

# ZGODA

Summer  
2023

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

1881-2023 Vol. 176; No. 2

**Summer at last!**  
*Nareszcie lato...*



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## Wilanów Palace

A gorgeous gem nestled in Warsaw, Poland, the Wilanów Palace invites all with its sunny and bright exterior.

**(USPS 699-120)**  
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**of the Polish National Alliance**

6100 N. Cicero Avenue  
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**www.pna-znp.org**

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of the U.S. of N.A.

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## **From the President**

### *May 2023*

Dear Members,

We are getting closer to the upcoming 49th Quadrennial Convention which will be held in Rosemont, IL, starting on Tuesday, August 29, 2023. Representatives will discuss exciting initiatives and make decisions that we believe will further the Polish National Alliance.

Over the past four years, our world has faced many challenges, including the PNA, due to the pandemic and other social changes. Needless to say, we addressed every issue. The PNA is on the right track to continue its mission to the Polish-American community.

Despite the difficulties, we have continued to persevere and are proud that this year's Independent Comparative Report (see page 11) reflects our organization's strength.

We are looking for new ways to engage our members to have a voice at the PNA. One way we will accomplish this is through expanding the democratic process of electing PNA governance.

I have exciting news to share with our members. Currently, we are in the process of having the Polish National Union (PNU) of Scranton, PA, merge with the PNA. The merged society will be a division of the PNA. The PNU selected the PNA to merge with based on our

financial stability, shared goals, and inclusiveness. The PNA will grow by approximately 8,000 members. We welcome them with open arms!

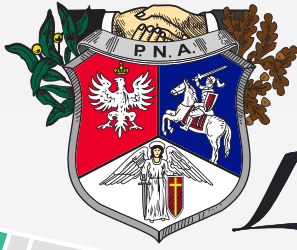
In addition, we are in the process of entering into an agreement with the POLAM Federal Credit Union to offer our insurance products.

Finally, I want to express my sincere appreciation to our members for their support and loyalty. Our success is only possible because of you. Thank you for your trust in us as we work to create a stronger PNA. The strength of the organization lies within its members and service to the community. With the recent by-law amendments, we will be looking for dedicated and skilled individuals to promote activities within their communities. Please do not hesitate to reach out to the PNA to learn how you can get involved!

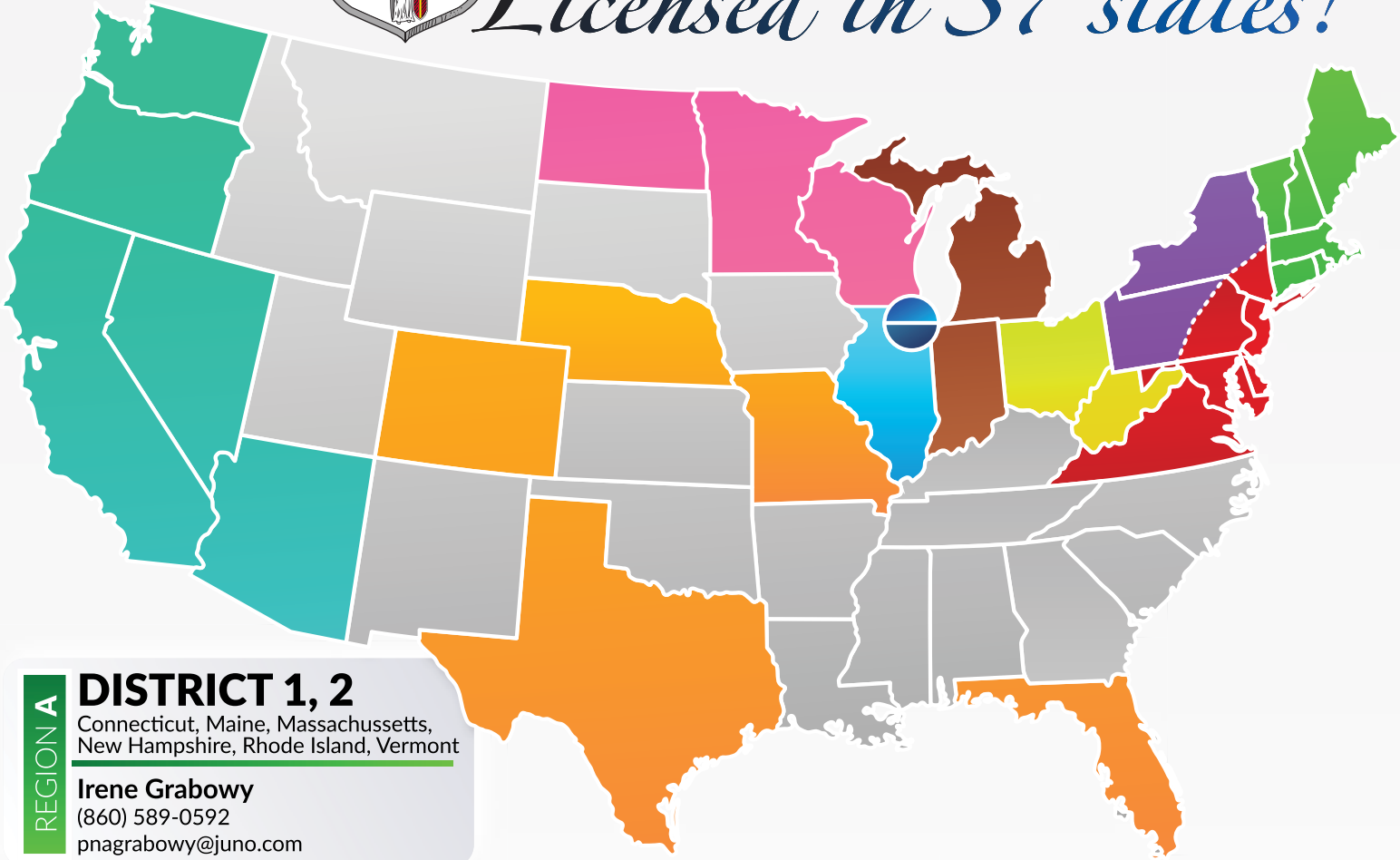
I congratulate all representatives elected to the 49th Quadrennial Convention and am looking forward to meeting soon in Rosemont. For more information regarding the National Convention, please see pages 12-14 and follow PNA's website.

Have a safe and relaxing summer!

*Frank J. Spula, FLMI*  
*President & CEO*



*Licensed in 37 states!*



REGION A

### DISTRICT 1, 2

Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont

**Irene Grabowy**

(860) 589-0592  
pnagrabowy@juno.com

REGION B

### DISTRICT 8

Western New York, Western Pennsylvania

**Sean Jackson**

(412) 841-3120  
sjacksonpna@gmail.com

REGION C

### DISTRICT 3, 6, 7

Delaware, DC, Maryland, New Jersey, Virginia Eastern New York, Eastern Pennsylvania

**Bozena Kaminski**

(917) 750-8143  
pacbozenak@gmail.com

REGION D

### DISTRICT 9, 17

Ohio, West Virginia

**David Milcinovic**

(216) 299-1407  
davidmilcinovic@yahoo.com

REGION E

### DISTRICT 10, 15

Indiana, Michigan

**Stella Szczesny**

(313) 680-4548  
stellaszcz@gmail.com

REGION F

### DISTRICT 12

Illinois, South Chicago

**Barbara Wesolowski**

(708) 460-6657  
bwesolowski1@yahoo.com

REGION G

### DISTRICT 13

Illinois, North Chicago

**Magdalena Solarz**

(773) 777-8800  
pna.fraternal.g@gmail.com

REGION H

### DISTRICT 4, 5, 11

Colorado, Florida, Missouri, Nebraska, Texas

**Jolanta Mazewski-Dryden**

(713) 805-5810  
jola@drydeneventproductions.com

REGION I

### DISTRICT 14

Minnesota, North Dakota, Wisconsin

**Teresa Jankowski**

(414) 559-9301  
jtjankowski@sbcglobal.net

REGION J

### DISTRICT 18

Arizona, California, Nevada, Oregon, Washington

**Greg Chilecki**

(714) 744-2775  
gchilecki@dslextreme.com



## From the Editor

Hello All!

I wanted to express my deepest gratitude for the kind words I received from many regarding my first issue as Zgoda Editor. It is truly an honor to be in this role, and I could not do it without the help of so many wonderful people.

With the end of each issue comes time for planning the next one; the fall edition of Zgoda is already in the works! Please submit all contributions by July 20, 2023, by emailing [zgoda@pna-znp.org](mailto:zgoda@pna-znp.org). As a reminder, please submit all photos in the highest quality resolution possible. The best photos are usually left in their original format without any cropping or editing. The Zgoda Team will do the rest of the work for you! Wishing you all a wonderful summer!

*Monica Lebensztejn,  
Editor*

### 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.

**Check your beneficiaries every time you:**

- Got married or divorced
- Birthed or adopted a child
- Lost a loved one
- Decided to leave money to your favorite charity



*Make sure your paperwork is up-to-date.*



Contact PNA Customer Service at: **(800) 621-3723 Ext. 376** | Download the **Change of Beneficiary Form** at: [pna-znp.org/important-forms](http://pna-znp.org/important-forms)



## POLISH NATIONAL ALLIANCE SCHOLARSHIP PROGRAM FOR GRADUATE STUDENTS!

**DEADLINE: JUNE 15, 2023**

The Polish National Alliance is pleased to announce the PNA Graduate Scholarship Program. The program is available to all PNA members who are currently enrolled as full-time graduate students.

### Applicants must meet the following criteria:

- be a U.S. citizen or permanent resident
- be a PNA member in good standing (for min. 5 years) with a permanent certificate of insurance no less than \$10,000
- 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 the application and personal resume
- submit a typed, up to 500 words, essay in which the applicant will provide information about why he/she deserves financial support from the PNA



Scan for more information and the application.

For any questions, please contact (800) 621-3723.

**BEST OF LUCK TO ALL APPLICANTS!**



## From the Manager of Sales

Dear Members,

When you are reading this Zgoda issue, a burst of beautiful sunshine is probably entering through your window, providing not only warmth but happiness in your heart. Summer fun and the beautiful weather remind us it is finally time for a vacation, outdoor activities, family barbecues, and relaxation. It is easy to get swept up in the summer heat and place a pause on the stresses in our lives. However, we cannot forget about one topic that remains important year-round: **life insurance**.

Whether you are a first-time life insurance buyer or have coverage with PNA, consider a **term plan**. Why? It's **affordable**. A term plan provides coverage for a specific period, usually ranging from 10-20 years at a fixed premium amount. This means you can get the coverage you need without breaking the bank. For example, a 40-year-old woman who is a non-smoker and in good health can buy \$252,922 in coverage insurance for only \$20 a month to be covered under a 10-year term plan. If you are a 34-year healthy, non-smoker male, \$20 will provide you with a \$300,344 coverage amount under the same plan.

