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President’s Corner

November, 2014

Dear Members,

Once again, we are approaching another end of the year and we constantly ask ourselves, where did the time go?

At the Home office of the Polish National Alliance it too has been a very busy and fast year. We have continued in making changes. During this past year we have implemented a new website, which as of recently is being internally managed and updated. We also have a lively Facebook page gaining a lot of traffic.

In the near future, we are planning on relocating the Polish Daily News (Dziennik Związkowy) to the Home Office building. We certainly have enough space.

During the summer, the Polish National Alliance started accepting payments via credit cards. Any member wanting to pay for a premium on an insurance certificate, which is billed by the office, is able to do so simply by calling. Fees for sports activities can also be paid by credit card. In the very near future, members will also be able to make their payments online.

In order to be competitive and profitable, the Directors had to make decisions in reducing expenses. Expenses have been a focal point for the administration, we have been prudent and the results are reflected in our numbers.

In the last issue of Zgoda, an announcement was made about the upcoming convention taking place in Cleveland, Ohio. The convention will start on Sunday, August 23rd, 2015 and will conclude on Wednesday morning, August 26th. In comparison to previous conventions, this one will be more streamlined, namely; the chairperson will be selected prior to the conference, to save valuable time. Secondly, costs associated with reimbursement for delegates will be determined by the Budget Committee. We will need to base any compensation on IRS guide as to what is allowable in the city the convention takes place. This is the formula many organizations are using as a basis. Additional information will be provided to the lodges and councils. The rules for elections of officers for lodges as well as the election of electing delegates to the 47th Convention are listed in this issue of Zgoda.

You can expect the upcoming convention to be focusing on business aspects of the organization. Fraternal programs can only be funded if there is a steady flow of income to the organization.

I urge you to review certificates you have with the Polish National Alliance. Please, make certain the amounts of coverage are adequate in this day and age. You do not want to leave your family or loved ones unprotected. Certificates should be evaluated periodically to keep up with rising costs. We have competitive premiums and various plans to select from.

We look forward in servicing your insurance and retirement needs as we have for over one hundred thirty four years.

I would like to wish you and your family a very Merry Christmas and Happy New Year!
Wesołych Świąt!

Sincerely,
Frank J. Spula, FLMI
President
December, 2014

Dear Members,

With the year coming to an end I would like to thank you for reading the Zgoda, for your support, comments and contributions.

I enjoy very much working with Ms. Ewa Wiśniewska, our talented graphic designer and Mrs. Teresa Struzziak Sherman, who prepares such a professional articles on health. Thank you to both.

Please, continue letting me know what is happening in your Lodges and Councils, send me great pictures of your kids, keep me posted on life of Polonia in your city and state.

I wish you and your families a wonderful holiday season, Merry Christmas and a healthy and peaceful New Year!

Yours truly,
Alicja Kuklińska

From the Editor

It’s the Most Wonderful Time of the Year

Christmas is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature. Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive.

Christmas Facts

• Each year, 30-35 million real Christmas trees are sold in the United States alone. There are 21,000 Christmas tree growers in the United States, and trees usually grow for about 15 years before they are sold.
• Today, in the Greek and Russian orthodox churches, Christmas is celebrated 13 days after the 25th, which is also referred to as the Epiphany or Three Kings Day. This is the day it is believed that the three wise men finally found Jesus in the manger.
• In the Middle Ages, Christmas celebrations were rowdy and raucous - a lot like today’s Mardi Gras parties.
• From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.
• Christmas was declared a federal holiday in the United States on June 26, 1870.
• The first eggnog made in the United States was consumed in Captain John Smith’s 1607 Jamestown settlement.
• Poinsettia plants are named after Joel R. Poinsett, an American minister to Mexico, who brought the red-and-green plant from Mexico to America in 1828.
• The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.
• Rudolph, “the most famous reindeer of all,” was the product of Robert L. May’s imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store.
• Construction workers started the Rockefeller Center Christmas tree tradition in 1931.
Education is the passport to the future, for tomorrow belongs to the people who prepare for it today!

Plan for a bright future of your children. Give them a PNA Membership and take advantage of the Tuition Rewards & Scholarship Program

Thousands of tuition dollars will be awarded to any PNA members who are enrolled into a $10,000 or higher permanent plan of insurance. (Children must be between the ages of 0-17 to enroll)

Don’t put off this decision any longer, act today and begin to earn rewards points.

Call the Membership Department today and ask for an application.

For more information about these programs visit our website at: www.pna-znp.org

or call our Education Department at: 1-800-621-3723 ext.312
This year, Council 75 of the Polish National Alliance is celebrating its 100th anniversary. Because of this solemn jubilee, the members of Council 75 proudly share their history, accomplishments and visions for future generations to all gathered on September 7th 2014 at the Stardust Banquet Hall in Chicago, IL.

It was the 20th National Convention of the P.N.A. in 1913 in Detroit, Michigan that carried resolutions allowing lodges to form councils as administrative units. Thus, soon after the convention, neighboring lodges united to form Council 75 of the P.N.A.

In the beginning, organizational and electoral sessions were called in a hall owned by delegate Jan Krechniak located in the neighborhood of Huron and Nobel streets in Chicago, IL. Commissioner A. Majewski led the election of the Council’s Board; Józef Dudek becoming the first President of the Council. The primary goals of Council 75 were: elevation of education of Polonia, development of brotherhood and patriotism of all people of Polish decent, helping members in need of assistance, and participating in any activity that led to the recovery of independence for Poland.

Nearly 6 months after the creation of Council 75, World War I began. With the hope of an independent Poland, the Council’s Board and its members called for a rally to stand behind the Polish Independence Department (Wydziału Niepodległościowego), and to fully support it both physically and financially. Soon, during the creation of Gen. Haller’s “Blue Army” in France, Council 75 helped to mobilize its members to join the Army.

After World War I, the Council hurried with moral and financial assistance to Poland and its members in the USA. This assistance became a core virtue of Council 75. And thus, for the next 90 years, Council 75 supported veterans, the Polish White Cross; American Red Cross, Kościuszko Foundation, compatriots in the old homeland, and post secondary education of PNA’s members.

There are many achievements of Council 75. Our ancestors formed a band “Cappella”, started a Boy Scout troop, organized a chorus named “Dudziarz, and called to life a soccer team under the name “75 Liberty”. These endeavors were enjoyed by Chicago’s Polonia and to this day exemplify the Council’s commitment to the social wellbeing of its members and Polish culture.

Council 75 was not only active socially, but also politically. The Council took effective participation in the greeting and reception of dignitaries of the polish nation; people like the great composer, politician, and spokesman Ignacy Jan Paderewski, general Joseph Haller, dr. Wróblewski, General Władysław Sikorski, General Bór-Komorowski, and General Władysław Anders. In ideological and social work the council has contributed to the collection of funds for “Dar Majowy”, for flood victims in Poland and the Unites States, and in aiding the department of education and PNA Welfare Association. It has supported Youth Camps, scouts, given offerings to national defense, led schools of citizenship, organized
lectures and cultural assemblies, and always took care of the good name of Polonia and polish causes. On the 150th Anniversary of the United States Constitution, Council 75 sent its delegation to Washington, D.C. They were also present at the National Cemetery at Arlington, Virginia for the entombment of General Włodzimierz Krzyżanowski.

Council 75 supported financial and physical ventures organized by the P.N.A., especially membership drives. Soon, Council 75 became one of the biggest in membership within P.N.A.’s Chicago Polonia. Since its beginning, the council was committed to the improvement and marketing of Polonia owned businesses in Chicago. It organized meetings and business classes to aid its members in starting up new businesses by sharing knowledge on how to run a business and how to market it. And, most importantly, the Council tried to effectively support Polish owned businesses in Chicago.

Through the popularity of Council 75 and its high membership numbers, many hardworking and committed delegates have been elected to the National Offices of the P.N.A. Some of these delegates that we are particularly proud of are: Edward Moskal, President of P.N.A.; K.B. Czarnecki, Vice President; Kazimierz Kowalski, National Secretary; National Directors, Stanisław Ścibło, Franciszek Głowa, Walenty Koźuch, Tytus Jachimowski, Aniela Wójcik and Alexander Sobota; and Commissioners Jan S. Wojciechowski, Janina Czachor, Walenty Koźuch, Stanisław Ścibło and Stanley Bogobowicz.

Beginning with its 75th Anniversary celebrated in 1989, the council was led by Stanley Bogobowicz. President Bogobowicz, through his 22 year tenure, became well known for his vigor, hard work, and dedication to P.N.A. In the present few years, under the leadership of Peter Biernat, Council 75 continues to be faithful to its core values as defined by its 100 year old history. The Council’s Board, under the leadership of its president and dedicated delegates, participates in the Polish American Congress, dedicated to defending our polish roots and protecting the good name of Poland. The council supports charitable endeavors of Polonia, and cooperates with other brotherly organizations, lodges, councils, and districts of the P.N.A. Council 75’s delegates are politically active and ready for another 100 years of service to the P.N.A and Polonia.

Submitted by: Peter Biernat, President of Council 75
On October 4 and 5, 2014, Polish National Alliance District 16 held its District Convention (“Sejmik”) hosted by Lodge 1443 San Diego and Council 73 in the City of San Diego, California. PNA District 16, is the largest geographic district in the USA, consisting of the states of Washington, Oregon, Colorado, California, Arizona, and Nevada. In attendance at the Sejmik were twenty-three delegates and ten guests from the following lodges and councils: Council 4, Council 73, Council 216, Lodge 7, Lodge 700, Lodge 1443, Lodge 3259, Lodge 3089, Lodge 3193, and Lodge 3281.

The key note speaker for the Sejmik was PNA National President Frank J. Spula. The Sejmik began on Saturday, October 04, 2014, with the Lodge President of San Diego Lodge 1443, Ewa Chrzanowski, welcoming the delegates and guests to the Sejmik, followed by a welcome from Elizabeth Rudzinski, President of Council 73. PNA President Frank J. Spula addressed the Sejmik attendees and spoke about PNA’s financial outlook and its future, and gave guidance to the district’s lodges and councils for their activities, membership, and sales.

PNA District 16 Commissioners Ania Karwan and Greg Chlecki jointly made a presentation about the district and their activities as Commissioners. They also gave information on the district’s sales compared to last year and compared to the other districts of PNA. Next, PNA Director Anthony Nowak-Przygodzki addressed the delegates.

Two PNA Sales Representatives presented new policies to PNA President Frank J. Spula. Barbara Jaroslawski of Lodge 3259 presented three new policies, and Rick Kobzi of Lodge 3193 presented one policy.

Commissioners Ania Karwan and Greg Chlecki chose individuals from the district to be recognized by the Commissioners. This year the Commissioners awarded Elizabeth Rudzinski, President of Council 73 and PNA Sales Representative, as the District 16 Person of the Year, and gave her a $50 gift card. The Commissioners also awarded and recognized PNA Sales Representative Barbara Jaroslawski of Lodge 3259, Yorba Linda, California, and PNA Sales Representative Glen Stocker, Lodge 156, Washington, Certificates of Appreciation for their
dedication and work for the success of PNA District 16.

All delegates and guests were divided into committees to work on ideas for membership, fraternalism, resolutions, and audit committee. Afterwards, the committees shared their ideas with all Sejmik participants. Delegates and guests volunteered and chose ideas to implement in their lodges and councils, and to report back their results at the next Sejmik. Presentations were made by each council and lodge on their activities from the past year. Then delegates and guests had the opportunity to participate in a question and answer discussion with PNA President Frank J. Spula.

On Sunday, October 5, 2014, the Sejmik continued with Commissioners Ania Karwan and Greg Chilecki lead the discussion of District 16’s Sales Contest, as well as the additional Commissioners’ Sales Contest. During discussions of new business, a new Treasurer was elected, Marlena Hulisz. The delegates discussed holding their next Sejmik and District 16 Debutante Ball at Yorba Linda, California, on April 18, 2015.

Delegates, guests and PNA President Frank J. Spula participated in a Polish Mass at San Diego’s St. Maximillian Kolbe Church, and gathered for a fraternal lunch with further opportunity for participants to have conversations with PNA President Spula.

Commissioners Ania Karwan and Greg Chilecki thank San Diego Lodge 1443 and all participants for making the PNA District 16 Sejmik successful, and give special thanks to PNA President Frank J. Spula for his guidance, expertise, and camaraderie.

Submitted by Vice President Paul Odrobina

**Lodge 1758 Celebrates 100th Anniversary**

Hamtramck, Michigan – PNA Lodge 1758 “Gdynia”, “Krol Jan III Sobieski” celebrated their 100th Anniversary at the PNA Club and Banquet facility in Hamtramck, Michigan. It certainly was a family celebration with members and friends enjoying their fraternal milestone. The lodge was chartered on August 3, 1914. At the time, our Lodge was number one in membership across the entire National PNA. This most active fraternal lodge attracted members from all walks of life and had fraternal fundraising activities monthly. We even owned a “Country Lodge” where our members could enjoy fresh country air as well as raise funds for charitable events.

The President of the Lodge is Stella Szczesny who is also District X Commissioner. National Vice President Paul C. Odrobina was the immediate past Lodge President for 18 years and served this event as Master of Ceremonies and gave the keynote address. Also honored were former officers and members by both the National PNA and Lodge 1758.

We wish the Lodge and its members another 100 years with good health and prosperity.

Submitted by Vice President Paul Odrobina
Annual Convention of District 13

District 13, PNA annual convention was held on Sunday October 26, 2014 at PNA. Welcoming all present were Commissioners Joe Hercik and Wanda Juda. Irene Klatka sang the Polish and American National Anthems. Ela Cimochowicz said a prayer for the sick, recently departed and those that are serving in the armed forces. Guests in attendance included President Frank Spula, VP Teresa Abick, Secretary Charlie Komosa, Treasurer Marian Grabowski, Directors Christine Domalewski, Wanda Penar and Stasia Rawicka, Former Directors Stanley Sciblo and Anna Wierzbicki, Commissioner of District 12 Jerry Hejna, and District 12 & 13 Youth Camp President Edward Mika.

There were 42 delegates present at this meeting. Anna Wierzbicki was appointed as recording secretary. Dt 13 Officers reelected for the 2014/2015 year are Katie Golowacz correspondent secretary, Alexandra Brzezinski treasurer and Jozef Penar as Sergeant at Arms. Letters for fruitful deliberations were received from VP Paul Odrobina and Censor Wesley Musial. The Commissioners reported on their activities throughout the year and thanked their board and the National Officers for their support and guidance.

The main speaker of the convention was President Frank Spula and he spoke on behalf of the status of the PNA and that we need to focus on the lodges and councils and where do we go from here. Membership is a key factor.

The traditional meeting may not be available to everyone. We need to think outside the box if we want to get the younger crowd involved. He also spoke a little about the National Convention to be held in Cleveland Ohio in August of 2015.

Three top Sales Representatives of District 13 were recognized for their achievements: Ursula Lewandowski, Jadwiga Grcic, and Elzbieta Stolarczuk (who was present).

The Woman of the Year was awarded to Maria Roszek Kucharski and the Man of the Year went to Kazimierz Klatka.

Open Forum facilitated different ideas – one of which was to have a theater festival on the PNA grounds to be held jointly between District 13 and the PNA. Also suggested was to hold a PNA day once yearly on the PNA grounds. Ideas and suggestions were highly recommended.

Safe return home was wished upon by the Commissioners and meeting was adjourned.

Story by Rec. Sec. Anna Wierzbicki

Photos by Alicja Kuklinska
Credit Card payments accepted by the PNA

As of Monday, June 2, 2014, the Polish National Alliance began accepting payments via credit card.

Any client who walks into the PNA Home Office or calls on the phone will be able to pay for just about any PNA product or service with a credit card.

Walk-in customers should see the Cashiers Office for any payments made in person.

The Assessment Department will accept payments over the phone relating to that department. The Direct-Billing Department will accept payments over the phone for any direct-billed insurance premiums due.

Payments for all products and services like registration fees for Bowling, Golf, Fraternal and Sports & Youth activities can also be paid by credit card. Just contact the department running the event by phone or in person and they will be able to help process your payment.

We accept all of the major credit cards.

The PNA is also looking to enabling our website to accept online payments. A payment gateway will be soon programmed by our web developers in order to accomplish a totally secure payment environment. Steps are already being made to accomplish this capability.

We look forward to serving all our clients and members by making the paying process a lot more convenient.

We are here at your service.

Victor Modlinski
Office Systems Specialist

IMPORTANT NOTICE

Please note, that you can obtain this issue of the Zgoda online. If you would like to discontinue receiving a paper copy of our publication please notify us via e-mail: sophie.gajda@pna-znp.org and we will gladly comply with your request.

Protect your environment – go paperless.

Go to: www.pna-znp.org

IMPORTANT!

It is possible that you have been named as a beneficiary on your relative’s insurance certificate through the Polish National Alliance.

If you are aware or think that you are the designated beneficiary on the life insurance certificate of someone that was a PNA member or know someone that is, please contact our office for further information.

In order to process the claim we will need the following:
• The insured’s original Life Insurance Certificate or an Affidavit of Loss Form, which is available through the Home Office and on line.
• A certified copy of a the insured’s death certificate
• The address and social security number of the beneficiary
• Complete a claimant’s form which is available through the Home Office and on line.

