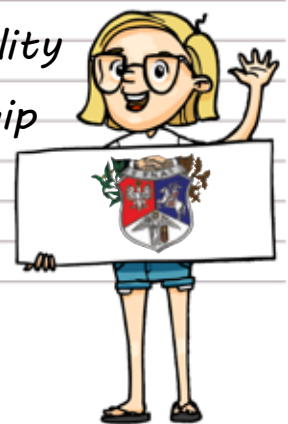
Have a great autumn!

Fraternally yours,

Jolanta Walaszek, Sales Manager

PNA LifAe Insurance for Children delivers:

- *Affordability*
- *Cash value*
- *Future Insurability*
- *PNA membership benefits*



BACK-TO-SCHOOL

with PNA life insurance!



We have a plan that will protect your child's future!

- Super Affordable
- Builds Cash Value
- Protects Future Insurability
- Offers PNA Membership Benefits

\$15,000 INSURANCE

Annual Premiums		
Age	Girl	Boy
0	\$123.15	\$133.05
7	\$147.75	\$160.50
14	\$179.25	\$195.60
18	\$200.25	\$217.65

\$30,000 INSURANCE

Annual Premiums		
Age	Girl	Boy
0	\$216.30	\$236.10
7	\$265.50	\$291.00
14	\$328.50	\$361.20
18	\$370.50	\$405.30



Call PNA 773-286-0500

www.pna-znp.org

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

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

6100 N. Cicero Ave, Chicago, IL 60646



20-Pay Whole Life Insurance is issued on form 20PWL (2022) by the Polish National Alliance of the U.S. of N.A.
Not available in all states. Limitations or restrictions may apply.

PNA Graduate Scholarships 2022

Each year, the Polish National Alliance awards scholarships to members pursuing graduate school. These scholarships are given to members with outstanding academic merit and a record of dedication to community service.



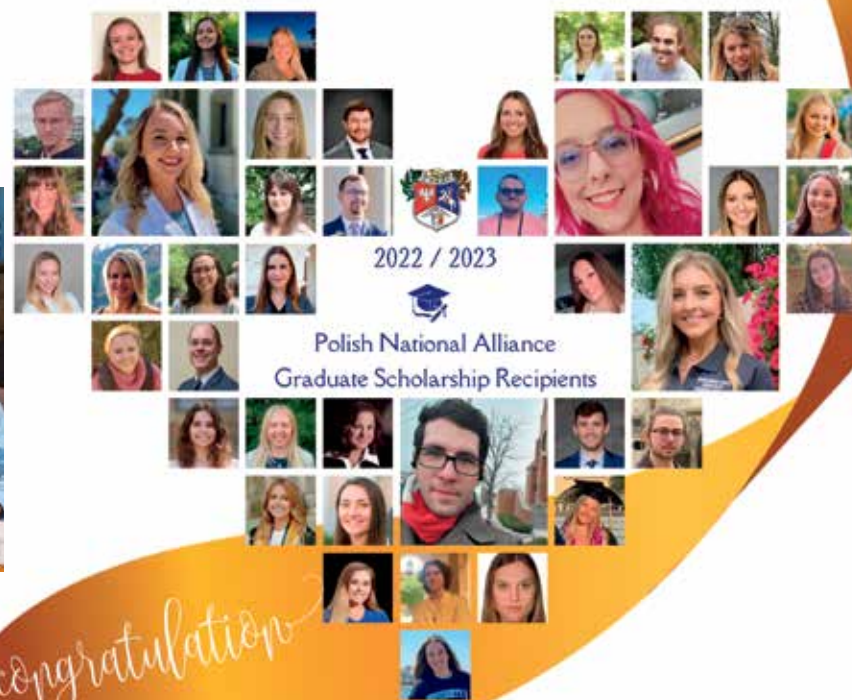
This year, Polish National Alliance awarded 44 scholarships to hard-working graduate students. More than \$71,000 were awarded to students currently attending universities in the United States and abroad.

The 2022 PNA Graduate Scholarship Committee Members were: Mary Anselmo, Mark Grzymala, and Peter Dykas.

The Polish National Alliance is very proud that so many members aspire towards higher education.

The Executive Officers and Board Members wish each recipient the best of luck as they aspire to follow their dreams.

Congratulations to all of our scholarship recipients!



PNA Scholarship Program Eligibility Update

Effective 2023-24 school year.

The Polish National Alliance would like to announce an update to the PNA Scholarship Program eligibility criteria.

For the 2023-24 school year all PNA Scholarship applicants must have a **minimum of \$10,000** permanent insurance plan at the PNA. This goes into effect for the 2023-24 school year.

All PNA members with a qualifying policy currently enrolled as full-time College or University students are eligible to apply for a PNA Scholarship. Incoming first-year students do not qualify.

If you want to upgrade your policy, please get in touch with the PNA Membership Department: 1-800 621-3723 ext. 330 (Jolanta) or ext. 344 (Halina).



**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

It's Time To Raise The Roof



Bondsville, MA. It is time for the Polish Alliance Youth Camp, Camp Stanica, to replace the leaking roof of the Main Lodge building and the adjoining girls' and boys' bathrooms. The Main Lodge contains kitchen facilities, quarters for resident staff personnel, an infirmary under the supervision of a Registered Nurse, a sick room, and separate rest rooms and showers. It has been at least 35 years since the roof was replaced on the 75+-year-old building.



Camp Stanica is low tuition, a co-ed overnight summer camp situated on 60 acres of grassy fields and wooded areas. It is nestled between the Swift River and Crystal Lake in Bondsville, MA, a part of Palmer, MA. There are 12 cabins equipped with cots for the campers to sleep. The campers learn to become

independent, make new friends and make memories that last a lifetime.

Thousands of children have enjoyed camping at Camp Stanica throughout the 75 years of PNA operation. Delegates from PNA Council 62 of Chicopee, MA, form the camp's delegates/directors and officers.

The estimated cost for a new roof is \$20,000.

The officers and directors have agreed



to conduct a Pig Roast Fundraiser with all proceeds to be applied to a new roof for the Main Lodge and adjoining bathrooms. The fundraiser will include hot dogs, hamburgers, salads, homemade desserts, beverages, a cash bar, games, raffles, and surprises. The gate opens rain or shine at 11 A.M. on SATURDAY, SEPTEMBER 10, 2022. Pig roast and dinner will be served at approximately 1 P.M. Tickets are free for children ages 4 and under; \$10.00 for ages 5-15; and \$30.00 for ages 16+.



We realize that many readers will not be able to attend the event but would be willing to donate to this worthy cause. You may purchase tickets or send donations to Richard Knurek, President PAYC, 92 North Street, Three Rivers, MA 01080, or Teresa Struziak Sherman, PNA National Director, P.O. Box 266, Wilbraham, MA 01095-0266; phone: 413-596-9578; E-mail: Terrysherm@aol.com.



Please help us raise funds for a new roof so that more children can come to Camp Stanica and enjoy summer camping experiences.

For more information, visit **www.campstanica.com**.

*Submitted by Teresa Struziak Sherman,
PNA National Director*

District XVI Convention 2022



On Sunday, June 15, 2022, at the Pope John Paul II Polish Center in Yorba Linda, California, former Commissioner Jarosław Musiał welcomed all delegates and guests at the District XVI Convention.

He introduced the PNA Home Office representatives in attendance, Vice President Marian Grabowski and National Secretary Alicja Kuklińska, welcomed and acknowledged the delegates, and led everybody in the opening ceremonies of the District XVI Convention.

In attendance were Lodge 3259 “Piast” delegates from Yorba Linda, Lodge 700 “Czytelnia Polska” from Los Angeles, Lodge 1443 from San Diego, Lodge 3118 from Riverside, Lodge 3229 from Ventura, and repre-

sentatives of Council 73.

Mr. Musiał welcomed Fraternal Advisor Region “J” Grzegorz Chilecki, who thanked members of Lodge 3259 for hosting the event, especially Teresa Turek and Iwona Pisarek, for preparing the most delicious food and providing decorations. Advisor Chilecki acknowledged all the lodges and councils for their activities, spoke on the role of the PNA in the local community and emphasized the importance of expanding and maintaining PNA membership within the area.

In their addresses to the Delegates, Vice President Grabowski and National Secretary Alicja Kuklińska also underscored the importance of expanding membership and continuing local activities. They updated District

XVI Delegates on the financial standing of the organizations, and plans for the future, including fast approaching PNA National convention in August 2023.

Secretary Kuklińska informed about a diligent process of merging dormant PNA lodges and councils within their respective areas to strengthen those active and thriving. She mentioned renovations of the PNA building and a new office schedule. She expressed the officer’s commitment to providing members with the best possible customer service and desirable fraternal programs, including scholarships and support of Polish language schools and dance groups.

