

ZGODA

Fall
2023

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

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Treasures of Fall
Skarby jesieni

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Gołuchów Castle

An aerial view of the enchanting Gołuchów Castle surrounded by autumn's beauty

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of the U.S. of N.A.

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From the President *September 2023*

Dear Members,

As the warmth of summer gradually gives way to the crisp embrace of autumn, I wanted to take a moment to extend my warmest greetings. The end of summer marks not just a change in weather, but also a remarkable transition for the Polish National Alliance following an extraordinary 49th National Convention in Rosemont, IL, that has set the stage for exciting new beginnings.

Our recent convention was an unequivocal success, fostering a wave of positive changes that will undoubtedly shape the future of the PNA. The newly elected officers and directors bring a range of skills and accomplishments to the organization, assuring the continuity of our mission and the pursuit of success. Their dedication is an inspiration, and I have no doubt that together, we will continue to grow the PNA. I especially would like to warmly welcome to the team newly-elected Treasurer Anthony Nowak-Przygodzki. I extend my deepest gratitude and appreciation to outgoing Vice-President Marian Grabowski and Treasurer Steve Tokarski. Thank you for your service!

Following the adoption of a new organizational structure, the PNA is seeking to recruit representatives in various regions across the nation. These representatives will play a pivotal role in crafting innovative programs for their communities and expanding membership. We believe in

the importance of community, and this change reflects our commitment to service. Please contact the PNA if you are interested in joining our team and making a difference!

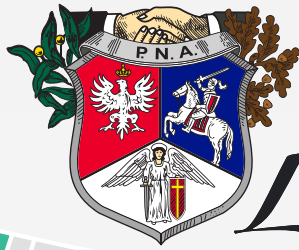
With the back-to-school season in full swing, I also encourage you to take a moment to review your life insurance coverage, ensuring that you and your loved ones are protected no matter what life may bring. Your peace of mind is of utmost importance to us, and we stand ready to assist you in any way possible.

Looking ahead to the final months of the year, I recommend you review our range of annuity products. The weather may be cooling down, but our percentages remain hot! These offerings provide an avenue for secure financial growth and stability, and our knowledgeable representatives are here to guide you through the options available.

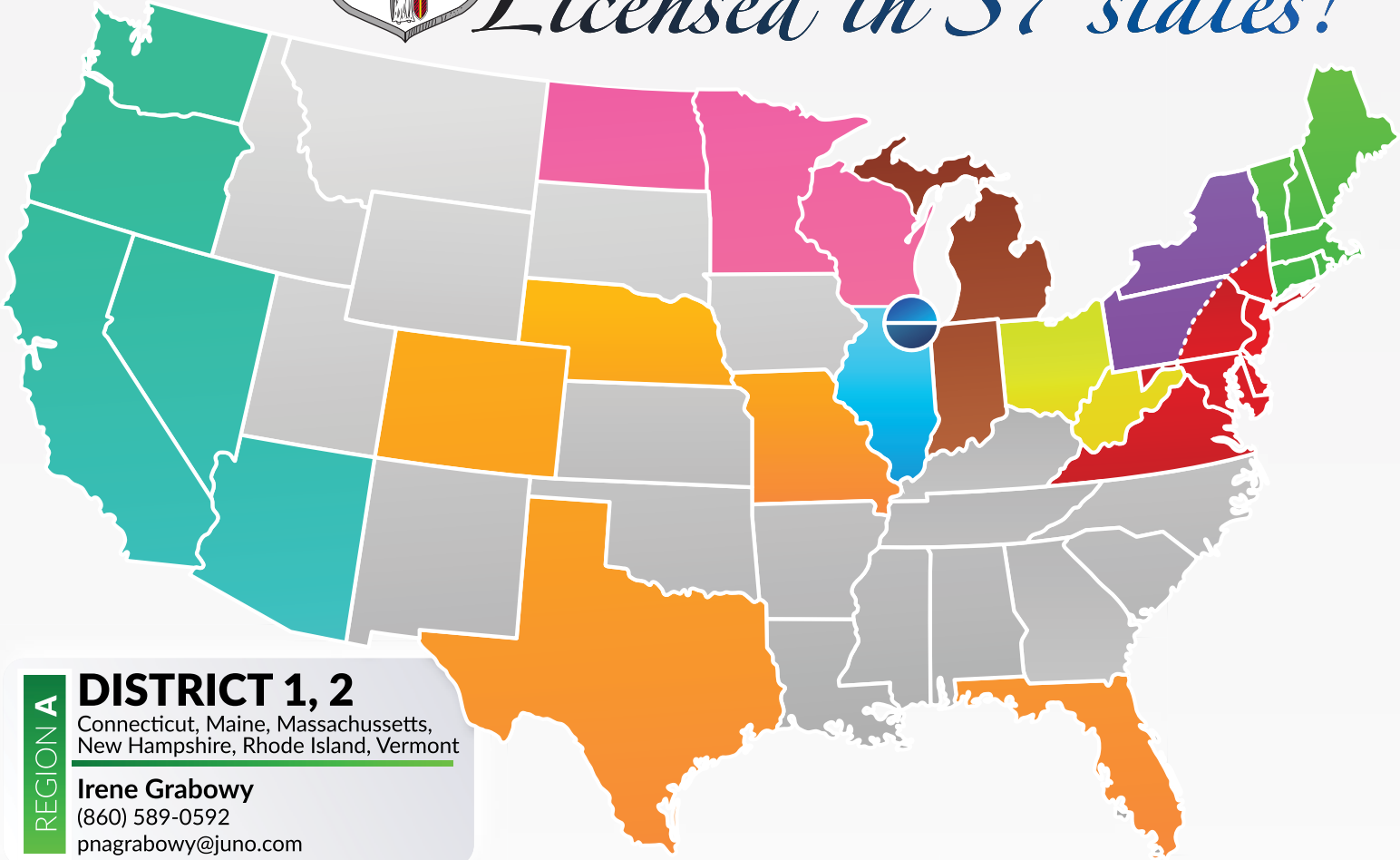
Lastly, I want to express my heartfelt gratitude for your confidence and trust in our organization as we enter a new chapter. Your dedication drives us to reach for new heights, and the changes adopted at the convention ensure that we can continue delivering our service to the highest standard possible. As the leaves begin to change and the world around us transforms, I wish you all a serene and joyful fall season. May this be a time of reflection, growth, and cherished moments with your loved ones.

Warm regards,

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 16

Arizona, California, Nevada, Oregon, Washington

Greg Chilecki

(714) 744-2775
gchilecki@dslextreme.com



From the National Secretary

Dear PNA Members,

The 49th PNA Quadrennial Convention was another successful gathering of the most involved PNA members. Thank you to all the representatives for your input and commitment to the organization. Thank you to the PNA employees for making it an organizational success.

I want to welcome PNU members joining our PNA family. Please enjoy this issue of Zgoda so you can get acquainted with PNA's generous membership programs and excellent financial products.

The 49th Convention was an excellent opportunity to meet with representatives of different councils nationwide and discuss various topics, including those pertaining to Membership Services.

I believe most issues could be easily resolved by contacting our Home Office. Please inform us if you changed your name or address, not receiving Zgoda, etc. Ensure your beneficiaries are listed according to your wish, and consider contingent ownership. Your privacy is well protected; only the owner can obtain the information and make changes. The Home Office is just a phone call (or a click) away. Stay in touch!

Wishing you a bright and beautiful fall season,



Alicja Kuklińska
National Secretary

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:

- Get married or divorced
- Birth or adopt a child
- Lose a loved one
- Decide 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





From the Manager of Sales

September 2023

Hello!

I hope this message finds you well. I wanted to share a heartwarming story from a grateful mom who called our office recently. Her daughter, a scholarship recipient, is currently volunteering abroad with Habitat for Humanity. The mom contacted us and expressed her deep gratitude for the PNA's generosity, as the scholarship funds have been a tremendous help with her daughter's tuition. She mentioned that no commercial life insurance companies were willing to provide a scholarship for her child, emphasizing how PNA truly cares for its members and their successes. In contrast, she found that commercial companies only see their clients as numbers and coverage amounts, while PNA treats its members as family and a community worth supporting.