In addition to affordability, term life insurance is also easy to understand. You do not need to be a financial expert to understand the terms and conditions of the certificate. The coverage is **straightforward** to comprehend, so you can make informed decisions about your financial future.

Another benefit of term life insurance is the conversion option. If your circumstances change, you have the option to convert your certificate into a permanent life insurance plan without undergoing a medical examination. This is an important factor to consider as we cannot take our health for granted. The unexpected may happen and could prohibit you from obtaining coverage in the future after a medical examination. Overall, a term plan's flexibility allows you to adjust your coverage as your needs change over time – **worry-free!**

When purchasing life insurance, many people ask *what is a rider or waiver?*

Term life insurance certificates offer a range of riders that can be added to your certificate to provide **additional** coverage for specific situations. These riders can include accidental death and disability coverage. An Accidental Death Benefit rider provides double the face amount (max. \$300,000) should death result from an accident. A Disability Waiver of Premium Rider provides a premium payment waiver should the proposed insured become disabled for six continuous months or longer. Once again, life and health cannot be taken for granted. Adding on an additional rider is a small cost for peace of mind.

Annuity rates are still hot at PNA just like the weather! We encourage you to inquire about opening an annuity account or making an additional deposit, especially if you received an extension on your tax deadline. For so many years we were in a low-interest rate environment that when we see rates as high as 4.50%, 4.25%, or 4.35%, our wallets shiver with excitement. These rates are subject to change at any time so do not delay, open an annuity today!

In conclusion, I urge you to consider the benefits of term life insurance and other available plans. Contact us today to discuss your options and get the coverage you need. In the meantime, please scan the QR code below to visit our website and check out our offerings.

Wishing you a joyous and safe summer,

*Jolanta Walaszek,  
Manager of Sales*



*Protect what matters!*

Get a little extra security for your family with PNA's affordable

## **10-Year Term life insurance.**

Affordable   Convertible   Straightforward

Protect the ones you **love**  
with an organization you can **trust**.

AMOUNT OF INSURANCE\*

**\$250,000**

Age	Male	Female
35	\$21.15	\$19.13
40	\$28.80	\$24.30
45	\$40.95	\$33.98
50	\$61.20	\$50.63

AMOUNT OF INSURANCE\*

**\$100,000**

Age	Male	Female
52	\$32.31	\$27.18
54	\$37.53	\$30.78
56	\$43.92	\$34.92
58	\$51.66	\$39.87
60	\$61.38	\$45.81

\* Monthly premiums. Other amounts available. Preferred non-smoker rates. Medical exam may be required. Not available in the state of New York.



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

**800.621.3723**

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

# Lifetime of coverage

20 years of payments

## Twenty Pay Life

### Simple

You get permanent life insurance, but you make small monthly or annual payments for 20 years only.

### Smart

Your policy builds cash value quickly and offers riders and dividend options. It is a perfect addition to your savings portfolio.

### Perfect for your entire family

Available for everybody from 0 to 85 years old. Gives full access to all PNA fraternal benefits.

AMOUNT OF INSURANCE\*\*

**\$100,000**

Age	Male	Female
40	\$149.31	\$136.80
45	\$175.95	\$162.45
50	\$207.81	\$192.51

AMOUNT OF INSURANCE\*

**\$50,000**

Age	Male	Female
55	\$134.87	\$123.62
60	\$158.40	\$145.94
65	\$190.67	\$175.55

AMOUNT OF INSURANCE\*

**\$25,000**

Age	Male	Female
0	\$18.16	\$16.67
3	\$19.78	\$18.14
5	\$20.99	\$19.22
10	\$24.39	\$22.25

\* Monthly premiums. Other amounts available. Medical exam may be required. Not available in the state of New York. \*\* Preferred non-smoker rates.



800.621.3723

www.pna-znp.org ♦ facebook.com/PNAZNP

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

6100 N. Cicero Ave.  
Chicago, IL 60646





**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.

**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.**

Signed in \_\_\_\_\_ on \_\_\_\_\_  
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

# 2023 INDEPENDENT COMPARATIVE REPORT

Standard Analytical  
Service, Inc.  
Publishers of Independent  
Insurance Reports Since 1932



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.

## 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

Standard Analytical Service, Inc.  
111 Westport Plaza Drive  
Suite 600  
St. Louis, MO 63146

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## POLISH NATIONAL ALLIANCE OF THE U.S. OF N.A.

Chicago, Illinois

### 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 U.S. OF N.A.

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, 2022  
(The 25 leading companies are determined by the amount of Admitted Assets as of December 31, 2022)

## STRENGTH & STABILITY

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

## 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, 2022

American National Insurance Company, TX .....	\$116.56
Ameritas Life Insurance Corporation, NE .....	108.11
Connecticut General Life Ins. Co., CT .....	148.17
Equitable Financial Life Ins. Co., NY .....	102.67
Everlake Life Insurance Company, IL .....	107.26
Guardian Life Ins. Co. of America, NY .....	113.17
John Hancock Life Insurance Co., (USA), MA .....	104.80
Life Ins. Co. of the Southwest, VT .....	106.63
Lincoln National Life Ins. Co., IN .....	103.06
Massachusetts Mutual Life Ins. Co., MA .....	109.89
Metropolitan Life Insurance Co., NY .....	103.07
Midland National Life Insurance Co., IA.....	106.96
Minnesota Life Insurance Co., MN .....	105.95
Nationwide Life Insurance Co., OH .....	106.74
New York Life Insurance Company, NY .....	112.01
Northwestern Mutual Life Ins. Co., WI.....	109.62
Ohio National Life Insurance Company, OH .....	109.00
Pacific Life Insurance Company, NE .....	107.00
Penn Mutual Life Insurance Company, PA.....	110.46
Protective Life Insurance Company, TN.....	107.27
Prudential Insurance Co. of America, NJ.....	104.92
RiverSource Life Insurance Company, MN .....	103.26
State Farm Life Insurance Company, IL.....	121.64
Symetra Life Insurance Company, IA .....	105.35
United Of Omaha Life Insurance Co., NE.....	106.27
AVERAGE OF 25 OF THE LEADING LIFE CO'S.....	\$107.00

**POLISH NATIONAL ALLIANCE .....** **\$105.27**

## 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..... \$47.54

**POLISH NATIONAL ALLIANCE .....** **\$100.93**

## 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>\$594.20</b>	\$149.03
Reserves per \$1000 .....	<b>493.74</b>	63.69
Surplus per \$1000 .....	<b>29.73</b>	9.75

## FINANCIAL STATEMENT SUMMARY AS OF DECEMBER 31, 2022

Admitted Assets	<b>\$440,038,749</b>	Benefits to Policyowners	<b>\$25,783,572</b>
Policy Reserves	<b>\$365,643,529</b>	Net Investment Income	<b>\$16,677,326</b>
Total Liabilities	<b>\$418,023,344</b>	Total Income	<b>\$33,007,572</b>
Gross Surplus (Incl. Capital, if any)	<b>\$ 22,015,405</b>	Insurance Issued	<b>\$16,855,000</b>

Insurance in Force  
**\$740,558,000**

CONCLUSION: Based on the financial results achieved in the year ended 2022, 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 National Secretary

Dear PNA Members,

The Home Office is gearing up for the 49th PNA National Quadrennial Convention.

Congratulations to its 110 duly elected Representatives! The future of our organization is in your hands. We are looking forward to seeing you in Rosemont IL, one of Chicago's conveniently located suburbs.

Please check the PNA website for updates and feel free to contact my office with any questions. Note, the PNA By-Laws were recently amended by the Representatives to the 48th PNA Convention (2019, Phoenix, AZ).

To the PNA members that are not part of the organization's fraternal structure, I encourage you to get involved, take advantage of PNA's membership offerings, participate in its assembly, and contribute to its future.

On a practical note, there is a great chance that some of our members moved in recent years or months. The real estate business is thriving, regardless of the interest rate increases. People move out of large cities in search of more space and to different states to pay less taxes. Whatever the reason, don't forget to inform PNA about your change of address. You can download the Address Change Form off our website [pna-znp.org](http://pna-znp.org), or call the PNA office at (800) 621-3723 ext. 366. As always, we are ready to assist you!

Wishing you a wonderful summer,

*Alicja Kuklińska*

# Polish National Alliance 49<sup>th</sup> Quadrennial Convention

## IMPORTANT ANNOUNCEMENTS FROM THE OFFICE OF THE NATIONAL SECRETARY

**The 49th PNA National Quadrennial Convention will be held in Rosemont, Illinois on August 29-31, 2023. Congratulations to its duly elected Representatives!**

**According to the By-Laws of the Polish National Alliance of the U. S. of N. A. revised and reenacted at the 48th Convention held from August 25 to August 27, 2019, in Phoenix, AZ, amended by the vote of its Representatives and approved by the Illinois Department of Insurance on April 19, 2023:**

**Petitions, grievances and complaints** to be considered by the Convention Committee must be filed with the Secretary of the Alliance, no later than sixty (60) days prior to the National Convention in Rosemont, Illinois (Article IV, Section 43, (b)). The deadline for filing is **June 20, 2023**. A grievance or complaint not filed within the time provided shall not be considered.

**The proposals of amendments to the By-Laws** shall be submitted to the Secretary of the Alliance, no later than sixty (60) days prior to the National Convention in Rosemont, Illinois. (Article IV, Section 43, (c)). The deadline for submission is **June 20, 2023**.

**Filing of applications for elective PNA National Offices;** Chair of the Board, Vice Chair of the Board, Secretary, Treasurer and Board Directors (5) deadline is **June 20, 2023**. Requirements for elective Officers of the PNA are available on the PNA official publication, its website: **[pna-znp.org](http://pna-znp.org)**

Current By-Laws of the Polish National Alliance of the U.S. of N. A. are available on the PNA website: [pna-znp.org](http://pna-znp.org)

Alicja Kuklińska (773) 286-0500 ext. 320  
National Secretary [alicja.kuklinska@pna-znp.org](mailto:alicja.kuklinska@pna-znp.org)  
Polish National Alliance  
6100 N. Cicero Ave.  
Chicago, IL 60646

**Please check the PNA website for announcements from National Secretary Alicja Kuklińska pertaining the upcoming convention.**

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

The Polish National Alliance of the United States of North America („PNA”) recently adopted, by referendum vote, amendments to its By-Laws. The changes address: Article VIII – Fraternal Advisors, which now allows the PNA President to appoint fraternal advisors rather than them being elected; Article IX – Chair and Vice Chair, which makes modifications to the right of succession upon incapacity of the PNA President; and Article X President/Chief Executive Officer of the Alliance, which eliminates the position/office of the PNA Vice-President. The ByLaws amendments were forwarded to the Illinois Department of Insurance, the Domicile State for the PNA and the approval was granted on April 19, 2023.