She also encouraged the use of social media in embracing the younger generation, promoting the Organization, and sharing local undertakings and successes with the rest of the world. District XVI delegates could ask questions and share their ideas with Vice President Grabowski, National Secretary Kuklińska, and Fraternal Advisor in Region J, Mr. Greg Chilecki.

At the conclusion of the meeting, National Officers presented awards on behalf of the Organization to the respected and well-deserving members of District XVI. Katherine Akrami and Barbara Jarosławski were recognized for their distinguished service to the Alliance. Former Commissioners Elizabeth Rudziński and Jarosław Musiał were presented with the PNA



Bronze Medal of Merit, and former PNA Commissioner and Director, Fraternal Advisor Greg Chilecki with the Silver Medal of Merit. Congratulations to every one of them. Thank you for being so dedicated to our Organization!

AK

Piknik na plaży Grupy 3259 „Piast”

W sobotę 23 lipca 2022 roku, Grupa 3259 „Piast” zorganizowała, po raz dwudziesty ósmy, coroczne spotkanie przy ognisku na plaży w Huntington Beach w Kalifornii.

W tym roku, w tej popularnej związkowej imprezie uczestniczyło ponad 60 osób, zarówno członków Związku, jak i przyjaciół organizacji.

Wczesnym porankiem wiceprezes grupy Marlena Hulisz i jej mąż Andrzej zajęli wspaniałe piknikowe miejsce, najlepsze na tej plaży! Kasia Jackiewicz przywiozła duży namiot, który został udekorowany banerem

związkowym i flagami widocznymi z odległości paru mil.

Było nam bardzo przyjemnie, gdy widząc białe-czerwone flagi, podeszła do nas młoda kobieta i wyraziła swoją wdzięczność, że Polacy udzielają pomocy uchodźcom z ogarniętej wojną Ukrainy.

Członkinie Grupy Piast przygotowały mnóstwo pysznych sałatek i domowych wypieków. Na brak jedzenia nikt nie mógł narzekać, wszyscy dzielili się chętnie piknikowymi smakołykami. Było pieczenie

kiełbasek nad ogniskiem, biesiadne śpiewanie i tańce do późnych godzin wieczornych.

Rozchodząc się do domów, uczestnicy obiecali sobie spotkać się w przyszłym roku. Takie imprezy są świetną okazją do spotkania starych przyjaciół i zawarcia nowych znajomości, które w przyszłości, w bardziej formalnych okolicznościach, sprzyjają rozszerzaniu członkostwa w PNA.

*Greg Chilecki, Fraternal Advisor,
Region J*



Kolonie letnie w Yorkville

*“Ore, ore, szabadabada amore.
Hej amore szabadabada.
Te kolonie są wspaniałe,
To kolonie na sto dwa!”*

Słowa tej znanej piosenki nie schodziły z ust kolonistów, którzy przebywali tego lata w Yorkville, Illinois. W tym roku, na terenie Ośrodka Młodzieżowego należącego do Dystryktu 12 i 13 Związku Narodowego Polskiego (PNA), wypoczywała rekordowa liczba młodych kolonistów.

Bogaty program pobytu na koloniach obejmował zajęcia plastyczne, muzyczne oraz sportowe dostosowane do możliwości i zainteresowań dzieci i młodzieży w wieku od 6 do 15 lat. Dzieci chętnie pływały w basenie, wieczorami zjadały się kiełbaskami i s'morsami z ogniska, albo bawiły się na dyskotecie. Niewątpliwie, największą atrakcją każdego tygodniowego turnusu był wyjazd do położonego kilka mil od ośrodka, największego parku wodnego w Illinois.

Każdy z pięciu tygodniowych turnusów kończył się w sobotę. W obecności rodziców rozdawane były dyplomy i medale z za zwycięstwo w różnych, kolonijnych dziedzinach sportowych. Dzieci przedstawiały też krótki program artystyczny, który zawsze wzbudzał wśród obecnych wzruszenie i zadowolenie.

W sobotę, 6 sierpnia 2022, zakończył się piąty i ostatni turnus tegorocznych kolonii, a swoją obecnością zaszczycił nas prezes ZNP, pan Frank Spula. Była też obecna wicekonsul Agata Grochowska wraz z przebywającą w Chicago delegacją z Polski.

W Ośrodku Młodzieżowym w Yorkville odbywają się również imprezy prywatne i pikniki. Malowniczo położony ośrodek nadaje się doskonale na okolicznościowe imprezy w plenerze. Informacje oraz kalendarz imprez można znaleźć na stronie **www.pnayouthcamp.org**

*Agata Mścisz,
wiceprezes Youth Camp Association
i kierownik kolonii letnich.*



Region H News

Happy Fall!

Summer is nearly over, but our weather is still HOT! Region H's summer festivals and in-person gatherings came back this year, along with a few virtual events. Online lectures with St. Thomas University and the Lublin Philosophical School, 4th of July celebrations, Lodge meetings, swim parties, and picnics were in full force in the Polish community. We are also still rallying in support of our Ukrainian neighbors.

We've still got a full schedule until the end of the year! We're excited to jump into our fall festivals, supporting Polish schools and dance groups, bazaars, outdoor picnics, and organizing our year-end meeting and Christmas events. Thanks, Alicia Kuklinska, for all your hard work publishing the Zgoda magazine!

Have a great fall season!

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

In the Stream of Time



Progressive Lodge 2336 represented by members Katie Kubiak, Jolanta Mazewski-Dryden, Fraternal Advisor Region H, Robert Rusiecki, Consul General of the Republic of Poland, Erica Dryden and Lukas Bielecki.

On May 18th, renowned Polish artist Romuald Oramus brought an exhi-

bition of paintings and prints to the University of St. Thomas in Houston. This event was sponsored by the St. John Paul II Institute of Polish Studies, which is sponsored by Region H. This vibrant exhibition is part of a professional and cultural exchange with the Pedagogical University of Kraków. Mr. Oramus presented his works from his painting cycle, „Cathedral” and his „Proust's Cathedral” print cycle.

Polski Dzień (Polish Day)

Polski Dzień in Bremond, Texas, is a celebration over 30 years in the making! PNA members are a huge part of this event and still have the Polish Home in the community. The event has the famous 5K pickle run, vendors, games, music, dance, and much more. PNA was well represented by our members Brian Marshall and Jim Mazurkiewicz, entertaining the crowds with Polish music, while mem-

bers Katie Kubiak, Lukas Cupial, and Mike Kurtin entertained with the Polish Dance group Wawel. The two-day event took place on June 24th and 25th and was a great success. We look forward to seeing everyone again and new faces next June!



PNA Lodge 2336 Member Katie Kubiak and Wawel Dance Group Director Yessica Krozel with children in Bremond waving flags



PNA Lodge 165 Member Mike Kurtin entertaining the children at the festival



PNA Member Wanda Ray Koch is a considerable part of the festival in her Polish costume.



Jim Mazurkiewicz and Polska Kapela from the 2022 Polish Days in Bremond, Texas taken by Kasia Boczek, Deputy Director for Polish Extension in Warsaw, Poland. (Band members: Jim Mazurkiewicz, Robert Herridge, Bernard Borski, Charles Brossman, Fabian Jezierski, Frank Motley, CJ Jozwiak).



A Sto Lat from members Lukas Cupial, Mike Kurtin, and friend.



PNA Member transplant from New Jersey to Texas Denis Kubiak enjoying the day and assisting with the festival in his Polish folk attire.

Anniversary of the Poznań June Uprising

On June 28th, The 66th Anniversary of the Poznań June Uprising, on behalf of the entire Polish community in Texas, James Mazurkiewicz with Madam President Magdalena Górski and Mr. Rektor Grzegorz Konieczny with Wyższa Szkoła Handlu i Usług w Poznaniu (WSHIU University) paid tribute to the Heroes and Victims of the Poznań June Uprising. It was the first uprising of the Polish nation against communist rule in Poland. They fought for God, Freedom, and bread. The uprising was brutally suppressed, but thanks to this, Poland regained its independence after many years.

During the ceremony, James laid a wreath of flowers at the Memorial Plaque in front of the main gate of H. Cegielski Poznań SA, the place where the uprising began.

God bless and Glory to the Heroes! James represents all of Texas Polonia, including the PNA, at this historic event. James is a descendant of ancestors that came from Wielkopolska. There were 14 Polish parishes established along the Brazos River after the Civil War from 1867 to 1918, with St. Joseph Catholic Church being the first in New Waverly, Texas.