Inspired by this story, I want to encourage you all to consider purchasing life insurance for your children, grandchildren, and nieces and nephews as the new school year is here. One of the best reasons for insuring children is to protect their future insurability. Additionally, the premiums for individuals are lower when they are young and usually in good health. This also gives the policyholders more time to grow the cash value of the policy before retirement age. PNA's 20 Pay Life plan is an excellent option for many, with 20 annual premium payments and being fully paid up. For example, a newborn baby girl with a coverage amount of \$100,000 would have an annual premium cost of \$580 or \$52.20 monthly. By the time she turns 20, the policy will be fully paid up.

In addition to life insurance and annuities, PNA offers various fraternal benefits such as scholarships for undergraduate and graduate students, subsidies for Polish schools, support for dance groups and community events, and a free legal clinic in the Chicago area. We truly care about you, your children, and the community where you live.

If you are interested in our annuity plans, I want to highlight that we are now offering a higher rate of return up to 5%. Whether you're considering a tax-deferred, IRA, or Roth annuity, please reach out to your agent or the PNA main office to explore these options.

Lastly, when it comes to making a living, PNA provides attractive commissions and we are currently seeking new sales representatives. We offer training courses on our products and would be happy to provide more information if you're interested. Feel free to call me today at (773) 286-0500 ext. 330.

I hope you are enjoying the remainder of this beautiful weather as we head into the fall season.

Best regards,

*Jolanta Walaszek,
Manager of Sales*





20 Pay Life

- ✓ Affordable
- ✓ Cash Value
- ✓ Dividends

AMOUNT OF INSURANCE*		
\$30,000		
Age	Male	Female
45	\$63.26	\$58.40
50	\$73.63	\$67.96
55	\$86.32	\$79.30
60	\$102.28	\$94.42
65	\$124.25	\$114.59

*Monthly premiums. Other amounts available.
Preferred non-smoker rates. Medical exam required.

PNA is here to help you financially protect your **family's future**. We offer our **experience, stability, and strength** to let you reach your financial goals. With PNA's most popular life insurance plan, you will do it all.

Proudly serving Polish-American families since 1880!
- Polish National Alliance



Polish National Alliance
of the U.S. of N.A.
www.pna-znp.org

(800) 621-3723

facebook.com/PNAZNP

Some people think that the best way
to make a living is to take more than you give.
But we know better.
We believe in leaving more than we made.

Single Premium
Whole Life *insurance plan*

- ✓ Leave a Legacy
- ✓ Control Your Money
- ✓ Enjoy Tax Benefits

AMOUNT OF INSURANCE*		
\$30,000		
Age	Male	Female
55	\$10,740.60	\$9,908.70
60	\$12,577.80	\$11,688.30
65	\$14,638.80	\$13,720.20
70	\$16,873.20	\$15,846.00
75	\$19,208.40	\$18,140.10

*One time premiums. Other amounts available. Non-smoker rates, subject to underwriting. Not available in all states.

Create a legacy with a Single Premium Whole Life insurance plan that will have your family financially secure and well-positioned for generations to come.

Leave More Than You Made

Your family legacy is your children's future



Polish National Alliance
of the U.S. of N.A.
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(800) 621-3723

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**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

PNA & PNU Merger Agreement



On June 15, 2023, CEO of the Polish National Alliance Frank Spula and CEO of the Polish National Union of America Martin Wachna signed an agreement to enter a merger between the PNA and PNU. Both CEOs met at the Polish National Alliance for the signing. The documents were signed and attested by National Secretary Alicja Kuklińska and National Treasurer Steve Tokarski.

At the 49th Quadrennial Convention, the delegates unanimously approved the merger. PNA looks forward to welcoming PNU members with open arms.



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 48TH 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 respected ~~ive~~ 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.~~

Thank You!

The 49th National Convention would not have been possible without the helping hands of our wonderful PNA staff. Thank you to the following staff members:

- Steve Biesiada (Assistant National Secretary)
- Daniel Bociaga (WPNA 103.1 FM)
- Peter Buchcar (Legal Counsel)
- Lukasz Dudka (Polish Daily News)
- Małgorzata Fidowicz (Polish Daily News)
- James Gura (Chief Financial Officers)
- Paulina Kordek (President's Office)
- Monica Lebensztejn (Public Relations Manager/Zgoda Editor)
- Renata Lorenz (Treasurer's Office/Legal Department)
- Victor Modlinski (IT Office Systems Specialist)
- Agnes Szafranski (Marketing Manager)
- Jolanta Walaszek (Manager of Sales)



49th National Convention

On August 29-31, 2023, 109 delegates from across the country gathered in Rosemont, IL, for the 49th Polish National Alliance Quadrennial Convention. These delegates represented PNA councils and made important changes and decisions for the betterment of the organization. On the first day, the delegates already tackled a busy agenda. The day's highlights included the Oath of Office of Representatives, a presentation from the CEO of Fraternal Alliance Allison Koppel, remarks from U.S. Senator Richard Durbin of Illinois, and the approval of the PNA-PNU merger with remarks from PNU CEO Martin Wachna. After wrapping up the first day, the delegates had the unique opportunity to visit the PNA Home Office where they were treated to a traditional Polish dinner and went on a tour of the space.

The next day, the delegates worked diligently and were able to wrap up the convention ahead of schedule! The day consisted of many highlights such as visits and remarks from Illinois Secretary of State Alexi Giannoulias and Mayor of Rosemont Brad Stephens, presentation of top sales agents, and committee reports.



The culminating moment of the convention were the elections of officers and directors. Congratulations to the following elected officers, pictured L-R:

- Frank Spula - Chairman
- Wesley Musial - Vice-Chairman
- Alicja Kuklińska - National Secretary
- Anthony Nowak-Przygodzki - National Treasurer



Congratulations to the newly-elected Board of Directors, pictured L-R:

- Jeff Twardy
- Edward Zavaski
- Mary Srodon
- Greg Chilecki
- Anna Wierzbicki



The convention concluded with an elegant reception to celebrate the delegates' hard work. A special surprise by Vice-Chair Wesley Musial was prepared for President Frank Spula. President Spula was presented with the highest honor of the PNA, the Gold Legion of Honor Medal. After a delicious dinner, the WICI Song & Dance Theater performed.



Overall, the convention was a great success and delegates enjoyed their stay in Rosemont. We thank all delegates for their service to the PNA.

Photos by Lukasz Dudka and Monica Lebensztejn

A Space Reimagined



Congratulations to Lodge 513 in Wallingford, CT, on the completion of the new PNA Park Clubroom! The successful completion of the new building and renovation is a testament to the lodge's dedication and commitment to providing an exceptional space for Polish Americans to gather, cultivate their heritage, and serve their community! A grand opening ceremony took place with many distinguished guests in attendance.



District 8 Convention

District 8 held its annual convention at Lodge 352 in McKeesport, PA. Fraternal Advisor Sean Jackson began the meeting by welcoming the gathered assembly of over 40 delegates representing the lodges in Western Pennsylvania and Western New York. Joining the delegates were National Director Val Pawlos, District 8 Treasurer Diane Morgan and Secretary Breanne Burgess, and former District 8 Commissioners Joe Kaminski and David Sinclair. Overall, District 8 was commended for its efforts, leading all other districts in the nation in overall sales. The top agents for the District in 2022 were Jeff Twardy, Irene Nickel, Don Jones, Edward Solecki, and Sean Jackson. Also, Val Pawlos was awarded as the District 8 Man of the Year.

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



Amicus Poloniae

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

- 16 września
- 21 października
- 18 listopada
- 16 grudnia

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

Czas spotkania: **10:00 A.M.**

Możliwość uczestniczenia za pomocą platformy Zoom.

Rejestracja jest wymagana:

(773) 286-2325

amicuspoloniaeclinic@gmail.com



Council 171 Elections

Congratulations to the newly-elected officers of Council 171 who are pictured L-R: Antoinette Sharetzsky, Financial Secretary; Mark Janik, Sergeant at Arms; Joseph Janik, Treasurer; Chris Thompson, President; Bernard Gabryluk, First Vice President; Agnieszka Niemirka, Second Vice President; Anne Lippincott, Secretary.