Please call our Claim Department at:
1-800-621-3723
www.pna-znp.org
ICI Travels to Europe

Festivals! It’s all that we wait for during the year - the fun and the excitement that comes with each new festival, the folklore that is presented for all over the world as well as the opportunity to travel the world in only the best of company. This year the Wici Song and Dance Theatre Company was honored to participate in two festivals organized by CIOFF 27: The Worldwide Children’s Folklore Festival in Saint Maixent L’Ecole, France as was as in the XVI Festival of Polish Folk Dance Groups from around the world in Rzeszow, Poland.

A group of younger dancers represented WICI Song and Dance Theatre Company in France with a repertoire that consisted of a variety of folkloristic dances - the latest addition being American folklore. The beautiful, quaint town of Maixent L’Ecole is found 250 miles from Paris in the western part of France. It was the town’s 27th folkloristic festival, which as always traditionally took place during July 14th – one of the nation’s largest holiday celebrations. It is of course, the anniversary of the fall of Bastille, which marked the beginning of the French Revolution. It is a colorful weekend filled with fireworks, celebrations and eager participants. WICI dancers were enthusiastic to display their talents multiple times a day and were always welcomed with thundering applause.

The traditional parade of nations throughout the town attracted masses and crowds from all surrounding areas. Many WICI performances concluded with standing ovations and the younger dancers were delighted to be so well received among the groups. The charismatic live band, who likewise was always greeted warmly, consisted of Tom Lesniak, Matt Lesniak, and Dawid Walus. The groups dancing soloists: Ania Gembiec, Julia Rywak and charming cowboy Lukasz Moskalis proudly represented WICI and were quick to capture the hearts and admiration of the audience. This was all made possible of course thanks to the wonderful choreographers that ensured the highest quality performances from their dancers. Ania Strojny as well as accompanying choreographer Kinga Wojdyla-Postawska guaranteed the groups success, dedicating many hours of work to making sure the group was in tip top shape.

Education was also one of the festival’s priorities. The dancers had the opportunity to make a trip to La Rochelle, a well-known fortress from the 30 year war which took place between 1618-1648. The other educational trip was intertwined with nature – a beautiful boat tour during which the dancers admired the dreamy like views of western France. The trip would not be complete however without a final stop in Paris where famous landmarks such as the Louvre, Eiffel Tower and Notre Dame Cathedral were all explored.

When the time to say goodbye came along, it was evident how many friends were made and close bonds were formed. With tears of joy and sadness, numbers were written down, information was exchanged and promises were made to see each other once again in the
The second festival in which WICI took part in this summer was the festival of Polish folklore groups from around the world in Rzeszow, Poland. Prior to heading out to the festival, the dancers first made a week-stop in the nation’s capital, Warsaw. Here the older dancers endured hours of additional training from some of Warsaw’s best folkloristic dance experts. It wasn’t all work and no play as WICI also had to chance to integrate with the Polish folk group “Promni”. The dance company Promni is interconnected with WICI in a personal way. WICI’s head choreographer’s Magdalena Solarz’s grandmother – Zofia Solarz – was the founder of Promni.

While in Warsaw, WICI took the chance also to visit some landmarks and hotspots of the city. Among some things the dancers visited were the newly built national stadium, Old Town Warsaw and the Royal Baths Park. After an 8-day stay in Warsaw, the group finally headed down south to Rzeszow. This southern city becomes a folkloristic mecca brimming with color, music and culture during the festival. The representative group of the Polish National Alliance WICI was the largest group to take part in the festival consisting of over 20 pairs of dancers, a live band, choreographers and caretakers – 50 in total. WICI was the largest group, but was it the best? This decision could only be made by the wonderful audience itself however the dancers had given their all giving an outstanding Mazur performance choreographed by Magdalena Solarz to the music from the famous movie Zemsta. For the first and only time in this legendary festival, the stage fit 18 pairs who gave a ravishing performance of a Polish national dance. In addition to a Polish folkloristic repertoire WICI also debuted a clogging routine, which required extra concentration and skill in order to achieve a perfect result. All in all the performance was full of life with solos performed by clogging professionals Melanie and Jason Stratton. After the concert, lead choreographer Magdalena Solarz was repeatedly congratulated from audience members as well as other dance companies for a successful, beautiful performance.

As always, when the time came to say goodbye everyone was sad to leave but happily cheered about the unforgettable time they had spent together. Dance members remained in Poland to visit their families and came back home to Chicago as summer came to an end. Goodbye to 2014 summer festival season!

Festival season might be over but the dancers did not wait long to jump back into their passion. The 2014/2015 dancing season has begun with plenty of concerts to prepare for.

Submitted by Wici – Song and Dance Theatre Company, official representative of the PNA
Chicopee, MA. Polish National Alliance Council 62 celebrated its 90th Anniversary on September 27, 2014 at Pulaski Hall, Chicopee, MA. The Council was established in September 1924. The Social Hour began at 5 P.M. with appetizers and refreshments. The program began at 6 P.M. with the presentation of colors led by Matt Knas, Commandant of the Polish American Memorial Cavalry Squadron, Jeff Soja, presenting the American flag and Richard Gadecki, presenting the Polish flag. Gilbert J. Sherman, President of Council 62, spoke opening remarks, and all joined in to sing the American and Polish National Anthems. The Invocation and Benediction were given by Reverend Scott W. Sherman. The introduction of guests which included PNA Vice Censor, Irene Grabowy, PNA National Director Region “A” Walter Tokarz, Commissioners PNA District 1, Frank Wolanin and Jeannie Zapala and all presidents or officers representing Councils and Lodges and officers of other non-PNA organizations was made by Teresa Struziak Sherman, former PNA National Director Region “A”, and secretary of PNA Council 62. Congratulatory remarks were delivered by our Vice Censor, National Director and the two District 1 Commissioners.

Twenty-three achievement awards were presented by Irene Grabowy, Walter Tokarz, Frank Wolanin and Jeannie Zapala. There were many awards because there are many delegates who work hard for the PNA, are not officers of Council 62, are always available to help, but often are not recognized for their effort. Everyone received a certificate of appreciation, most recipients also received medals. Special recognition was given to Teresa Struziak Sherman who received the silver cross Medal of Honor and Stanley M. Soja, who had been Council 62 President for 32 years, received a beautiful engraved clock.

A buffet dinner of Polish foods was prepared by the Pulaski Club staff led by Mitchell Nowak. The “Ekstaza” band provided music for dancing. The event was a smashing success with the attendance of 150 people. Thank you to the Committee for their dedicated efforts. Sto Lat PNA Council 62 of Chicopee, MA!

**SALUTING THE PRESENTATION OF COLORS**

Chicopee, MA. Saluting the flags at the 90th Anniversary celebration of PNA Council 62 are left to right in the center of the photo: Richard Gadecki, PNA member of Lodge 525, who carried the Polish flag; Matt Knas, Commandant Polish American Memorial Cavalry Squadron, and Jeff Soja, member of PNA Lodge 3219, son of Stanley and Stella Soja, currently serves in the Massachusetts National Guard, carried the American flag.

**AWARD RECIPIENTS AT COUNCIL 62 PNA 90TH ANNIVERSARY**

Chicopee, MA. Pictured above are the 23 PNA Council 62 worthy award recipients. Their contributions to make the PNA a stronger, unified organization in the Western Massachusetts area has led to its success for 90 years. The awards were presented by PNA Vice Censor, Irene Grabowy, National Director Region “A” Walter W. Tokarz, and District 1 PNA Commissioners, Frank Wolanin and Jeannie Zapala.
PNA Lodge 848 Honors
Henry M. Rackowski

The Polish American Society of Washington, D.C. (PNA Lodge 848) on Sunday, Nov. 2, 2014, proudly presented its long time treasurer Henry M. Rackowski, with a beautifully engraved clock. Henry, a certified public accountant, has over many years guided his Lodge and other member organization – including his Knights of Columbus Council – to financial prosperity. His fellow Lodge members are forever grateful to Henry for his outstanding volunteer services throughout the community.

Submitted by: Ben Filipczyk,
Recording Secretary PNA Lodge 848

Remembering Matt Urban

Lieutenant Colonel Matt Urban, one of America’s most highly decorated combat infantry officers, was remembered with a wreath laying ceremony at Arlington National Cemetery, on Saturday, August 23, 2014 at the gravesite located just a few feet from the lower steps leading to the Tomb of the Unknowns. Many representatives from Polish American organizations, surviving family members and distinguished military figures were on hand for the special program recalling the courageous WWII exploits by the great Polish American hero.

Submitted by: Ben Filipczyk,
Recording Secretary PNA Lodge 848

Stanisława Stękała- Matka Roku Wydziału Kobiet Okręgu XII


Komisarka Okręgu XII PNA Barbara Wesołowska
Na zdjęciu Stanisława Stękała oraz Barbara Wesołowska
Helping Feet from District I

Three PNA members from Ludlow, MA participated in the Jimmy Fund Walk, which took place on Sunday, September 21, 2014. They were part of a group name Helping Feet.

The 26.2 mile walk started in Hopkinton and ended in Copley Square, Boston, MA.

“We do this to challenge ourselves and to raise money for research to stop the vicious killer that takes lives of our loved ones. Each of us knows someone who has died of cancer or who is fighting the monster. Lots of progress has been made, but lots has yet to be done. We want to help to conquer cancer.”

Submitted by: Jean Shields, Harrisville, OH

The Jimmy Fund solely supports Boston’s Dana-Farber Cancer Institute, raising funds for adult and pediatric cancer care and research to improve the chances of survival for cancer patients around the world.

Since its founding in 1948, the Jimmy Fund has raised millions of dollars through thousands of community fundraising events.

The Maynard Polish National Alliance has awarded their scholarships on July 27, 2014

To be qualified the student has to be a Lodge member and attend college.

Shown at the picture are: Jean Shields, scholarship chairperson, Emily Todoroff, Joshua Satory and Garrett Holubeck, scholarship winners, John Gdula P.N.A. Lodge President, and Ann Marie Gdula Commissioner of District IX. Missing from the picture is Jeannette Yanssens scholarship chairperson.

Submitted by: Jean Shields, Harrisville, OH
Family Picnic and Dance

Rockford, IL. On Sunday, June 22, Lodge 1224 held its annual Family and Dance event. With our hard working officers, help from the many volunteers and great weather, this year’s picnic was again a great success.

Every youngster, 12 years and under, received toys, watermelon and pop. Adults enjoyed a sausage and sauerkraut dinner, traditional pączki, well stocked bar, raffles and dancing.

Our Lodge would like to thank the following people for their hard work to make this event such a success: Skolka Bielawska spent all day with tickets sales. Stan Wawiorko took care of our bar supplies. Irena and Arnold Dyer worked all day behind the bar. Irena Dyer and Roman Bielawski handled the little raffle and Jadwiga Bielawski handled the big raffle. Joe Wojewodzki cut and distributed watermelons and children toys. Henry Bielawski worked out adult games. Thanks to Marian and Henry Bielawski for cleaning up the park.

The hardest work was done by a group of ladies, led by Teresa Bulka with help from Ann Wojewodzki, Mary Gwardys, Skolka Bielawski, Jadwiga Bielawski, in our kitchen. These cooked and served over 150 dinners and countless hot sandwiches throughout the day.

**Thank you to all the members, friends, and out of town guests, for coming and making this annual family event such a great success.**

This year’s picnic was a bit sad for us, for we have lost a long time member and a treasurer of our Lodge Zdzisław “Nick” Woroniak.

Submitted by: Joe Wojewodzki

Marian Grabowski, PNA Treasurer, together with our out of town friends and our Lodge Officers.
Krakusy na XVI Światowym Festiwalu Polonijnych Zespołów Folklorystycznych 2014 w Rzeszowie

XVI Światowy Festiwal Polonijnych Zespołów Folklorystycznych 2014 w Rzeszowie otwarty został 25 lipca, barwnym korowodem ulicami miasta, w którym uczestniczyły 37 zespołów z 14 krajów świata. „Przyjechał do nas cały świat” - jak pisała rzeszowska prasa. I rzeczywiście, aż 9 zespołów przyjechało z Kanady, osiem z USA, cztery z Wielkiej Brytanii, przejechały zespoły z Litwy, Ukrainy, Rosji, Mołdawii, Białorusi, z Rumunii, Czech, Niemiec, Szwecji, Szwajcarii i Brazylii, razem ponad tysiąc tancerzy. Krakusy maszerowały przez ulice Rzeszowa w strojach meksykańskich, wzbudzając ogromne zainteresowanie publicznicy i reporterów, czego dowodem są liczne zdjęcia tancerzy w różnych publikacjach festiwalowych.


Organizowany od 45 lat festiwal cieszy się wielkim uznaniem wśród szerokiej publiczności Podkarpacia, a także świata poprzez transmisje koncertów przez TV POLONIA i należy do najważniejszych tego typu imprez. „Festiwal – zdaniem Dyrektora Programowego imprezy Lesława Waisa – ma szczególne znaczenie dla Polonii ze względu na rozwój artystyczny zespołów oraz ich działalność w krajach swojego osiedlania. – Folklor bowiem jest dla Polonii i Polaków z zagranicy – jak sami o tym mówią – istotnym znakiem tożsamości, ważnym elementem emocjonalnego wizjowania ich z historią i kulturą kraju pochodzenia, symbolem więzi z własnym narodem i regionalną tradycją”


Krakusy wraz z innymi zespołami uczestniczyły również w Mszy świętej, która odbyła się w rzeszowskiej katedrze i prowadzona była przez Kapelana festiwalu Ks. Prałata Stanisława Słowika. Podczas tej mszy Krakusy śpiewały Psalm i pieśni „Czarna Madonna”.

Oprocz koncertów na rzeszowskim rynku i dwóch najważniej-
szych koncertów festiwalu: „Koncert Narodów Świata” i Koncert Galowy wystawianych w hali widowiskowo-sportowej Podpromie, uczestnicy festiwalu prezentowali się w okolicznych mniejszych miejscowościach. Krakusy występowaly w pobliskiej Gminie Świlcza, gdzie przyjęci byli z ogromną serdecznością. Festiwal upłynął bardzo szybko. Na koncercie Galowym w całkowicie wypełnionej hali Podpromie 4,3 tysiące widzów żegnalo tancerzy z całego świata. Niejedna łza zakręciła się w oku artystów i publiczności w trakcie koncertu, a szczególnie gdy Polonusi zaśpiewali „Marsz Polonia”. Krakusy z żalem pożegnaly się z innymi zespołami i nowo poznanymi przyjaciółmi. Festiwal dostarczył nam wszystkim dużo wspaniałych przeżyć, z których mamy nadzieję, że tancerze będą czerpać motywację do dalszego wysiłku i pracy na próbach.

Dziękujemy naszym sponso- rom i ich finansowemu wsparciu, dzięki którym wyjazd naszego zespołu na festiwal był możliwy. W szczególności dziękujemy PNA, Lodge 700, za długoletnie i nieustająco wspieranie naszego zespołu.

Urszula Grzelecki

Camp Stanica 2014

Bondsville, MA. The Polish Alliance Youth Camp (PAYC), Camp Stanica, welcomed the two winners of the PNA District 1 camperships. Names of campers, who were members of Lodges in District 1 PNA, were put in a hat and randomly selected to be the 2014 winners of a free week at Camp Stanica. The delegates at the PNA District 1 Convention in April 2014 voted that the District should award two camperships for the 2014 season. This year’s winners were Jacob Kaczor, of Chicopee, MA, and Rebecca Pierce of Salem, CT. Both campers were looking forward to the Camp Stanica active programs and meeting new friends.

Pictured at the camp are: front row left to right: Jacob Kaczor, from Chicopee, MA, age 11, campership winner, member of PNA Lodge 711, Chicopee, MA and Rebecca Pierce, from Salem, CT, age 10, campership winner, member of PNA Lodge 702 Chicopee, MA. Back row left to right are: Sarah LaCroix, Assistant Camp Director, Agata Komosa, Health Director and wife of PNA National Secretary, Charles Komosa; Teresa Struziak Sherman, former PNA National Director Region “A”, and Kevin Aldrich, Camp Director.

Kevin has been the Camp Director for the past 9 years and has been responsible for many campers returning to the excellent camping program year after year. Camp Stanica was very fortunate to have Agata Komosa on staff again this year. She travelled to MA with her husband, Charles Komosa, PNA National Secretary, from Chicago, IL with their two sons, Charlie, age 10, and Alex, age 9.

The camp is located in Bondsville, MA on 60 acres of grassy fields and woods with the Swift River and Browns Pond/Crystal Lake providing for fishing, swimming, and hiking. There are facilities for games, gymnastics, dancing, and arts and crafts. The campers sleep in cabins on metal frame cots with mattresses. Camp Stanica is a co-educational overnight camp for children ages 6-14. The camping is reduced for PNA members. The fee includes the cost for field trips and Canteen snacks. Camp Stanica not only welcomed campers from neighboring communities in Massachusetts, but also children came from New York, New Jersey, Connecticut, New Hampshire, and Illinois. Begin preparing for the next year camping season. For more information or a brochure please contact Eugene Kirejczyk at 48 Szetela Drive, Chicopee, MA 01013, or by phone: 413-592-0227 or email: terrysherm@aol.com.