**BY-LAWS OF THE  
POLISH NATIONAL ALLIANCE OF THE NORTH OF AMERICA  
REVISED PURSUANT TO AMENDMENT APPROVED BY  
REFERENDUM BALLOT BY THE DELEGATES OF THE 48<sup>TH</sup> CONVENTION**

**ARTICLE VIII  
FRATERNAL ADVISORS ~~SY~~ COMMITTEE**

**Section 67 - ~~Composition~~ Duties of the Fraternal Advisor**

~~The Fraternal Advisory Committee shall consist of the Chair of the Board, the Vice Chair of the Board, the President, the Vice President, Secretary, Treasurer of the Alliance, and ten (10) Fraternal Advisors. The Fraternal Advisor shall promote, recommend and evaluate all fraternal, social, sport, cultural, charitable activities as well as promote membership in their respective districts.~~

**Section 68 – ~~Duties of the Fraternal Advisory Committee~~ Appointment of Fraternal Advisor**

~~The Fraternal Advisory Committee shall promote, recommend and evaluate all fraternal, social, cultural, charitable and membership activities of the Alliance. Each district within the PNA shall be entitled to have a Fraternal Advisor. The Fraternal Advisor shall be appointed by the President and approved by the Board of Directors. Each Fraternal Advisor shall receive a manual outlining their duties and responsibilities as prepared by the Board of Directors.~~

**Section 69 - ~~Meetings~~ – Quorum Composition and Meetings**

~~All members of the Fraternal Advisory Committee of the Alliance shall hold and participate in Board of Directors annual meetings, participate in quarterly telephonic conferences and such special meetings, as may be called by the Chair of the Board or the President of the Alliance. A majority of the members of the Fraternal Advisory Committee of the Alliance shall constitute a quorum for the transaction of business. Any meeting may be conducted by electronic means so long as the method used provides for instantaneous communication. All Fraternal Advisors shall actively participate in conferences and such special meetings as may be called by the President. Meetings may be conducted by electronic means.~~

**ARTICLE IX  
Chair and Vice Chair**

**Section 70 - Offices and Powers of the Chair**

The Chair shall be the Chairperson of the Board of Directors, Alliance Printers & Publishers, Alliance Communications and PNA Education Fund.

The Chair shall have the following powers:

(1) To appoint the Committees of the Board of Directors subject to the confirmation thereof by such respective bodies. The Chairperson shall be ex-officio member of said Committee all bodies.

(2) Right of succession. In case of the inability of the President to perform the responsibilities of the office due to death, resignation or illness, the Chairperson shall exercise the powers and perform the duties of the President, until a successor has been hired by the Board of Directors.

**Section 71 - Duties**

It shall be the duty of the Chair:

(1) The Chair’s primary role is to ensure that the board is effective in setting and implementing the company’s direction and strategy. Therefore, the chair is responsible for leading the board and focusing it on strategic matters, overseeing the company’s business, and setting high governance standards.

(2) To issue proclamations or appeals to the membership required in the interests of the Alliance.

(23) To call Special Conventions in accordance with the provisions of Section 41.

(34) To issue, not less than three (3) months before each regular Convention, and publish in the official publication of the Alliance, the time and place of the convention, and a message to the Representatives discussing the affairs of the Alliance and making appropriate recommendations for the consideration of the Convention.

(45) Submit a quadrennial report to the Convention.

(56) Appoint all Convention Officers as provided in Article IV Section 46.

**Section 72 - Vice-Chair**

The Vice-Chair shall be a member of the Board of Directors and Fraternal Advisory Committee and perform the duties of the Chair during the temporary absence or inability of the Chair to perform his duties. The Vice-Chair shall serve as the Vice Chair of the Board of Directors. The Vice-Chair shall perform such duties as are imposed upon him by these By-Laws and the Chair.

**Section 73 – Vacancy of President, Chairperson and Vice-Chairperson**

~~If a vacancy shall occur in the office of the Chair, the Vice Chair shall serve as the acting Chair until the vacancy is filled in the accordance with the By-Laws. The Secretary of the Alliance shall announce the vacancy in the office of Chair or Vice Chair, by posting a notice on the official Alliance website within thirty (30) days following the occurrence of the vacancy. All applicants for the position shall file the application in writing in the same~~

~~matter and form as prescribed in Section 55. Such an application must be filed within thirty (30) days after the announcement of the vacancy on the official Alliance website. The Board of Directors shall fill the vacancy not later than sixty (60) days from the date of the announcement of the vacancy on the official Alliance website. If a vacancy occurs in the office of the President, the Chairperson, and Vice-Chairperson, then the National Secretary shall exercise the powers and perform the duties of the President until that position has been hired by the Board of Directors. The office of Chairperson and Vice-Chairperson shall be filled by the Board of Directors as provided by Section 65(15).~~

#### **Section 74 Section 74- Offices and Powers of the Chair of the Board**

The Chairperson shall:

(1) Preside at all meetings of the Board of Directors, Fraternal Advisory Committee Alliance Printers & Publishers, Alliance Communications and PNA Education Fund, School Corporation and submit appropriate written reports to the National Quadrennial Convention.

(2) Appoint the members of all Committees established by the Board of Directors whose appointment by the Chair is provided for in these By-Laws.

(3) Suspend any Officer including the President for misconduct, incompetence or neglect of duty and report such suspension at the next meeting of the Board of Directors, as applicable, who may upon vote of two-thirds (2/3) thereof confirm and ratify the Chairperson's action. The suspension shall be in force unless overturned by the Board of Directors, as applicable.

(4) The Chairperson may also serve as President.

(5) Perform such duties imposed by these By-Laws and the Board of Directors.

### **ARTICLE X President/Chief Executive Officer and the Vice-President of the Alliance**

#### **Section 75 - President**

The President of the Alliance shall be the Chief Executive Officer ("CEO") of the Alliance and Ex-Officio Member of the Board of Directors. The President shall exercise all rights, powers and privileges incident to said office, and for particularization but not in limitation thereof, the President shall have the right:

(1) To hire District Coordinators, representatives and agents, throughout the entire jurisdiction of the Alliance, who shall perform such duties, receive such compensation and have such titles, as the Board of Directors may determine.

(2) To exercise control over all Officers and employees of the Alliance, except as these By-Laws otherwise provide, and cause an examination and audit of their records and books as often as may appear to be necessary.

(3) To take any appropriate action (including suspension) against the ~~Vice-President~~ Secretary,

Treasurer or any employee for misconduct, incompetence or neglect of duty and report such suspension at the next meeting of the Board of Directors, as applicable, who may upon vote of two-

thirds (2/3) thereof confirm and ratify the President's action. The suspension shall be in force unless overturned by the Board of Directors, as applicable.

(4) The President may also serve as Chair of the Board.

(5) To perform such duties as shall be imposed upon the President by these By-Laws and the Board of Directors. To devote the entire time and attention to the affairs of the Alliance, provided, however, that the President shall not be prohibited from engaging in any civic, charitable and philanthropic activities which are in furtherance of the objectives of the Alliance. The President may not engage in any other occupation for pecuniary profit.

#### **Section 76 - ~~Vice-President - Right of Succession~~**

#### **Section 77 - ~~Vice-President - Duties~~**

~~(1) The Vice-President shall perform such duties as are imposed upon him by these By-Laws, the President and by the Board of Directors.~~

~~(2) The Vice-President shall be a part-time position. The Vice President shall, whenever reasonable, engage in civic, charitable and philanthropic activities which are in furtherance of the objectives of the Alliance.~~

## **2023-24 Undergraduate Scholarships**



The PNA Undergraduate Scholarship Committee recently convened to evaluate 123 applications for the 2023-24 Undergraduate Scholarship Program. The committee, consisting of Wanda Juda, Kathy Lesny Evans, and Anna Wierzbicki, had the challenging task of selecting recipients, but in the end, they awarded a total of \$120,000.

The scholarships are awarded based on specific qualifications, including GPA, community service, and others. Each category is assigned a score, and the highest-scoring students are given the awards. All PNA Scholarship recipients will be notified of their awards by USPS mail.

A full list of the scholarship recipients will be available on the PNA website.

# District 2 Convention



District 2 in Connecticut held its annual convention on March 5, 2023, at Lodge 513 in Wallingford, CT. There were 36 delegates and members from all active lodges and councils in District 2 in attendance. Irene Grabowy, Fraternal Advisor for Region A, conducted the meeting.

President Frank Spula was in attendance as a special guest. Mr. Spula discussed the PNA's financial state of affairs and fraternal activities. He thanked the many volunteers in District 2 for their efforts and explained how the pandemic changed the way of doing business at the PNA. He noted that, nationally, the PNA has annually offered over \$200,000 total in undergraduate and graduate scholarships. The delegation was very appreciative of his comments and his



enthusiastic support of the district. Mr. Spula used the opportunity to award the Bronze Legion of Honor medals to two district representatives in recognition of distinguished and devoted service. Recipients of the medal were Janina Chlus of Lodge 464 in Hartford, CT, and Grazyna Krupa of Lodge 441 in Bristol, CT.

Elected to District 2 offices were Ed Zavaski of Lodge 513, President; Donald Dube of Lodge 2612, Treasurer; Marianna Koziol-Dube of Lodge 2612, President of Women's Division; and Ela Lechowicz of Lodge 513, Treasurer of Women's Division. Wiesia Kennedy of Lodge 464 served as the secretary of the convention. Additional positions and committee assignments were filled. Janina Chlus and Barbara Maziarz of Lodge 464 audited the district's financial report, which was approved. Individual lodge reports were provided. The district is planning to resume activities this year, including the annual Presentation Ball featuring Debutantes and Squires, tentatively scheduled for June 10, 2023, at Baltic Restaurant in Berlin, CT.

*Submitted by Donald Dube,  
Treasurer, District 2  
Photos courtesy of Ela Lechowicz and  
Mateusz Rogalski, Lodge 513*



## *Spectacular Summer for WICI*

WICI Song & Dance Theater has been performing at festivals worldwide for many years. This summer, the dance group is at it again! Here is where you can expect some lovely photos and postcards from this summer:

Teen Group, Chor. Kinga Wojdyla

- June 29: Sardinia

Representative Group,  
Chor. Magdalena Solarz

- July 5: Macedonia
- July 12: Rzeszów, Poland
- ◊ World Festival of Polish Folk Groups
- July 21: Tajikistan

This year, WICI celebrates its 50th anniversary. We send our congratulations and best wishes to the group! Thank you for being wonderful ambassadors of Polish culture and folklore in the United States.