District 3 Awards

Congratulations to the seven distinguished members of District 3 who received PNA awards. The most special award was given to Edward Swiderski who was a commissioner for 16 years and a dedicated sales representative for over 50 years. President Frank Spula presented him with the Gold Legion of Honor medal. Congratulations to all the awardees!



DISTRICT 1 CONVENTION

District 1 held its annual Joint Convention at Pilsudski Park in Holyoke, MA, hosted by Lodge 525. Fraternal Advisor Irene Grabowy conducted the meeting and election of president, treasurer, and appointment of Joseph Sendrowski as secretary for District 1. Former District 1 Commissioner Wanda Milecki was elected as president. Elected as treasurer was Maria Kruzal Kinney, President of Lodge 3276. There were 20 delegates present representing two councils and seven lodges. The Oath of Delegates was administered by National Director Teresa Struziak Sherman. The delegates were also honored with the presence of Vice Chairman Wesley Musial, who spoke with Director Sherman about the need of growing membership and recruiting sales representatives.



L-R: Irene Grabowy, Wesley Musial, Wanda Milecki, Maria Kruzal Kinney, and Teresa Struziak Sherman

Appointed committees met during lunch and presented their reports after a most delicious meal, which was catered by Tadeusz Grabowicz of Feeding Hills, MA. The following appointed committees presented reports after lunch: Audit Committee, Membership Committee, Sports and Youth Committee, Resolution Committee, and Raffle Committee. Reports of lodges and councils followed the committee reports. In the absence of the appointed secretary Joseph Sendrowski, Maria Kruzal Kinney recorded the meeting minutes.

The keynote speaker was Vice Chairman Musial. Mr. Musial inspired the delegates with a very elegant speech about the stability of the organization throughout the pandemic and the need for all members to spread the word regarding the benefits of PNA membership that will contribute to a personal and secure financial future for all ages.

A raffle was held for attendees. All prizes were donated by delegates of District 1. At the conclusion, delegates commented about the successful and productive convention.

*Submitted by
Teresa Struziak Sherman,
PNA National Director*

We are proud of...

Marta Kajdas

MEDICAL SCHOOL GRADUATE



Marta Kajdas of Piast Lodge 3259 in California had a passion for medicine from a very young age. She gained experience through shadowing and working closely with physicians. While attending the University of California, Riverside, she majored in biochemistry with an emphasis in medical sciences. She completed her undergraduate degree in only three years, before applying to various medical schools in Poland.



About four years ago, she flew to New York with her family for an interview with Poznań University of Medical Sciences. Upon concluding the interview, she received word of her acceptance. Four years later, she graduated from the aforementioned medical school in June 2023. While in Poznań, Dr. Kajdas was part of the American Medical Student Association, for which she took on the role of Public Communications Chair. She was awarded the Rector's Award for her efforts. During her clinical rotations, she developed a passion for primary care and wishes to provide comprehensive medical services for all patient demographics in her future career. Although her time in Poznań may have come to a close, she will always cherish the memories and lessons she learned during her time in medical school.

We congratulate Dr. Kajdas on her success and wish her further achievements in the field of medicine!

*Submitted by Greg Chilecki,
Fraternal Advisor, Region J*

Stella Soja

PURPLE CANE RECIPIENT



On May 14, 2023, Mother's Day, family and friends gathered at Ms. Soja's home for a special surprise. State Representative Orlando Ramos and the WWLP TV channel camera crew arrived. Patricia Ann Voisine, organizer of the Purple Cane award ceremony and representative of the Indian Orchard Citizens Council,

began the ceremonial event to honor the oldest person living in the Indian Orchard section of Springfield, MA. The purple color of the cane represents the official color of Indian Orchard. Ms. Soja observed her 99th birthday in March 2023. Representative Ramos acknowledged Ms. Soja with a bouquet, a citation, and the Purple Cane. He expressed gratitude for presenting the award to a mother, grandmother, and great-grandmother on Mother's Day. The first Purple Cane award was presented in 2014. There is a plaque at the Indian Orchard Citizen's Council building that lists the names of the Purple Cane recipients.

Ms. Soja has been a PNA member for most of her life. She was a member of Lodge 1484, then Lodge 3219, and currently Lodge 711. She was Lodge 3219 secretary, delegate to Council 62, and delegate to District 1. Ms. Soja served on many lodge, council, and district committees. She received the Mother of the Year award from Council 62 and the Woman of the Year award from District 1. We look forward to a *sto lat* for Ms. Soja in 2024!

*Submitted by Teresa Struziak Sherman,
PNA National Director*

Graduate Scholarships 2023-2024

The Graduate Scholarship Committee met on June 26, 2023, and reviewed submitted applications. All applications were evaluated based on GPA, community service, involvement in the Polish-American community, and more. Many stellar and outstanding applications were submitted, which made the selection process quite difficult! The committee was comprised of Mary Anselmo, Romuald Poplawski, and Alicja Otap. This year, the committee awarded \$47,000 total in scholarships. Congratulations to all the recipients! The PNA is proud of your accomplishments and wishes all the best in your future endeavors.



Mary Anselmo, Romuald Poplawski, and Alicja Otap

2023 / 2024

Polish National Alliance
Graduate Scholarship Recipients

Congratulations

A Royal Celebration

On May 6, 2023, the Polish National Alliance District 10 and the District 10 Women's Division held a Royal Presentation Ball at the American Polish Cultural Center in Troy, MI. Eight debutantes and squires in total were honored. Over 200 guests were welcomed to the venue which was elegantly decorated in peacock colors.

Fraternal Advisor Stella Szczesny and Christine Kryszko, Women's Division Treasurer, welcomed the guests in English and Polish. They both acknowledged the pride District 10 had for all of the debutantes, squires, escorts and their dedication and accomplishments. Several of the debutantes, squires, and escorts had no dance experience, and they did a fantastic job in learning the evening's dance program. Ms. Szczesny and Ms. Kryszko also acknowledged the parents and their participation in the process.

Then, Ms. Kryszko and Ms. Szczesny introduced each debutante, squire, and their parents. Every mother was presented with a beautiful rose. The debu-

tantes were Amber Natalia Cooper, Sasha Gilders, Izabela Hausz, Breanna Kinsey, Camillia Matyszewski, and Sabina Sawicki. The squires were Shawn Kinsey and Aidan London. Escorts included Jacob Barta, Darek Hausz, Kevin Hejka, Theresa Hejka, Angela Hejka, Michael Matyszewski, Mikołaj Sobiesuk, and Christian Palencik.

The eight couples took to the floor and performed a beautiful polonez choreographed by Kasia A. Reese. The polonez was followed by a waltz choreographed by Thomas A. Schemanski. Following the performances, each debutante, squire, and escort received special gifts. The gifts were funded by District 10 and Women's Division, Councils 54 and 122, as well as Lodges 53, 1758, 2525, & 2821. The debutantes received a sterling silver necklace with an amber pendant imported from Poland inside a Bolesławiec pottery box. The squires received a sterling silver Polish eagle pendant on a silver chain inside a carved wooden box imported from Poland. The escorts received Polish mugs.

With the evening's formalities completed, District 10 Vice President Barbara J. Gronet provided the invocation before the meal. The guests then enjoyed a delicious four-course meal followed by a sweets table, offering numerous delectable choices. Following the meal, the debutantes, squires, and all the guests danced late into the evening.

The evening would not have been such a memorable event had it not been for the tireless dedication and teamwork of the Presentation Ball Committee, which consisted of Jerome Brzezinski, Jan Favot, Barbara J. Gronet, Christine Kryszko, Edward Nizienski, Francine Nizienski, Thomas M. Schemanski, and Stella G. Szczesny. The ball was not only a celebration of the young men and ladies, but also a celebration of their families, Polish heritage, traditions, and the spirit of fraternalism that is the hallmark of District 10.

*Submitted by
Barbara J. Gronet,
Secretary, District 10
Vice President, Women's Division*



A Night of Elegance: Debutante and Squire Ball

The annual Debutante and Squire Presentation Ball, sponsored by the Women's Division of District 2, was held on June 10, 2023, at the Baltic Restaurant in Berlin, CT. The evening began with a warm welcome in both Polish and English by Presentation Committee Chairperson Marianna Koziol-Dube of Lodge 2612. Marianna then introduced the Presenters, former debutante Natalia Kreciglowa, a member of Lodge 441, and Mateusz Murach, also of Lodge 441 and a former squire.