ENJOY BASKETBALL AND TEAM ACTIVITIES AT CAMP STANICA!

Submitted by: Teresa Struziak Sherman, Wilbraham, MA
Welcome to our PNA Family

Darek A. Flores  
(born June 14, 2014) son of Małgorzata and Jesus Flores is the newest member of the Lodge 3250, Chicago, IL. He was signed up by his loving Grandmother Bożena Milos.

Harlan Joseph Kohler  
was born on September 23, 2013. He joins his sister Haley Grace, and cousins Jacob Charles and Maria Teresa as PNA members of Lodge 2876, Dudley, MA. Lodge President Dziadek Joseph E. and Babcia Eleanor B. Sendrowski are proud to sponsor their 4th grandchild Harlan Joseph Kohler as a member of the PNA.

Anna Grace Kuczynski,  
born 05-06-2014 is a new member of Lodge 1168, Belchertown, MA. She is the daughter of Sara and Peter Kuczynski and her policy was a gift from her loving grandparents Ewa and Stanley Kuczynski.

Jackson T. Fazekas  
(born March 25, 1962) son of Emerson and Jeanne Fazekas of Greensburg, PA is the new member of Lodge 352. His policy was a gift from his loving grandmother Patricia L. Wolfe. He was signed up by Sales Representative Thomas R. Stevenson.

Emmet M. Wangler and Olivia L. Wangler,  
children of Stephanie L. Tysiak Wangler & Edwin M. Wangler Jr. They are the newest members of lodge 3259 “Piast” Yorba Linda, California. Just like their mother they became a members of PNA shortly after they were born and signed up by their Grandparents Eleonora (Kazia) & Larry Tysiak from Peoria, AZ through financial secretary Barbara Jaroslawski.

Charlotte Lynn Collarius  
(born April 29, 2014) is the daughter of Crystal and George Collarius of Pittsburgh, PA. She is a new member of Lodge 2230!

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Charlotte Lynn Collarius  
(born April 29, 2014) is the daughter of Crystal and George Collarius of Pittsburgh, PA. She is a new member of Lodge 2230!
Bryce Granny (born August 31, 2012) of Westmoreland, PA is the newest member of Lodge 664.

Addyson Granny (born August 9, 2007) of Westmoreland, PA is the new member of Lodge 664.

Kevin Jerzy Kempa (born June 20, 2014) and Abigail Juliana Kempa (born July 7, 2014) are new members to Lodge 877. Their policies were a gift from their loving grandmother Anna E. Kempa.

James Finnegan Boyle of Lackawanna, NY, born May 3, 2014, is a new member to Lodge 2075. His policy was a gift from a loving Grandfather, PNA Member Francis R. Wawro of Elma, NY.

Submitted by: Francis R. Wawro, Lodge 2075, Elma, NY

Hannah Rutkowski is the new member of Lodge 3237. Their parents are Malgorzata and Szymon Rutkowski of Lake in the Hills, IL. Both Hanna and her brother Jackob belong to the new PNA dance group called “Whispers”.

Aven Mae Davidson born April 7, 2014, daughter of Justin and Lauren. She was signed up by her grandparents, Gary and Shirley Davidson to Lodge 128 in Bremond, TX. Sales Representative - Wanda Kotch Ray, Commissioner District XI.

John Paul Predki born December 12, 2011 in San Diego, is a new member of Lodge 3278 Husaria, Council 3. His parents are Elzbieta and Jacek Predki, grandparents Elzbieta and Zenon Cebula are members of Lodge 3278 as well. Last year, John moved to Chicago with his family, and was convinced by his aunt to join the WICI – Song and Dance Theatre.

Submitted by: Elzbieta Stolarczuk
We are proud of

PNA Lodge 3259 “PIAST” Yorba Linda, California is proud to recognize members of our lodge in their life achievements upon graduating from college.

Anna Bubienko
graduated from California State University, Long Beach. She earned a Bachelor of Arts degree in Family and Consumer Sciences- Fashion Merchandising. She plans on working as a visual merchandising coordinator.

Ewelina Musial
is the daughter of Jaroslaw and Mariola Musial. She recently graduated from the University of California, Irvine with Bachelors in Developmental and Cell Biology. Ewelina is the first child to graduate here in the states since her parents came from Poland. Although she’s not exactly sure what she plan to do, but she wants to get a Master’s degree and possibly afterwards go to medical school to become OB/GYN or Pediatrician.

We wish them the best of luck and success in their future and would also like to thank the Home Office for their financial support in form of scholarships for our members.

Submitted by: Barbara Jaroslawski, Financial Secretary, Lodge 3259, CA

Paulina Maleszewski
graduated with a Bachelors degree in Communication from the University of California, Davis. She graduated college in 3.5 years, which allowed her to start her career in the financial industry right away. Today, Paulina is a licensed professional Mortgage Banker with Ladera Lending, Inc in Ladera Ranch, Ca and provides financial advice to clients all over the state of California.

Avalon Williams
of Chicago, Illinois, Lodge 2727 earned her doctor of optometry from the Illinois College of Optometry on May 17, 2014. One of the 151 members of the graduating class, Dr. Williams will practice at Miami Optical in Bridgeport. Williams was a member of the Beta Sigma Kappa International Optometric Honor Society, the National Optometric Student Association, the American Optometric Student Association, the Contact Lens Society, and College of Optometrists in Vision.

She is very grateful for the support of the PNA and has received many academic scholarships from them throughout the years.

The Illinois College of Optometry is among the world’s leading optometric institutions and has developed highly qualified clinical optometrists since its founding in 1872.

Submitted by: Avalon Williams, Lodge 2727
Anne Jagielski, who along with her grandparents Jo and Gene Jablinski belongs to the PNA Lodge 1935 recently received her Juris Doctor from the University of Dayton. Anne was born and raised in Kettering, Ohio. Her parents are Arthur Jagielski and Coleen (Jablinski) Hart. She attended St. Charles Borromeo School, Archbishop Alter High School and received her undergraduate degree in Political Science from the University of Dayton, as well as her Juris Doctor finishing her school in the top of her class.

While attending law school Anne was very much involved working as a Congressman Michael Turner’s (OH) campaign manager and fundraiser. She served on Law Review at the UD, performed an Externship for Coolidge Wall, an esteemed and leading Dayton law firm, worked as an intern for Federal Judge Walter R. Rice.

In addition to her many professional accomplishments Anna completed the Marine Corps Marathon in Washington, D.C. in 2013 and biked across Ohio for the American Cancer Society.

Congratulations Anna, we are very proud of you!

Submitted by: Coleen Hart


Our families treasure the accomplishments Brad achieved in his quest in the sports world. It all began as a four year starter for Providence Catholic High School in New Lenox, IL. In his junior year, he won the Golden Glove Award for top goalkeeper. He led his team to the State finals as a senior, playing every position along the way. He is credited with 25 international appearances on 2005 to 2009 Chivas USA of California chose Guzan as the second overall draft pick. Then he went on to win the 2007 MLS goal keeper of the year. He was to Hull for two stints during the second half of 2010-2011 seasons. Bradley finished his second full season as starter of Premier League receiving Player of the Season. He was awarded the Terrace Trophy as backup goalie. He also participated in two World Cup events after first appearing for the US National Team in 2006.

Brad’s first love was baseball. He was privileged to throw the first ball once at a game for Chicago White Sox and for the Chicago Cubs. He was interviewed at Windy City Live, Channel 7 and 9 during the News hours.

We love you Brad!

Stasia Michalak, Secretary, Lodge 2825 (Aunt Stella)
Winners of the 2014 Photo Contest
THEME: “JUST WOW US”
Winners (listed alphabetically)

KATHERINE BENNETT
“Summer Storm”
Lodge 7016 – Canon City, Colorado

KATIE CALVERT
“When Night Falls”
Lodge 3134 – Kalamazoo, Michigan

DOMINIKA BONDYRA
“Our Bird Condo”
Lodge 238 – Perry Hall, Maryland

BEVERLY COLLINS
“Ah Moment”
Lodge 0 – Leawood, Kansas

MAGORZATA BONDYRA
“Inside The Cymbal”
Lodge 238 – Perry Hall, Maryland

MIHALINA DZIADYNIAK
“Droga Do Badlans”
Lodge 3274 – Rocky Road, Ohio

CHRISTINE LESINSKI
“Morning Dew”
Lodge 464 – Randolph, Vermont

DANIEL MATYSZCZYK
“Cousin Secrets”
Lodge 315 – Ansonia, Connecticut

BIJON SOSNOWSKI
“Moroccan Dreams”
Lodge 338 – Philadelphia, Pennsylvania

MALGORMZATA BONDYRA
“Inside The Cymbal”
Lodge 238 – Perry Hall, Maryland

EDWARD J. WITASZEK
“Marc Seguin on the Eiffel Tower”
Lodge 2066 – Rochester, New York

ZGODA 2014, Issue No 4
Chicago, Illinois - Starting from May 1st through September 15th, the PNA Photo Contest took place. The theme for this year’s contest was: “Just Wow Us!” (photos that will impress the judges). When it reached the deadline, there were over 100 entries submitted from many talented amateur photographers. Vice President Paul C. Odrobina said that he was happy to see that this year’s photo contest drew in this many entries for the contest.

Photo entries were submitted by entrants living in California, Connecticut, Colorado, Florida, Illinois, Kansas, Maryland, Massachusetts, Michigan, Minnesota, New York, Ohio, Pennsylvania, Vermont, Virginia, and Wisconsin.

On Monday, September 29, 2014, Vice President Paul Odrobina had the judging to select the winners. Judging the contest this year was: Victor Modlinski, a film maker and PNA photographer for over 25 years, Alicja Kuklinska, Editor of the Zgoda and PNA Chief Underwriter Frank Jozefiak.

The photographs were displayed in the PNA Board Room. The judges looked over each photograph carefully, checking for sharpness, clarity, the quality of the paper stock used in the printing the pictures and making sure the subject matter lived up to the theme of this year’s contest, “Just Wow Us”. The decision of the winners took quite a while during their difficult task, with judges selecting the ten best photographers.

The ten winners were (alphabetically) Katherine Bennett, Dominika Bondyra, Malgorzata Bondyra Katie Calvert, Beverly Collins, Mihalina Dziadyniak, Christine Lesinski Daniel Matyszczycyk, Bijan Sosnowski, and Edward Witaszek.

Five photos were selected as Honorable Mention. They include: (alphabetically) Nicholas Bondyra, Izabela Clarke, Angela Ignarski, Rebecca Martinez, and Allison Stamm.

Each of the ten winners will receive their winning photo entry mounted on an “Award Winners Plaque”.

Vice President Odrobina would like to thank his In-House Committee for their hard work running the contest each year namely Joan Oskorep and Robert Jadach, the judges for taking time away from their busy schedule to come to the PNA to judge this year’s contest and all the participants and winners who entered the contest this year.

The contest will once again resume on May 1, 2015 through September 1, 2015. The theme for the contest will be shortly decided. Details will be posted on the PNA Website and listed in upcoming issues of the Zgoda.
Foster, Rhode Island - The 52nd Annual PNA Golf Tournament was held on July 18th and 19th, 2014 at the Foster Country Club in Foster, Rhode Island. Lodge 1770 in Coventry, Rhode Island was the host of the tournament and celebrated its 100th Anniversary. The golfers had great weather for the two day event on Friday and Saturday.

At the awards ceremony on Saturday evening, Vice President Paul Odrobinia was the Master of Ceremonies. He welcomed everyone that attended. Paul introduced Rev. Canon Anthony Iwuc who gave the Invocation and then introduced dignitaries attending or participating in the tournament, which included: Directors Val Pawlos who serves on the PNA Sports and Youth Committee; Commissioner of District I, Jeannie Zapala, Former Vice President Stanley Jendzejec, Former Director Teresa Sherman, Former Commissioners Normand (Mickey) Vadnais and John Mailloux (District 1) and Richard Tyszkiewicz (District 8). Matt Bartkowski member of the Boston Bruins Hockey team and member of Lodge 1052 in Pittsburgh, and Rebecca Mailloux, Women’s Golf Coach from Grand Valley State University in Grand Rapids, Michigan.

Awards to the winners were presented by Vice President Odrobinia with the assistance of Director Val Pawlos. Special recognitions to the youngest and oldest golfers this year, who were Ian McDonald (16) and Adam Galaski (17) and to Stanley Jendzejec as the oldest golfer. The final award was the “Fraternalist Award” which went to Lodge 1770 in Coventry, Rhode Island having the most golfers participating in this year’s tournament. This year the lodge had 22 golfers. Accepting the award was Arthur Legault a former house manager of Lodge 1770 and John Mailloux. The oldest Lodge member attending from Lodge 1770 was 94 year old John Zaborski whose father was one of the charter founding members of Lodge 1770. He was accompanied by his sister Wanda Pykosz.

Vice President Odrobinia would like to thank the President of the Lodge Thaddeus Jendzejec, John Mailloux Lodge Secretary and Local Chairman of the Tournament and his Committee consisting of Ellis Beverly, Clifford Beverly, Charles Beverly, George Truman, Bob Yurovchak, Ray Krupa and Art Serpa.

Story by:
Robert M. Jadach, Vice President
Paul C. Odrobinia, and John Mailloux
Local Chairman Lodge 1770

**WINNERS LISTED IN EACH GOLF FLIGHT**

**“Championship” Flight**

1. Mark Pawlos, Pittsburgh, PA, Lodge 1052
2. Ron Rys, Dunkirk, NY, Lodge 1193
3. Eric Pawlos, Pittsburgh, PA, Lodge 1052

**“A” Flight**

1. Donald Egbert, Dayton, OH, Lodge 1935
2. Ron Viskovicz, Burgettstown, PA, Lodge 1870
3. Carl Palastro Jr., Oak Dale, PA, Lodge 1052

**“B” Flight**

1. Jeff Twardy, Pittsburgh, PA, Lodge 1052
2. Jerry Townsend, Kettering, OH, Lodge 1935
3. Paul St. Amand, West Warwick, RI, Lodge 1770

**“C” Flight**

1. Paul M. Singleton, LaPorte, IN, Lodge 1120
2. Edward Blais, Coventry, RI, Lodge 1001
3. George Smith Jr., Coventry, RI, Lodge 1001

**“D” Flight**

1. Syd Dillard, Coventry, RI, Lodge 1001
2. Thomas Pietrzak Jr., Dayton, OH, Lodge 1935
3. William Russell, LaPorte, IN, Lodge 1120

**“E” Flight**

1. John M. Socha, West Warwick, RI, Lodge 1770
2. Ted Jendzejec, Coventry, RI, Lodge 1770
3. Alex Jendzejec, Arlington, VA, Lodge 1770

**Ladies “Champion” Flight**

1. Ashley St. Amand, West Warwick, RI, Lodge 1770
2. Terry Viskovicz, Burgettstown, PA, Lodge 1870
3. Monica Letta, Tallmadge, OH, Lodge 1099

**Ladies “A” Flight**

1. Alyson St. Amand, West Warwick, RI, Lodge 1770
2. Patricia Smithers, Elmira, NY, Lodge 1094
3. Mary Ellen Jendzejec, York, ME, Lodge 1770

**Ladies “A” Flight**

1. Ashley St. Amand, West Warwick, RI, Lodge 1770
2. Terry Viskovicz, Burgettstown, PA, Lodge 1870
3. Monica Letta, Tallmadge, OH, Lodge 1099
Bentleyville, PA
As always, members of the PNA Lodge 1930 stay busy with the events held each year. The children are treated to an Easter egg hunt and party every spring and the anticipation is well deserved. The members hide over 4000 plastic eggs! Afterwards all are treated to the Easter Bunny’s arrival on a fire truck and a grand party with Easter Baskets for all.

Greensburg, PA
The Future Leaders of District VIII enjoyed a fun and sun-filled afternoon sharpening their link skills at Sattler’s Fun Center this past August. A good turn-out prompted keen completion among the youths to verify for the top place trophies for the annual District VIII Junior Golf Outing. Afterwards, the children tested their driving skills on the go-kart track and had a pizza lunch. Don’t miss out next year; the adults enjoyed themselves as much as their junior members!

In July, the Lodge host their annual golf outing and barbecue with a sell-out participation.

The some of the Lodge Officers and members who make the golf outing a yearly happening; Left to Right: Mike Vrabel, (President) Mike Gazi, Tim Vrabel and Ray Nuccetelli.

The Women of the Lodge who make it happen: left to right: Linda Vrabel, Holly Vrabel, Shelly Nuccetelli and Rose Wright (Financial Secretary).

It is always a benefit to belong to Lodges that do so much for their members.

Submitted by David Sinclair, District VIII Commissioner
**New fundraising agenda for our organization!**

The purchase of the gift cards will benefit the Youth fund at the PNA.

The gift cards from a large variety of stores, restaurants, and businesses in your area are being available from the Polish National Alliance Home Office.

These cards could be used for your Lodge or Council as awards for the members, dance groups, Saturday Polish Schools, sports, contests, or for your own personal use.