*Safe and happy travels!*

# A Remarkable Member...

*Ms. Irene Hercik – PNA National Director*



**1** *Ms. Hercik, how did you become involved with the PNA?*

When my parents immigrated to Chicago, they became PNA members. My father joined Lodge 694 within his first week of arrival. He held several offices within the lodge and was President for 30 years. He also served as Council Treasurer for 14 years and Council President for 24 years. Our family regularly assisted him with events. When he passed away, I was honored to become the first female President of our lodge. I served as Lady Vice President of Council 3 for 10 years, after which time I was elected President and am serving my 15th year in this position, and I look forward to the next generation of leaders. During my two terms as Commissioner, I organized many events, including the elegant PNA Debutante and Squire Balls. I thank the PNA members that sup-

ported me in these endeavors. As of 2012, I serve as a National Director.



*Baby Irene on her father's lap*

**2** *What were your experiences like growing up as a first-generation Polish American?*

I attended Polish school where I enjoyed learning more about my culture. I was also in Polish Scouts, where we camped in tents overnight at the PNA Youth Camp. My fondest memory was when our group performed at the



Around the World." Each country displays a Christmas tree decorated with ornaments native to their country. There is also a theater where each ethnic group performs on a designated day during December. Our scouting

Museum of Science and Industry in Chicago. During the time leading up to Christmas, the museum features an exhibition called

group performed dances, and one year I was a soloist and sang "Lulajże Jezuniu."

**3** *What other organizations are you involved in?*

I am also involved in the Polish American Congress – Illinois Division. I have served as a delegate for several years, and since 2017, I have been elected as Vice President. I have served on the Audit Committee when needed and assisted in the organization of the Annual Heritage Banquet. Aside from PAC-IL, I have served as an election judge and election coordinator for numerous years. I also organized and taught English as a Second Language (ESL) courses to Polish and Hispanic immigrants at my parish.

**4** *What are some accomplishments you are proud of?*

While raising a family, I returned to school to learn about microcomputers and programming languages. This was when few people had personal desktop computers, which resulted in my attaining a degree in computer information systems, in addition to my bachelor's degree. These achievements have helped me in my distributorship business.

**5** *Tell me a little bit about your family.*

Joe and I met as chaperones of a teen club outing sponsored by our parish. While his mother was in Poland visiting her family, we began courting, and eventually were married! We have a daughter and a son. Our daughter, Theresa, is an architect and our son,





*The Hercik family*

Joe, works in insurance technology, and they are both busy raising families.

**6** *What advice do you have for young Polish Americans to become involved?*

I often speak with 3rd and 4th generation Americans of Polish descent, who claim they have limited knowledge about their Polish ancestors. They tell me they wish they knew more about their ethnic roots. As Pope St. John Paul II said, “*Nie lękajcie się!*” “Do not be afraid” to become involved. Social media makes it easy to learn about your cultural traditions. An excellent way is to like or follow PNA’s Facebook page, where you can always find interesting facts about Polish customs and traditions.

**7** *You mentioned you love traveling. What is a memorable travel experience you had?*

I enjoy visiting areas outside Chicago and have traveled throughout North America and Europe. Memorable trips include attending Mass on Ascension Thursday at St. Peter’s Basilica in Rome

with Pope John Paul II celebrating the Mass. The College of Cardinals was also present for a formal meeting with the pontiff. We sat at the end of our pew and watching all the Cardinals and Pope John Paul II process out after Mass was inspiring. Afterward, we spoke with the late Cardinal George from Chicago. He was happy to see us and graciously allowed us to take a photo with him. My travels to Poland were also memorable because I could spend time with family and visit the country of my roots. I especially enjoyed seeing the Shrine of the Black Madonna in Częstochowa, Wadowice (the birthplace of Karol Wojtyła, now St. John Paul II), Wieliczka Salt Mine, Kraków, and Zakopane.

**8** *What other hobbies are you interested in?*

I enjoy gardening, traveling, spending time with family, and enjoying our grandchildren!



*Hercik family grandchildren*

**9** *Would you be willing to share with us some exciting plans you have?*

I hope to visit Poland soon, specifically areas I have not been to, and spend time with family and friends who have returned to Poland.

*Thank you for the interview, Ms. Hercik!*

*Monica Lebensztejn*

## Amicus Poloniae

Klinika Bezpłatnych Porad Prawnych  
Spotkania w roku 2023  
odbędą się w soboty:

**17 czerwca**

**15 lipca**

**19 sierpnia**

**16 września**

**21 października**

**18 listopada**

**16 grudnia**

Miejsce spotkań:

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

Czas spotkań: **10:00 A.M.**

Możliwość uczestniczenia za pomocą  
platformy Zoom.

Rejestracja jest wymagana:

**(773) 286-2325**

[amicuspoloniaeclinic@gmail.com](mailto:amicuspoloniaeclinic@gmail.com)



**PNA**  
**Lodge 841**



**Annual Scholarship**

**\$1,000**

Available for the fraternal  
members of Lodge 841,  
Monaca, PA

Further info:

**Martin Olshanski**  
**308 Trafalgar Square**  
**Cranberry Twp., PA 16066**  
**(724) 816-6500**

[martyo@zoominternet.net](mailto:martyo@zoominternet.net)

# We are proud of...

## Elżbieta Rudzińska

**OSOBOWOŚĆ POLONIJNA ROKU**



W lutym 2023 roku, w trakcie wydarzeń wspóltowarzyszących IV Międzynarodowemu Dniu Edukacji Polonijnej długoletnia, była prezes Grupy 700, pani Elżbieta Rudzińska, otrzymała tytuł "Osobowość Polonijna Roku". Tytuł ten nadany został przez Polską Akademię Nauk Społecznych i Humanistycznych w Londynie. Gratulujemy serdecznie pani Elżbiecie, życzymy dalszych sukcesów i długich lat w zdrowiu.

*Zbigniew Grzelecki,  
Prezes Grupy 700 w Los Angeles*

## Piotr Latałło and Jan Loryś

**HONORED HISTORIANS**



Mr. Latałło of Lodge 2514 and Mr. Loryś of Lodge 127 received the highest honors from the Polish Army Veterans' Association of America for their contributions to the film "Abandoned Army." The film is about the soldiers of the Polish Blue Army under General Józef Haller and their fate after fighting in World War I. The army formed in France in 1917 and consisted of many volunteers of Polish descent. Over 20,000 soldiers volunteered from America. After the war, the soldiers were neither recognized as veterans by the United States or Poland.

*Photo by Dariusz Lachowski, Dziennik Związkowy*

## Elizabeth Stolarczuk

**DANCER**



Ms. Stolarczuk of Lodge 3278 recently competed at the Windy City Open, a ballroom dance competition, and received 1st place! She is extremely talented and brings her wealth of knowledge about dance to the WICI Song & Dance Theater as an instructor and dancer. She is also a very successful PNA Sales Representative.

## Carolina Wozniczka

**FIRST LADY OF THE COURT**



Ms. Wozniczka of Lodge 3278 was crowned First Lady of the Court (Pierwsza Dama Dworu) of the Queen of the May 3 Parade Pageant this past March. She is currently a junior at the University of Illinois at Chicago majoring in engineering. Ms. Wozniczka will now be actively engaged in the Polish community attending many events, participating in charitable actions, and more.

# In Memoriam

## **STANISŁAWA DOROTA RAWICKI (1954-2023)**

W środę, 12 kwietnia Polonię obiegła smutna wiadomość o śmierci Stanisławy Rawickiej (z domu Krawczyk), długoletniej działaczki Związku Narodowego Polskiego, Kongresu Polonii Amerykańskiej i wielu innych organizacji polonijnych. Stanisława Rawicki była prezesem Gminy 91 ZNP (PNA) i Grupy 700 Towarzystwa Giewont, wieloletnią wiceprezes stanowego wydziału KPA, udzielała się w Związku Klubów Polskich i Legione Młodych Polek. Zarówno w KPA, jak i w PNA podejmowała wiele inicjatyw. Najbardziej znanymi były jesienne przyjęcia z okazji Święta Dziękczynienia Gminy 91 oraz majowa rocznica urodzin Karola Wojtyły, na której zawsze podawane były kremówki. W ogrodzie PNA rośnie dorodna sosna zasadzona ku czci Św. Jana Pawła II, a pod nią pamiątkowa tablica, również dzięki inicjatywie pani Stasi.

Pani Stasia była osobą o wielkim sercu i równie wielkiej fantazji. Szła przez życie z odwagą. Urodzona na Lubelszczyźnie, do Stanów Zjednoczonych przyleciała w 1980 roku, w czasach, gdy Polska była zniewolona. Dążenie do wolności i poczucie patriotyzmu wyniesione z rodzinnego domu nigdy jej nie opuściły, wręcz przeciwnie stały się jej misją w nowym kraju. Na początku pracowała ciężko i uczyła się Ameryki. Lekcji angielskiego udzielała jej pani Wanda Rozmarek i tak pewnie rozpoczęła się przygoda Stanisławy Kaczmarek z PNA. Kilka lat po przyjeździe do Chicago została członkiem organizacji, później jej reprezentantką i oddaną, charyzmatyczną działaczką. Po latach ciężkiej pracy i wytężonej nauki zdobyła licencję sprzedawcy ubezpieczeń i przez 15 lat pracowała dla

Metropolitan, którą to firmę zostawiła poświęcając się pracy na rzecz PNA i polskiej społeczności Chicago. Pani Stasia była jedną z czołowych agentek ubezpieczeniowych PNA. W czasie swojej kariery zapisała do organizacji setki nowych członków i zasiadała w Radzie Dyrektorów PNA.



Jej energia i zapał były niezrównane. Oddana żona Waldemara Rawickiego, kochająca mama Eluni, przyjaciółka wielu, prezeska, inicjatorka i działaczka społeczno-polityczna, promotorka sztuki. Pani Stasia znajdowała czas na pracę w ogrodzie, gotowała pyszne potrawy i ciasta, którymi dzieliła się z innymi. Osobowość większa niż życie, które po ciężkiej chorobie, odeszło przedwcześnie. Spoczywaj w pokoju pani Stanisławo.

On Wednesday, April 12, the Polish community was saddened by the news of the death of Stanisława Rawicki, a longtime activist of the Polish National Alliance, Polish American Congress, and many other Polish community organizations. She was the President of PNA Council 91 and an active member of Lodge 300 Giewont Society, longtime Vice President of the Polish American Congress – Illinois Division, and active member of the Union of Polish Clubs and Legion of Young Polish Women. Both in PNA and PAC-IL, she undertook many initiatives. The most prominent were the Council 91 Thanksgiving gatherings and the annual May celebrations of Karol Wojtyła's birthday which consisted of the famous Wadowice cream cakes. Ms. Rawicki was a devoted Polish community activist and a good friend to many. She will be dearly missed.