James Mazurkiewicz laying the wreath

The American Council for Polish Culture Conference

Region H Fraternal Advisor Jolanta Mazewski-Dryden and several PNA members attended the American Council for Polish Culture conference in San Antonio, Texas. The meeting took place from July 23rd through the 26th. During the Awards Banquet, Polish Heritage Center Founder and President Bishop John W. Yanta received the 2022 Lifetime Achievement Award. Al Notzon, Polish Heritage Center Vice President, accepted the award in His Excellency's honor. It was a great conference filled with fruitful discussions.



PNA Representatives met up in Texas. From left to right: John Cebrowski, Tom Schemanski, Stella Szczesny, Jolanta Mazewski-Dryden, and Richard Poremski

Celebrating Women's History

On July 29th, the Polish Heritage Center and many PNA members took part in opening ceremonies for the new exhibit „Celebrating Women's History: How Polish Women Preserved Cultural Traditions through Work, Faith and Family.” Opening remarks and ribbon cutting were made by Mr. Robert Rusiecki, Consul General of the Republic of Poland, and the honored ladies. Fraternal Advisor Dryden had a display at the event and



PNA Member Genny Kraus received recognition in her beautiful Polish costume and the ladies representing the forefathers

could connect with the area's members and potential members.



Genny Kraus, Mat Kraus, and Fraternal Advisor Jolanta Mazewski-Dryden



Ribbon cutting with Consul General Rusiecki and the exhibit

Special thanks to Stan Aponiuk and others for their photography and photos.

Check Out Polish National Alliance Region H's New Facebook Page - please share and like us on Facebook!

PNA is looking to expand in Region H. If you are interested in being an agent and representing our products, contact us: email jola@drydeneventproductions.com, or call 713.805.5810 or 773.286.0500.

PNA District XII Youth Home Corporation SCHOLARSHIP 2022

The PNA District XII Youth Home Corporation is happy to announce it has awarded eight \$1500 scholarships and four \$1000 scholarships for the 2022-2023 school year for a total amount of \$16,000.

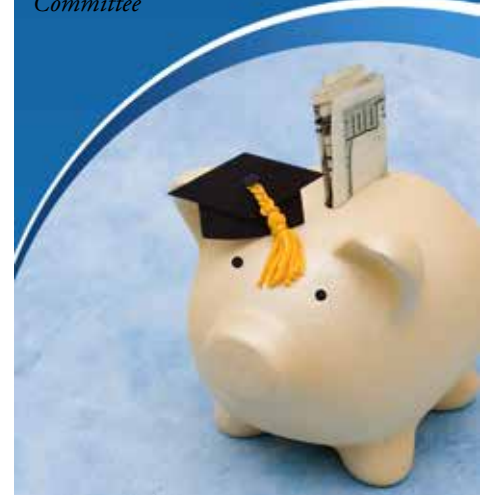
The recipients of scholarships for 2022-2023 school year are: Claudia Baniak, Caroline Kwak, Justine Kwak, Berenika Lach, Wiktor Lechwar, Izabella Pikul, Catherine Schulte, Michael Schulte, Abigail Sobczak, Patraick Swiatek, Sebastian Szuba, and Riley Kay Wodka.

The officers of the Youth Home Corporation District XII are National Director Barbara Wesolowski, President, Arthur Trybek, 1st Vice President, Anna Kokoszka, 2nd Vice President, Shirley Wass, Secretary, and Judith Trybek, Treasurer.

The Scholarship Committee members are Judith Trybek, Chairman and Secretary of the Scholarship Committee, Barbara Wesolowski, Arthur Trybek, Anna Kokoszka, and Shirley Wass.

Since 1987, District XII Youth Home Corporation has awarded 923 scholarships for a total of \$478,000.00.

Judith Trybek, Secretary of District XII Youth Home Corporation Scholarship Committee



Milwaukee Polish Fest 2022

On June 10-12th, Milwaukee's Maier Festival Park hosted Polish Fest 2022, a three-day celebration of Polish culture, music, and food. This was the first Polish Fest after a two-year hiatus due to the pandemic. The PNA was represented by Region I Fraternal Advisor Teresa Jankowski.

Held for the first time in 1982, Milwaukee Polish Fest brings a taste of

Poland to the Henry W. Maier Festival Park on the Milwaukee Summerfest Grounds. It is the largest Polish Festival in the United States and is a living educational showcase of the arts, culture, and uniquely Polish traditions.

*Submitted by
Teresa Jankowski,
Fraternal Advisor Region I*



www.pna-znp.org

MAKE A DIFFERENCE!

You can help secure the future of our young members by donating to the Polish National Alliance Education Fund.

Support PNA scholarships with your tax-deductible donation!

DONATIONS CAN BE MADE BY SENDING A CHECK TO:

POLISH NATIONAL ALLIANCE
Education Fund
6100 N. Cicero Ave.
Chicago, IL 60646

Summer in Warsaw, North Dakota

Several early summer events have kept North Dakota Lodge 3043 members busy in the small communities of Warsaw and Minto, ND.

“Thursday Burger Night” in Minto, ND, on Thursday, June 16th, is an annual fundraiser hosted by the Lodge to raise funds for activities and scholarships. This is a very successful endeavor by the town of Minto to bring the community together for an evening of food and friendship. Non-profit groups in the area are able to serve a burger/brat meal. The usual turnout is around 150-200 people who generously support this weekly event. It brings the people from the town and surrounding rural area together for visiting, music, and a fun evening out.

Lodge members enjoy working at this annual fundraiser, showing PNA's will-

ingness to be an active group in this vibrant community.

Lodge 3043 also recently hosted their annual **“PNA Golf Open”** at Fair Oaks Golf Course in Grafton, ND, on Friday, June 17th. Over 75 participants enjoyed an evening of friendly competition, including 50/50 drawings, door prizes, and awards arranged by Mary Srodon, PNA Fraternal Activities Coordinator.

With the help of Board Members, Lodge President Roger Schuster organized a fun evening of 9-hole Texas Scramble type play. Awards included the top 1st, 2nd, and 3rd place teams, and “Longest Putt,” “Longest Drive,” and “Closest to the Pin.” **All proceeds from this event support annual July scholarships awarded by Lodge 3043.**

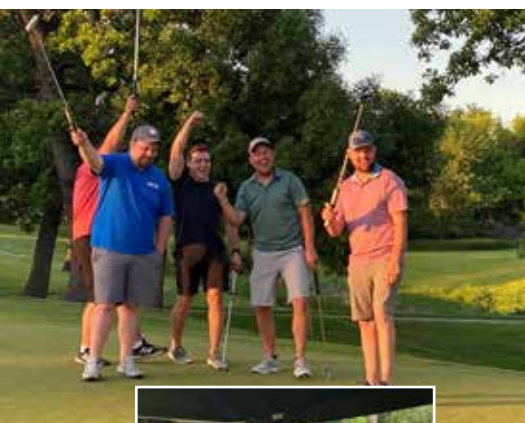




crowd pleaser as they danced the parade route with lively music.



On the museum grounds, members of Lodge 3043 cooked and served homemade pierogi in onions and butter, homemade Polish sausage, pork, and sauerkraut. It was a huge success – food was served until it ran out. It was another successful community event involving the PNA.



On Sunday, June 26th, an all-city event, “**Museum Alive,**” involved the members of Lodge 3043 once again. Every three years, the Walsh County Historical Museum “comes alive.” The grounds of this museum were once the Minto High School. When the school relocated in the 1960s, the old high school was transformed into a County Museum.

A hometown parade started the day’s activities, which involved the PNA Dancers of Lodge 3043 – a huge



Lodge 3043 also generously donated their proceeds to support future museum projects.

Submitted by Sandy Shuster, Former PNA Commissioner, and Director

2022 Theodore “Ted” Haluch Memorial District VIII Golf Tournament

Over 130 golfers from PNA lodges all over Western Pennsylvania gathered in Cambridge Springs, PA, for the 2022 version of the annual Theodore “Ted” Haluch Memorial District VIII Golf Tournament at Venango Valley Inn and Golf Course.

While temperatures were unseasonably cool for mid-June that did little to deter the men and women from hitting the links in searching for pars and birdies. After two days of golf, the golfers were treated to a banquet and award ceremony at the pavilion on the course grounds. At the banquet, awards were given out to all the winners, including Men’s Winner Drew Evanoka (153), Women’s Winner Tusia Mott (218), and McKeesport Lodge 352 for having the best lodge score (633) in this year’s tournament. Also recognized at the event was Frank Ruccio of Lodge 352. Mr. Ruccio was presented with the 2022 District VIII Man of the Year award for his hard work and dedication to the District and his lodge for over 70 years! Mr. Ruccio said he was honored and stated that if the men and women gathered at the event, especially all the younger members in attendance, continue to participate in events like the District VIII Golf Tournament, the PNA, and District VIII will be strong for many more years to come.