For more information on how to obtain gift cards please visit our website: 

**www.pna-znp.org**

or call the Sport and Youth Department of the Polish National Alliance:

**1-800-621-3723 ext. 316**

We hope you will take advantage of this great opportunity. Please, note:

**Gift card orders are filled every 15th and 30th of each month. Please allow up to one week for the mailing.**

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**District XII Awarded Scholarships**

The P.N.A. District XII Youth Home Corporation is happy to announce it has awarded 19 scholarships for the 2014-2015 school year. Nine students with a grade point average of 3.5 or higher each received $500.00; the remaining 10 students each received $250.00, for a grand total of $7000.00. The recipients are: Matthew Domalewski, Nicholas Domalewski, Natalie Grabowski, Dana Gubala, Edward Jozefiak, Rebecca Jozefiak, Heather Azcuy Kaminski, Tanya Kaminski, Tyler Kaminski, Hailey Kosinski, Alexandra Lyewski, Andrew Moll, Rachel Mulka, Thomas Mulka, Alyssa Papiernik, Nicole Papiernik, Joanna Sochocki, Brian Wadsworth and Jaqueline Ziemski.

The Officers of the Youth Home Corporation District XII are Commissioner of District 12, Barbara Wesolowski, President, Arthur Trybek, 1st Vice President, Anna Kokoszka, 2nd Vice President, Shirley Wass, Secretary, and Judith Trybek, Treasurer.

The members of the Scholarship Committee are Judith Trybek, Chairman and Secretary of the Scholarship Committee, National Director, Christine Domalewski, Shirley Wass and Gail Bialas. Acting in an advisory capacity are officers Barbara Wesolowski, Arthur Trybek and Anna Kokoszka.

Since 1987, District XII Youth Home Corporation has awarded 833 scholarships for a grand total of $402,250.00.

*Judith Trybek, Secretary of District XII Scholarship Committee*
**History of Cookies**

In many homes, a popular Christmas tradition is to leave milk and cookies for Santa Claus. A lot of people enjoy the holiday tradition of baking cookies to share with friends and family members. Cookies have a long history, but the first ones did not taste much like the treats we enjoy today. The first cookies were made in Rome around the 3rd century B.C. They were thin, hard, bland wafers twice baked. The Romans ate them by dipping them in wine. Modern cookies most likely originated in Persia during the 7th century, when sugar became more common in that region of the world. In the 14th century they grew popularity across the Europe enjoyed by royalty as well as peasants. They traveled well in tins and boxes, making them a reliable source of food on trips. The word „cookie” comes from the Dutch „koekje”, for „little cake”.

Cookies arrived in America in the 17th century, in the form of macaroons, gingerbread cookies and the „jumble”, a hard cookie that combined nuts, sweeteners and water. The cookies we are most familiar with, made by creaming butter and sugar, became common in the 18th century.

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**Polish Gingerbread Cookies (Pierniki)**

**Ingredients:**
- 10 dkg or 4oz of honey
- 7 flat teaspoons of spices (ginger, nutmeg, cloves)
- 1 tablespoon of water (should be added to honey)
- 30 dkg or 10oz of flour
- 30 dkg or 10oz of butter
- 8 teaspoons of sugar
- 1 egg
- 2 teaspoons of baking soda

**Preparation:**
Dissolve spices with honey and a teaspoon of warm water and let the mixture cool down. In a large bowl, combine and knead flour, butter, sugar, eggs and honey. Place dough in the refrigerator for half an hour. Cut into desired shapes with cookie cutters. Put on a greased form and heat oven to 150 degrees Celsius or 300 degrees Fahrenheit and bake for about 20min.

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**Sugar Cookies**

**Ingredients:**
- 1-1/2 cup butter (unsalted)
- 2 cups of sugar
- 2 whole eggs
- 2 egg yolks
- 4 teaspoons vanilla extract
- 2 teaspoons almond extract
- 4 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder

**Preparation:**
Add 2 eggs and 2 egg yolks and mix until combined. Add in vanilla and almond extract; mix until combined. In a separate bowl, sift together flour, salt, and baking powder. Slowly (about a cup at a time) add flour to butter mixture and combine. Mix ingredients until they are combined, (if you over-mix this dough it will get tough). Put cookie dough in some Saran wrap and refrigerate for at least one hour. Preheat oven to 350 degrees. Roll dough out, cut out cookies, and bake for 6-8 minutes.
Decorate your cookies....

**Polish-glace:**

The recipe is very simple:
Beat egg yolks and a drop of food coloring.
Apply one layer of the glazing on the cookie with a brush before baking. Put second thin layer with a brush on hot cookies right after getting them from the oven. This glaze dries very fast. After 1-2 hours you can apply the design with the royal icing.
Please note: if you apply many layers of glaze, the surface will crack and look like broken glass. The polish-glace has no taste, so its role is only giving the product a beautiful shine.

**Royal icing**

**Ingredients:**
- 1 egg white
- 3 cups powdered sugar
- 3-5 drops (or more) of lemon juice
- 1/4 teaspoon cream of tartar
- Almond extract if desired

While rubbing in egg white, gradually add sugar (do not beat egg whites). At the end put cream of tartar, lemon juice and essence. Consistency should not be too thick, but not liquid.

**Traditional Glaze**

**Ingredients:**
- 1 cup confectioners’ sugar
- 2 teaspoons milk (or water)
- 2 teaspoons light corn syrup
- 1/4 teaspoon almond extract
- Assorted food coloring

In a small bowl, stir together confectioners’ sugar and milk until smooth. Beat in corn syrup and almond extract until icing is smooth and glossy. If icing is too thick, add more corn syrup. Divide into separate bowls, and add food colorings to each to desired intensity.

**Kutia**

Kutia is one of traditional Polish Christmas recipes especially popular in eastern part of Poland. It is originally not Polish, but comes from Ukraine. It is easy Christmas dessert, a mixture made of poppy seed, wheat grain, honey, and dried fruits. It is sweet and chewy.

**Ingredients:**
- 200 g (7 oz) of wheat grain without scales
- 200 g (7 oz) poppy seed
- 200 ml (6.8 fl. oz) fluid honey
- 100 g (3.5 oz) chopped almonds
- 100 g (3.5 oz) walnuts or pecans
- 50 g (1.8 oz) raisins
- 5 dates
- Optional: 50 ml (1.7 fl oz) rum

**Preparation:**
Place the wheat grain in a strainer and run plenty of water through it to clean it. Soak the grain in cold water for 5-6 hours, and then cook on low heat around 3 hours. The grain should be soft, but not overcooked. You can grind the cooked wheat grains, or use it whole. Place the poppy seed in a small pot and pour boiling water on top. Cook for 15 minutes, then strain, grind 2-3 times, until smooth. Chop the walnuts or pecans; soak the raisins in water or in rum. Chop the dates. In a mixing bowl, mix the poppy seed, the wheat grain, honey, nuts, and fruits. You can add more dates, raisins or nuts, if you like. You just have to taste it and see what you want to add. Store kutia in a fridge, or freeze it.
Peace, good will and happiness for you at Christmas and always.
Merry Christmas and a Happy New Year!

Wesołych Świąt i Szczęśliwego Nowego Roku!

On behalf of
The Executive Officers, Directors, Commissioners and
Employees of the Polish National Alliance.
DISTRICT I
Jeannie M. Zapala
Ludlow, MA
Frank A. Wolanin
Holyoke, MA

DISTRICT II
Marianna Koziol-Dube
Unionville, CT
Donald Dube
Unionville, CT

DISTRICT III
Helen M. Kostecki-Pater
Valley Stream, NY
Marian J. Wiercioch
Cohoes, NY

DISTRICT IV
Richard H. Kuczkowski
Webster, NY

DISTRICT V
Czeslawa (Trish) Buczkowski
Wallington, NJ
Stanley M. Dunaj
North Arlington, NJ

DISTRICT VI
Renata M. Jodlowski
Philadelphia, PA
James E. Mislak
Baltimore, MD

DISTRICT VII
Dawne M. Griffith
Taylor, PA
Michael G. Matiko
Duryea, PA

DISTRICT VIII
David M. Sinclair
Westmoreland City, PA

DISTRICT IX
Ann Marie Gdula
Bridgeport, OH

DISTRICT X
Stella G. Szcesny
Hamtramck, MI
Thomas M. Schemanski
Hamtramck, MI

DISTRICT XI
Bernice A. Krauze
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Jerzy W. Hejna
Palos Hills, IL

DISTRICT XIII
Wanda Juda
Chicago, IL
Joseph F. Hercik
Chicago, IL

DISTRICT XIV
Teresa A. Jankowski
Saint Francis, WI
Gary W. Babinski
Minto, ND

DISTRICT XV
Mary S. Wozniak
Rolling Prairie, IN

DISTRICT XVI
Ania Karwan
Yorba Linda, CA
Greg G. Chilecki
Orange, CA

DISTRICT XVII
Jane C. Ptak
Walton Hills, OH
Edward R. Sobczynski
Parma, OH

POLISH NATIONAL ALLIANCE
6100 N. CICERO AVENUE
CHICAGO, IL 60646
TEL.: 773-286-0500
website: www.pna-znp.org
In Memoriam

Former PNA Director Helen S. Orawiec Passes Away

HELEN S. ORAWIEC

Justice, Illinois – On August 13, 2013, the PNA Home Office received news that Former PNA Commissioner and Director Helen Orawiec passed away.

Helen was born May 17, 1921 to Paul and Stephane Furmaniak, who came to America in the early 1900’s. She had a Sister Lillian and a Brother Ted. They had lived in Chicago their whole life. She worked for Cook County as a Systems Analyst.

On April 4, 1940 she married Louis Orawiec, the man of her dreams. Helen and Louis were never blessed with children, but became a wonderful Aunt and Uncle to their nieces, nephews, great nieces, great nephews and great great nieces and nephews.

Helen was involved with the Polish National Alliance for many years, serving as Financial Secretary of Lodge 1577 from 1976 through 2014. She was also Vice President of Council 143 from 1960 to 2000, then became President of the Council from 2001 to 2010.

Her involvement with the PNA grew, being a delegate to over 12 PNA Conventions. She became Commissioner of District XII from 1963 to 1971, and in 1975, Helen was elected for two terms as Director in Region “H”.

Helen did not stop there, she was an active member of the PNA Welfare Association, Ladies Division of District XII; was honored and received the Gold Cross of the Legion of Honor from the PNA for her many years of dedication, was one of the original organizers of the PNA South Side Seniors meetings and delegate to the PNA Youth Camp Association of Districts XII and XIII. She was involved with other groups as well, Past President of the Ladies Auxiliary Post #2 PAVA, and recipient of the Silver Sword of General Haller Medal from Post #2 Polish Army Veterans, a member of the Ladies Auxiliary #4684 VFW and member of the Polish Falcons Nest 827.

Helen and Louis enjoyed attending many Lodge functions in Chicago because they enjoyed doing the two-step and other dances.

Helen was loved by all who met her. She will be missed by everyone too.
For those you love and care about...

What can I leave for my loved one or estate? In this day and age of low interest rates and uncertain economy, we often think on how to best provide for our loved ones.

One sure way is through life insurance with only one single payment providing a lifetime of benefits.

The benefits are many: a guaranteed death benefit, tax deferred accumulation and an increasing death benefit.

What a single premium of $10,000 would purchase?

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<th>AGE</th>
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Just by looking and comparing you can see the tax free benefits in most situations. At the age of 65, for a male the immediate benefits are 100%, at the age of 80, the benefits are 48% greater than the premium.

In the event of death, after purchasing a single premium whole life at the age of 70 in the amount of $10,000, the immediate death benefit would be $18,081, 80% higher than the premium.

If one were planning to leave a loved one or an organization some funds, there is no safer way than life insurance to accomplish this purpose. Interest rates are so low in banks right now hovering at less than 2%; it would take 30 years to double your investment.

Now, you make the choice which is better and more attractive?

For more information, call your local sales representative or call Membership Department of the Polish National Alliance at 1-800-621-3723
K

racus Festival Embraces Polish Heritage

Ludlow, MA. The Polish Center of Discovery and Learning at Elms College was the sponsor of a very successful fundraiser, the 9th Annual Krakus Festival held on October 17 at the Polish American Citizen’s Club in Ludlow, MA. Over 160 people attended the $50 a plate dinner and enjoyed the music of Lenny Gomulka and the Chicago Push Orchestra.

A special tribute was made to Teresa (Terry) Struziak Sherman who was the recipient of the Community Service Award. Terry was born and raised in Chicopee, Massachusetts. Her introduction to her Polish heritage was through the Polish National Alliance (PNA), at the age of 9, when she began helping her father who was the Financial Secretary of PNA Lodge 711, Chicopee, MA. Upon his passing in 1966, she was elected to fill his position, and became the first woman officer of that Lodge. She was also the youngest officer in the Lodge’s history at the age of 25. As a Sales Representative and Financial Secretary for PNA Lodge 711 of Chicopee, MA for 47 years, she has enrolled over 300 members with over $8 million of insurance. Terry’s family is a 100% PNA family. As a delegate to PNA Council 62 for 47 years, she has been elected Recording/Financial Secretary for 32 years, and chairs the Membership Committee. Terry has been the Secretary of PNA District 1, and was elected Commissioner of PNA District 1 in 1991. Also in 1991, the PNA Censor appointed a “Zgoda Committee” and Terry as the Chairperson. She is currently the author of a health column called ‘Living Well’ that is published in the PNA National magazine, Zgoda. She was honored as mother of the Year by PNA Council 62, and Woman of the Year by PNA District 1. Terry was presented the PNA Bronze Cross in 1996 and Silver Cross Legion of Honor medal in 194.

Teresa graduated from Springfield Hospital School of Nursing and received her Diploma and license as a Registered Nurse. She proceeded to further her education at American International College where she graduated Summa Cum Laude with a Bachelor of Science in Nursing degree. She then went on to obtain her Master of Science Degree in Nursing with a major in Nursing and Public Health Administration from the University of Massachusetts, Amherst. Professional experiences include volunteer camp nurse at Camp Stanica, Bondsville, MA, staff nurse, Charge Nurse Medical/Surgical Unit, Charge Nurse Emergency Room, Nursing Supervisor, Staff Development/Nursing Education at Ludlow Hospital, Assistant Professor of Nursing at the College of Our Lady of the Elms, Adjunct Assistant Professor at Western New England College, and managing resources and budgets up to $14 million annually as a Director of Nurses at the Springfield Municipal Hospital and Jewish Nursing Home of Western Massachusetts, a Nursing Home Administrator at Ring Health Care Centers, Springfield, MA, President and Director of Clinical Practices for Gericare, Inc. and as a partner and Program Director of CEU Direct, Inc., offering accredited health care education programs for re-licensure of health care professionals on the Internet.

Terry resides in Wilbraham, MA with her husband, Gilbert, who was the recipient of her knowledge and skill in CPR when he went into cardiac arrest and was saved by her in 2005. He is fortunate to be with us today. They celebrated their 50th Wedding Anniversary on June 20, 2014. They have three children, Gayle, Reverend Scott and Greg Sherman, and seven grandchildren who were present at the event.

Terry was presented the Community Service Award, a crystal engraved vase from Poland, by Joseph M. Topor, Jr. President of the Polish Center of Discovery and Learning at Elms College and Stas Radosz, Executive Director of the Polish Center of Discovery and Learning at Elms College. There were many guests that represented the PNA as well as many Polish Organizations. Terry then made a heartfelt speech of appreciation for the award and thanked the Board of Directors and everyone in attendance.

On May 3, 2005 the Polish Center received the keys of the 18-room, 130 year old former rectory of the Holy Name of Jesus Parish located at 33 South Street, Chicopee, MA. Much renovation to the old building has occurred, and more work remains to be completed to make this a home to a Polish American museum and cultural center. Once completed, and the technology in place, we will have an attractive home in which our history will be preserved for future generations with provisions for expanding programs and exhibits. The building has three floors that have been renovated strictly by the generous donations of individuals, businesses and organizations throughout the United States. It is through the remarkable spirit of the many volunteers and supporters who have not only built a tremendous monument to their forefathers, but who also continue to carry the commitment to keeping that dream alive. The final phase will be to build an addition to the building that will allow the center to
accommodate groups for concerts, lectures and other cultural and educational programs, and two classrooms. Embrace your heritage! Become a member of the Polish Center, a tax-deductible 501c (3) non-profit organization. For more information visit the website at: www.polishcenter.net or call 413-592-0001.

Submitted by: Teresa Struziak Sherman

NEWLY ORDAINED BISHOP ROZANSKI AT KRAKUS FESTIVAL

Ludlow, MA. Enjoying the Polish Center Social at the Krakus Festival at the Polish American Citizen’s Club in Ludlow, MA are seated left to right: PNA Commissioner, District 1, Jeannie Zapala and Marianna Kozioł-Dube, PNA Commissioner District 2. Standing: Donald Dube, Commissioner PNA District 2 and Teresa Struziak Sherman, former PNA National Director Region “A” and Polish Center Board member, was the Community Service Award recipient for 2014 at the Krakus Festival on October 17th.

The Polish Center of Discovery and Learning is grateful for all contributions, both monetary, and articles that are from 1950 or older, that depict Polish heritage, culture and customs.