This year's debutantes and squires were:

- Karissa Andro, daughter of Ms. Christine Andro, and sponsored by Lodge 2612 in New Britain. She was escorted by Matthew Touma.
- Kaja Stanecki, daughter of Mr. & Mrs. Tomasz and Dorota Stanecki, and co-sponsored by Lodge 441 in Bristol and Lodge 315 in Bridgeport. She was escorted by David Stolarz.
- Ian Kreciglowa, son of Mr. & Mrs. Rajmund Kreciglowa and Bernadette Kreciglowa, member of Lodge 441 in Bristol. He was escorted by Natalia Popielarz.
- Jacob Kreciglowa, also the son of Mr. & Mrs. Rajmund Kreciglowa and Bernadette Kreciglowa, and sponsored by Council 152. He was escorted by Karina Stanecki.
- Adam Poniatowski, son of Barbara Poniatowski and Gregory Poniatowski, and sponsored by Lodge 464 in Hartford. He was escorted by Ella Ward.

Dinner was served and an arrangement of Polish and American music was performed by the band Vademecum. After the dinner, the debutantes and squires were officially presented, with their biographies and accomplishments proudly pronounced in both Polish and English. The debutantes and their escorts danced the traditional polonez, choreographed by Victoria Zolkiewicz-MacInnis of Lodge 513. All the guests were invited to join in and enjoy the rest of the evening, dancing to traditional and contemporary melodies.

Many thanks went out to the committee for their hard work and dedication to making the evening an enjoyable

and huge success. Special appreciation and thank you were also given to former Commissioner Janina Chlus of Lodge 464 for putting together the program book.

Representing the PNA was National Director Teresa Struziak-Sherman. Also present were Irene Grabowy, Fraternal Advisor for Districts 1 and 2; Wanda Milecki, President of District 1; and Jeannie Zapala, former Commissioner of District 1. Many local Polish-American and veteran organizations that supported the program were represented as well. Former District 2 Commissioners who attended the event were Janina Chlus, Edward Zolkiewicz, Irene Grabowy, Grazyna Krupa, and Donald Dube.

This year's Presentation Ball was the 59th such event held by District 2, dating back to the early 1960s. Except for the pandemic years of 2020-2022, District 2 has had an unbroken string of 58 straight years of holding the Presentation Ball, the only district of the PNA in the country to do so. District 2 plans to continue with this great tradition into the foreseeable future.

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*Submitted by Marianna Koziol-Dube,
President, Women's Division of District 2
Photos by Robert Iwanicki*



*Debutantes Kaja Stanecki
and Karissa Andro*



*Squires Jacob Kreciglowa,
Ian Kreciglowa, and Adam
Poniatowski*

District 2 Youth Day



After a three-year break, District 2 celebrated its annual Youth Day at Lodge 513 PNA Park on July 16, 2023. This important occasion was a day to reinvigorate our Polish cultural heritage and recognize the academic achievements of our youth.

The day's events featured traditional Polish foods including pierogi, placki, gołąbki, kiełbasa, sandwiches, naleśniki, and pączki. For the American appetites, hot dogs and hamburgers were also served. Despite the torrential downpour, dedicated volunteers and supporters came to the park and labored all day long cooking and serving the food.

Live music was provided by the Polish-American band Vademecum. Dianne Perkowski Marcantonio and Vicki Zolkiewicz-MacInnis of Lodge 513 organized children's games and activities, including a dinosaur egg hunt.

Donald Dube of Lodge 2612, Chairperson of the Scholarship Committee, announced the scholarship awards for the 2023-2024 academic year. Assisting in the awards presentation were Irene Grabowy, Fraternal Advisor for Districts 1 and 2; Edward Zavaski, President of District 2; Marianna Koziol-Dube, President of District 2 Women's Division; Ela Lechowicz, Treasurer of the Women's Division; and Wiesia Kennedy, Secretary of District 2. Scholarship

recipients are Angelica Laszczak and Jessica Laszczak, both of Lodge 315 and both attending the University of Connecticut; Ashley Penczynzyn of Lodge 513 attending Albertus Magnus College as a graduate student; Adam Poniatowski of Lodge 441 attending the University of Connecticut-Hartford; and Julia Zapadka of Lodge 315 attending The Catholic University of America.

Additionally, Ed Zolkiewicz and Ed Zavaski presented scholarship awards on behalf of Lodge 513 to three local students: Ryan Christopoulos attending Xavier University, Riley Moneta attending Southern Connecticut State University, and Joseph Cichowski attending Boston College.

Bad weather notwithstanding, dedicated supporters of PNA attended Youth Day 2023 and helped to make this day successful.



*Submitted by Donald Dube,
Scholarship Chair, District 2
Photos by Robert Iwanicki*



Stuff the Bus

On August 13, 2023, Lodge 750 in Glassport, PA, held its second annual Stuff the Bus school supply drive for the children of the local South Allegheny Elementary School. This year over \$7,500 in cash donations and supplies were collected to help ensure the children have all the tools they need to kick off the new school year successfully. "This is a great thing the PNA is doing to help benefit our community, and we are thankful to have such an organization helping out," said Principal Mike Calvert of South Allegheny Elementary School (pictured below with students).



In total, over 300 backpacks, 600 boxes of crayons, 3,000 pencils, 250 headphones, 500 glue sticks, 300 dry-erase markers, 400 scissors, 100 tubs of cleaning wipes, 100 boxes of facial tissues, 100 sets of winter hats and gloves, winter coats, reams of

construction paper, and much more were collected at the event.

The supplies were collected at Lodge 750, loaded on a school bus, and taken to the school where they will be given directly to the students. Additionally, there were food trucks, a bake sale hosted by the PNA 750 Ladies Auxiliary, face painting, and children's games. Additionally, children had the opportunity to tour a firetruck, a police cruiser, and an ambulance.

Lodge 750 would like to thank the local businesses and sponsors who donated to the event, including Fun Time Amusement, Winzek's Catering, Hibachi Lou's Food Truck, Travelin' Mike's Ice Cream Truck, Student Transportation of America, Synthomer, Glassport Borough Council, the PNA Home Office, PNA National Directors Jeff Twardy, Val Pawlos, Irene Hrecik, and Teresa Sherman, Vice-Chairman Wes Musial, and Fraternal Advisor Sean Jackson.

In only the second year holding this event, PNA 750 Stuff the Bus has collected over \$10,000 in supplies to donate to the South Allegheny School District. Thank you to all who donated supplies and their time.



PNA Lodge 750 looks forward to holding an even more successful event next year!

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

Postcards from Festivals

It sure was a busy and exciting summer for dancers from three PNA-subsidized dance groups. WICI (Chicago), Lajkonik (Chicago), and Polanie (Detroit) were invited to participate in the 19th World Festival of Polonian Folklore Groups (XIX Światowy Festiwal Polonijnych Zespołów Folklorystycznych) in Rzeszów, Poland!

*Photos by
Agata Pawlowska,
Polonijna Agencja Informacyjna*

Polanie



Lajkonik



WICI



Not only did our dancers demonstrate their talents in Rzeszów, but they also had the opportunity to perform at festivals in other countries. Catch a glimpse of their adventures!

Lajkonik

In a whirlwind of excitement, the Lajkonik dancers embarked on an unforgettable journey, weaving their way through the captivating landscapes of Croatia and Bosnia and Herzegovina. The dancers enjoyed the breathtaking beauty of Dubrovnik's ancient charm, Plitvice's cascading waters, and the serenity of Neum's coastal grace. Each destination whispered tales of history and magic, painting their adventure with hues of wonder and enchantment.



Photos by Wiktoria Jurek

WICI

The representative group of WICI Song & Dance Theater traveled to Macedonia to participate in the Balkan Festival of Folk Songs & Dances in Ohrid. Dancers participated in daily parades and concerts. It was certainly an experience they will treasure forever!

Meanwhile, the dynamic WICI Teen Group embarked on their own adventure, gracing the Ballus Incontro Internazionale del Folklore Festival in Sardinia. Not only did the dancers tour the beautiful island of Sardinia, but they also visited historical and cultural sites in Rome and Naples. The dancers performed in many concerts, but also had the opportunity to visit beautiful beaches and eat delicious Italian cuisines.