# PNA ELECTIONS

## PNA YOUTH CAMP – CHICAGO, IL

The PNA Youth Camp Board held elections in March. Elected to the board were Marzena Powala, President; Bolesław Palka, Vice President; Agata Mscisz, Secretary; Krzysztof Mscisz, Treasurer; Romuald Popławski, Financial Secretary; and Directors Jan Cygan, Bogusław Kwasny, Andrzej Koziol, and Bogdan Olejniczak. President Frank Spula administered the oath.



## COUNCIL 3 – CHICAGO, IL

Congratulations to the newly-elected officers of Council 3! National Secretary Alicja Kuklińska administered the oath of office. Pictured L-R: Alicja Kuklińska; Monika Korczyńska, Treasurer; Elizabeth Stolarczuk, Vice President; Romuald Popławski, Vice President; Irene Hercik, President; Roberta Goals, Secretary; and Joseph Hercik, Sergeant-at-Arms. Ms. Korczyńska, Ms. Hercik, and Ms. Stolarczuk have been elected as representatives to the 49th National Convention.



## COUNCIL 21 - BALTIMORE, MD



Pictured are the officers elected for the 2023-2024 term of office for Council 21, as follows: Seated L-R: Krystyna Jasinski, Treasurer; Małgorzata Bondyra, Vice President; Agnieszka Krajewski, Door Keeper.

Standing L-R: Ryan Kotowski, Financial Secretary; Michael Carnahan, Vice President; Richard Poremski, President; Michael Stewart, Recording Secretary; Bryan Johns, Sergeant-at-Arms.

*Submitted by Richard P. Poremski  
Photo by Michael Carnahan*

## GRUPA 700 - LOS ANGELES, CA

W tym roku zebranie wyborcze Grupy 700 odbyło się 19 lutego. Zebranie rozpoczął Prezes Zbigniew Grzelecki, który podsumował działalność grupy za rok 2022. Następnie Skarbnik Elżbieta Rudzińska przedstawiła sprawozdanie finansowe. Po tym wystąpieniu odbyły się wybory i zaprzysiężenie nowego zarządu na rok 2023, którzy stoją na zdjęciu od lewej: Jan Borkowski, Marszałek; Zbigniew Grzelecki, Prezes; Dorota De Gonzaga-Myszkowska, Sekretarz Finansowy; Elżbieta Rudzińska, Skarbnik; Małgorzata Margo Schulz, Sekretarka Protokółowa; Leokadia Wilczek, Vice Prezes; i Piotr Dalecki, Vice Prezes.



## Konkurs „Mistrz Literowania” w Polskiej Szkole w Yorba Linda



W dniu 18 lutego, odbył się konkurs literowania po polsku w Polskiej Szkole im. Heleny Modrzejewskiej, działającej przy Ośrodku Polonijnym w Yorba Linda, Kalifornia.

Celem turnieju było nie tylko promowanie polskości, ale także nauka trudnej pisowni wyrazów w języku polskim.

Konkurs był sponsorowany przez lokalną Grupę 3259 „Piast”, która ufundowała karty upominkowe Amazon dla swoich członków i byłego komisarza Okręgu 16 PNA, Jarosława Musiała, który ufundował nagrodę pieniężną.

Do konkursu zgłosiło się 31 uczniów z klas 4-8. W komisji oceniającej umiejętności literowania zasiadli: Marlena Hulisz, Barbara Jarosławski, Maria Menclawicz (przewodnicząca jury), Jarosław Musiał, oraz Grzegorz Chilecki - doradca Regionu J, imprezę poprowadziła sprawnie jedna z nauczycielek, pani Bożena Larsunowicz.

W pierwszym etapie konkursu uczestnicy mogli zapisać wylosowany przez siebie wyraz. W drugim etapie już nie mieli tej

możliwości i musieli każdy wyraz przeliterować z pamięci. Poziom, który zaprezentowali uczniowie był tak wysoki, że nawet 270 wcześniej przygotowanych wyrazów trudnych ortograficznie było za mało, żeby wyłonić zwycięzcę.

Po trzech godzinach zmagania wyłoniono Mistrzynię Literowania 2023 - Liliankę Włodarską (powyżej na zdjęciu z Panią Bożeną Lasunowicz), a drugie miejsce zdobył Paweł Śnieżyński, członek Grupy 3259.

Kierownik szkoły, Agnieszka Naylor, wręczyła uczestnikom pamiątkowe dyplomy i drobne upominki. Zwycięzcy otrzymali okolicznościowe medale i nagrody.

Gratulacje zwycięzcom i wielkie brawa dla wszystkich uczestników!

Podziękowania i wyrazy uznania dla dyrekcji szkoły, nauczycieli oraz wszystkich, którzy przygotowali piękną oprawę artystyczną i czuwali nad sprawnym przebiegiem konkursu.

*Grzegorz Chilecki,  
Prezes Grupy 3259 „Piast”,  
Doradca Regionu J*

## 45-lecie Polskiej Szkoły im. gen. Władysława Andersa



King's Hall Banquets w Lombard był miejscem szczególnego wydarzenia w dniu 15 kwietnia. W gronie prawie 200 osób – nauczycieli, uczniów, rodziców i zaproszonych gości, 45-lecie powstania świętowała współpracująca ze Związkiem Narodowym Polskim (PNA) Polska Szkoła im. gen. Władysława Andersa w Des Plaines. Pełniący rolę mistrza ceremonii dyrektor generalny „Dziennika Związkowego” Łukasz Dudka, powitał i przedstawił gości, wśród których znaleźli się m.in. dyrektor krajowa PNA pani Irena Hercik, oraz była dyrektor krajowa PNA i wieloletnia dyrektor szkoły pani Wanda Penar.

Obecna dyrektor szkoły, pani Wiesława Dziedzic podkreśliła w swoim wystąpieniu, że nie ma dla gospodarza większej satysfakcji, jak sala wypełniona zadowolonymi gośćmi i złożyła podziękowania i życzenia emerytowanym dyrektorom, nauczycielom i przedstawicielom komitetu rodzicielskiego, którzy tworzyli historię i tradycję szkoły. Na koniec zwróciła się do uczniów, którzy tworzą szkołę i są jej najważniejszą częścią, doceniła osiągnięcia pedagogiczne nauczycieli i sukcesy młodzieży.

*Dariusz Cisowski,  
Dziennik Związkowy*

# West End Lodge 1052 Annual Communion Breakfast



On March 26, 2023, West End Lodge 1052 held its annual Joseph A. Kaminski Communion Breakfast. There were around 100 attendants along with about 20 children. Each child received an Easter basket or monetary gift. Joe Kaminski was the

Master of Ceremony. Also in attendance were National Directors Val Pawlos and Jeff Twardy.

Director Pawlos discussed the lodge's importance to District 8 and the PNA. Director Twardy talked about PNA life insurance and its benefits. Jeff also announced the four college recipients of the Ray Twardy scholarship of \$500 each. The recipients were Grace Magilson, Jameson Bogdan, Isabella Bogdan, and Olivia Smith. Vice President Keith Smith gave a summary of lodge activities and its financial status. President Mark Pawlos provided motivational remarks and expressed that everyone should take advantage of today because tomorrow is not promised. He also thanked all the members for their support in making the lodge the success that it is.



Further, President Pawlos and the lodge donated \$1,500 to the K-9 division of the North Strabane police force. Captain Matt Mancini accepted the gift and could not thank the lodge enough for how this will help in training new police dogs. President Pawlos then asked everyone to sing Happy Birthday to Joe Kaminski for his 89th birthday. *Sto lat to Joe!*



A big thanks went out to Rockefeller's Grill for catering the breakfast. Everyone had a great time!

*Submitted by Val Pawlos,  
PNA National Director*

# “The Big Polski Bowlski” Fundraiser

On February 4, 2023, the PNA Milwaukee Society hosted “The Big Polski Bowlski” nine-pin bowling event. The Milwaukee Society raised over \$4,000 and plans to host another bowling fundraiser in February or March 2024. Thank you to all sponsors and individuals who helped to make this event a huge success!

*Submitted by Michele St. Marie-Boelkow,  
Financial Secretary/Treasurer, Milwaukee Society*



# BISHOP VISITS LUDLOW, MA

On March 5, 2023, the Most Reverend William D. Byrne, Bishop of the Diocese of Springfield, MA, visited Christ the King Catholic Church in Ludlow, MA, to officiate Mass and greet the parishioners. It is a practice Bishop Byrne began when he became Bishop of the Springfield Diocese. He visits different parishes throughout the year as his schedule permits. On this particular Sunday, organizers of PNA Lodges 3276 and 711 gave Bishop Byrne a special welcome to this Polish-American parish. Adults and children dressed in traditional Polish folk outfits greeted the Bishop and sang traditional songs. Bishop Byrne was honored by the gesture and appreciative of the PNA groups' efforts.



*Pictured on the Bishop's right is former PNA District 1 Commissioner Jeannie Zapala welcoming Bishop Byrne with the traditional bread and salt together with members of PNA Lodges 3276 and 711.*

*Submitted by  
Teresa Struziak Sherman,  
PNA National Director*



## *Song & Dance Concert*

On March 19, 2023, the Polish National Alliance hosted its annual Song & Dance Concert at Lake Zurich High School Performing Arts Center in Lake Zurich, IL, where eight Polish folk song and dance ensembles subsidized by the PNA performed. Part of PNA's mission is to preserve Polish culture and teach younger generations of Polish Americans about their heritage. This was the 37th PNA Song & Dance Concert since its beginning in 1987. The following ensembles performed: WICI, Lajkonik, Gaiczek, Gaik, Whispers (Szepty), Hejnał, Żaki, and Świtezianie.

The PNA Song & Dance Concert was organized by PNA Fraternal Advisor and WICI Artistic Director Magdalena Solarz, Fraternal Events Coordinator Mary Srodon, and PNA staff and volunteers. Around 700 individuals attended the concert and over 300 dancers participated. Ensembles performed various Polish national dances such as the *polonez*, *oberek*, and *kujawiak*, as well as regional dances from Silesia, Kashubia, the Highlands, and Łowicz. Dancers wore dazzling folk outfits representing various regions.

*Photos by Dariusz Piłka,  
Dziennik Związkowy*





# Texas News

The sun is shining even brighter in Texas as summer nears! Region H is ready and looking forward to celebrating the many upcoming festivities we have planned and hope that all will join us. Wishing everyone a happy, healthy, and joyous summer!

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

## POLISH SCHOOL CHARITY BALL

Many members of Progressive Lodge 2336 attended a charity ball to support the Nicolaus Copernicus Polish School in Houston. Lodge 2336 is proud to be a sponsor of the Polish school.