The golfers were also honored to join Ms. Frances Olszewski Taylor at the banquet of local PNA Lodge 1540 in Cambridge Springs. She is 93 years young and has been a PNA member since 1930 (92 years)! Frances was joined by Lodge 1540 volunteers Jane Harry, Joey Kroell, Chris Bidwell, Tusia Mott, and Stacy Mott Fuscardo. A special thanks to Larrie Blystone and John Dolak of Venango Valley Inn and Golf Course for being great hosts, Jeff Twardy and Jim Meinzer of Lodge 1052 for organizing the event, and John Birus of Lodge 1327 for selling the 50/50.

Winners of the 2022 Ted Haluch Memorial District VIII Golf Tournament

MEN

Flight	Lodge	Name	Grand Total
CH	1746	Evanoka, Drew	153
CH	352	Strawins, Josh	153
CH	352	Marraccini, Dean	156

Flight	Lodge	Name	Grand Total
A	352	Mattich, Blake	164
A	352	Kobulnicky, Mike	168
A	352	Mattich, Phil	168

Flight	Lodge	Name	Grand Total
B-I	664	Vermilya, Eric	171
B-I	352	Galaski, Steve	171
B-I	1052	Kramer, Kevin	172

Flight	Lodge	Name	Grand Total
B-II	352	Mattich, Mike	176
B-II	1052	Schmid, Buck	178
B-II	664	Everson, Robert	178

Flight	Lodge	Name	Grand Total
C	352	Ziino, Walter	180
C	352	Jones, Wayne	182
C	1052	Price, Rick	184

Flight	Lodge	Name	Grand Total
D	1327	Cernetich, Gary	200
D	750	Piekut, Bill	202
D	664	Thompson, Dave	202



SENIORS

Flight	Lodge	Name	Grand Total
F-I	352	Hines, Terry	164
F-I	750	Kanai, Mike	170
F-I	352	Thurnhorst, Dale	183

Flight	Lodge	Name	Grand Total
F-II	1327	Berezansky, John	190
F-II	1052	Adamson, Pat	211
F-II	841	Campbell, Doug	216

WOMEN

Flight	Lodge	Name	Grand Total
W	1540	Mott, Tusia	218
W	1052	Sluk, Kathy	219
W	1540	Konsel, Rose	225

*Submitted by Sean Jackson, Fraternal Advisor, Region B,
President, Glassport PNA Lodge 750*



Dave Thompson (Lodge 664) and Gary Cernetich (Lodge 1327) enjoying their round on the course.



Ladies of District VIII enjoying a day out on the course.



*Frances Olszewski Taylor, PNA member for 92 years joined by
the ladies of Lodge 1540.*



The picturesque Inn at Venango Valley Inn and Golf Course

PNA 59th National Golf Tournament

Polish National Alliance's 59th National Golf Tournament was held on July 15 and 16, 2022, at Beechwood Golf Course in La Porte, Indiana. PNA Lodge 1120 of La Porte was the host of this year's tournament. Our golfers enjoyed an evening of hospitality after registering at the Lodge 1120 facility. Although Friday's game was rained out after the first nine holes, it was still a fun two days of golf and comradery.

The tournament concluded with the Award Dinner, followed by award pre-

sentations. The PNA Home Office was represented by President Frank Spula, Vice President Marian Grabowski, PNA Treasurer Steve Tokarski, Directors Jeff Twardy and Val Pawlos, Region B Fraternal Advisor Sean Jackson, and PNA Fraternal Coordinator Mary Srodon.

President Frank Spula spoke at the banquet and thanked all the participants of this year's 59th Annual Polish National Alliance National Golf Tournament. Vice President Marian Grabowski, who also served as Chairman of the Fraternal Committee, also thanked each and every one who attended or assisted with the event in any way.

The youngest participant was Connor Capozoli from Lodge 1052 of Pittsburgh, PA. The oldest participant was

William Latchford from Lodge 1120. The fraternal award was presented to Lodge 1120 for having the most participants.

A special thank you goes to Lodge 1120 Chairman Mike Singleton, as well as participating Lodge 1120 members (namely Lynn Latchford, Scott Kasten, Bob Parker, Jerry Parker, Peter Russell and Jeff Harrison) for their input in organizing this event.

We had an outstanding tournament filled with fraternalism, great games of golf, friendship and fun! Thank you all for your support and participation in this year's tournament. Next year, the National Golf Tournament will be celebrating its 60th Anniversary. We can't wait to see everyone next year!



2022 NATIONAL GOLF TOURNAMENT WINNERS

Champion Flight

1st	7	Dean Marraccini
2nd	10	Howard Butters, Jr.
3rd	12	Sam Smallhover

A Flight

1st	20	Mark Pawlos
2nd	20	Eric Vermilya
3rd	22	Mark Strawins

B Flight

1st	17	Mike Singleton
2nd	17	Mark Schiffhauser
3rd	19	Scott Petak

C Flight

1st	23	Robert Everson
2nd	27	Stanley Krawczyk
3rd	28	Gary Letta

D Flight

1st	22	Nick Mihon
2nd	25	Jerry Townsend
3rd	27	Richard Schiffhauser

E Flight

1st	40	Richard Leeds
2nd	43	Michael Rosenbaum
3rd	49	Christopher Nowotarski

F Flight

1st	43	Richard Draves
2nd	51	Sean Jackson
3rd	61	Jeff Harrison

Women's Flight

1st	49	Monica Letta
2nd	63	Patricia Smithers
3rd	69	Sherry Wonsevicz





West End Pulaski Lodge 1052 Annual Communion Breakfast

The West End Pulaski PNA Lodge 1052 held their annual Joseph A. Kaminski Communion Breakfast for the children of the lodge. The celebration began with a mass at Saint Stanislaus Kostka Church in Pittsburgh. Following the mass, a breakfast was held at Lodge 1052.



This was the first official Joseph A. Kaminski Communion breakfast after the event was renamed last year in honor of Mr. Kaminski, a former commissioner of District VIII and integral part of Lodge 1052 for many years. Mr. Kaminski and Lodge 1052 President Mark Pawlos addressed the gathering after the breakfast, and the children of the lodge were all given Easter baskets with lots of treats and goodies.



Additionally, the officers and members of Lodge 1052 awarded 2022 Raymond S. Twardy scholarships to Isabella Bogdan, Taylor Smith, and Olivia Smith. In attendance at the event were National Treasurer Steve Tokarski, National Directors Val Pawlos and Jeff Twardy, and Fraternal Advisor Sean Jackson.

Submitted by Sean Jackson, Fraternal Advisor, Region B



District VIII Annual Bowling Tournament

On March 26, 2022, in McKeesport, PA, the annual District VIII bowling tournament was held with a fantastic turnout. Over 250 individuals from Lodges, including West End (Lodge 1052), Slovan (1870), Glassport (750), Westmoreland City (664), Lawrenceville (506), Avonmore (1234), Canonsburg (1746), Latrobe (1241), Johnstown (1327) and McKeesport (352) were in attendance. The day began at Lodge 352 with registration, lunch, drinks, and friendships rekindled after last year's cancellation due to Covid-19. McKeesport's newest club expansion project was open for the lodges to enjoy. The pavilion, complete with a fire pit, was on display for the warm cozy gathering outside on the brisk Saturday morning. After lunch, it was off to bowl. Bowling was held at the North Versailles Alleys as well as Lokay Lanes. It was a great event. All had a great time, especially Dean Marraccini from Lodge 352 for bowling a perfect 300 game. Congratulations to Dean!

In addition to the wonderful afternoon of bowling, the evening continued at the White Oak American Legion, where all bowlers and guests shared a delicious dinner catered by Woody's. Awards were presented by Brian Jones, as well as President William "Toots" Frederick. Words were expressed by Fraternal Advisor Sean Jackson of the amazing



District we are all a part of. "So many wonderful things happen in our district from the many people that turned out for today's event." Mr. Jackson said. He encouraged the continued support in our district, thanked everyone for coming, and wished them safe travels home. The day could not have happened without the help of Marcy Butler, John Connelly, Toots and LonJean Frederick, Jenna Gatchie, Ron Gregg, Ashlee Greenwald, Brian Jones, Nathan Krivda, Russ Miller, Dean, and Colleen Marraccini, Pete Smerecky, Mark and Shari Strawins.