Photos by Vincenzo Testa

Kolonie letnie w Yorkville



Wakacje to czas odpoczynku od szkoły i związanych z tym wyjazdów dzieci na kolonie i obozy. Bez wątpienia jest to dla nich ogromne wydarzenie, zwłaszcza jeśli to pierwsza taka wyprawa w ich życiu. Uczestnictwo w koloniach przynosi wiele korzyści i pozytywnych skutków dla ogólnego

rozwoju dzieci i nastolatków oraz jest świetną opcją dla rodziców, którzy nie mogą pozwolić sobie na urlop z dzieckiem. Wspólne rozwijanie pasji, nauka przez zabawę i spędzanie czasu na świeżym powietrzu to ogromna atrakcja dla dzieci i alternatywa dla gier komputerowych, smartfonów i mediów społecznościowych.



W sobotę, 5 sierpnia, zakończyły się kolonie letnie w Ośrodku Młodzieżowym w Yorkville, Illinois. W tym roku sezon kolonijny rozpoczął się 25 czerwca i wszystkie turnusy wypełnione były po brzegi. Na sześciu jednodniowych sesjach przebywało łącznie przeszło 700. kolonistów w wieku od 6 do 15 lat.

Oprócz zajęć sportowych, takich jak piłka nożna, siatkówka i koszykówka, dzieci mogły rozwijać się również artystycznie oraz muzycznie. Bogaty program obejmował także strzelanie z łuków, a podczas upałów dzieci chętnie korzystały z basenu znajdującego się na terenie ośrodka. Wieczorne za-

jęcia zazwyczaj kończyły się tańcami w dyskotekę lub śpiewem przy ognisku. Nad całością czuwała niezawodna kadra wychowawców pod okiem pani Agaty Mścisz, która zasiada również w Radzie Dyrektorów Ośrodka. Ośrodek Młodzieżowy oprócz kolonii dla dzieci organizuje też imprezy okolicznościowe. Odbywają się tam również różne pikniki i wesela. Dodatkowe informacje i kalendarz imprez można znaleźć na stronie www.pnayouthcamp.org.

*Agata Mścisz,
Youth Camp Association*





Beach Vibes and Bonfire Delights

On August 12, 2023, Piast Lodge 3259 organized its annual beach outing in Huntington Beach, CA. Over 60 individuals participated in this exciting outing. There was a bonfire during sunset, which everyone enjoyed while eating delicious food and having refreshing beverages. We cannot wait for next year's beach outing and invite all to join us!

W dniu 12 sierpnia odbył się doroczny piknik i ognisko na plaży w Huntington Beach, Kalifornia. Piknik był zorganizowany przez Grupę 3259 „Piast”. Udział wzięło ponad 60 osób, zarówno członków grupy jak i przyjaciół i znajomych.

*Submitted by Greg Chilecki,
Fraternal Advisor, Region J*



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facebook.com/PNAZNP

60th National Golf Tournament

The 60th PNA National Golf Tournament was held on July 28-29, 2023, at Northwinds Peninsula Golf Club in Central City, PA. Lodge 1327 in Johnstown, PA, successfully hosted the event. We were thrilled to have over 82 participants join us for the 60th anniversary of the tournament. Overall, there were two amazing days of golf and camaraderie. The

PNA Home Office was represented by Vice President Marian Grabowski and Director Jeff Twardy. Fraternal Events Coordinator Mary Srodon organized the tournament. Congratulations to the winners, and thank you to everyone who joined. We hope to see you next year! For a list of winners and more photos, please scan the QR code.



District 8 Annual Golf Tournament

The members of Western Pennsylvania PNA lodges gathered at Venango Valley Inn and Golf Course in Cambridge Springs, PA, to hold their annual Ted Haluch Memorial PNA District 8 Golf Tournament. Over 140 men and women who competed were treated to sunny skies and a beautiful course over the two days of the tournament. The yearly outing is held in memory of the former athletic director of Alliance College Theodore "Ted" Haluch who organized the tournament for many years.

For over 40 years, the members of District 8 have come together to test their athletic abilities, reconnect with friends, and celebrate the fraternalism that brings us all together. Also joining the golfers were members of Cambridge Springs Lodge 1540 who provided them with delicious food and beverages throughout the tournament.

After 36 holes over two days, the golfers were treated to a steak dinner and awards banquet held at the course's pavilion. Sam Small Hoover of West End Lodge 1052 was crowned the champion of this year's tournament, shooting an overall score of 146. The women's champion for the tournament was Tusia Mott of Cambridge Springs Lodge 1540 with a score of 210. Other division winners were Eric Vermilya (A Flight), Mike Squires (B-I), Mark Schiffauer (B-II), Adam Galaski (C), Sean Jackson (D), Frank Piekut (Senior F-I), and Rick Price (Senior F-II). Capturing the Top Lodge for best team average for the tournament was West End Lodge 1052. Congratulations to all the winners!

Submitted by

*Sean Jackson,
Fraternal Advisor, Region B*



Champion Flight winners Joe Pici, Drew Evanoka, and Sam Small Hoover



Women's Flight winners Stacy Fuscardo, Sherry Wonevic, and Tusia Mott



Texas News

HOUSTON POLISH MAY FESTIVAL

Many PNA members attended and enjoyed the Houston Polish May Festival.



POLISH SCHOOLS

Oh how the summer flies by! It was just yesterday Texas Polish school students celebrated the end of the year, and now they are headed back. Region H looks forward to supporting many Polish schools again this year.



POLISH PICKLE RUN

The Polish Pickle Run in Bremond was a success! We loved seeing photos of our PNA members enjoying this festival, including this submission from members Dennis Kubiak and Michael Kurtin.



CONGRATULATIONS!

Congratulations to our active member Erika Marshall from Progressive Lodge 2336 on her graduation who comes from a very PNA-involved family. Wishing much success on your new chapter in life!



MINI WAWEL

Houston-based Mini Wawel dance group sends its sincerest gratitude to the PNA for being a sponsor of its trip to Nowy Sącz, Poland, for the Święto Dzieci Gór Festival!



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

What's New in Warsaw, North Dakota

GOLF TOURNAMENT

Over 100 players turned out for a beautiful night of golf at the Fair Oaks Golf Course in Grafton. Proceeds from this event help fund lodge scholarships each year.



MINTO BURGER NIGHT

Each Thursday in the summer, non-profit groups in the Minto area cook and serve burgers, brats, and more. Lodge 3043 participates every year and is proud to be part of a great community initiative!



MINTO DAYS

PNA Lodge 3043 was proud to participate in the annual Minto Days parade and happily served homemade Polish meals.



CONGRATULATIONS!

College scholarships are awarded each July to deserving members of Lodge 3043. For the 2023-24 school year, the following 6 Lodge members each received \$600: Kierstyn Grzadziewski, Mikila Gudajtes, Morgan Estes, Jack Ricks, Lydia Stark, and Lucas Ulven.



*Submitted by
Sandra Schuster*

Woof Fest



The annual Woof Fest was a heartwarming charity event that took place on August 20, 2023, at the Polish National Alliance. The event was all about celebrating the deep bond between humans and their furry companions while benefitting the Wright Way Rescue adoption center.

Attendees had the unique opportunity to support and adopt rescue dogs from Wright Way Rescue. There were exciting performances by WICI Song and Dance Theater, Lajkonik, and Paderewski Symphony Orchestra. Attendees also had the opportunity to participate in yoga and Zumba sessions hosted by Dzika Fitness. One of the main highlights of the event was an exhilarating fashion show featur-

ing collections from Vivu Lu Atelier. However, let's not forget our furry friends who were just as much the stars of the show! Canine companions reveled in a variety of activities tailored just for them. From tail-wagging games and training sessions hosted by Dzika Dog Academy to treats beyond their wildest dreams, it was their day to shine, play, and be adored.

Overall, the event welcomed all dog lovers, whether they were seeking to support a good cause, adopt a new furry friend, or simply spend quality time with their beloved pets. Woof Fest was an unforgettable event that demonstrated that with the company of a loyal dog, anything is "paw-ssible!"