## EASTER SURPRISES

Fraternal Advisor Dryden was on the move again to recognize the efforts of Polish school teachers and students in Houston. She delivered Easter treats and presented a donation from Progressive Lodge 2336



## PALM SUNDAY IN HOUSTON

Polish school students in Houston and friends celebrated Palm Sunday with a palm decorating competition.



## ŚWIEÇONKA IN HOUSTON

Fraternal Advisor Dryden along with Erica Dryden, Katie Kubiak, and Denis Kubiak represented Lodge 2336 and 165 at the Our Lady of Czestochowa Polish Church in Houston at the traditional Świeçonka, which is the blessing of Easter baskets.



*Special thanks to Stan Aponiuk & James Smock for many of the photos!*



Follow Region H on Facebook!

# 76<sup>th</sup> NATIONAL BOWLING TOURNAMENT



Bowlers across the country, from Pennsylvania to California, gathered at the 76th PNA National Bowling Tournament! The tournament was held at the Grand Sierra Resort in Reno, NV.

This year's tournament began with the singing of both the Polish and American anthems, followed by a speech from

Vice President Marian Grabowski. Then, he and Director Jeff Twardy threw the first bowling ball to officially open the tournament.

The event was attended by more than 60 attendees, including Director Val Pawlos and Fraternal Advisor Greg Chilecki. Fraternal Events Coordinator Mary Srodon organized the event,

and received on-site support from Anna Wierzbicki and Wanda Juda. Congratulations to the winning team.

For a full list of winners, please scan the QR code. Bids are being accepted to host the 2024 National Bowling Tournament until October 1, 2023. Please email **mary.srodon@pna-znp.org**.



Winning Team: "Lightning I" Captain Casey Grabowski



# Choreographers Seminar

On April 22-24, 2023, Polish National Alliance hosted a Choreographers Seminar at the Home Office for current and future choreographers. This year's seminar focused on the national dances of Poland, such as the *krakowiak*, *polonez*, *oberek*, *mazur*, and *kujawiak*. Robert Śliżewski, a highly-skilled instructor from Poland, led the seminar and taught proper techniques to around 50 students. Fraternal Events Coordinator Mary Srodon organized the seminar.

cases, to receive proper training, choreographers have to fly to Poland and take costly courses. The Choreographers Seminar is offered as a benefit to all choreographers teaching PNA-subsidized dance groups. The seminar was regularly held until 2013 and resumed its first meeting in 2023.

A pleasant aspect of the seminar was that many college-aged Polish Americans signed up to learn dance

Current choreographers were able to network and exchange information regarding future collaborations. Aside from Illinois, choreographers drove and flew in from across the country, including California, Nevada, Connecticut, Ohio, and Wisconsin.

On the last day, President Frank Spula surprised the students by sharing his musical talent with them. Mr. Spula played a few folk songs on the



The Choreographers Seminar began in 1992 with the purpose of teaching choreographers proper folk dancing techniques. In folk dancing, precision and details matter, including hand placement, outfit selection, and posing. Smaller dance groups did not always have the resources to invest in extensive training. In many

techniques in hopes of becoming choreographers one day. Future choreographer Carolina Wozniczka said, "I have been folk dancing since I was three years old, and dance has become one of my passions. This seminar inspired me to be a choreographer to teach these beautiful Polish dances in the future."

accordion, which the students enjoyed! Thank you to everyone who participated, and we hope to see you at next year's seminar!

*Photos by  
Dariusz Pilka,  
Dziennik Związkowy*



# Easter Across PNA

## Council 8 Easter Egg Hunt

Council 8 & Milwaukee Society Lodge 2159 held their annual Easter Egg Hunt at the Polish Center of Wisconsin. Children enjoyed fun Easter crafts and light snacks before the Easter Bunny arrived and led them for the egg hunt.

*Submitted by Teresa Jankowski,  
Fraternal Advisor Region I*



## Dyngus Day Celebration

Council 21 in Baltimore, MD, celebrated Easter Monday and Śmigus-Dyngus with a fun celebration! The food was delicious, and the polka music was hopping - all putting the large crowd into a real party mode. Many Polonia organizations attended and participated in the event. Needless to say, there also was the customary playful squirting of water upon the unsuspecting female guests!

*Submitted by Richard P. Poremski,  
President, Council 21*



## Pisanki Workshop

During the season of Lent, Council 21 in Baltimore, MD, held its first-ever Pisanki-making workshop during which PNA members and attendees from the Polish community were able

to learn first-hand the fine art of Polish Easter egg decorating. Our master instructor, Krystyna Osowska, shared her tips, tricks, and secrets for a great outcome each and every time, including proper preparation, supplies, and materials. Most importantly, she suggested

the students make the final product as individual and personal as they wish. The workshop was a wonderful success!

*Submitted by Michael Carnahan,  
Vice President, Council 21  
Photos by Richard P. Poremski*



## Polowanie na Jajka w Grupie 700

Jak co roku, w okresie wielkanocnym, Grupa 700 PNA zorganizowała w ogrodach polskiego kościoła parafialnego w Los Angeles polowanie na jajka dla dzieci od lat 2 do 14.

Prezes grupy, Zbigniew Grzelecki, wydał komendę „start” i rozpoczęło się polowanie na jajka dla dzieci z najmłodszej grupy wiekowej, a zaraz potem dla starszych grup wiekowych. Po zebraniu wszystkich jajek dzieci były kierowane do specjalnych stanowisk. Tam czekały na nie torebki ze słodyczami i drobne prezenty. Na tych, którzy znaleźli specjalne Złote Jajka czekały również dyplomy i nagrody pieniężne. Dzieci były również zaproszone do pamiątkowego



*Od lewej: Piotr Dalecki, Malgorzata Margo Schulz, Henryka Lazarz, Kamil Grzelecki, Elżbieta Rudzińska, Zbigniew Grzelecki, Ursula Grzelecki i Leokadia Wilczek*

zdjęcia i z przyjemnością zatrzymywały się przy stoisku z lodami.

Jak zawsze, członkowie Grupy 700 stanęli na wysokości zadania. Przygotowali wszystkie stanowiska, dekoracje i zadba- li o dobrą zabawę i bezpieczeństwo mło-

dych uczestników wielkanocnej zabawy. Ogromnie dziękujemy wszystkim, którzy w jakikolwiek sposób przyczynili się do sukcesu tej imprezy.

*Zbigniew Grzelecki, prezes Grupy 700  
Zdjęcia: Christopher Grzelecki*



## Wielkanocne Szukanie Jajek

W Wielką Sobotę 8 kwietnia 2023 roku, w Ośrodku Polonijnym im Św. Jana Pawła II w Yorba Linda, Kalifornia, odbyło się tradycyjne poświęcenie pokarmów dokonane przez dyrektora ośrodka, księdza Zbigniewa Frąszczaka. Osoby polskiego i amerykańskiego pochodzenia licznie, często w gronie rodzinnym przybyły na ten piękny obrządek.



*Kaya Jędrzejczak i Barbara Jarostawski czuwają nad dziećmi gotowymi do szukania jajek*

Korzystając z okazji, Grupa 3259 „Piast” zorganizowała szukanie jajek dla dzieci w wieku od 2 do 12 lat. W tym roku w pięciu turach zabawy wzięło udział ponad 100 dzieci. Organizatorzy przygotowali ponad 1000 jajek wypełnionych nie tylko słodkimi niespodziankami. Rozdano dzieciom książki do kolorowania, kolorowe naklejki i drobne upominki. Wszyscy uczestnicy, organizatorzy i rodzice również bawili się wspaniale, przyglądając się dzieciom entuzjastycznie szukającym jajek.



*Od lewej: Greg Chilecki, Kaya Jędrzejczak, Barbara Jarostawski, Jarostaw Musiał*

Sukces imprezy był możliwy dzięki pracy i zaangażowaniu członków grupy „Piast” i pomocy ze strony młodzieży: Kai Jędrzejczak oraz Ireny i Aleksandry Czarneckich.

*Grzegorz Chilecki, Doradca, Region J*



# May 3 Constitution Celebrations

The week of May 3 once again turned into a burst of white and red patriotism in Chicago as Poles celebrated Poland's remarkable Constitution of May 3, 1791.

The Polish National Alliance organized its annual **Wreath-Laying Ceremony** at the Kosciuszko Monument on May 2, a beautiful tradition that has been

taking place for over a century. On May 6, the PNA participated in the **Chicago Society PNA Pre-Parade Brunch** and the **Polish Constitution Day Parade** along with its subsidiaries Dziennik Związkowy and WPNA 103.1 FM. The following day, PNA organized the annual patriotic **Mass at Holy Trinity Church** in the intention of the Fatherland. The celebrations concluded at the **Parade Banquet** that following evening where PNA received 2nd place in the business decorating contest. It was certainly a week to remember spent with the community celebrating our heritage and patriotism together!



*Photos by Andrzej Baraniak, Artur Partyka, Dariusz Pitka, and Peter Serocki, Dziennik Związkowy*





# Jan Zawiliński

## Life in Chicago

### Życie w Chicago | 1900-1924

Jan Stanisław Zawiliński (1873-1929) was born in Poland and came to Poland at the age of 16. He resided in Noble Square, a prominent Polish settlement. Zawiliński was active in the Polish-American community and began working at the Polish National Alliance as a printer. He later worked as a clerk, then an assistant to the Secretary General, until he was elected as

Secretary General and held that office until 1928. He was also active in PNA Lodge 257.

Zawiliński was an amateur photographer, but he had a unique artistic perspective. Rather than focusing on staged photography, Zawiliński wanted to capture everyday life. His images help to understand the life of Polonia in Chicago during the late 19th and early 20th centuries. Zawiliński also photographed prominent spots, monuments, and parks in Chicago. His photographs provide a fascinating glimpse into Chicago's history. Although he did not leave behind detailed descriptions of every photograph, viewers can be left to their interpretations by focusing on the details. Zawiliński passed away from a sudden heart attack on June 7, 1929, at 56.



L-R: Halina Misterka, Lukasz Dudka, Monica Lebensztejn, Julitta Siegel, Alicja Kuklińska, Anna Sokolowski, Steve Tokarski, Małgorzata Kot, Barbara Kozuchowska

# Chicopee Raises Polish Flag



The city of Chicopee, MA, celebrated St. Joseph's Day on March 20, 2023, by raising the Polish flag at City Hall. The designated date for St. Joseph's Day is March 19, which fell on a Sunday, therefore, the ceremony was held the next day. Chicopee Mayor John Vieau, who is of Polish descent, spoke of his Polish pride and the community's Polish heritage. Mayor Vieau encouraged all citizens to participate in the events and activities to honor the memory of St. Joseph and embrace the values of faith, family, and community, which are central to Polish culture. He then issued a proclamation designating March 20, 2023, as the observance of St. Joseph's Day in the City of Chicopee. City Council Vice President/Councilor-at-Large Robert Zygarowski accepted the proclamation. There were many state and local government officials present along with a large group of citizens including people from various PNA lodges and councils and other Polish organizations.