Ludlow, MA. Upon arrival at the Polish Center of Discovery and Learning Krakus Festival held at the Polish American Citizen’s Club in Ludlow, MA, honoree, Teresa Struziak Sherman was greeted by The Most Reverend Bishop Mitchell T. Rozanski of the Diocese of Springfield, MA. Bishop Rozanski was ordained as Bishop in August, 2014, and is the first Polish Bishop to serve in the Springfield, MA Diocese. It was a great honor to have him with us on such a special day.

Pictured left to right are: Alexa Marie Sherman, age 6, member of PNA Lodge 711; Bishop Rozanski; Teresa Struziak Sherman, Community Service Award recipient; Gilbert J. Sherman, President PNA Council 62 and Lodge 711, and Matthew J. Sherman, age 10, member of PNA Lodge 711, Chicopee, MA.

Ludlow, MA. Teresa Struziak Sherman was the recipient of the Community Service Award at the Ninth Annual Krakus Festival, the major fundraiser for the Polish Center of Discovery and Learning at Elms College, Chicopee, MA. Pictured presenting the award, a beautiful engraved crystal vase from Poland, is Joseph M. Topor, Jr., President of the Polish Center, Teresa Struziak Sherman, award recipient, and Stas Radosz, Executive Director of the Polish Center.

KRAKUS FESTIVAL COMMUNITY SERVICE AWARD RECIPIENT 2014

Ludlow, MA. Enjoying the Polish Center Social at the Krakus Festival at the Polish American Citizen’s Club in Ludlow, MA are seated left to right: PNA Commissioner, District 1, Jeannie Zapala and Marianna Kozioł-Dube, PNA Commissioner District 2. Standing: Donald Dube, Commissioner PNA District 2 and Teresa Struziak Sherman, former PNA National Director Region “A” and Polish Center Board member, was the Community Service Award recipient for 2014 at the Krakus Festival on October 17th.

The Polish Center of Discovery and Learning is grateful for all contributions, both monetary, and articles that are from 1950 or older, that depict Polish heritage, culture and customs.
Chicopee, MA. David Kisala, age 20 of Southwick, MA, and Joseph Dziok age 22 of Chicopee, MA were the featured musicians at the Thaddeus Kosciuszko “Imieniny”, or name day celebration, held on October 10 at the Polish Center of Discovery and Learning at Elms College in Chicopee, MA. The event was sponsored by the Kosciuszko Foundation New England Chapter, Carolyn Topor, President. David Kisala has been playing saxophone for ten years. Although a quiet and humble person, David plays with a local band called “Juke Joint Jazz” at places such as The Iron Horse in Northampton, MA and The Arts Block in Greenfield, MA. Currently, David is a junior at Western New England University, Springfield, MA studying biomedical engineering. Joseph Dziok has been playing piano for 19 years. He is currently a student at the University of Hartford in CT. David and Joseph played several outstanding pieces for the audience, one of which was St. Thomas, another Blue Bossa and a third Bye Bye Blackbird with piano and Saxophone. The finale played with accordion and Sax was Dalej Chlopcy Dalej Zywo which brought the audience to its feet with singing and clapping.

On October 28, 1792, which is Thaddeus Kosciuszko’s “IMIENINY”, (name day), Prince Czartoryski held a party at his SIENIWA PALACE to honor Kosciuszko on this date. Russia had just crushed the Polish Army, outlawed the 1791 May 3rd Polish Constitution, and banned the Virtuti Militari medals given to the Polish soldier heroes. The officers, who had received these medals, were ordered to throw the medals away. While the officers took the medals off their chests, they sent the blue ribbons from these medals to their wives and sweethearts. At this party for Kosciuszko, the women wore white dresses with black and azure sashes and braided the blue medal ribbons into their hair. For Kosciuszko, these same women fashioned a garland crown made of branches and leaves from the oak tree planted 100 years earlier by King Sobieski and placed it on Kosciuszko’s head to honor him.

Submitted by: Teresa Struziak Sherman
The TV Polonia has come to an agreement with the Management Board of Telewizja Polska on changes in the programming of TV Polonia that would adapt the programme lineup to the actual needs and expectations of the audience, i.e. the Polish diaspora and Poles who live abroad.

TV Polonia will expand its offering for children and youth, placing particular emphasis on teaching Polish. The channel will restore the well-known series “Profesor Smok i przyjaciele”, and produce a pilot episode of a new show for children which teaches the mother tongue from basics. Depending on the reactions of the audience, the new series will be produced and broadcast in 2015.

The TV theatre will return to TV Polonia in November 2014. By the end of the year, we will also see the premiere of the “Polska racja stanu”, devoted to Polish foreign policy. The series “Halo Polonia” about the Polish diaspora and Poles abroad will continue. The lineup also features programmes created in cooperation with Poles in the East: “Wilnoteka,” “Nad Niemnem” and “Studio Wschód.” Apart from those novelties, TV Polonia will offer the best programmes of TVP 1, TVP 2, as well as TVP Kultura and TVP Historia that are the most popular with Polish audiences.

Source: MEA Press Office

Polonus Philatelic Society Celebrates Diamond Jubilee

Little did Chester Mikucki realize when he began inserting notices in the Daily Zgoda for the formation of a Polish Stamp Club that the result of his idea would be the Polonus Philatelic Society. Chester was probably the most surprised young man when on February 26, 1939, fifty-four stamp collecting enthusiasts responded to his call for a meeting at the Veterans’ Home on Wood Street in Chicago.

Fast forward 75 years later, the Polonus Philatelic Society is now the oldest and largest philatelic society dedicated to the promotion and study of Polish philately in the English language. It has grown from a “local club” to one of the foremost specialty philatelic societies worldwide. In addition to promoting and encouraging philately in general and of Poland in particular, the purpose of the Society is to promote an understanding of Polish culture, literature and history through philatelic publications, presentations and exhibitions.

On November 21-23, 2014, at the Westin Chicago Northwest Hotel, the Polonus Philatelic Society celebrated its 75th anniversary as one of the “convening societies” of CHICAGOPEX 2014, an American Philatelic Society (APS) “World Series of Philately” event. Polonus members exhibited the finest collection of Polish stamps and postal history, the largest exhibition of Polish philatelic material outside Poland.

If you collect stamps of Poland, specialize in any facet of Polish philately, or just have interest in the culture and history of Poland, the Polonus Philatelic Society is for you.

Contact Polonus at info@polonus.org and ask for information about becoming a member and a free sample Bulletin (digital version)

For more information visit: www.polonus.org
Passaic, New Jersey – On Sunday October 5 – 2014 Council 9 from Passaic, N.J. along with Lodges 2571, and 1475 PNA took part in the annual General Kasimir Pulaski Memorial Parade along 5th Avenue in New York City.

Council 9 and local PNA Lodge members represented PNA along with other organizations, forming together the Central of Polish Organization, located in Passaic at the Polish American Cultural Center. Every year PNA delegates and members help the CPO to organize many events throughout the year, including the contingent to the Pulaski Day Parade in New York City.

Grand Marshal of this year Pulaski Parade in New York City was Richard Berdnik – Sheriff of Passaic County NJ.

Lead our group from Passaic/Clifton and its Vicinity was Marshal – Stanley Kwolek, owner of Polonia Market LLC Clifton, NJ, and Miss Polonia Tara A. Danny and Jr. Miss Polonia Jade Sommer.

Thanks to Sheriff Richard Berdnik from the Passaic County Sheriff Department and all participating Sheriff’s Officers for supporting the annual Pulaski Day Parade in New York City. All 7 buses were decorated with American and Polish Flags.

Polish Folk Dance Group from Huston, Texas at the Pulaski Parade in New York City. Several members of this group are also PNA members, 2-nd f. left PNA member Maryann Ciaston, with Tadeusz Katarba Director PNA Region B and Sophie Dul - former Commissioner of District 5 of New Jersey

Day Parade in New York City, by leading our buses from Passaic to Clifton, New Jersey then to New York City. All 7 buses were decorated with American and Polish Flags.
Marching by St. Patrick’s Cathedral, where Jozef Kupny, Archbishop of Wroclaw, Poland greeted and blessed us and our PNA Organization.

After the parade, just like every year all buses along with our contingent parade participants returned back to Polish American Cultural Center in Passaic, New Jersey, where refreshments was served.

Tadeusz Kutarba PNA National Director, Region “B”

Representatives of the Polish-American Community, including President Frank J. Spula, and members of the Chicago Consular Corps attended the celebration of Poland’s happy jubilees Friday, October 24, at the Polish Consulate General in Chicago.

In her remarks to the attendees, Consul General Paulina Kapuścińska spoke about the milestone events that brought about breakthrough changes in Poland and in other countries of Central Europe: “25 years after the breakthrough elections on June 4, 1989, Poland has been a successful democracy, a 15-year-old member of NATO and a decade-old member of the European Union. The rise of Poland from the divisions of Communism was symbolically made complete recently with the election of Polish Prime Minister Donald Tusk as the President of the European Council. It is proof that half-a-century old division into old and new Europe is a thing of the past,” said Consul Kapuścińska.

The program featured a recital of young pianists from the Paderewski Symphony Orchestra’s Academy of Music and piano master Igor Lipinski.

Source: www.chicago.msz.gov.pl

Photos: Konrad Zieliński
Holyoke, MA. The Polish American Congress of Western Massachusetts held its Polish American Heritage Banquet at Pilсудski Park, Holyoke, MA on October 5, 2014. The event was well attended by many dignitaries and guests. Frank Wolanin, PNA Commissioner District 1, banquet Chairperson and National Director of PAC of Western Massachusetts and Joseph M. Kos, President of the Polish American Congress of Western Massachusetts introduced the distinguished guests at the head table. Representing the Polish National Alliance was PNA Commissioner of District 1 and PAC Director, Frank Wolanin; Jeannie Zapala, Commissioner PNA District 1, PAC officers, Joseph M. Kos, President; Lech Sadkowski, Vice President; Mary Wolanin, Vice President; Alvira Balut, Treasurer/Financial Secretary, and Irena Gadecki, Corresponding/Recording Secretary.

Also present were Alice M. Manijak, President, Polish Women’s Alliance Council 28; Rev. Łukasz Krzanowski, MS, Assistant Priest at Holy Trinity Parish, Westfield, MA; Jessica Sudyka, Miss Polonia Massachusetts 2015, and Czesław Cholewa, award recipient. President Kos delivered congratulatory messages and proclamations from State and local government officials and National President Frank J. Spula.

The program began with singing of both the American and Polish National Anthems by Janina Sierzputowski. The Main Speaker was Joseph M. Kos, President Polish American Congress of Western Massachusetts. Mr. Kos spoke in detail about the 70 year history of the Polish American Congress (PAC) dating back to December 1943. The formal creation of the Polish American Congress was in May 1944 headed by Charles Rozmurek, President of the Polish National Alliance. The creation of this group was formed in Buffalo, NY and attended by more than 2,500 delegates. There are four noteworthy PAC accomplishments to mention: (1) the PAC, along with the U.S. Government, succeeded in the formation of the Displaced Person’s Program which allowed approximately 150,000 Polish immigrants to enter the U.S. after WWII; (2) the success of winning American veterans benefits for Polish veterans of WWI and WWII; (3) in 1951 the PAC was instrumental in the conduction of a special U.S. Congressional investigation of the WWII Katyn Massacre of 1940. The findings proved that it was Soviet Russia that had committed unspeakable crimes against Poland; (4) from 1992 to 1998, PAC efforts were critical in the decision of the U.S. Senate to support Poland’s admission into the NATO Alliance. Presently, the PAC, for more than a decade, has been leading the effort to include Poland in the Visa Waiver Program (VWP). Polish American Congress and Polish National Alliance President, Frank J. Spula, and Vice President of PAC American Affairs, Anthony Bajdek are actively leading this effort. The United States Senate has approved a Bill to expand the VWP to include additional countries in the program, and Poland is included. The United States House of Representatives must now vote on the bill, H.R.1354.

As a part of the banquet program, an annual “Recognition of Achievement” award is presented to an outstanding individual of Polish descent in the Western Massachusetts area. President of the Polish American Congress of Western Massachusetts, Joseph M. Kos, presented this year’s award to Czesław (Chester) Cholewa.

Chester was a teenager when Nazi Germany invaded Poland on September 1, 1939. The Soviet army
invaded Poland from the East eighteen days later, and on February 10, 1940, Chester, along with his parents, two sisters and a brother, were taken captive. The family was forced into labor camps in Siberia. For two years they struggled to survive the inhumane conditions of the labor camp. While a prisoner of the Soviets, Chester kept a diary written in Siberia in 1940. His original notes are on display at the Polish Center of Discovery and Learning at Elms College in Chicopee, MA.

When Germany declared war on its former Soviet allies in 1941, Poles, like Chester, were allowed to enlist in the Polish military to help fight the Germans. Chester and his family traveled to Uzbekistan to enlist in the Polish Army. He traveled to Iraq, India, South Africa and then England. Finally in 1947, Chester was reunited with his family in England for the first time since they had departed Russia.

After WWII, Chester decided not to return to Poland, which was under Soviet domination. In 1950, Chester married and two years later Chester, his wife and infant son arrived in the United States from England and settled in Holyoke, MA.

Chester became involved in many organizations, and along with other Polish immigrants, organized the Association of Poles “Unitas”. Chester is the only original living “Unitas” member, without interruption, for 62 years. He has been very active in this group for all these years. He organized the Saturday Polish Language School at Mater Dolorosa Parish, and it is still in operation today. Chester is an active member of many organizations and is a successful leader whom we all could learn from. Chester’s wife passed away in 1998. They were married for 48 years and blessed with one son, three daughters and five grandchildren.

The Polish American Congress has championed many positive programs and has always supported causes for immigrants. As part of its agenda for 2014, the challenge is to craft an immigration system that reflects migration realities, recognize the needs of employers, respect the U.S. workforce, and build public confidence in our nation’s security and immigration laws.

The Polish American Congress believes that both military assistance and economic assistance will benefit our Polish allies who have taken a costly and principled stance for freedom and democracy. May we never forget Poland’s sacrifices in an effort to promote worldwide peace and freedom.

Submitted by: Teresa Struziak Scherman
The Churches of Peace in Jawor and Świdnica, the largest timber-framed religious buildings in Europe, were built in the former Silesia in the mid-17th century, amid the religious strife that followed the Peace of Westphalia. Constrained by the physical and political conditions, the Churches of Peace bear testimony to the quest for religious freedom and are a rare expression of Lutheran ideology in an idiom generally associated with the Catholic Church.

The Thirty Years’ War in Europe ended with the Treaty of Westphalia (1648), which upheld the principle of cuius regio eius religio, i.e. the faith professed by the ruler was obligatory for his subjects. At that time Silesia was part of the Catholic Habsburg monarchy. In most of the province Protestants were persecuted and deprived of the right and possibility to practice their faith. Through the agency of the Lutheran king of Sweden, the emperor finally allowed (1651-52) the construction of three churches, hereafter known as the Churches of Peace, in Silesian principalities under direct Habsburg rule - in Głogów, which ceased to exist in the 18th century, Jawor, and Świdnica in the southwest part of present-day Poland.

The Emperor’s consent was, however, given upon conditions that were difficult to comply with. The churches had to be built exclusively of perishable materials (wood and clay), located outside city walls, and built in a limited period of time. The Churches of Peace, as they are still called today, were to be as inconspicuous as possible in the townscape; they were to be the refuge of a legally disadvantaged and only reluctantly tolerated minority, whose role as outsiders should be evident in the location of the churches outside the protective city walls.

Unlike the Baroque Roman Catholic churches of Silesia, the Churches of Peace do not represent a self-confident mission-oriented religion, triumphant in its victory over heretics, but rather they embody a place of refuge for an oppressed religious minority that wanted to assert its faith, to remain conscious of its individuality, and to preserve the communal cult of its traditions and practices.

The Lutheran Church of Peace in Jawor was designed by the architect Albert von Sabisch and constructed by the master carpenter Andreas Gamper from Jawor in 1654-55. Located outside the town, the church is surrounded by a park, the former graveyard,
with clay. It is covered with shingle roofs. The bell tower was erected in 1707 on a rectangular plan. The interior has two tiers of principal galleries and two tiers of auxiliary galleries, added in the 18th century. The polychrome decoration consists of ornaments in white and blue and 143 biblical scenes with inscriptions. Similar decoration is also on the auxiliary galleries, and the decor is supplemented by cartouches bearing coats of arms. The high altar (1672) is a multistoried structure executed by the workshop of Michael Schneider of Landshut.

The Lutheran Church of Peace in Świdnica was designed by the same architect as the Church of Jawor, Albert von Sabisch, and built by master carpenters Andreas Gamper and Kaspar König in 1656-57. North of the town centre, it was incorporated into the outer ring of fortifications in the mid-18th century. The auxiliary buildings include the head pastor’s residence, the vicarage and two schools. The church is in the form of a basilica with a transept and four tiers of galleries. Its plan is close to a Greek cross. The polychrome decoration of the interior was inspired by the Bible. The high altar and the pulpit were executed in 1752 by the sculptor Gottfried August Hoffman. The main organ was built by Christoph Klose.

W 2001 roku Kościoły Pokoju w Jaworze i Świdnicy zostały wpisane na listę Światowego Dziedzictwa Kulturowego i Naturalnego UNESCO.