Cruisin' Classics & Cool Rides



Car enthusiast and collector President Spula poses next to his 1973 Cadillac Coupe de Ville

The WPNA 103.1 FM Annual Car Show has become a highly anticipated event that marks the perfect conclusion to the summer season. With its remarkable assembly of both American and European automobiles, the car show held on August 27, 2023, at the Polish National Alliance succeeded in captivating the imagination of attendees.

passionate car aficionados and families looking for a day of enjoyment.

The picturesque gardens provide a perfect backdrop for the event, allowing attendees to take photos with the cars and create lasting memories. Children and adults alike are captivated by the unique automobiles on display. The event also featured exciting activities for children and families. Overall, the WPNA's annual car show goes beyond being a simple car exhibition; it's a celebration of automotive culture, craftsmanship, and connection. We invite all to join us again at next year's car show!

Visitors are treated to a wide variety of cars, from classic American muscle cars to elegant European luxury vehicles. Enthusiasts engage in conversations with car owners, sharing stories and insights about the cars' history and design. The event caters to both



Polish American Night at the Detroit Tigers



The 52nd annual Detroit Tigers Polish American Night was held on May 26, 2023, at Comerica Park. The Detroit Tigers played the Chicago White Sox. The Kielbasa Kings and the Steve Drzewicki Band played lively music for the fans entering the stadium. Numerous dance groups participated in the pre-game program. Over 200 dancers entered the field and performed the polka, krakowiak, and oberek. The PNA Centennial Dancers and Polanie Alliance Dancers participated. After the dancers performed, special dig-

nitaries were recognized. Among the dignitaries recognized were Stella Szczesny, Region E Fraternal Advisor, President of Council 122 and Lodge 1758; Donna Kutylowski, President of Council 54 and Lodge 2525; and Dan Czeski of Lodge 2525 and Council 54. Robert Szczublewski and Ania Toboy sang the Polish and American national anthems.

Fans who bought a special ticket package received a red baseball cap with the Polish eagle on the side and Detroit Tigers logo on the front. Even the Ti-

gers mascot, Paws, joined the celebration and wore a traditional folk outfit from Kraków.

The Tigers lost to the White Sox, but the fans enjoyed an evening of fun, food, baseball, and camaraderie. The evening concluded with a beautiful fireworks display.

The evening would not have happened without the dedication of the dancers, parents, choreographers, and dignitaries who attended. Special thanks go to Wallace Ozog and Christopher Ozog for chairing the event and their dedication to Polonia.



*Submitted by
Barbara J. Gronet,
Secretary, District 10
Vice President, Women's Division*



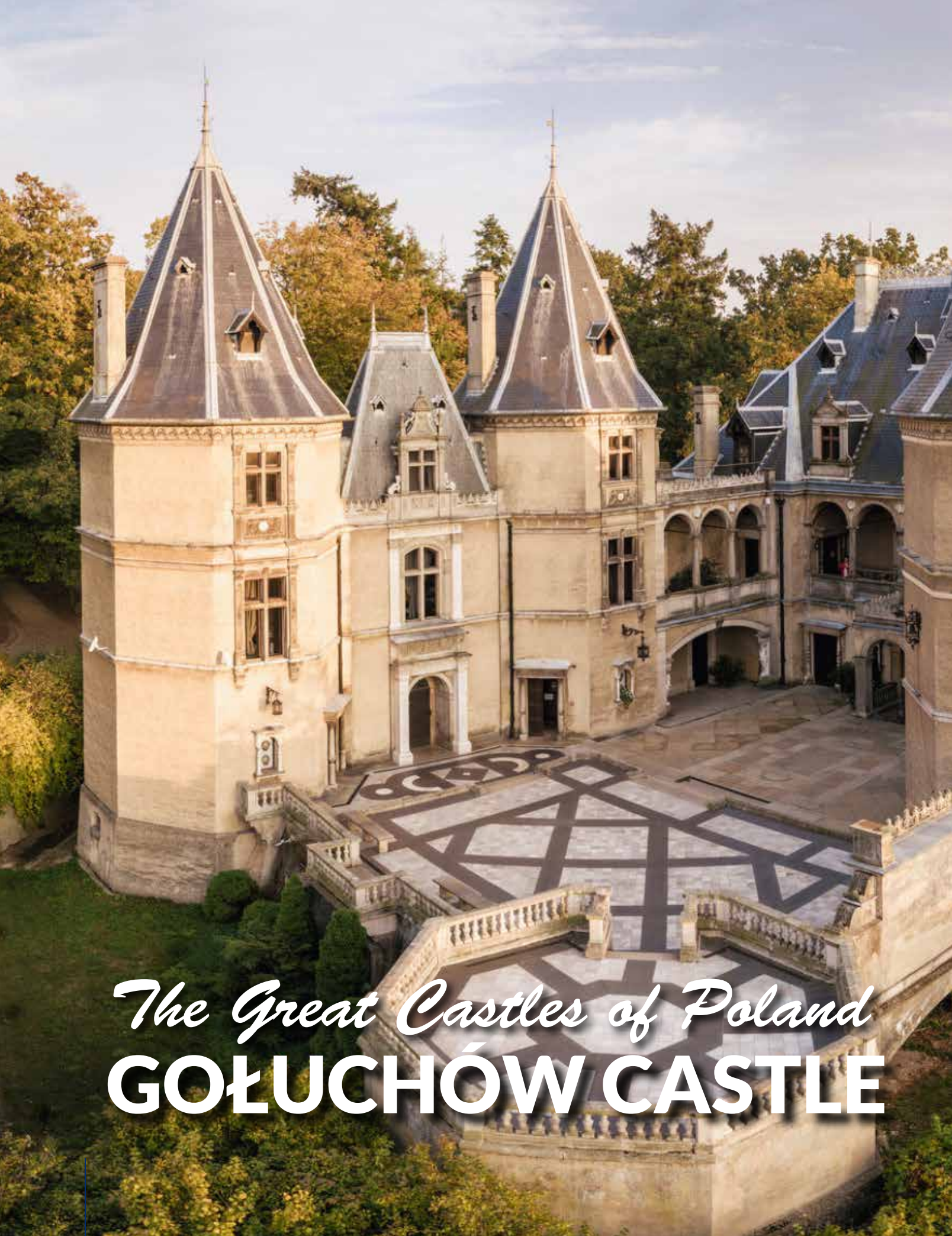
Polish Heritage Night at the White Sox

On June 20, 2023, the Chicago White Sox hosted their annual Polish Heritage Night, and the Polish National Alliance was proud to be part of it, with over 150 members joining our section. Fraternal Events Coordinator Mary Srodon helped to organize “Team PNA” at the outing. The evening began with a pre-game parade around the baseball field. Many Polish Americans proudly wore red and white, and their presence was visible to the entire stadium! The baseball game was filled with excitement and many emotions as the White Sox intensely battled the Texas Rangers. The night concluded with a triumph over the Rangers. Thank you to everyone



who joined the PNA at this spectacular celebration, and we hope to see you at next year’s Polish Heritage Night!





The Great Castles of Poland
GOŁUCHÓW CASTLE

Welcome, fellow adventurers, to another enthralling chapter of our saga, The Great Castles of Poland! The past two installments featured the tales of renowned gems Wawel Castle and Wilanow Palace. In this issue, prepare to uncover a hidden treasure, one deserving of its moment in the limelight. Behold, Gołuchów (go-WOO-hoov) Castle, nestled in the charming town of Gołuchów, within Poland's Greater Poland Voivodeship, a land rich in cultural, natural, and historical allure. Poznań and Kalisz are two of the larger cities near the castle, so if you are seeking to escape from the hustle and bustle of the city, follow the magical path to Gołuchów Castle!

An architectural beauty, Gołuchów Castle features a blend of styles, including Renaissance, Baroque, and Neo-Gothic elements. Originally constructed in the 16th century, the castle's design showcases its evolution through various historical periods. A symphony of styles blends through its design, with towers, battlements, and intricate adornments. Such elements are typical of medieval fortresses. These elements not only contribute to the castle's defensive appearance but also add to its visual grandeur. Enveloped by a lush forest, the castle emerges as if it came straight out of a fairy tale, inviting dreamers to step into its enchanted realm.