The Polish Museum of America prepared an exhibition of Zawiliński's photographs in April 2023. The exhibition will remain until the end of May 2023. PNA representatives had a chance to visit the exhibition in early April. Thank you to the PMA for the kind invitation and hospitality!

If you have more information about Jan Zawiliński, we encourage you to reach out to [zgoda@pna-znp.org](mailto:zgoda@pna-znp.org)!

*Monica Lebensztejn*

*Submitted by Teresa Struziak Sherman,  
PNA National Director*



# *The Great Castles of Poland* **WILANÓW PALACE**

Our series continues with Wilanów Palace in Warsaw! You may say a palace is not exactly a castle, and that is correct. A castle is defined as a structure that is fortified. A palace is not. However, a palace as grand and beautiful as Wilanów deserves recognition, so we will make an exception for this issue! Wilanów Palace, also known as the Wilanowski Palace, is

a magnificent Baroque-style palace located in Wilanów, a district of Warsaw, Poland. The palace was built between 1677 and 1696 for King Jan III Sobieski, a prominent monarch in Polish history. Wilanów Palace is sometimes referred to as the “Polish Versailles” after Louis XIV’s glorious palace on the outskirts of Paris, France.

One of the palace's most remarkable features is its stunning architecture. Wilanów Palace was designed by architect Augustyn Locci. Initially, he was commissioned to create only a ground-floor residency. However, the project expanded as Poland experienced military success and an increase in the importance of royalty. Locci combined the traditional Polish and Italian styles to create a unique and impressive building. Its bright yellow exterior shines brightly, especially against the background of a blue sky or its lush green surroundings.

Wilanów Palace is considered one of the most important historical and cultural landmarks in Poland and is listed as a UNESCO World Heritage Site. It is a must-see attraction for anyone visiting Warsaw.



The palace's interiors were designed and decorated by talented artists, including Johann Sambach, Giovanni Battista Gaulli, and Pompeo Batoni. Wilanów Palace served as a royal residence until the late 18th century when Poland was partitioned and lost its independence.



*Baroque-style sun clock on the exterior*

During the 19th century, the palace underwent several renovations and was owned by various noble families. In the 20th century, it was used as a military hospital and then as a museum.

Today, the palace is a popular tourist attraction and houses a museum that showcases its history, architecture, and art collections.

The palace consists of several wings with many interesting halls and rooms. The façade of the palace is decorated with columns, sculptures, and reliefs, which showcase various mythological and historical scenes. One of the most intriguing rooms, the White Room, boasts the most lavish interior of the entire palace. Large mirrors line the walls providing the illusion of an enlarged space. Chandeliers illuminate the room and royal possessions enhance the authenticity of the room.



Many of the rooms are decorated with frescoes, stuccoes, and statues. Inside the palace is also the King's Library where Sobieski enjoyed reading and working. Tourists can also visit Sobieski's bedroom and dining room, which both consist of stunning decorations. The palace also has a chapel which was built to commemorate Sobieski. There are many more rooms to see that reflect the various architectural styles that were infused into the palace's beauty.



### WILANÓW PARK

After getting lost in the magic of the palace's rooms, take a stroll through the palace's beautiful parks and gardens. The surrounding park features sculptures, fountains, and gardens in various styles, including English, French, and Baroque. The palace and its park are often used for cultural events, concerts, and festivals, such as the annual Mozart Festival.



### JAN III SOBIESKI

Wilanów Palace's most well-known resident Jan III Sobieski was a Polish king who reigned from 1674 until he died in 1696. He is considered one of the most notable monarchs in Polish history, known for his military victories, cultural achievements, and political leadership.



*Sobieski statue in Wilanów Palace*

Sobieski was born in 1629 in Olesko, Poland, into nobility. He was highly educated in various studies including history, languages, and military tactics. He became a military commander and progressed through the ranks of the Polish army.

In 1673, Sobieski was elected as the King of Poland. As a king, Sobieski was highly respected by his subjects. He led the Polish army to a historic victory over the Ottoman Turks at the Battle of Vienna in 1683, which is considered one of the most significant military victories in European history.

Sobieski was also a patron of the arts and sciences, and his court was known for its intellectual and cultural achievements. In addition to Wilanów Palace, he commissioned many impressive buildings. His accomplishments led him to be remembered as Poland's last king to restore the greatness of the Polish-Lithuanian Commonwealth before the Partitions. The Wilanów Palace serves as a reminder of that greatness and that even after downfalls, beauty still prevails.

*Monica Lebensztejn*



# Ambassador Brzezinski Visits PNA

On May 4, 2023, Ambassador from the United States to Poland Mark Brzezinski visited the Polish National Alliance in Chicago, IL, to meet with leaders of the Polish-American community. Representatives from Polish organizations across the city were in attendance. Mark Brzezinski was sworn in as the Ambassador of the United States to Poland on December 22, 2021. He visited the PNA during a special week for Poles worldwide – the week of the anniversary of the May 3 Constitution’s ratification.



Ambassador Brzezinski discussed the bilateral relationship, Poland’s leadership on regional issues, and Poland’s role in the global response to Russia’s war on Ukraine. Then, community leaders engaged in an extensive question-and-answer session with Ambassador Brzezinski.

Overall, community leaders appreciated Ambassador Brzezinski’s visit to Chicago and his willingness to answer their questions on various topics, such as economic development in Poland,



educational partnerships between U.S-Poland, and the future reconstruction of Ukraine.

*Photos by  
Ewa Malcher,  
Dziennik Związkowy*





## Summertime and Insects

Do you love summer?  
So do insects!  
Read how to treat  
and prevent their bites  
and stings.

Whether you are indoors or outdoors, you may be subject to insect bites or stings. Some may be minor irritations, and some may be dangerous and cause a deadly bodily reaction. This article will mention the more common insect bites and stings, but some vary from different parts of the country. If I do not mention some creatures that are common in your area, I urge you to research those insects yourself. I have found new knowledge about this topic, and hope that you will also discover helpful information as the summer approaches and these creatures emerge in increased numbers into our comfortable living spaces.

**WHAT MAKES US REACT?** The bite may be painful and often causes an allergic reaction to the poison that is deposited into your skin through the creature's mouth or stinger. That reaction can be a minor irritation, such as swelling, redness, rash, pain in the affected area or

the muscles, itching, warm skin on and around the site, or numbness and tingling in the area of the bite or sting. It can also be deadly. A severe allergic reaction can occur with any bite or sting, especially if you are allergic to venom. Watch for swelling, fever, hives, nausea, vomiting, diarrhea, muscle spasms, rapid heart rate, weak and rapid pulse, swelling of the lips, face, eyelids, or throat, confusion, generalized itching, loss of consciousness, and difficulty breathing. This is a life-threatening allergic reaction. Seek medical attention immediately. Call 911 or your local emergency service.

As you wait for medical help, ask if the person has an epinephrine injector. If so, administer the shot in the thigh, holding it in place for several seconds, loosening tight clothing, cover the person with a blanket, and position the person on his or her side to prevent choking on vomit. Perform CPR if breathing or the heart-



beat stops. This severe reaction, called anaphylaxis, can cause symptoms such as a rash, low pulse, and shock.

Many bugs bite but only a few do so intentionally. Most insects and arachnids will not bother you if you do not bother them. Some bites can carry diseases, for example, deer ticks can carry Lyme disease. Such bugs include ticks, bedbugs, fleas, flies, lice, and mosquitoes. Venomous spiders also bite intentionally.

Insects generally sting humans if they perceive a threat. Their sting usually contains a small amount of venom. The venom is what causes the itching and pain from the sting and can also cause an allergic reaction. Common stinging insects in the United States include, bees, wasps, yellow jackets, and fire ants. Scorpions are also known for stinging. They have barbed tails which contain venom, strong enough to kill a human. The most dangerous scorpion native to the United States is the Arizona bark scorpion.

## TREATMENT

- Transfer the person to an area free from additional bites or stings.
- Remove the stinger if possible.
- Wash the area gently with soap and water.
- Apply a cold wet cloth or ice pack to the bite/sting area for 10-20 minutes to help decrease swelling.
- If the injury is on the leg or arm, raise it.
- You can apply calamine lotion, baking soda paste, or 1% hydrocortisone cream. You may do this several times per day until symptoms disappear.
- You can also try to relieve the discomfort and itching with home remedies such as honey, oatmeal, or baking soda. Other home remedies include heat, aloe vera, basil, vinegar, onion, thyme, peppermint oil, lemon balm, witch hazel, arnica, chamomile tea and garlic, and essential oils.
- Check with your doctor before taking any anti-itch medications by mouth.
- Take a non-prescription pain reliever as needed.
- Most bites and stings should heal within a few days. Seek medical care if symptoms increase in severity or if the site shows signs of infection.

**MOSQUITOES** There is so much information about mosquitoes that is specific to the area you live in. Generally, mosquito bites are small, round puffy bumps that become red, hard, swollen, and itchy. Please reference your state's official website to learn more about mosquitoes in your area.

Here is some general information:

- Use a repellent during high mosquito activity time which is at dusk and dawn. They are also active in early or mid-spring until the first hard frost (when the ground freezes).
- Use a repellent that can work against several bugs, and contains DEET, permethrin, or picaridin. Oil of lemon eucalyptus has also been found to protect against mosquitoes in the United States. It should not be used on children under age three. DEET products should not be used on infants under two months old.
- Aerial spraying for mosquitoes is done to control the spread of the deadly disease, eastern equine encephalitis (EEE). Practicing personal protection, such as using bug spray, wearing clothes that cover your skin while outdoors, and being sure that door and window screens are in good condition.
- Mosquito control around your home and yard can be accomplished by removing the insect breeding places, such as standing water that can collect in garbage cans, flower pots, bird baths, discarded car tires, or other containers.
- Ground spraying by state and local authorities is determined to be safe for humans and animals.



## OTHER BITES AND STINGS

- **Fleas:** Usually located in clusters on the lower legs and feet, the bites are itchy, red bumps surrounded by a red halo and symptoms appear immediately after you are bitten.
- **Ticks:** Pain and swelling are at the bite site. A rash, burning sensation, blisters, and even difficulty breathing can occur. The tick can remain attached to the skin for a long time. Ticks can transfer disease to the human host.
- **Bedbugs:** Often transported when a person travels, they get into the creases and crevices of luggages or suitcases. When they bite, you may not feel it because the bedbug releases an anesthetic and anticoagulant that prevents



you from feeling the bite. For more information, please visit the CDC website.