Kościoły protestackie w Jaworze i Świdnicy powstały w II poł. XVII w., w następstwie pokoju westfalskiego. Katolicki cesarz Ferdynand III Habsburg przyznał śląskim luteranom (pod naciskiem protestanckiej Szwecji) prawo do wybudowania Kościołów Pokoju stawiając architektom i budowniczym bardzo restrykcyjne warunki.

Poważne drewniane, niepozorne na zewnątrz, ale ogromne i kilkukondygnacyjne w środku świątynie. Kościół w Jaworze ma 43,5 metrów długości, 14 metrów szerokości, 15,7 metrów wysokości - i mieści 6000 osób, a kościół w Świdnicy ma 44 metry długości, 30,5 metrów szerokości i mieści 7500 osób, z czego aż 3000 to miejsca siedzące.

Obydwie świątynie są nadal w posiadaniu nielicznych już dziś w Polsce gmin protestanckich. Warto odwiedzić oba kościoły w czasie odbywających się tam koncertów organowych. Szczególnie znane z jakości dźwięku są organy z kościoła w Świdnicy. Od roku 2000 organizowany jest tam corocznie festiwal muzyki skomponowanej przez Jana Sebastiana Bacha - „Międzynarodowy Festiwal Bachowski”.

A.K.
Source: whc.unesco.org/en/list
The New York Times about Poland’s Economic Success

“Poland has long been the most important model of post-Soviet transformation,” New York Times, October 4, 2014. Despite a difficult and unstable situation close to its borders, Poland, with a robust and stable economy, has successfully managed to cope with the challenges emerging in Europe over the past years, Rick Lyman writes for the online edition of the New York Times.

The New York Times praises Poland and stresses that its GDP has grown by 25% since 2008, while the EU’s average has slightly gone down over this period. The article reports that since 2003 the country’s exports have almost quadrupled. Poland attracts the world’s major investors, and Warsaw has become a huge construction site.

“The Polish economy has helped give the country additional credibility and influence in Europe.” “The most recent evidence for this was the election of Donald Tusk, Poland’s prime minister, as president of the European Council, the first leader from a former Soviet bloc nation to hold such a top-level position,” writes the New York Times.

Prime Minister – Ewa Kopacz

Warsaw, Poland – Poland’s president appointed the parliamentary speaker to be the next prime minister and gave her the task of assembling the new Cabinet. Ewa Kopacz, 57, succeeded Donald Tusk, who resigned as government leader after being chosen to head the European Council, starting on Dec. 1. She will head the center-right coalition Cabinet until parliamentary elections in the fall of 2015. A pediatrician by education, Kopacz is the second woman at the helm of Poland’s government under democracy.

The new Cabinet was sworn in by President Bronislaw Komorowski on September 22, 2014.

Polish Prime Minister Donald Tusk becomes new European Council President

Poland’s legacy and experience can become a very important source of energy, which the EU needs and is going to need in the future more than ever before,” Prime Minister Donald Tusk said after his choice as new President of the European Council. He will take up his position December 1, 2014.

The nomination of Donald Tusk reflects Poland’s standing in Europe. European political leaders unanimously backed Tusk’s candidacy. “The new EU leadership team is complete,” said Herman Van Rompuy, referring to the new head of the European Council and the new chief of EU diplomacy. He added that both have full support of the European Council. “Donald Tusk is a statesman for Europe,” he said.

“The post of the Council President we’ve won on the international arena is not only prestigious but also very important, which not only means great recognition for Poland’s achievements and position in the European world, the Western world, but also enhances Polish opportunities,” noted President of Poland Bronislaw Komorowski.

Medals for Polish scientists

Polish scientists won four gold, seven silver medals and special awards at the 66th International Trade Fair “Ideas- Inventions-New Products iENA 2014” in Nuremberg.

iENA Fair in Nuremberg is one of the world’s largest events of its kind. This year’s edition presented nearly 700 inventions from 40 countries. The Polish stand, organized by the Promotional Agency Inventor, presented 27 inventions and innovative technologies developed in research institutes, universities, innovative enterprises and by individual inventors.

Two medals went to each: Air Force Institute of Technology (gold and silver), the Institute for Sustainable Technologies – National Research Institute in Radom (two silver medals) and the University of Warsaw (two silver medals). Gold medals were awarded to the Automotive Industry Institute and the New Chemical Syntheses Institute in Puławy.
Jan Nowak – Jeziorański

1914–2005

A writer, journalist, social worker, and patriot, Jan Nowak-Jeziorański was born in Berlin on October 2, 1914. His family moved to Warsaw, where he attended schools and graduated the University of Economics in 1936.

He served in the Polish Army, and when the Germans attacked Poland in 1939, he was captured and became a prisoner of war. He managed to escape and once was free, Nowak-Jeziorański joined the underground resistance movement, fighting the Nazis, serving as a secret messenger. He risked his life carrying intelligence documents between the resistance in Poland and Polish government exiled in London. His work earned him the nickname “Courier from Warsaw.”

For his bravery, he was awarded the highest Polish military medal – Virtuti Militari.

Following the war, Poland was occupied by the Soviet Union and communism was forced on the Polish people. Nowak-Jeziorański stayed in London and worked for the BBC station and later became a director of the Polish Division of Radio Free Europe in Munich, Germany, radio service set up by the U.S. government to reach out to the people under communism.

Later, Nowak – Jeziorański moved to the United States and became a prominent member of the Polish American Congress. He also served as an adviser to the American National Security Agency under presidents Jimmy Carter and Ronald Reagan. In 1996 he was awarded Presidential Medal of Freedom.

In 1989, invited by Lech Walesa, he visited Poland and after that he got involved in the process of Polish integration into the structures of NATO and European Union. In 2002 Jan Nowak-Jeziorański permanently returned to Poland. He died in January of 2005 in Warsaw.

2014 – Rok Jana Nowaka-Jeziorańskiego

“To nie ważne, czy Ojczyzna mi się podoba, czy nie. Z duszy jej sobie nie wyrwę…”


Fragmenty Ustawy Senatu RP z dnia 19 grudnia 2013:


Przypominajmy jego słowa z roku 1976 z noworocznej pożegnania ze słuchaczami Rozgłośni Polskiej Radia Wolna Europa: „Drodzy słuchacze, przyjaciele – niewidzialni, nieznani, dalecy – wy wszyscy, do których głos mój dociera od Bałtyku po Tatry, od Odry do Bugu i hen dalej na wschód. Nie policzę was, ale wiem, że nie jestem sam w pustce radiowego studia. Oczyma wyobraźni widzę was, sercem czuję waszą bliskość, jestem ogniwem złączonym z wami w wielkim łańcuchu dusz, któremu na imię Polska”.

Po wielu latach wrócił do wymarzonej, demokratycznej i wolnej Polski. Lata dziewięćdziesiąte wypełniły mu starania o zapewnienie naszemu krajowi bezpieczeństwa. Pierwszorzędną rolę odegrał w sprawie przyjęcia Polski do NATO.

Profesor Zbigniew Brzeziński po jego śmierci napisał: „Odtąd będzie częśćą historii Polski. Pomógł ją ukształtować. (...) Był wspaniałym połączeniem romantyzmu z politycznym realizmem, mądrości i emocji intelektualnych, pasji i osobistej lojalności”.

Bogdan Borusewicz
Marszałek Sejmu RP
**All Saints’ Day**

All Saints’ Day is solemnly celebrated in Poland. The first of November is an official holiday during which people visit cemeteries and gather round their family graves, laying flowers and lighting candles. The Roman Catholic solemnity (Festum Omnium Sanctorum) honoring all saints, both known and unknown, is one of the most important Polish holidays.

All Saints’ Day was enacted by Pope Gregory III in the 7th century and was originally celebrated on 13 May. In the 8th century, Pope Gregory IV changed the date to November 1st. “The Sermon for All Saints’ Day” (“In Die Omnium Sanctorum”), dating from the 15th century, now in the Chapter Library in Prague, is one of the oldest sermons written in the Polish language.

People used to believe that on November 1, the day the Church traditionally received offerings from believers to celebrate Mass in the intention of the dead, purgatory souls that were neither in heaven nor to hell are wandering among the living.

Pagan beliefs and celebrations have survived to the present day in the Podlasie Voivodeship, historically part of the eastern Slavic lands. A pre-Christian tradition that was later adopted by the Slavic and Baltic people known as the “Forefathers’ Eve”, which commemorated restless souls that were dangerous to humans, is still celebrated in some regions.

In many villages, food, drink and prayer are still offered to the souls that have to atone for their sins, in order to relieve their anger and make their journey to heaven more comfortable.

In some villages in southern Poland, people continue to bake the “bread of the dead,” marked with a cross and prepared early enough so as not to torture souls which, as was believed, used ovens and chimneys as the shortest way to heaven. People used to share the “bread of the dead” with priests and beggars who would say a prayer for the dead.

All Saints’ Day is followed by the **All Souls’ Day** (Commemoratio Omnium Fidelium Defunctorum – Commemoration of All Deceased Believers). It was introduced by Odilio, an abbot from Cluny, in 993 to replace the pagan celebrations for the dead. Nowadays, on All Souls’ Day, Roman Catholics remember the dead and pray for their souls. The second of November is not an official holiday in Poland, but practicing Roman Catholics go to Mass on that day.

On November 1 and 2, Polish cemeteries are alight with hundreds of thousands of candles. The flower traditionally associated with All Saints’ Day in Poland is chrysanthemum.
Święto Dziękczynienia

Dzień Dziękczynienia (ang. *Thanksgiving Day, Thanksgiving*) to amerykańskie święto wywodzące swą tradycję z uroczystości zorganizowanej przez członków kolonii Plymouth (Massachusetts) w 1621 roku, które obchodzi się w czwarty czwartek listopada. W Kanadzie święto Dziękczynienia (fr. *l’Action de grâce lub l’Action de grâces*) przypada na drugi poniedziałek października.

Pielgrzymi


Ameryka

W lipcu 1620 roku 46 „pielgrzymów” rozpoczęło swą podróż do Ameryki Północnej na pokładzie statku Speedwell. W angielskim Southampton dołączyli do nich brytyjscy emigranci płynący na statku Mayflower. Ponieważ Speedwell często ulegał awariom i pozostał w porcie, a Mayflower nie mógł pomieścić wszystkich pasażerów, część z nich zrezygnowała z dalszej podróży. Wyprawę kontynuowały 102 osoby. 11 listopada Mayflower dotarł do przystani w Province-town (Massachusetts).


Pierwsze Święto Dziękczynienia

Pierwsze obchody, o charakterze dożynkowym, z udziałem wodza lokalnego plemienia Indian Wampanoag, trwały trzy dni. Biesiadzie (nie było na niej potraw będących dziś symbolami święta) towarzyszyły parady, wystrzały z broni, gry. Oprócz dziękowania za udane plony, uroczystość miała zbliżyć do siebie osadników i autochtonów.

Indyk, żurawiny, placek z dyni


Święto narodowe

3 października 1863 roku prezydent Abraham Lincoln wydał odezwę: „Tak oto zapraszam wszystkich obywateli Stanów Zjednoczonych, również tych, którzy są na morzu i za granicą, niech się jednoczą i wyczekują ostatniego czwartku listopada, będącego dniem dziękczynienia i pochwały naszego dobroczynnego Boga Ojca, czuwającego w niebie”. Pod tego czasu Dzień Dziękczynienia stał się świętem narodowym.

Święto Dziękczynienia współcześnie

Współcześnie Święto Dziękczynienia ma charakter świecki i rodzinny i jest obchodzone niezależnie od wyznania czy narodowości. W szkołach i kościołach organizuje się, z udziałem dzieci, przedstawienia, mające przybliżyć historię przybywających do Nowego Świata pielgrzymów. Organizowane są ważne rozrywki sportowe oraz parady, z których najbardziej znaną jest Macy’s Thanksgiving Day Parade w Nowym Jorku. Świąteczny czwartek stał się zapowiedzią Bożego Narodzenia, a piątek (Black Friday) to dzień najintensywniejszych zakupów w całym roku.
There Are Many Faces of Depression:

All Treatable

INTRODUCTION

Major depression (MD) is considered the most common psychiatric disorder affecting adults, mostly women. It is no wonder that depression is so common due to the world conditions today. There are ways to overcome depression, and seeking help from your health care provider is the first step. Depression is not just having a day or a week of feeling sad, hopeless, helpless or exhausted. It is long lasting, even up to two years. One in five women will experience a major depressive episode in their lifetime. The peak age of onset in women is between the ages of 20 and 40. Depressive episodes often occur more than once, but can be treated very successfully.

Depression can be defined as a condition that involves a person’s body, mood, and thoughts. It may cause serious quality of life changes. The costs for treating depression are greater than any other condition seen in a doctor’s office today. Suicide can be the result of depression in its severest form.

Many health plans across the country are attempting to find ways to improve the screening and treatment for MD, which has reached epidemic proportions. Some people think they can treat themselves with over the counter remedies, prayer, exercise, rest, sleep, or emotional support from family/friends. Some people with depression feel embarrassed about their symptoms, or expect prompt relief of symptoms once treatment is started. Many elderly adults have depressive symptoms, but feel that depression is thought of as a condition of aging and illness. This is not true.

HOW COMMON IS DEPRESSION?

Depression is a common, disabling condition, but without proper diagnosis and treatment can result in much grief and strife for the suffering person/famil-

ly. Reasons for the lack of treatment are the stigma attached to depression, a lack of awareness of the diagnosis by physicians, and also the person may present with vague symptoms.

The depression epidemic has taken its toll on the workplace. It seems that depressed people spend more days in bed than people with diabetes, arthritis, back or lung problems, or gastrointestinal disorders.

Often times proper treatment may be prescribed, but not for a long enough time to provide good results. The person may become frustrated with the length of treatment and begin to develop his/her own plan that does not work.

CAUSES OF DEPRESSION

To discuss causes, we must realize the approximate 2:1 ratio of women to men for developing depression. Frequent changes in female hormone levels may lead to depression in women. Hormones may negatively cause depression during times of pre-menses, pregnancy, after birth, and menopause.

Other causes of depression include seasonal changes, or the holiday season, for some unclear reason. Because of the nature of the various causes of depression, as well as the living conditions that affect women more than men, it is no wonder that women are diagnosed with depression more often than men. Therefore, there are many faces of depression.

The cause of depression is generally based on presenting signs and symptoms, and the history and physical examination. It is a condition believed to be the result of a combination of abnormal brain chemistry and life stresses. There are also medical conditions that can cause depression, and should be discussed with your doctor.

Before the doctor makes a diagnosis of depression, it is also important that s/he rule out causes that could be due to substance abuse, such as alcohol, sedatives and cocaine, and other medications. If there is a suspected underlying cause for the symptoms, then it must be treated.

There are several theories for the causes of depression. 

Psychosocial Theory: the focus is on the person’s life relationships with others, and responses to life events, especially losses. Each loss may increase a person’s likelihood to suffer depression. The person may respond to the life event by turning against one’s self,
Major depression is a disorder with many complex issues, and can be affected by certain risk factors such as:

- Age (between 20-40; elderly)
- Female Gender
- Socioeconomic Status (Low income and education)
- Childhood History of Physical or Sexual Abuse
- Childhood Trauma (Parental loss before age 10 or separation of > 1 year before age 17, poor parenting, parental alcoholism, mental illness, or family violence)
- Recent Stressful Life’s Events, or Continuing Mental Stress
- Loss of Social Support (From family, significant others, or religious groups)
- Interpersonal Difficulties (Poor coping strategies, low self esteem, marital status, presence of young children at home)
- Persistent Health Problems
- Heredity (Family history of mood disorder)
- Ethnicity
- City Living
- Geographic Location
- Marital Status (Single mothers at higher risk)
- Previous History of depression
- Temperament

Upon review of the risk factors, it is safe to determine that women may easily be counted in most of the mentioned risk factors. Women in general have a lower socioeconomic status than men, may be more prone to physical and sexual abuse, particularly during childhood, and react more negatively to stressful life events. They may also have poor coping mechanisms, and be victimized by others more easily. Many of the risk factors contribute to women being more likely to become depressed. See your health care provider if you have any concerns.

WATCH FOR SIGNS AND SYMPTOMS

It is often times difficult to diagnose depression, due to the many signs and symptoms that can be present. The first signs and symptoms you may have include feeling tired, problems sleeping, loss of appetite, emotional concerns, such as sadness, anxiety, or guilt feelings. You may have problems such as difficult relationships in the workplace, or in your marriage, increased irritability, or forgetfulness.

More than half of depressed adults report unexplained symptoms such as headache, dizziness, shortness of breath, stomach, chest, back, and joint pain, fatigue and weakness. These persons tend to have problems with daily living responsibilities, poor self-care, and poor follow-up with a treatment plan. They also require many doctor visits because of their many complaints.

The elderly have signs and symptoms in a more complex manner. Not only do the many factors of aging mask symptoms, but also the progress of depression is more hidden. Therefore, depressive symptoms may more readily be due to medical conditions, and not depression. The elderly person may not be aware of depression symptoms, and not complain about them. Common complaints are problems sleeping, loss of appetite, fatigue, and loss of concentration.