Gołuchów Castle changed ownership multiple times throughout its history, which explains the kaleidoscope of architectural influences. In the 18th century, the castle fell into the hands of the illustrious Działyński family, who is known for their contributions to Polish culture and arts.

During the ownership of the Działyński family in the 18th century, the castle underwent grand renovations that added Baroque elements. Baroque architecture is known for its dramatic and ornate features, such as elaborate sculptures, grand staircases, and intricate facades. These additions included adding ornate stucco work, frescoes, and opulent interiors. Tourists can tour the interiors and marvel at the beautiful artwork that elevates the castle's mystique.



The 19th century dawned with the castle undergoing yet another transformation, this time embracing Neo-Gothic elements. The pointed arches, steep roofs, and delicate tracery are a Neo-Gothic hallmark, evoking a romanticized medieval past. Like a phoenix, the castle rose anew, now adorned with pointed windows and decorative turrets.

The architectural masterpiece extends its embrace to the surrounding gardens. The landscaped gardens are laid out in an English style, with meandering paths, ponds, and a variety of plants. These gardens are a backdrop that elevates the castle's aesthetic opulence.

Another focal point of Gołuchów Castle is its stunning central courtyard. This area might have been used for various activities and events, and its layout and design reflect the different architectural styles present in the castle.



Today, this castle of dreams opens its gates as a living museum, allowing visitors to explore its rich history, architecture, and art collections. It provides a glimpse into the lives of the noble families who resided there and the cultural context of the times. Guided tours become portals, revealing the castle's history, architecture, and the narratives that have whispered through its stones. The castle often hosts cultural events, exhibitions, concerts, and other activities that promote the region's cultural heritage. These events contribute to the castle's role as a vibrant cultural center.

Overall, Gołuchów Castle's architecture represents a journey through time, reflecting the tastes and preferences of the various noble families who owned it and the architectural trends of different eras. Visiting Gołuchów Castle is like stepping into a storybook and seeing history come to life right before your eyes!

*Monica Lebensztejn
Photos by Piotr Zdrowicki and Marelbu,
Wikipedia Commons*



Proud Graduates Return: Alumni Trip to Poland



Twenty-one Alliance College alumni, family, and friends enjoyed a wonderful Grand Tour of Poland traveling from Gdańsk to Zakopane in August 2023. Major stops included Warsaw, Toruń, Malbork, and Kraków. Special events included a tour of Mazowsze headquarters, a highlight to be sure for Kujawiaki alumni enjoying the tour. The group was entertained by various folk ensembles throughout the tour including a group from Kaszubia, the Beskidy Folk Festival in Wisła, a Górale band in Zakopane, and a grand finale Krakowiak experience at the Hawelka Restaurant to celebrate the end of the tour. The tour was sponsored by the Alliance College Alumni Association Foundation. The foundation raises funds to support college and university scholarships for descendants of Alliance College alumni or others of Polish heritage. Alumni College was founded by the Polish National Alliance in 1912 and closed its operations in 1987. Although the college no longer exists, a strong network of alumni fondly keeps the memories and legacy of the college alive!



Submitted by Richard Day





SALT: FRIEND OR FOE?

It is true, our bodies
need sodium.
How much of it is
needed though?

Sodium comes in many types, the most common type that we consume is salt. Most Americans eat too much salt. Your body needs only a small amount of salt to work properly. This small amount of salt in the human body is used for nerve impulse conduction, which is used for the contraction of and relaxation of muscles and to maintain the proper balance of water and minerals in the body. Too much sodium is bad for your health. Eating too much salt can increase your blood pressure, your risk for heart disease and stroke. Heart disease and strokes kill more Americans every year than any other cause. The kidneys have problems keeping up with too much sodium in the body. The body holds onto water to dilute the sodium. This increases the amount of body fluid thus increasing the blood volume in the bloodstream. The heart must then work harder and there is more pressure on the blood vessels. It can also lead to heart failure. Increased

sodium can also affect your bones and bone formation in children and young adults. Lowering sodium intake can help lower blood pressure and improve heart function. The problem is that increased sodium in your body over time does its damage, yet you can be symptom-free while the damage is being done until it is too late for effective treatment or lifestyle changes.

SALT AND SODIUM

Americans consume an average of more than 3,400 milligrams (mg) of sodium per day. The federal recommendation is 2,300 mg of sodium daily. Salt and sodium are not the same, although they are often used interchangeably. Salt is sodium chloride or table salt. Sodium chloride is 40% sodium and 60% chloride. One teaspoon of table salt has about 2,400 mg of sodium. Sodium is a mineral found in many foods such as monosodium glutamate (MSG), sodium

bicarbonate (baking soda), and sodium nitrate (a preservative). Salt flavors food and is used as a food binder and stabilizer. It is a food preservative as bacteria cannot survive in a high-salt environment. Most sodium-consumed foods (70%) come from processed and restaurant food sources. More than 40% of the sodium we eat each day comes from 10 types of foods. Bread and rolls are a top source of sodium mainly because we consume so much of them. Other examples include pizza, soups, cured meats, cheese, and more. Savory snacks such as chips, popcorn, pretzels, and crackers are also culprits.

Salt that is finely ground is dense and contains more sodium than more coarse salt. Check nutrition labels for the exact amount of salt in a product.

Type of Salt	Approximate Amount of Sodium in 1 Teaspoon
Iodized table salt/fine	2,300 mg
Kosher salt, coarse	1,920 mg
Kosher salt, fine, Diamond Crystal	1,120 mg
Sea salt, fine	2,120 mg
Sea salt, coarse	1,560 mg
Pink (Himalayan) salt	2,200 mg
Black salt	1,150-2,200 mg
Fleur de sel	1,500-2,320 mg
Potassium salt (salt substitute)	0 mg (contains 2,760-3,180 mg potassium)

NATURAL SALT VS. TABLE SALT

All types of salt consist of sodium chloride and the nutrient content is very similar. The different salts are chosen mostly for flavor. The most popular salt is extracted from underground salt deposits that are heavily processed to remove impurities. It is then ground very finely. In 1924, iodine was added to salt to prevent goiter and hypothyroidism. Table salt usually has an anti-caking agent added, such as calcium silicate, to prevent salt clumps from forming. Sea salt is made by evaporating ocean or seawater. Larger, coarser salt granules do not dissolve as easily or evenly in cooking but have more flavor. They are best used on meats and vegetables before cooking and should not be used in baking recipes.

SIGNS OF TOO LITTLE OR MUCH SODIUM

Rarely does too little sodium occur in the United States because salt is added to so many foods. Also, salt occurs naturally in some foods. However, there are some medications and medical conditions that can deplete the body of sodium.

Excess vomiting, diarrhea, and sweating can lower sodium levels. Too much sodium in the blood is an acute condition. Severe dehydration, vomiting, not eating enough, and certain medications can deplete the body of water, causing sodium to accumulate in the blood. There is a fluid shift that can put pressure on the brain causing seizures, coma, and even death. Fluid can collect in the lungs causing difficulty breathing. Also, other symptoms may include nausea, vomiting, weakness, loss of appetite, intense thirst, confusion, and kidney damage.



SODIUM AND POTASSIUM

Although closely connected, sodium and potassium have very different effects on the body. They are both electrolytes and essential nutrients that play key roles in maintaining fluid and blood volume balance. Both have been linked to the risk of chronic diseases, such as high blood pressure and heart disease. High salt intake increases blood pressure, while high potassium intake can relax blood vessels and help lower blood pressure. Our bodies need much more potassium than sodium daily, but the typical American diet is the opposite. About 75% of this increase in salt in our diets comes from processed/packaged foods and restaurant dining. Most potassium we eat comes naturally from vegetables, fruits, seafood, and dairy products. Good sources of potassium include bananas, oranges, melons, cooked spinach, broccoli, potatoes, and sweet potatoes.

WAYS TO REDUCE SODIUM

At the Grocery Store

- Purchase fresh, frozen, or canned vegetables with no salt or sauces added.
- Choose “low sodium” packaged foods or “no salt added.”
- Check food labels for sodium content and choose the lowest sodium brand.
- When buying prepared meals, choose ones with less than 600 mg of sodium per meal.
- Purchase fresh meat. Avoid cured, salted, smoked, and other processed meats. Check if saline or salt solution has been added. If it has, choose a brand that does not have saline or salt added.