Winners of District VIII Annual Bowling Tournament

Men's Team

1st: Frank's Polish Army: Score 3740

Frank Ruccio, Jack Vaurek, Jerry Pellechia, Brain Jones, Dean Marraccini

2nd: PNA 352 #6: Score 3707

Tony Brajdic, Jay Peebly, Jason Phortner, Don Jones, Brandon Peebly

3rd: PNA 352 #2: Score 3653

Scott Jordan, Russ Miller, Rick Ethridge, Bob Svec, Jason Panek

Men's High Game: Dean Marraccini - 300

Men's High Series: Dean Marraccini - 742

Ladies' Team

1st: PNA 506 Team 5: Score 3478

Liz Marcyjanick, Bri Wierzbowski, Missy Junker, Mel Lentz, Mara Fairley

2nd: Paula's Team: Score 3467

Caralee Burns, Deb Hutchison, Taylor Russell, Dana Ruffing, Paula Bender

3rd: Couch's Crew: Score 3438

Kristy Krivda, Sue Striffler, Marta Odaski, Melissa Beale, Diane Couch

Ladies High Game: Ginger Pollock - 197

Ladies High Series: Karen Seaman - 501

Submitted by Lon Jean Frederick



We are proud of...

Brad Guzan

SOUND DEFENSE



Portrait one of the most successful soccer players coming out of Chicago's south suburbs is Brad Guzan, PNA member of Lodge 2825 in District 12. He comes from a 100% PNA family. His mother, Karen Guzan, is the President of Lodge 2825, and his great-aunt, Stella Michalak has been the financial secretary for over 50 years. The family has so many PNA members thanks to Brad's Aunt Stella's efforts; Aunt Stella purchased PNA policies for many nieces, nephews, great-nieces, and great-nephews over the years. When a new baby arrives on the scene, Aunt Stella is ready to gift the newborn with a new PNA policy.

Brad started playing soccer at age 4 in Lemont's American Youth Soccer Organization. He loved the sport because he was always running around. However, he was soon assigned to be a goalie. Though he couldn't run around as much, Brad still enjoyed the thrill of denying a goal-scoring opportunity. For him to play at the college level, he knew he would have to be a goalkeeper. And so, he set the bar high for himself in high school. Brad graduated from Providence Catholic High School in New Lenox, Illinois, and attended the University of South Carolina. As a high schooler, he was interviewed by a local newspaper. When asked what his goal was, he responded that it was to play for a big European club. Brad achieved that goal and played in England for nine years.

Brad has had a remarkable career so far. He played for the Chicago Fire Premier, Chivas USA, Aston Villa, Hull City, Middlesbrough, and, since 2017, Atlanta United. He logged more than 60 games for the United States Men's Soccer Team, including appearances in two World Cup competitions. He was named MLS Goalkeeper of the

year in 2007. He made 171 appearances for Aston Villa in the Premier League. Atlanta became an expansion team in 2017 and won the MLS cup in 2018.

Guzan grew up in Homer Glen and still lives there with his wife Breanne and children Aiden, Emerson, Griffin, and Everly. Unfortunately, this past April, Brad suffered a season-ending injury when he ruptured his right Achilles heel tendon in Atlanta's 0-0 tie with Cincinnati in a Major League Soccer game. He had surgery and won't play the rest of the season. Brad is working hard for a comeback. He believes that when something bad happens, it can never be the end of the world. "You have to bounce back. The mental aspect of the position is just as important as the physical side". Now Brad is battling the physical side of things. He aims to be back for 2023 and is doing occasional broadcast work for Atlanta while he is on the mend. We wish him well!

*Submitted by Barbara Wesolowski,
Fraternal Advisor Region F*



*Brad Guzan fot. Miguel Sierra /EPA-EFE/Shutterstock
Atlanta United's goalkeeper Brad Guzan in action during a quarterfinals of the CONCACAF Champions League soccer match between Monterrey of Mexico and Atlanta United of the USA at the BBVA Bancomer Stadium in Monterrey, Mexico, 06 March 2019.*

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In Memoriam

MARIA MIRECKA-LORYŚ (1916-2022)



Mrs. Maria Mirecka-Loryś, PNA Lodge 1411, long-serving member and National Director of the Polish American Congress, died on May 29th, 2022, in Warsaw, Poland, at the age of 106. Mrs. Mirecka-Loryś served as Polish American Congress National Director

and was a vital member of the Illinois Division. She was also involved in many other Polonia organizations and community events.

During World War II, in Nazi German-occupied Poland, Mrs. Mirecka-Loryś served as Commander-in-Chief of the Women's National Military Union in the Rzeszow region. After the war, Mrs. Mirecka-Loryś immigrated to the United States. There, she continued her activism in working for Poland's freedom by holding leadership positions in political and charitable organizations. These include the Union of Polish Women in America, The Polish American Congress, and many more. Successfully fundraising was among her numerous achievements within the Polish American Congress. Most recently, Mrs. Mirecka-Loryś played a crucial role in fundraising to support freedom for Belarus.

She was the recipient of numerous prestigious Polish Government awards, including The Commander's Cross of the Order of Polonia Restituta (Krzyżem Komandorskim Orderu Odrodzenia Polski) by President Lech Kaczyński in 2006. In 2016, President Andrzej Duda awarded her the Star of the Order of Polonia Restituta (Gwiazda Orderu Odrodzenia Polski).

Mrs. Maria Mirecka-Loryś's exemplary career over her lifetime demonstrates her commitment to freedom and democracy. She will be dearly missed.

ROMUALD E. "RO" MATUSZCZAK (1924 – 2022)



Romuald E. "Ro" Matuszczak died on June 13th, 2022, at the age of 97. During World War II, he served in the United States Marine Corps for two and a half years, attaining the rank of Staff Sergeant. After the war, he was an active member of Polonia for many years.

Ro was a proud member of the Polish National Alliance since 1940. He also belonged to the Polish Roman Catholic Union, the Polish Legion of American Veterans, the Veterans of Foreign Wars, and the American Legion. He was an associate member of the Polish American Police Association.

Mr. Matuszczak has chaired many events and has been part of the leadership of many organizations. This includes as president of the Chicago Society of the PNA, president of the Chicago Society Foundation, member of the Board of Directors of the Polish Museum of America, president of the Polish American Commercial Club, director and announcer of a Polish radio program, executive director of the Chicago Area Council of Senior Citizens Organization, chairman of the Chicago Society Deserving Children's Christmas Party and so much more. He has also received many awards throughout his life, including the Legion of Honor from the Polish National Alliance for distinguished and dedicated service to the community, the Person of the Year Award and Certificate of Appreciation from the Chicago Society PNA, Civilian Man of the Year of the Polish American Police Association, a Medal of Honor from Poland's Ministry of Sport and Tourism.

Ro also played the saxophone and the clarinet. He has touched many lives through his work in Polonia, and will be dearly missed by all who knew him.

Underactive Thyroid Gland

The last issue of Zgoda's health article focused on the overactive thyroid gland or hyperthyroidism. This issue will concentrate on the underactive thyroid gland called hypothyroidism.

The thyroid gland is a small, yet very powerful gland located in the front of your neck. It produces a thyroid hormone which the body uses to control body functions. This includes helping the body to use energy, regulate metabolism, control body growth, keep the body warm, and keep the brain, heart, muscles, and other organs working normally. Problems of your thyroid gland can lead to the gland becoming over or underactive or diseased. Certain vitamins, minerals, and nutrients help to keep the thyroid gland functioning properly and regulate our bodies. The thyroid gland is a very important body part to pay attention to, wouldn't you agree?

Approximately 20 million Americans have some form of thyroid disease, and many of these people are unaware that they even have any thyroid problems. These problems can lead to many health issues including mental slowing, depression, dementia, weight gain, constipation, dry skin, hair loss, muscle stiffness and pain, and irregular menstrual cycles or infertility.

Hypothyroidism, also referred to as underactive thyroid, occurs when the thyroid gland does not make enough thyroid hormone to meet the body's requirements. The decrease in thyroid production causes a slowing of body functions. Women are more likely to develop hypothyroidism and it is more common among people over the age of 60.

Risks for Developing Hypothyroidism

- Prior history of thyroid problems, like goiter
- Prior surgery or had radioactive iodine to treat a thyroid problem
- Having received radiation treatment to the thyroid gland, neck or chest
- Family history of thyroid disease
- Pregnancy in the prior 6 months
- Have a diagnosis of Turner Syndrome, a genetic disorder that affects women
- Have other health problems such as Celiac disease, Sjogren's syndrome (a disease with dry eyes and mouth), pernicious anemia (Vitamin B12 deficiency), type 1 or type 2 diabetes, rheumatoid arthritis, or lupus, a chronic autoimmune inflammatory disease



Hypothyroidism during Pregnancy

Hypothyroidism during pregnancy can be a serious problem if it is not treated. It can affect both the mother and baby. However, there are safe medicines that can be prescribed by your health care provider that will prevent further development of the disease and treat the condition. Many women who take thyroid medicine may need a higher dose prescribed during pregnancy. Contact your doctor ASAP if you are taking thyroid medication and become pregnant.