BASIC CARE AND TREATMENT

The overall treatment of depression is similar for both men and women. The differences are in the first visit to the doctor for women where situations such as reproductive events, premenstrual tensions, pregnancy, and breast-feeding must be taken into consideration. The herb, St. John’s wort, has been thought of by some people to help treat depression. Research studies do not prove that St. John’s wort helps depression, and that by taking it, the herb can make other medicines not work or that it can cause dangerous side effects. If depression is not treated in a timely manner, it can become worse and even linked to suicide. Should you, or someone you know, speak to you about committing suicide, contact the physician, or the National Suicide Prevention Lifeline at: 1-800-273-8225 immediately.
Treatment in the elderly person often consists of medications, rather than the use of psychotherapy. Both forms of treatment should be considered. Mental health care providers may not readily accept Medicare covered patients due to reimbursement problems. However, Medicare does cover the first evaluation and work-up. Older patients may have difficulty finding transportation to psychotherapy sessions, or may not be willing to discuss feelings of depression. Loneliness and isolation, feelings that are common in the elderly, may cause depression. Changing living arrangements, such as moving to a nursing home can lead to depression. There are many types of therapy groups to assist elders to overcome depression. Some examples include:

- Behavior therapy
- Cognitive therapy
- Music therapy
- Reminiscing
- Exercise
- Poetry
- Assertiveness training
- Cooking
- Chronic illness adaptation, and
- Widow/widower support groups

Many people falsely think that depression is a natural part of aging and therefore not a treatable condition. The key to solving this problem is to ensure that mental and physical ailments are properly assessed, identified, and treated. Major depression is responsible for increases in health care utilization and costs employers billions of dollars annually. Yet, it is a disorder that is effectively treated with counseling, medications or both.

References:


Teresa Struziak Sherman, RN, BSN, MS

Holidays are supposed to be a time of joy and celebration, but for many people they are anything but. Depression may occur at any time of the year, but the stress and anxiety of the holiday season—especially during the months of November and December—may cause even those who are usually content to experience loneliness and a lack of fulfillment.

People who are lonely or have feelings of disconnectedness often avoid social interactions at holiday time. Withdrawing often exacerbates the feelings of loneliness and symptoms of depression.

One of the best things a person can do is to reach out to others despite how difficult it may seem. Experts advise a regimen of self-care during the holidays, which includes eating a healthy diet, maintaining a regular sleep pattern, and exercise. As little as 30-minutes of cardiovascular exercise can provide an immediate mood boost similar to the effects of an antidepressant medications.

For many people, holidays are a painful reminder of what once was. This is especially true for people who have experienced a significant loss such as the death of a close family member or a break-up. For those who have lost a spouse or significant other, there are several other ways to stave off the holiday blues including:

- Beginning a new tradition, planning a family outing or vacation instead of spending the holidays at home.
- Not giving in to holiday pressures. “I’m not up for this right now” is an acceptable answer.
- Volunteering. Working at a soup kitchen, organizing a gift drive, helping neighbor with the snow removal etc.

Suicide Risk

If your feelings of sadness during the holidays are accompanied by suicidal thoughts, call 911, immediately proceed to a hospital emergency room, or contact the National Suicide Prevention Lifeline at: 1-800-273-TALK (1-800-273-8255)
Polish National Alliance
47th Quadrennial Convention
August 23-26, 2015
Renaissance Cleveland Hotel
Cleveland, Ohio
RULES FOR ALL LODGES OF THE POLISH NATIONAL ALLIANCE
OF THE UNITED STATES OF NORTH AMERICA

For the use of Lodges of the Polish National Alliance for electing a full complement of delegates to the Electoral Assembly of the Council, as well as Nomination of Candidates for Representatives to the Convention and Candidates for the office of Commissioner. Revised and approved by the Board of Directors on September 8, 2014.

COMPOSITION OF THE ELECTORAL ASSEMBLY

Pursuant to Section 62 of the By-Laws of the Polish National Alliance of the United States of N.A. (“ALLIANCE”), each lodge shall elect delegates to the Electoral Assembly at its annual meeting held in December of the year preceding the Convention year.

Each Lodge shall be entitled to a minimum of two (2) delegates and an additional delegate for every twenty-five (25) adult members in good standing and a major fraction of that number in excess of fifty (50) members. The number of delegates from a lodge to the Electoral Assembly is determined by the size of membership of the lodge as of December 31, 2014. (Section 59)

Any lodge suspended shall have no right to participate in the Electoral Assembly. (Section 60)

QUALIFICATION FOR THE OFFICE OF DELEGATE TO THE ELECTORAL ASSEMBLY

To be eligible for the office of Delegate to the Electoral Assembly, a candidate must meet the following requirements:

(a) He or she must be, at the time of his or her election, a Beneficial Premium Paying Member in good standing of the same lodge in which he or she seeks the office, for at least one (1) year. If a lodge has not been in existence for one (1) year, it is sufficient if he or she has been a member of said lodge since it obtained its charter. (Section 142)

“Beneficial Premium Paying Member” means a member who has any Alliance life insurance or annuity benefit certificate in force. [Section 1(p)]. A member is not in “good standing” whenever he or she fails to make timely payments of lodge dues or assessments. [Article II, Section 13 and Article I, Section 1(m)] in the amount approved by the Executive Board of the Lodge.

In case a member is an owner of an Annuity Product, such a member must maintain at least a $10,000.00 balance in said Annuity or make at least a $100.00 annual contribution during the prior four (4) consecutive years. [Article I, Section 1(p)]

(b) No Delegate to the Electoral Assembly shall act as an officer, representative, agent or employee in another fraternal benefit society, association or corporation transacting life insurance business in competition with the ALLIANCE. Violation of this restriction shall result in an immediate forfeiture of his or her right as a delegate to the Electoral Assembly.

TIME AND PLACE OF ELECTION

Delegates to the council shall be nominated and elected at the regular meeting of the lodge between November 15 and January 31, at the place of the regular meetings. (Section 143). Delegates elected to the council shall also serve as delegates to the Electoral Assembly.

QUORUM

Not less than seven (7) members of the lodge constitute a quorum for the transaction of business in the lodge. (Section 131)

FILLING VACANCIES IN THE OFFICE OF DELEGATE

If a vacancy in the office of delegate occurs and has been declared, Section 145 of the By-Laws provides, that the lodge shall fill the office within thirty (30) days but not later than at the meeting of the lodge held in February of the Convention year.

Vacancies occurring in the position of delegates for any reason shall be filled by duly elected alternates, from the annual elections, or by election in the lodge. (Section 122). Any alternate or successor elected by the lodge shall be entitled to the full rights and privileges of the office.

PRIVILEGE OF PARTICIPATING IN ELECTIONS

Only Beneficial Premium Paying Members in good standing shall be entitled to all rights and privileges of the ALLIANCE. (Section 12)

The financial secretary of the lodge shall ascertain, in advance of the annual meeting, on the basis of his or her most recent “Name & Address List” report, which has been audited by the Secretary of the ALLIANCE, the names of those lodge members, who pursuant to the By-Laws, have the right to participate in the electoral process.
A member of the lodge who is not in good standing because he or she is delinquent in payments of assessments, dues and/or annual premiums, may not participate in the election of lodge delegates to the council, or hold any office in the ALLIANCE. (Section 123)

A member holding benefit certificates in more than one lodge shall in such event, immediately, elect in writing in which lodge he or she intends to exercise his or her rights, as aforesaid. (Section 12)

Such written election shall be mailed by the member to the secretaries of all lodges in which he or she is a member and to the National Secretary of the ALLIANCE. If the member fails to make such election by December 1, 2014, the National Secretary of the ALLIANCE is authorized to designate the lodge in which the member shall exercise his or her rights. Such election shall remain in full force and effect until changed by the member, in writing, with notice served as provided above. A change of election shall not become effective until one (1) year after the date of the receipt of said notice by the National Secretary of the ALLIANCE. (Section 12)

Each voter is entitled to cast as many votes as there are offices to be filled and shall not cast more than one vote for each nominee.

**CHAIRPERSON OF ELECTION MEETINGS**

The President of the lodge, who is the presiding officer at all meetings of the lodge, shall preside at the annual election meeting. (Section 146)

If the President is a candidate for delegate, then all questions relating to his or her candidacy shall be resolved by the lodge acting under the leadership of the Vice-President or chairperson specially elected to conduct the election. (Section 147)

**JUDGES OF ELECTION AND THEIR DUTIES**

Before proceeding to the nomination and election, a determination shall be made as to the number of judges. It is essential that the number be uneven to avoid a tie vote on any question to be decided. The Judges of Election shall be members of the lodge who are not candidates for any office in said election. (Section 66)

The Judges of Election shall be elected in conformity with one of two generally accepted methods:

(a) by a vote of the membership of the lodge; or (b) by an appropriate action of the lodge assembly authorizing the president or another officer or person, who is not a candidate in the elections, to appoint the Judges of Election. Whatever method is used, the result must be duly accepted and ratified by the lodge assembly, whereupon the Chairman of the lodge election shall administer the oath of the Judges of Election, so elected or appointed.

The judges of election shall have full control over the elections. It is their duty to conduct the election fairly and honestly. Only the Judges of Election shall have the right to count the ballots and announce the results of the elections. Only Judges of Election shall advise members participating in the election in all matters connected with the elections.

Any protest with regard to the officially announced results of the elections must be made within 30 minutes of the announced result and shall be considered and resolved by the Judges of Election. If such nominee does not agree with their determination, he or she may appeal to the Judges of Election. Such appeal must be filed immediately upon learning of the decision, be in writing and contain a concise statement of facts, the reasons for the complaint and bear the signature of the aggrieved nominee. If there is no protest, the election results are final.

The Judges of Election decide initially all questions and settle all controversies resulting from the election with the privilege of an appeal to the membership of the lodge present, whose decision based on majority vote, is final.

**NOMINATIONS FOR DELEGATES TO THE COUNCIL**

Each lodge of the ALLIANCE shall be entitled to a minimum of two (2) delegates and an additional delegate for each twenty-five (25) adult members in good standing (including Paid-Up certificate holders), and a major fraction of that number for adult members in excess of fifty (50) members. Vacancies occurring in the position of delegates for any reason shall be filled by election in the lodge. (Section 122)

Nomination of candidates shall be made and seconded orally. If only one candidate is nominated to an office, such person shall be declared elected, and the election by secret ballot is not necessary. If there are two or more candidates for an office, then the names of all nominees shall be placed on the nominating ballot, and election shall be by secret ballot. The candidate receiving the largest number of votes for the office to be filled in the final election shall be declared elected to that office.

Where more than one person is to be elected and the number of nominees exceeds double the number of delegates to which the lodge is entitled, a primary election shall be held with respect to the office in which there is such excess. Those nominees who receive an absolute majority of the vote cast in said election shall be declared elected. Nominees who were not elected, as aforesaid, but who received the highest number of votes to the extent of double the number of the offices remaining to be filled, shall be placed upon the final election ballot, and all other nominees shall be deemed eliminated.

In the event of a tie vote, the balloting shall be repeated until one of the candidates receives the larger number of votes.
MANDATES

After the election, the lodge shall issue mandates to the elected delegates to the council assembly, signed by the president and the recording secretary of the lodge. Said mandates should be sent to the secretary of the council to which the lodge has been assigned.

NOMINATIONS FOR REPRESENTATIVE TO THE NATIONAL CONVENTION

The By-Laws provide that nominations of candidates for Representatives to the Convention and for District Commissioner shall be made exclusively by the lodges at the regular meeting in the month of February of the Convention year. (Section 63). The Electoral Assembly of the council may not accept any additional nominations from the floor since such nominations would not have originated in a lodge, as required by the By-Laws. The Electoral Assembly of the council shall elect the Representative or Representatives from among the nominees of the lodges. The same rule applies to the nomination of candidates for the office of District Commissioner. While the nominations are made in the lodge, no election is held at the lodge to determine which names are to be submitted to the council for election of Representatives to the Convention and nominees for Commissioners. It is incumbent upon the lodge to submit to the secretary of the council, as its nominees for the respective offices, the names of ALL CANDIDATES who were nominated from the floor at the meeting of the lodge, ten (10) days prior to the meeting of the Electoral Assembly.

A person, who is not present at the meeting may nevertheless, be nominated provided that a written consent for the nomination signed by him/her is presented at the meeting. Likewise a person, otherwise qualified, who holds an insurance certificate in two or more lodges, may be nominated in only one lodge, namely the lodge in which he/she has elected to participate actively in the governmental process of the Alliance. (Section 12)

QUALIFICATIONS FOR THE OFFICE OF REPRESENTATIVE TO THE NATIONAL CONVENTION

A candidate for the office of Representative to the National Convention shall:

(a) Be a Beneficial Premium Paying Member of the Alliance, in good standing, belonging to the Adult Division uninterruptedly for at least two (2) years preceding the date of his/her election to the office; (Section 45)

(b) Be a citizen of the United States of America; (Section 45)

(c) Be a member of the nominating lodge, (a lodge thus may not nominate a member of another lodge), (Section 63) and

(d) May not be an Officer, agent, delegate or employee of any other fraternal benefit society or be engaged in any capacity whatsoever in any other life insurance company or as an agent which does not have a contractual relationship with the Alliance. [Section 78C (1)].

(e) No Representative shall be a a member of any subversive organization having for its object the over-throw of the government of the United State of America by force or violence, or engage in acts of espionage for and on behalf of any foreign power. [Section 78C (2)].

Any nominee of the lodge who fails to qualify will be disqualified, and thus his/her nomination by the lodge is forfeited. If no qualified and suitable candidate is available for nomination as candidate for Representative or nominee for Commissioner, the lodge shall dispense with nomination and advise the Electoral Assembly accordingly.

NOMINATIONS FOR THE OFFICE OF DISTRICT COMMISSIONER

Nominations for the office of District Commissioner shall be made by the lodge at the regular meeting in the month of February of the Convention year. (Section 63)

Persons nominated by the lodge as candidates for the nominees for the office of Commissioner shall meet the required qualifications to hold such office. A nominee of a lodge who fails to meet these requirements will be disqualified and his/her nomination will be forfeited.

QUALIFICATIONS FOR THE OFFICE OF DISTRICT COMMISSIONER

Pursuant to the By-Laws of the ALLIANCE, a candidate for the elective office of Commissioner shall:

(1) At the time of filing his/her application, be a beneficial (insured) premium paying member of the ALLIANCE, in good standing, uninterruptedly for at least five (5) years immediately preceding his/her election to the office; [Section 78A (1)]

(2) Be a citizen of the United States of America [Section 78A (2)];

(3) Unless he/she is an incumbent officer, he/she must have served for at least three (3) years as an officer of his/her lodge, or was a delegate to his/her council [Section 78A (3)];
(4) Be a member of a lodge within the Commissioner’s District to which the nominating lodge belongs (Section 63), and

(5) Be a resident of said District (Section 63)

(6) **BE KNOWLEDGEABLE OF THE ALLIANCE MEMBERSHIP PRODUCTS [Section 78A (4)]**

In addition thereto, no person may hold the office of Commissioner who:

(1) Serves as an officer, agent, delegate or employee of any other fraternal benefit society, or is engaged in any capacity whatsoever in any life insurance company or association or as an agent, which does not have a contractual relationship with the ALLIANCE. [Section 78C (1)]

(2) Is a member of any subversive organization having for its object, the overthrow of the government of the United States of America by force or violence, or engage in acts of espionage for, and on behalf of, any foreign power. [Section 78C (2)]

**SELF-GOVERNMENT**

Every lodge has the right of self-government. However, attention is called to the fact that all business transacted within the lodge must be in compliance with the By-Laws of the ALLIANCE and applicable federal and state law. (Section 132)

**ROBERT’S RULES OF ORDER**

All questions not covered by the above rules shall be decided, and all doubts resolved, in conformity with parliamentary regulations of the most current Robert’s Rules of Order.

**BY-LAWS OF THE ALLIANCE**

The words “By-Laws of the ALLIANCE”, as used herein, refer to the Constitution and By-Laws of the Polish National Alliance of the United States of North America (revision of 2014) as adopted at the 46th Convention of the ALLIANCE, held in August 2011 in Minneapolis, Minnesota, and amended by a referendum in January of 2014.

These Rules of Election were adopted by the Board of Directors of the Alliance pursuant to the authority vested in the Board under Section 98 of the By-Laws.

For purpose of preserving uniformity of practice all lodges are requested to conform to these Rules in conducting elections.

The foregoing Rules were adopted by the Board of Directors of the Polish National Alliance on September 8, 2014 in Chicago, Illinois.

________________________           __________________________
Frank J. Spula, President, PNA                                                              Charles A. Komosa, Secretary, PNA

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**ELECTORAL ASSEMBLY RULES**

For the use by all Councils of the Polish National Alliance for electing Representatives to the 47th Convention and Election of Nominees for the office of Commissioner. Revised and approved by the Board of Directors on September 8, 2014.

**I. THE ELECTORAL ASSEMBLY**

Pursuant to Article V of the By-Laws of the Polish National Alliance of the United States of N.A. ("Alliance"), the following are the Rules governing composition and deliberations of the Electoral Assembly of the Polish National Alliance Councils and the election of Representatives to the Convention and for one (1) nominee for the office of District Commissioner.