At Home

- Use salt substitutes or salt-free seasonings/spices when cooking.
- Prepare rice, pasta, beans, and meats from their dry or fresh forms when possible.

- Eat more fruits and vegetables.
- Avoid sauces, mixes, and instant products, such as flavored rice and ready-made foods.

At a Restaurant/Take-Out

- Select a lower-sodium meal. Ask for the sodium content of the menu selections.
- Request that no salt be added to your meal.
- Order vegetables with no added salt or choose fruit as a side dish.
- Split a meal with a family member or friend.
- Limit takeout and fast food to an occasional treat.

SO, FRIEND OR FOE?

Sodium chloride at normal levels is a necessary component of our body’s functioning. It is definitely a friend. We need a small amount to achieve this level. Many years ago, salt, or sodium chloride, was frowned upon when it was added to cooking foods. However, this has drastically changed. Much too much salt is being added to processed foods and fast food restaurant cooking. It extends shelf life and preserves food items. Children are affected the most as their young bodies are being subjected to such high concentrations of sodium. They will be subjected to chronic diseases at an early age. It is critical to check food labels and compare them, selecting those that have the least amount of sodium. Following a healthy diet at an early age will have long-term benefits. The general population of the United States is at great risk for complications from increases in sodium unless the government creates and enforces limits on sodium additives to prepared, processed, and fast foods. The sodium foe is among us. Let us unite to foster positive dietary changes to help Americans and citizenry worldwide live healthier and longer lives.



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 PNA National Director

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The Magic of Dożynki

The sun is setting on summer and soon we will be engulfed in red, orange, and yellow beauty. In Poland, the end of summer also means the completion of the harvest season. During this time, rural agricultural communities celebrate traditional *dożynki* festivals. During the festival, people come together to express gratitude for the bountiful harvest and to celebrate the fruits of their labor. It's a time of joy, cultural pride, and appreciation. The celebration typically involves various rituals, feasting, music, dancing, and religious ceremonies.

Dożynki festivals would not be complete without a few important elements. The event is often marked by colorful decorations made from harvested crops, flowers, and woven materials. These impressive decorations are used to adorn homes, churches, and the central festival area. A religious service is commonly held to give thanks for the successful harvest. This is an important part of the festival, as it highlights the spiritual aspect of gratitude and community. Folklore is also an important aspect of *dożynki*. Festive processions may take place, during which people dressed in traditional clothing carry wreaths, baskets of grain, and other harvest offerings. These processions often involve music and dancing.

Most importantly, *dożynki* is a time for people to come together, celebrate their shared successes, and strengthen community bonds. It's an occasion for families, friends, and neighbors to reconnect and enjoy each other's company. While the exact traditions and customs may vary from region to region in Poland, the essence of celebrating a successful harvest and fostering community remains at the heart of this joyful event.

In the United States, many Polish-American communities continue these beautiful traditions by hosting *dożynki* festivals. These festivals are a wonderful way to celebrate tradition and wrap up the summer.





2 Plum Crumble Cake with Meringue

Ciasto ze śliwkami i bezą

Ingredients:

Dough:

- 1 lb. flour
- 1/3 cup powdered sugar
- 8 oz. plus 3 tbsp. softened butter
- 5 egg yolks
- 1 tsp. baking powder
- 1-1½ lb. plums (preferably football shaped plums)
- Powdered sugar for dusting

Meringue:

- 5 egg whites
- Dash of salt
- 1/2 cup sugar
- 2 tbsp. potato starch

Directions:

Separate egg yolks from egg whites. Sift the flour into a mixing bowl. Add sugar, baking powder, softened chopped butter, and egg yolks. Then, use a mixer with a dough hook or knead with your hands to create dough. Divide the dough into two pieces and form into balls (one smaller and one

- Fresh chopped parsley for garnish
- Cooked homemade noodles or angel hair pasta

Directions:

Rinse chicken and beef and place in a large pot of lightly salted water (about 6 quarts). Bring to a boil and reduce to simmer. Skim off any foam that forms. Add spices. Simmer for about 90 minutes. Remove chicken and set aside. Add all of the raw vegetables, fresh herbs, Maggi, salt, and simmer for another 60 minutes. Add pasta to a bowl. Top with carrots from soup, ladle broth over, and add parsley garnish.



larger), wrap separately in Saran wrap, and place dough in the fridge for 30 minutes or freezer for 15 minutes. Wash and dry plums. Cut each plum into half and discard the pit. Preheat the oven to 360°F. Line a rectangular baking pan with parchment paper and spread the larger portion of the dough on the bottom of the pan. Poke the dough with fork and place in the preheated oven for 15 minutes. Beat the egg whites and dash of salt until white and firm. Add sugar and beat more. Add potato starch and mix gently for another 10 seconds. Grate the smaller piece of dough on a large eye grater. On the previously baked bottom, place halved plums cut side up, then spread the egg white mixture, and sprinkle it with the shredded part of the dough. Bake for 40-45 minutes at 360°F. Take the cake out of the oven, let it cool down for at least 30 minutes, dust the top with powdered sugar, and cut into desired size pieces.

1 Chicken Noodle Soup

Rosół



Ingredients:

- One whole chicken (portioned)
- Piece of beef (optional)
- 1 parsnip
- 1 small celery root
- 2-3 carrots
- 1 onion
- 3-4 celery sticks
- Fresh parsley
- Fresh dill
- 2-3 bay leaves
- 3-4 allspice berries
- 3-4 black peppercorns
- Salt to taste
- Maggi liquid to taste

3 Rice with Apples *Ryż z jabłkami*



Ingredients:

- ½ cup uncooked rice
- 2 apples (peeled and cut into small pieces)
- 2 tbsp. butter
- 1 cup natural yogurt
- 2 tbsp. honey
- Cinnamon

Directions:

Boil rice according to the directions on the package. Place butter and apple pieces into a pot and cook uncovered over the medium heat until soft. Add honey and cinnamon, mix well, and then take off the heat. Place desired amount of rice into a bowl, add yogurt, and top it with apples and additional cinnamon (optional). Serve warm, right after preparation.

4 Homemade Kubuś Juice *Domowy sok Kubuś*



Ingredients:

- 2 lbs. carrots (peeled and thickly sliced)
- 1½ lbs. bananas (peeled and sliced)
- 4 lbs. apples (peeled and cut into small pieces)
- 1 pinch salt (salt helps bring out the sweetness of the ingredients used)
- Juice from 1-3 lemons (depending on the size of the

lemons and sweetness of the apples) or to taste

- ½ cup sugar or honey to taste (can be omitted when carrots and apples are very sweet)
- 2 liters boiling water
- Additional boiled or filtered water to get the right consistency

Directions:

Place carrots, apples, and salt into a large pot. Add 2 liters of boiling water. Cover and cook over low heat for about 20 minutes. Add bananas and cook for additional 10 minutes. Let cool down. Mix everything very well in blender until the juice is very smooth. Add additional water until the right consistency is achieved. Add lemon juice and sugar or honey to taste. Pour into desired sized bottles or jars and pasteurize in a water bath for 30 minutes from the moment when water starts to boil.

Note: Unpasteurized juice can be stored in the fridge for seven days.

5 Chicken Salad *Sałatka z kurczaka*



Ingredients:

- Cooked chicken breast cut into small pieces (can be left over from rosół)
- 3-4 celery sticks – chopped
- 1 small onion – chopped
- Mayonnaise
- Ranch dressing
- Salt and pepper to taste

Steps:

Combine first five listed ingredients into a large mixing bowl. Mix thoroughly. Adjust mayonnaise or ranch dressing as needed to ensure the chicken salad is moist. Add salt and pepper to taste. Serve plain or on a roll with lettuce and tomato.

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

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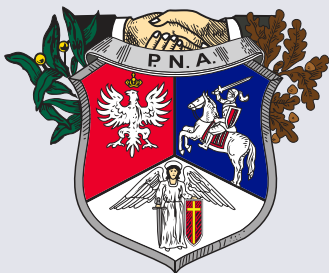
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