- **Flies:** Painful, itchy rashes occur due to a reaction at the site of the fly bite. Although most bites are usually harmless, some may lead to severe allergic reactions or insect-borne diseases. Wear long-sleeved shirts and pants and use bug spray.
- **Lice:** Head lice, pubic lice, and body lice are different species of parasitic lice that affect humans. They feed on human blood and cause an itchy immune reaction at the bite site. The adult lice are gray or tan, about the size of a sesame seed. Nits (eggs) and baby lice look like specks that resemble dandruff.
- **Scabies:** Symptoms from a bite may take 4-6 weeks to appear. The very itchy rash may resemble pimples, blisters, or scales, and may cause raised white or flesh-toned lines.
- **Spiders:** Dangerous spider bites require immediate medical attention as their venom is very toxic to the human body. Their bites are painful, red, swollen at the site, and itchy. Examples of dangerous spider bites come from the brown recluse, black widow, and wolf spiders. The venom from the hobo spider, which is a common household spider, is not considered to be poisonous to humans.
- **Bees and Hornets:** Pain, redness, swelling, and itching occur at the sting site. A white spot appears where the stinger entered the skin and should be removed if possible. Only honeybees can sting once because their barbed stinger is what remains in the person's skin.
- **Yellow Jackets and Wasps:** These are thin wasps that have black and yellow stripes and long dark wings, are aggressive, and may sting many times. The typical signs of pain, swelling, tenderness, and redness are found at the site of the sting.
- **Fire Ants:** Located mostly in the southeastern United States, but also in New Mexico, Arizona, and California, fire ants bite and aggressively sting. They deposit venom into the human host which causes a burning sensation and red bumps at the site. Bumps become filled with a white fluid and form a pustule. Never stand on or disturb a fire ant mound. The mound, made of sand, can be filled with hundreds of fire ants.

## PREVENTION

- Wear hats and light-colored, smooth-finished clothing.
- Avoid perfumed soaps, shampoo, deodorants, and colognes or perfumes.
- Avoid eating bananas or banana-scented toiletries.
- Cover your body as much as possible if you are in a high-risk area.

- Keep food and drinks covered.
- Avoid flowering plants and flower patterned clothing.
- Use citronella or insect repellent.
- Use permethrin on clothing (never on the skin) especially to prevent black-legged tick bites.
- Remain calm if bitten or stung.
- Bees release a chemical when they sting, which attracts other bees.
- Avoid swatting insects which may cause them to sting.
- If a bee comes into your car while you are driving, pull over safely and open all the windows.
- People who are known to have allergic reactions to insect bites and stings should obtain a medical prescription to carry an EpiPen and wear a medical identification bracelet/necklace identifying their allergy.



In conclusion, to control insect bites and stings, prevention should be exercised. Use caution when you are near nests or hives and hire professionals to remove them if you discover them. There are so many insects that want to bite and sting us. We must always be aware of the facts so we will remain safe from the venom with its many side effects and the diseases the insects can transmit to us.



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*RN, BSN, MS*  
*PNA National Director*

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# Polonez San Diego

Polonez San Diego, one of PNA’s subsidized Polish folk dance groups, was established in 1989 by founder and director Ewa Chrzanowska and has come a long way from its humble beginnings over 35 years ago. Polonez promotes and preserves Polish heritage in San Diego and beyond through traditional Polish folk dancing. The group performs original routines that are choreographed by Natalie Barnas, the artistic director of Polonez.

The team has seen tremendous growth in recent years, having more active dancers than ever before, more performances per year, and some remarkable opportunities. Over more than three decades, Polonez has performed across Southern California, Connecticut, Nevada, and Arizona. The group was also featured on the series finale of the Emmy-nominated television show “Shameless.”

Polonez is honored to represent Polish folklore and the Polonia of San Diego, a community the dancers take great pride in. The group feels passionate about educating and spreading awareness about Polish culture and the history

of its dances. Polonez members meet biweekly to prepare themselves, improve their skills, and broaden their artistic program. Polonez is constantly expanding, as the group desires to flourish and reach new heights. Miss Barnas, who joined Polonez as a dancer in 2009, wants readers to take pride in “the incredible effort of each Polonez member as they aspire to do their part in keeping Polish folklore alive.”

Polonez encourages all to join its journey as the group promotes Polish folklore. More information about the group’s work is available on its website and social media. Polonez dancers deeply appreciate all the support they receive. For any inquiries about collaborations, sponsorships, and performances, please visit the group’s official website by scanning the QR code below!



*Submitted by Natalie Barnas,  
Polonez Artistic Director*

*Photos by Bree Sherr  
of Sherr Weddings*





# 1 Strawberry Marshmallow and Gelatin Cake

*Biszkopt z truskawkową pianką i galaretką*

## Ingredients:

### Sponge cake:

- 5 eggs
- 1 cup sugar
- 3 tbsp. potato starch
- 3 tbsp. flour
- 1 tsp. baking powder

### Marshmallow layer:

- 2 packets Śnieżka whipped cream powder
- 250 ml milk
- 1 packet strawberry gelatin (preferably Polish brand)
- 125 ml water

### Gelatin layer:

- 1 or 2 packets strawberry gelatin (depends on the size of your cake pan)
- Fresh strawberries

## Directions:

**Sponge cake** (for best results, bake a few hours before cake assembly): Preheat oven to 350 degrees F. Prepare and grease a 9-inch round springform baking pan and set aside. Separate egg whites from egg yolks. In a mixer bowl, beat egg whites until stiff, then add sugar and beat more. Add sifted potato starch, flour and baking powder and mix lightly until combined. Lightly beat egg yolks with a fork and add to the above mixture. Fold in with a spatula until well combined. Transfer to a baking pan and bake for about 40 minutes (do not open the oven door during baking). Remove from oven and leave

the ready sponge cake in the pan to cool and rest for few hours. Open the springform pan and take out the cake. Leave the sponge cake on the bottom piece of the pan. Cut off the top layer to make the cake level (it is up to you how thick layer of a cake you want to have). Close the springform pan.

### Marshmallow layer:

Boil 125 ml water and dissolve one packet of gelatin in it. Beat two packets of Śnieżka in 250 ml milk. Mix in gelatin. Immediately transfer marshmallow to the top of the sponge cake and spread it evenly (make sure no air pockets are left on the edges of the pan). Top with fresh strawberries

(press them down a bit). Let it set in the fridge for 20 minutes.

### Gelatin top:

Dissolve gelatin packet(s) according to the directions and cool it (prepare in advance). When cold, gently pour it over marshmallow layer and put it back in the fridge until firm. When ready, cut along the edges of the pan, transfer the cake onto a serving platter, and decorate as you desire.

*Śnieżka packets and milk may be substituted with 1.5 cups of heavy whipping cream (follow the same preparation procedures), although the taste will not be the same.*



## 2 Strawberry Ice Cream

*Lody truskawkowe*



### Ingredients:

- 250 ml heavy whipping cream
- 40 dag natural yogurt
- 50 dag fresh strawberries
- Sugar to taste

### Directions:

Wash, dry, and remove stems from strawberries. Add yogurt and strawberries to a blender cup and mix thoroughly. If mix is too sour, add sugar to taste and mix for a while. Beat the well-chilled heavy whipping cream until stiff. Add yogurt and strawberry mix to the cream and mix gently. Transfer the mix to a sealable container and place it in the freezer for a few hours. Stir the ice cream thoroughly from time to time.

## 3 Spinach-Strawberry Salad with Poppy Seed Dressing

*Sałatka szpinakowo-truskawkowa z sosem z makiem*



### Ingredients:

- Fresh spinach or spinach and arugula mix (for tangier taste)
- Fresh strawberries cut in halves, quarters or sliced
- Red onion thinly sliced
- Almond flakes, pecan, or walnuts (toasted to add crunchiness)
- Block Feta cheese (crumble by yourself)
- Dressing

### Dressing ingredients:

- ½ cup white vinegar
- 1/3 cup white sugar (or honey)
- 1 tsp. grated onion
- 1 tsp. ground dry mustard
- 1 tsp. salt
- 1 cup oil
- 1 tbsp. poppy seeds

### Directions:

Wash and dry the strawberries. Remove the stems and cut desired way. Place the sliced onion in the cold water for 20 minutes. Toast the nuts of your choice. Prepare dressing.

### Directions for dressing:

Place vinegar, sugar, onion, mustard and salt into a blender or food processor and blend for 20 seconds. With the blender running, gradually add oil in a steady stream and blend until combined. Transfer dressing to a bowl and stir in poppy seeds.

### Assembling salad:

Place spinach, onion and strawberries into a large bowl. Pour the dressing over and mix well. Add nuts and crumbled feta cheese and mix again.

## 4 Strawberry Daiquiri

*Truskawkowe daiquiri*



### Ingredients:

- 8 oz. frozen strawberries
- ½ cup white sugar
- ½ cup lemon juice
- 1/8 cup lime juice
- 1 cup rum (optional)
- ¼ cup lemon-lime flavored carbonated seltzer water
- 6 cups ice

### Directions:

Place all ingredients into a blender and pulse until completely blended with a slushy consistency. Rub the rims of serving glasses with a lime or lemon wedge and dip the rims in sugar. Fill glasses with daiquiri and garnish with strawberries, lemon and/or lime wheels.

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

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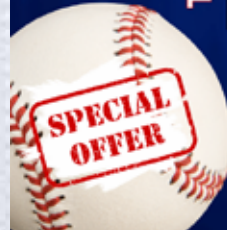
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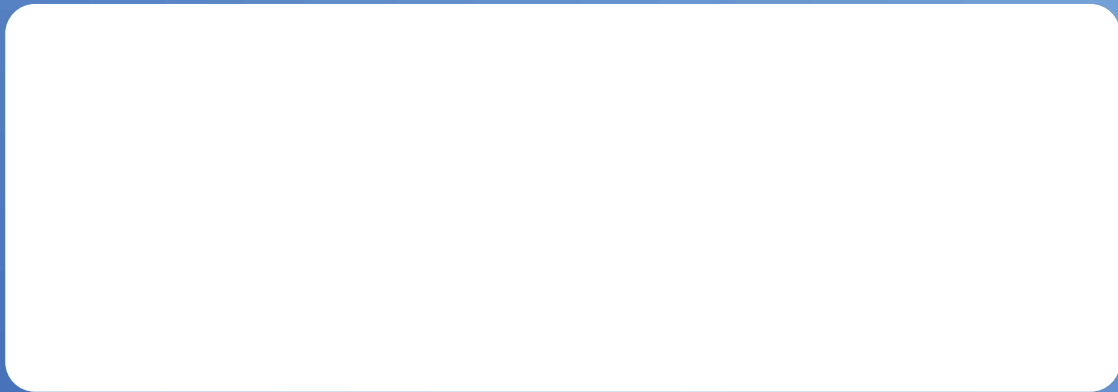
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