**ELECTORAL ASSEMBLY**

The Electoral Assembly shall consist of delegates elected by the lodges assigned to each council. Each lodge shall be entitled a minimum of two (2) delegates and an additional delegate for each twenty-five (25) adult members in good standing and a major fraction of that number (which means at least 13) in excess of fifty (50) members.

Delegates elected to the council at the annual meeting of the lodge held between November 15 and December 31 of 2014, shall be delegates of the lodge to the Electoral Assembly of the council, subject to any adjustment to the number of delegates based on a change in lodge membership as of February 1, 2015. (Section 62)

Each lodge in the month of February 2015, but no later than ten (10) days prior to the date set for the Electoral Assembly, through its president and secretary, shall certify to the Secretary of the Electoral Assembly the names of its duly qualified delegates to the Electoral Assembly of the council and the names of all its nominees for Representatives to the Convention and for District Commissioner. (Section 63)

The right to participate in the Electoral Assembly shall be denied to a lodge which is suspended by the council pursuant to Section 126 of the By-Laws, or suspended by the Supervisory Council or Board of Directors of the Alliance, pursuant to Section 136, or as a result of a disciplinary proceeding.

NOTE: Except as stated above, no Council shall deny a lodge the right of participation in the deliberations of the Electoral Assembly.

The records of the election of its delegates to the council shall be preserved by the lodge until the time that the proceedings of the Electoral Assembly of the council have been concluded.

**TIME AND PLACE OF ELECTORAL ASSEMBLY**

Each council shall fix a day and place and call a meeting of its Electoral Assembly between March 1st and March 31st 2015 for the purpose of electing the Representatives to the 47th Convention of the Polish National Alliance ("Alliance") to be held in the month of August 2015 in Cleveland, Ohio, as well as any nominees for the office of District Commissioner. (Section 64)

**NOTICE OF ELECTORAL ASSEMBLY**

The secretary of the council shall give notice of the date, time and place of the Electoral Assembly to the secretaries of all lodges belonging to the council, including lodges that are delinquent in payment of their dues to the council, as well as to the secretary of each council assigned to it (Section 63) not later than ten (10) days prior to said meeting. The secretary of such assigned council shall promptly notify the secretary of each lodge, which belongs to said council of the date, time and place of the designated meeting. (Section 64)

**DUTIES OF COUNCILS**

The By-Laws of the Alliance require the councils to:

a) Furnish the Electoral Assembly with all necessary supplies and ballots;

b) Pay all expenses connected with the meeting of the Electoral Assembly;

c) Notify all of the lodges belonging to the council or to the councils assigned to it, of the results of elections and nominations held in the Electoral Assembly. Said notices shall be sent out no later than ten (10) days after the date of the election. (Section 65)

**II. REPRESENTATIVES TO THE CONVENTION**

**NUMBER OF REPRESENTATIVES**

Each council shall be entitled to one (1) Representative for every five hundred (500) Beneficial Premium Paying Members in good standing or a major fraction of that number (i.e. at least 251) assigned to the council as of the 31st day of December 2014.
If a council on such date should have less than two hundred fifty one (251) members in good standing, the Board of Directors shall order such council joined, (only for the purpose of representation in the Convention) to another council in the same Commissioner’s District which would serve to effect an increase in the representation of the latter. (Section 43)

**QUALIFICATION FOR REPRESENTATIVES TO THE NATIONAL CONVENTION**

To be eligible for the office of Representative to the National Convention, a candidate must meet the following requirements:

a) He or she must be at the time of his or her election a Beneficial Premium Paying Member of the Alliance in good standing belonging to the Adult Division, uninterruptedly, for at least two (2) years (Section 45);

“Beneficial Premium Paying Member” means a member who has any Alliance life insurance or annuity certificate in force. [Section 1(p)]. A member is not in “good standing” whenever he or she fails to make timely payments of lodge dues or assessments, if any, required by his or her lodge and/or the annual premiums as required, [Article II, Section 13 and Article I, Section 1(m)], in the amount approved by the Executive Board of the Lodge.

In case a member is an owner of an Annuity Product, such a member must maintain at least a $10,000.00 balance in said Annuity or make at least a $100.00 annual contribution during the prior four (4) consecutive calendar years. [Article I, Section 1, (p)]

b) He/she must be a citizen of the United States of America [Section 78A (2)];

c) No Representative to the National Convention shall serve as an officer, agent delegate or employee of any fraternal benefit society, association or be engaged in any capacity whatsoever in any other life insurance company or as an agent which does not have a contractual relationship. [Section 78C (1)]

d) No Representative shall be a member of any subversive organization having for its object the over-throw of the government of the United State of America by force or violence, or engage in acts of espionage for and on behalf of any foreign power [Section 78C (2)].

e) Violation of this restriction shall result in an immediate forfeiture of his or her office as Representative to the National Convention;

f) A candidate nominated for the office of Representative must be a member of the nominating lodge and be resident of said District. (Section 63)

**III. COMMISSIONER OF THE DISTRICT**

**NUMBER OF DISTRICT COMMISSIONERS**

Every lodge of a council must submit the names of all qualified individuals nominated at the lodge meeting in February of the Convention year, for the office of Commissioner. Every council shall have the right to nominate one (1) individual to run for the position of Commissioner of the district where the council is located. If more than one individual is nominated for the Commissioner’s position, the Council shall conduct an election to determine which individual shall be nominated by the council as a candidate for the position of Commissioner for the District. (Section 63)

**QUALIFICATIONS FOR DISTRICT COMMISSIONER**

To be eligible for the office of District Commissioner, a candidate must meet the following requirements:

(a) At the time of filing his/her nomination, he/she must be a beneficial, premium paying member of the Alliance, uninterruptedly, for at least five (5) years immediately preceding his/her election to the office; [Section 78A 1 ]

(b) He/she must be a citizen of the United States of America; [Section 78A (2)]

(c) Unless an incumbent officer, he/she must have served, since the last Convention, for at least three (3) years as an officer of his/her lodge, or was a delegate to his/her council; [Section 78A (3)]

(d) Be a member of a lodge within the Commissioner’s District to which the nominating lodge belongs (Section63)

(e) Be a resident of said District (Section 63), and

(f) BE KNOWLEDGEABLE OF THE ALLIANCE MEMBERSHIP PRODUCTS [Section 78A (4)].

Additionally, no person may hold the office of Commissioner who:

(1) Serves as an officer, agent, delegate or employee of any other fraternal benefit society or is engaged in any capacity whatsoever in any life insurance company or association or as an agent which does not have a contractual relationship with the ALLIANCE [Section 78C (1)]; or
(2) Is a member of any subversive organization having for its object, the overthrow of the government of the United States of America by force or violence, or engage in acts of espionage for and on behalf of any foreign power [Section 78C (2)].

Violation of these restrictions shall result in an immediate forfeiture of his or her office as District Commissioner [Section 78C (2)].

IV. DELIBERATIONS OF THE ELECTORAL ASSEMBLY

The President of the council shall appoint a committee on credentials for the purpose of verifying the credentials of each Delegate to the Electoral Assembly. Neither the credentials committee nor the Electoral Assembly may deny a duly elected delegate the right to participate in the proceedings except for failure to qualify pursuant to the By-Laws. The By-Laws provide that no person shall be elected as a delegate to the Electoral Assembly unless he/she has been a beneficial member in good standing of the same lodge for at least one (1) year, immediately preceding his/her election as such delegate, and if the lodge was not in existence for two (2) years, then from the time of its establishment. A delegate also is prohibited from being an officer, delegate, representative, agent or employee of any other fraternal benefit society, association transacting life insurance business in competition with the Alliance or a representative or delegate to its general convention.

The officers of the council shall become the officers of the Electoral Assembly, except if any such officer is a candidate either for the office of Representative to the Convention or District Commissioner. If the officer is a candidate for any such office, the individual shall be disqualified from holding his/her office in the Electoral Assembly and the Assembly shall elect another person as its officer for the Electoral Assembly in his/her place. (Section 64)

After convening of the Electoral Assembly, the presiding officer of the Electoral Assembly shall administer the oath of office to the delegates. Next the Electoral Assembly shall proceed with the election of officers to replace officers of the council who have been disqualified. Then the Electoral Assembly shall consider bills for costs incurred in connection with the calling of the Electoral Assembly submitted by the council and determine the manner of distribution of the costs among the lodges. Election or nomination of the Judges of Election shall be the next item for consideration by the Electoral Assembly.

JUDGES OF ELECTION AND JUDGES OF CONTEST

The By-Laws of the ALLIANCE provide that the Electoral Assembly shall elect, or with the approval of the Assembly, the Chairperson may designate from among the delegates three (3) Judges of Election and three (3) Judges of Contest. The Judges of Election and the Judges of Contest, respectively, shall elect one of their members as Chairperson. (Section 66)

No candidate for either Representative or District Commissioner shall serve as a Judge of Election or a Judge of Contest. The presiding officer of the Electoral Assembly shall administer the oath of office to all judges (Section 66).

Each Electoral Assembly shall provide a ballot box which shall be inspected by the Judges of Election and sealed by the Chairperson thereof, and shall remain in the custody of such Judges of Election at all times until the balloting shall be concluded (Section 69).

To insure that councils conduct proper election meetings, each council is required to forward the results and certification of its election meeting immediately following the election. The signatures of all Judges of Election must appear on the certification and must be mailed to the Office of the National Secretary.

PRESENCE OF NOMINEES AT ELECTORAL ASSEMBLY

Nominees for Representatives to the Convention and for District Commissioner, who are not delegates to the Electoral Assembly, shall be permitted to be present at the Electoral Assembly, but shall be seated separate and apart from the delegates and shall not intermingle with the delegates or participate in the deliberations of the Electoral Assembly. They may be present at the time and place of the counting of ballots for the purpose of verifying the accuracy of the count by the Judges of Election. (Section 72)

V. ELECTIONS

VOTING

The purpose of the Electoral Assembly is electing the Representatives to the Convention and the one nominee for the office of District Commissioner.

In the event the number of candidates nominated for Representative to the Convention equals the number of Representatives to which the council is entitled, no election is necessary and such candidates will be deemed elected. Balloting is also unnecessary in instances where only one candidate is nominated to the office of Commissioner of the District.

In all other cases, the Electoral Assembly shall conduct an election, which shall be by secret ballot. Each delegate shall be entitled to cast as many votes as there are offices to be filled, but shall not cast more than one (1) vote for each nominee.

No person has the right to assist any delegate in the marking of his/her ballot except a Judge of Election.
The ALLIANCE By-Laws and Robert’s Rules of Order limit the right to vote to delegates who are actually present at the time the vote is taken at a meeting. Absentee voting or voting by proxy is not allowed.

**PRIMARY ELECTION**

After the election and the swearing in of the Judges of Election and the Judges of Contest, the names of the nominees of the lodges for Representatives to the Convention or for the office of District Commissioner shall be announced.

When the number of nominees submitted by the lodges for Representatives to the Convention exceeds double the number of Representatives to be elected by the council, or where there are more than two (2) nominees for the office of District Commissioner, a primary election shall be held with respect to that office. (Section 67)

The names of such candidates shall be placed on the ballot under the respective captions of the office for which they were nominated in the numerical order of the nominating lodges. Any nominee who receives an absolute majority of votes cast at the primary election shall, in the case for Representatives, and in the case of nominee for District Commissioner, be declared nominated by the council for that office. (Section 67)

In the event no candidate receives an absolute majority, nominees, who were not elected as Representatives or nominated by the council for District Commissioner, but who received the highest number of votes to the extent of double the number of offices remaining to be filled, shall be placed upon the final election ballot, all other remaining nominees shall be deemed eliminated.

**COUNTING OF BALLOTS**

The counting of the ballots shall be held at the place of the meeting of the Electoral Assembly immediately upon completion of the primary, or as the case may be, the final election. The counting shall take place in the presence of all the Judges of Election, and they shall enter the votes on an official tally sheet. The results including total votes, certified by all Judges of Election, shall be announced by the Chairperson of the Judges of Election immediately after the completion of the counting.

The election ballots and the official tally sheet shall be sealed by the Chairperson of the Judges of Election upon the conclusion of the meeting of the Electoral Assembly. The Chairperson shall then retain possession of them until the adjournment of the Convention. (Section 70)

**TIE VOTE**

In the event of a tie vote at the primary or the final election, another ballot shall be taken to include those nominees who received an equal number of votes. The balloting shall be repeated until one of the candidates receives the required majority. The resolution of a tie vote shall not be necessary in the event that it does not serve to determine the result of the election. (Section 71)

**PROTEST IN PRIMARY ELECTION**

In the event a nominee is aggrieved by the result of the primary election, he or she has the right to file a protest regarding the result of the primary election. Such protest shall be presented orally to the Chairperson of the Electoral Assembly immediately after the outcome of the balloting has been made public. The Chairperson shall refer the matter to the Judges of Contest who shall make the necessary investigation and render an oral report within a reasonable time, together with their recommendation to the Electoral Assembly. The Electoral Assembly shall then vote to accept or reject the recommendation of the Judges of Contest by a majority vote. The decision of the Electoral Assembly shall be final and not appealable. The final election cannot begin before all protests with regard to the results of the primary election have been resolved. (Section 73)

**FINAL ELECTION**

If a primary election has been held, all nominees not receiving a majority of the votes shall then proceed to a final election. The nominees equal to two (2) times the number of positions to be filled shall be placed on the final ballot, for the office to which they were nominated. Their names shall be placed on the ballot based on the number of votes each candidate received in the primary election, with the person receiving the highest number of votes first and the rest of the candidates in descending order based on the number of votes received by such person. The nominees, who on the final election receive the highest number of votes not exceeding the offices to be filled, shall be declared duly elected. (Section 68)

**PROTEST IN FINAL ELECTION**

In the event a nominee is aggrieved by the result of the final elections, he or she has the right to file a written protest with the Chairperson of the Electoral Assembly within thirty (30) minutes after the announcement of the outcome of the election. (Section 73)

The written protest shall state the grounds of protest, shall be signed by the protester listing his/her address and lodge number. The Chairperson of the Electoral Assembly shall refer the protest to the Judges of Contest who shall investigate the protest and recount the ballots, and if necessary, hear testimony with regard to the protest. After concluding their investigation, the Judges of Contest shall render a written report with their recommendation to the Electoral Assembly at the same session. (Section 73)
The Electoral Assembly shall vote to accept or reject the report and recommendations of the Judges of Contest. The decision of the Electoral Assembly shall be final, except in instances of a substantial violation of election procedure by the Assembly. In such cases the aggrieved nominee may appeal to the Convention through the Credentials Committee of the Convention, by filing said appeal with the Secretary of the Alliance not later than fifteen (15) days prior to the opening of the Convention. The Executive Committee of the Alliance and/or the Convention may, at any time, inquire into the lack of qualifications of any member of the Alliance who was elected to the office of Representative to the Convention or nominated to the office of District Commissioner. (Section 73)

**VACANCIES IN THE OFFICE OF REPRESENTATIVE TO THE CONVENTION**

In the event of the death, resignation or inability to act of a duly elected Representative to the Convention, the person who received the next highest number of votes at the time of the election for Representative, shall act as such Representative.

An Alternate Representative shall be elected in the event that there is no candidate who received the next highest number of votes at the time of election of said Representative. (Section 74)

**CREDENTIALS**

The executive officers of the Electoral Assembly shall issue credentials to the duly elected Representatives to the Convention, and a nominating certificate to the nominee for District Commissioner, within five (5) days following their election or nomination. Such credentials shall be signed by a majority of its executive officers and a majority of the Judges of Election of the Electoral Assembly.

Duplicate copies of credentials issued to the elected Representatives to the Convention and nominating certificates issued to the candidates for District Commissioners shall be forwarded to the Secretary of the Alliance, no later than April 1, 2015, who shall transmit them to the Credentials Committee of the Convention together with a list of elected Representatives to the Convention and all protests that have been filed, and copies of the nominating certificates for District Commissioner to the Nominating Committee of the Convention. (Section 75)

The foregoing Rules were adopted by the Board of Directors of the Polish National Alliance on September 8, 2014 in Chicago, Illinois.

Frank J. Spula, President, PNA
Charles A. Komosa, Secretary, PNA

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President

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The PNA emblem is a relic from the January 1863, uprising of Poland against Russia. It was designed by the Revolutionary Government as a reminder that the Royal Republic of Poland was a commonwealth of three nations who shared the glories and misfortunes of the state.

Thus the white eagle on red shield represented crown lands, or Poland proper; the white knight on blue shield known as Pogon (the Chase) was the coat of arms of the Grand Duchy of Lithuania while Michael Archangel symbolized the Duchy of Ruthenia.

The January Uprising failed. But a member of its Revolutionary Government, Agaton Giller inspired the founding of the Polish National Alliance. Consequently, the founders of the PNA adopted this symbol for its fraternal emblem.

The Polish National Alliance has been protecting the financial futures of their members for over 134 years. Through a wide array of life insurance products, PNA can provide tax-free life insurance proceeds to provide for final expenses, mortgage cancellation, emergency funds, college funds, child care, and a monthly income. These same products that protect our members’s families in the event of premature death also provide tax-advantaged method for accumulating additional monies for cash needs and/or retirement.

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