Causes of Hypothyroidism

There can be several causes of hypothyroidism. A brief explanation follows. In the United States, the lack of iodine in the diet or disorders of the pituitary gland or hypothalamus is not as common a cause of hypothyroidism, as in underdeveloped countries.

Hashimoto's Disease: This is an autoimmune disorder that is the most common cause of hypothyroidism. The body's immune system attacks the thyroid gland and the thyroid gland becomes inflamed and does not make enough thyroid hormone to meet body needs.

Thyroiditis: This is an inflammation of the thyroid gland which causes leakage of stored thyroid hormone from the thyroid gland. This causes your body's thyroid hormone levels to become too high and lasts for many months. After that time, the thyroid becomes overworked and becomes underactive and over time becomes permanently underactive requiring thyroid medication to replace the needed thyroid hormone.

Congenital Hypothyroidism: Some babies are born with a thyroid gland that is not completely developed or does not function properly. If the condition is not treated, congenital hypothyroidism can cause intellectual disability and growth failure. Early treatment can prevent these problems. Most newborns in the United States are tested for hypothyroidism.

Surgical Removal of Part or All of the Thyroid: When part of the thyroid gland is removed, the gland may be capable of producing enough thyroid hormone for the body to function normally. However, some people may develop hypothyroidism after surgery. If it is necessary to remove a person's entire thyroid gland, the result is always hypothyroidism.

Radiation Treatment: Radioactive iodine is a common treatment for hyperthyroidism, however, it gradually destroys thyroid cells and leads to hypothyroidism. Even the use of extensive radiation therapy for cancers of the head and neck can lead to damage to the thyroid gland.

Medications: Certain medications can interfere with thyroid hormone production causing hypothyroid-

ism. These medicines include some heart medicines, cancer medicines, and bipolar disorder medicines.

Diagnosis

A history and physical by your doctor is the first step to a diagnosis of hypothyroidism. You can't go by symptoms only because the symptoms can be indicators of other diseases. The doctor will order several thyroid blood tests and imaging tests to confirm the diagnosis. Hypothyroidism can cause fertility problems, therefore women who have problems getting pregnant are tested for thyroid problems. Symptoms of Hypothyroidism: Since hypothyroidism develops slowly, symptoms are not noticeable for months to years. Please note that many symptoms are common to normal behavior and do not necessarily mean that you have hypothyroidism, so let the doctor check you out before you jump to the wrong conclusions.

Common Symptoms of Hypothyroidism

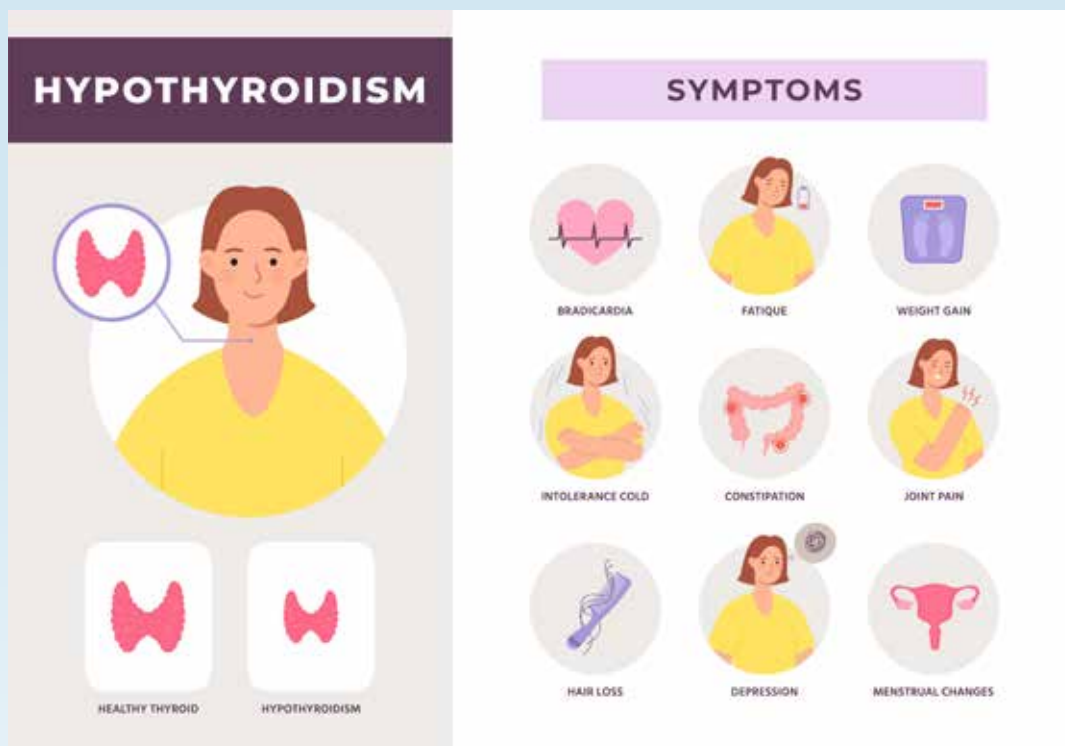
- Fatigue
- Weight gain
- Intolerance to cold
- Joint and muscle pain
- Dry skin/dry or thinning hair
- Heavy or irregular menstrual periods or fertility problems
- Slowed heart rate
- Depression

Treatment of Hypothyroidism

Treatment of hypothyroidism involves replacing the thyroid hormones that your body no longer makes. The drug, levothyroxine, is a hormone replacement medicine identical to a normal body's thyroid hormone. It comes in pill form and also comes as a liquid or a soft gel capsule. It is beneficial when taken before breakfast. The doctor will order a blood test about 6 months after you have been on the medication to determine if you need a dose adjustment, and then again in 6 months. If the results are stable and in the appropriate range, yearly tests will follow to be sure you are getting the right amount of hormone replacement. The goal of treatment is to completely control hypothyroidism. Never stop taking your medicine without speaking with your doctor about it first. Your life depends on this medicine,

The effects of Diet and Nutrition on Hypothyroidism

Since your thyroid needs iodine to make thyroid hormones, you may be sensitive to iodine's harmful side effects. Eating foods that are high in iodine, such as kelp, dulse, or oth-



it is better to proceed with treatment regardless of COVID-19 and its variants.

Conclusion

Hypothyroidism, as compared to Hyperthyroidism, occurs when the small thyroid gland located in your neck, does not make enough thyroid hormone which controls many of our body's normal functions. There are risks and causes for a person to develop hypothyroidism, and many people have mild cases and are not aware of it. That is

er kinds of seaweed may cause or worsen hypothyroidism. Taking iodine supplements can also have the same effect. Before buying or taking any thyroid supplements/products, consult your doctor. You do not want to take too much of the product, plus there are supplements that are ineffective and will not help you at all.

Thyroid Cancer, Thyroid Nodules, and Covid-19

Individuals, who have thyroid nodules or thyroid cancer and are thus diagnosed as having an autoimmune disease, have been concerned about having thyroid biopsies or surgical procedures done on their thyroid gland. The clinical agreement is that it is safe to delay the biopsy of a surgical procedure unless the doctor strongly advises that the procedure be done immediately. Having a prior cancer diagnosis and taking thyroid replacement therapy, is not a known risk for getting COVID-19 or being more severely affected by COVID-19. If in rare cancer cases where the person is on chemotherapy, s/he would be considered at high risk for severe illness from COVID-19. Thyroid tumors that produce serious symptoms, such as difficulty breathing, swallowing, or invasion of other parts of the neck, require immediate surgery. The use of radioactive therapy after thyroid cancer surgery may be rescheduled during the COVID-19 pandemic. Delays in rescheduling the radioactive therapy for 6 months or longer have not proven to negatively affect the patient's condition. Your health care provider will advise you when it is safe to delay treatment or follow-up procedures and when

why you need to have yearly physicals which include blood tests to determine if you have the condition. The symptoms are similar to those of other diseases, so again it is important to relay them to your health care provider. Treatment is achieved by taking a daily thyroid hormone replacement medication prescribed by your health care provider. This is a lifetime treatment and critical that it be taken exactly as prescribed and monitored for its effectiveness. For more information contact the American Thyroid Association. See you in the next issue of Zgoda.



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PNA National Director

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Polish Heritage Night at the Ballgame

On Wednesday, June 8th, the Polish National Alliance celebrated Polish Heritage Night at the Guaranteed Rate Field as the Chicago White Sox battled the LA Dodgers.

This year, Polish Heritage Night tickets came with a ticket to a pre-game parade, as well as a lovely White Sox hat embroidered with the Polish flag. The stadium was packed with proud Polish-American fans, many of whom were PNA members and their loved ones, wearing white and red. In total, 25,078 people were in attendance. It was an exciting night filled with music, dance, and Baseball!

The pre-game parade was a procession on the White Sox baseball field, a truly mesmerizing moment. It was very exciting to see the baseball field from a different, much closer perspective.

Our WPNA 103.1 FM Radio team was present to livestream the game and celebrate Polish Heritage Night with us. You can still find it on the PNA Facebook page and look back at White Sox vs. LA Dodgers or the Polish Heritage Night 2022.

The game was fun to watch as well, even though the White Sox lost 4-1. The LA Dodgers put in extra effort to make up for losing to the White Sox 4-0 the day before. Despite the loss, the game was an exciting show of sportsmanship. The fireworks show, the music, and fantastic food including Polish kielbasa and pierogi added flavor to the entire experience.

During the game, one of the White Sox board notes read: "Among those with White Sox ties in the National Polish-American Sports Hall of Fame are Greg Luzinski, A.J. Pierzynski, Ted Kluszewski, Eddie Lopat, Tom Paciorek, Ron Reed, Al Simmons, Moose Skowron and Richie Zisk." We are very proud of them.

We all felt seen and appreciated as a community. A sincere thank you "dziękujemy" to all the PNA members and friends who attended the White Sox game that evening. We hope to see you next year.



Województwo Świętokrzyskie

*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.*

Did you open this issue of Zgoda hoping to read about dinosaurs in Poland? If so, today is your lucky day! Dinosaur tracks have been discovered in Poland within the past few years, and that is just one of the many cool things about the Świętokrzyskie Voivodeship!

The Świętokrzyskie (Holy Cross) Voivodeship is an area in south-eastern Poland. It is named after the Świętokrzyskie mountain range and is bordered by six other voivodeships. The Świętokrzyskie Voivodeship covers an area of 11,672 square kilometers (4,507 sq mi) and has a population of approximately 1,237,369. It is Poland's second smallest voivodeship after the Opole voivodeship. The capital city is Kielce.

Nearly two-thirds of the province is agricultural and used for growing crops such as fruits and vegetables, as well as cattle breeding. The land, and especially the Świętokrzyskie mountain range, is abundant with mineral resources. These include gypsum, quartzite, sandstone, marble, clay, limestone, and so much more. Besides agriculture, the voivodeship also has metalworking, automobile manufacturing, glass and ceramics manufacturing, and other industries.



Chęciny Royal Castle near Kielce

The Świętokrzyskie voivodeship was also called home by many well-known Polish writers. Mikołaj Rej, author of the famous sentence *"Among other nations let it always be known, that the Poles are not geese, have a tongue of their own."* known as the father of Polish literature was born in Żurawno near Halicz during the Renaissance. Henryk Sienkiewicz, Nobel Prize winner and author of, *"Quo Vadis?"* lived in a manor house in Oblęgórek, which is now the Henryk Sienkiewicz Museum.

Many historians also believe that the baptism of Poland took place in the town of Wiślica as early as 880 AD, citing an ancient font discovered in that town.



Bodzentyn ruins

The region is well-known for being home to the oldest mountain range in Poland and one of the oldest in Europe, known as the Świętokrzyskie Mountains (Góry Świętokrzyskie). Rich in nature and full of interesting sites, the Świętokrzyskie Voivodeship is a beautiful piece of the Polish puzzle.

KIELCE

Kielce is the capital city of the Świętokrzyskie Voivodeship and has a history that dates back at least 900 years. There are several guesses as to how Kielce got its name. The city was inhabited by Celts until the 6th or 7th century, and many believe that that is how the city got its name. Many also

believe that the name was inspired by a dream that Mieszko II Lambert, son of King Boleslaus I, had. The dream consisted of a vision of St. Adalbert drawing a winding line that became a stream. When Mieszko woke up, he found the Silnica River and huge white tusks within it. The word for tusks in Polish (kiel) is said to be the inspiration for the city's name. Another hypothesis is that the name originated from the Old Polish noun Kielce, which refers to plants sprouting in the wetlands where the settlement was located.



Aerial view of Kielce marketplace

The first church in Kielce was built in the 10th century and was dedicated to St. Wojciech. Since then, many more churches continued to be built in Kielce. At the turn of the 12th century, many bishops from Krakow became owners of Kielce, and they built a dworzyszcz (fortified manor house) on top of the hill now known as "Castle Hill". In the 13th century, the city was destroyed by Tartar raids, but the city was rebuilt. The city's growth was especially noticeable in the early 17th century as the city grew in popularity due to its churches and economic opportunity.

After the outbreak of World War I, Kielce was the first Polish city liberated from Russian rule by the Polish Legions under Józef Piłsudski's command. It then became the capital of the Kielce Voivodeship and housed many big factories to strengthen Poland's war industries.

Kielce has significant deposits of limestone, marble, marls, and dolomites. As such, mining has long given the area a significant economic boost. Kielce was the site of Poland's first ever technical university, the Academy of Mining, founded in 1816. The school was moved to Krakow ten years later.

ŚWIĘTOKRZYSKIE MOUNTAINS

Poland is well-known for being home to countless well-preserved historical sites, such as castles. The same is true for Poland's nature sites! The Świętokrzyskie Mountains (Góry Świętokrzyskie) are the oldest mountains in Poland, and among the oldest in Europe. The mountains were formed during the Caledonian orogeny, which took place roughly 490-390 million years ago. The range consists of several smaller ranges, including the Łysogóry (English: Bald Mountains) range. The highest peaks are the Łysica peak (2,008 feet) and Łysa Mountain (1,946 feet), both in the Łysogóry range. The Świętokrzyskie Mountains are thought to be named after a Cross relic in an old Benedictine monastery on Łysa góra. The relic is said to be a small piece of wood from the cross on which Jesus Christ was crucified.



Saint Cross, Łysa Góra in Świętokrzyskie Mountains

The oldest evidence of Dinosauromorphia was found in these mountains, in the form of fossil footprints that date back some 250 million years ago. Many other dinosaur footprints from around that era have also been found.

BARTEK is the most famous tree in Poland, and it grows in the heart of Świętokrzyskie Mountains. It is one of three oldest Polish oak trees believed to be about 1200 years old, however, scientific studies estimate its age at about 700 years.



Bartek oak

THE ROYAL CASTLE IN CHĘCINY, used to be one of the most important structures in the medieval Polish state. Important rallies of knights took place here, the army gathered here before going to war with the Teutonic Knights, and numerous valuables belonging to the king and archbishops were stored in castle's treasury. It also frequently served as a residence for the royal family and prison. Because of its advantageous location, the castle persevered for hundreds of years. Unfortunately, the XIII century fortress fell into decline after the wars with Sweden and was never restored to its former glory.



Chęciny Royal Castle

In 1950, the Świętokrzyskie National Park was established to protect and preserve the mountain range.

SANDOMIERZ

Sandomierz is a city in the Voivodeship known for its preserved Old Town, which was declared a National Monument of Poland in 2017. It used to be a royal city of the Polish Crown as well. Sandomierz is situated on the left bank of the Vistula River and is one of the oldest and historically significant cities in Poland.

Sandomierz came into existence during the early Middle Ages. The earliest records that mention the town date back to 1097. The city was important early on because its geographic

position made it very convenient for trading between the Baltic and Black seas and Ruthenia. The city also became very important to the clergy of various Christian sects. Sandomierz even became more popular a few years ago due to a series called "Ojciec Mateusz" (Father Mateo) being filmed there.

The second oldest Dominican monastery in Poland, and one of the oldest in Europe, was founded in Sandomierz in the early 13th century. There are many other older buildings, including the Romanesque Church of St. James, a 14th-century Gothic cathedral with Byzantine murals painted in the 1420s, and Opatów Gate, part of the city's old fortifications.



St. James Convent in Sandomierz

KRZYŻTOPÓR CASTLE was once one of the most magnificent and unique structures in Europe, and the largest residence before the creation of Versailles. Built in XVII century by Krzysztof Ossoliński, the Sandomierz chamberlain and voivode, it reflected his owner's love of magic and astrology with its 365 windows, 12 ballrooms and 4 towers. Rumor has it, that there was a 15-kilometer tunnel under the manor, leading to brother Ossoliński's castle. The floor of the tunnel was covered in sugar, so the two brothers could visit each other on a horse-drawn sleigh, pretending to be traveling in the snow. In XVII century, the castle was robbed of its valuables during the Swedish Deluge, and even though its structure was sound, none of the subsequent owners had neither will nor means for its restoration.



Krzyżtopór Castle

Like much of Poland, Sandomierz's history consists of many wars and devastations that destroyed the city, and just as many stories of resilience and rebuilding. The town was rebuilt in the 14th century by King Casimir III the Great after being devastated by Tatar invasions in the late 13th century. Sandomierz went on to become one of the largest towns in Poland in the 16th century but was again devastated by war and disease. After several centuries of being part of Austria, it returned to Poland's jurisdiction in 1918. During World War II, the res-



Panorama of Sandomierz

idents of Sandomierz were subjected to unspeakable horrors at the hands of Nazi occupiers.

Following World War II, Poland was under Communist Rule for many decades. Sandomierz did not have many major industrial developments during this time. As such, Sandomierz was able to maintain its unique look of historical monuments and architecture with a largely undisturbed landscape.

Świętokrzyskie Voivodeship is also a great place to relax. Famous health resorts **Busko-Zdrój** or **Solec-Zdrój** attract people who want to take care of their health.



Solec-Zdrój spa

There is so much more to see and experience in Świętokrzyskie Voivodeship, we highly recommend a trip to Poland this fall, and visiting this enchanted area.



Sunset at Ponidzie

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MUSHROOM PICKING

How do you feel when you look out the window and see that it is pouring rain? The answer to this question depends on who and where you are. If you are spending some time in Poland during the summer, the sight of rain is likely good news for you. This is because rainy and warm weather produces the highest amount of mushrooms, so you'll have a great time engaging in one of Poland's most popular traditions: Mushroom picking, also known as grzybobranie!

Evidence of grzybobranie's importance to Poland can be found even in Polish Poetry. In Adam Mickiewicz's famous poem, "Pan Tadeusz," there exists an excerpt praising the activity: "Of mushrooms there were plenty: the lads gathered the fair-cheeked fox-mushrooms, so famous in the Lithuanian songs as the emblem of maidenhood, for the worms do not eat them, and, marvelous to say, no insect alights on them; the young ladies hunted for the slender pine-lover, which the song calls the colonel of the mushrooms, All were eager for the orange-agaric; this, though of more modest stature and less famous in song, is still the most delicious, whether fresh or salted, whether in autumn or winter. But the Seneschal gathered the toadstool fly-bane."

Mushroom picking in Poland is at its peak from July through September. Still, very enthusiastic mushroom pickers begin their quest as early as April and continue it until as late as November. These mushrooms are then enjoyed in a variety of Polish dishes, such as grzybowniczki



(baked, round buns filled with fresh and dried forest mushrooms) and zupa grzybowa (mushroom soup), gołąbki (stuffed cabbage rolls), and so much more! Many other mushroom pickers also choose to dry their mushrooms and save them for cooking during the winter, especially during Wigilia.

To have a successful grzybobranie experience, you must know how to identify different types of mushrooms. There are 47 species on the Polish government's list of mushrooms approved for food circulation. The Polish mushroom often looks like a white boletus mushroom in terms of shape and the dark brown color of the cap. It usually grows in large families; rarely is it alone. The mushroom cap generally grows to be between 3 to 12 centimeters (1.18-4.72 inches) but sometimes can be between 20-25 centimeters

(7.87-9.84 inches). The leg also grows to be between 3 to 12 centimeters long.

While the cap is usually dark brown and the leg a lighter brown, Polish mushrooms can vary in color. One distinguishing feature of Polish mushrooms is that their tubular layer turns blue when pressed. Though not immediately visible, Polish mushrooms also contain a large amount of theanine. Theanine has many uses for improving health, including relieving stress and normalizing blood pressure.

There are many opportunities to go mushroom picking in the United States. If you're in Illinois, you can take a drive to Berwyn during the week of October 6th to attend Houby Festival. Wherever you are, take a minute to look up a local festival near you!

Mushroom picking is a well-known Polish autumn tradition continued from generation to generation.

Mushrooms are vital in Polish cuisine, and luckily for us, Ms. Malgosia Bondyra arranged for a few versatile recipes starring mushrooms. Since mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants, unless you are allergic, nothing should stop you from testing these recipes in your kitchen. Smacznego!

Dumplings with mushroom

Goły z pieczarkami



Ingredients:

- 1.7 lb. boiled potatoes (weight after peeling)
- 2 lb. champignon mushrooms
- 2 pinches of black pepper
- 2 pinches salt
- 1 cup breadcrumbs
- 1 onion, chopped
- 2 eggs
- 2 tbsp. of oil
- 1 tsp. salt
- 6 tbsp. potato flour/starch

Directions:

Grate potatoes on the small eyes of the grater. In a bowl, combine grated potatoes, eggs, and potato flour and season with salt. Grate mushrooms on the large eyes of the grater (or in a food processor).

Heat the oil in the frying pan, add grated mushrooms and chopped onion and fry for 15 minutes. Cool it down, add breadcrumbs, and season with black pepper to taste. Soak your hands in water. Take a piece of the potato dough and flatten it in your hands. Place a spoonful of mushroom filling in the middle and form a round or oblong dumpling. Bring a pot of salted water to a boil. Place dumplings in boiling water and cook for 5 minutes after they float to the water's surface. Take them out with a slotted spoon and serve with ketchup, melted butter, or breadcrumbs and melted butter.

Parzybroda Cabbage

Kapusta Parzybroda



Ingredients:

- 2 lb. white cabbage shredded or cut into small cubes
- ¼ lb. smoked bacon cubed into small pieces
- 2-4 tbsp. oil or butter
- 2 tbsp. flour
- 1 tbsp. vinegar or lemon juice
- Salt, pepper, sugar, caraway seeds

Directions:

Place cabbage into a pot, pour 1 cup of boiling water over it, salt it to taste, and simmer for 15-30 minutes. In a frying pan, combine half of the oil or butter with bacon and fry it until bacon becomes a bit crispy. Drain the cabbage well (save the cabbage water), add the cabbage to the pan with bacon and fry everything for 5 minutes. In a separate small pot or pan, melt the remaining butter or oil, add flour and mix well (roux). Thin the roux with saved cabbage broth to stay somewhat thick but not too thick (add as much as needed). Mix the roux into the cabbage, add salt, pepper, and caraway seeds and cook for 5 more minutes. Serve it on its own or as a side dish.

Wild Mushroom Sauce

Sos z grzybów leśnych



Ingredients:

- 1 lb. fresh wild mushrooms
- 2 shallots or 1 medium onion
- 1 clove chopped or minced garlic
- 2 tbsp. butter
- ¼ cup heavy whipping cream or 3 tbsp. natural yogurt
- 1 cup vegetable broth
- Salt and pepper
- 3 bay leaves
- 3 grains allspice
- Fresh parsley chopped

Directions:

Thoroughly clean and wash the mushrooms to remove dirt in a water bowl (change the water several times). Cut clean mushrooms into desired size pieces. Add butter, shallot, onion, and garlic to a frying pan

and fry. Add mushrooms and fry for about 10 minutes, stirring occasionally. Add a cup of hot broth, pinch of salt, bay leaves, and allspice, and simmer under cover for about 20 minutes, stirring occasionally. Add heavy whipping cream (if using natural yogurt, pour some of the stock into a separate glass, add yogurt and mix the content thoroughly, preferably with a whisk or blender and add it back to the sauce). Simmer for 2 more minutes, turn the heat off, add fresh parsley, mix and serve with boiled potatoes, pasta or bread.

Tip: If you want to thicken the mushroom sauce more, add mushrooms, yogurt, or cream to a food processor and blend it. The mushroom sauce will acquire a natural density without flour or potato starch.

Chocolate Covered Prunes

Śliwki w czekoladzie



Ingredients:

- 20 pitted prunes
- ¾ cup rum
- 1 bar of dark chocolate
- ½ bar of milk chocolate

Directions:

Soak prunes overnight in rum: drain and dry prunes. Break chocolates into small pieces and melt. Dip each prune in the chocolate and cover it entirely. Place them on a wire rack and let the excess chocolate drip off. When the chocolate hardens, place the prunes in a serving dish and enjoy!



*Małgorzata Bondyra,
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President,
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*Photos by
Michael Carnahan,
Lodge 339,
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November 19th at 10:00 am
December 17th at 10:00 am

at the Polish National Alliance
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2023 National Bowling Tournament

The Polish National Alliance Fraternal Activities Committee is entertaining proposals to host the 2023 National Bowling Tournament from Lodges, Councils and Districts.

If you are interested in hosting 2023 PNA National Bowling Tournament, please contact Fraternal Coordinator Mary Srodon, at mary.srodon@pna-znp.org

Deadline: September 1st, 2022.

Results will be posted on the PNA Website.



POLISH HERITAGE DAY PICNIC IN THE PARK

OCTOBER 29, 2022 AT 10:30 AM TILL DARK

JOHN PAUL LANDING PARK, 24202 WEST RD., CYPRESS, TX



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- OPENING REMARKS BY CONSUL GENERAL OF THE REPUBLIC OF POLAND
- POLISH TEXAS HISTORY BY DR. JIM MAZURKIEWICZ, PRESIDENT, PACT & PNA MEMBER
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103.1 FM

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