

GŁOS POLEK

POLISH WOMEN'S ALLIANCE OF AMERICA

MARCH/APRIL 2009 NO. 2 MMIX



Happy Easter!

**Easter Traditions
and Recipes**

**Special Easter
Promotion**

PWA Annuities

PWA Raffle

**Easter Coloring
Contest**

**Youth Bowling
Tournament**

Polish Section

THE POLISH WOMEN'S VOICE - PUBLICATION OF THE POLISH WOMEN'S ALLIANCE OF AMERICA
GŁOS POLEK - ORGAN ZWIĄZKU POLEK W AMERYCE

About Us and Our Newsletter

Urzędowy Organ
ZWIĄZKU POLEK W AMERYCE
Wychodzi sześć razy w roku

THE POLISH WOMEN'S VOICE

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**Happy Easter to all
of our readers!
Wesołego Alleluja!**

NOTE ABOUT PHOTOGRAPHS:

When submitting photographs for
publication electronically, please make
sure that they are scanned and saved at
300 dpi and sent to us as JPEG or TIFF
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resolutions lower than 300 dpi.

NEXT DEADLINES FOR GŁOS POLEK

May/June 2009 issue
The deadline for articles is March 28

July/August 2009 issue
The deadline for articles is May 28

You can also contact us by e-mail or visit www.pwaa.org

If you have access to the Internet you can contact Polish Women's Alliance of America at the following
e-mail addresses or call our toll-free number at **888 522-1898**.

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Happy Easter!



Dear Members,

After a dark, cold winter we eagerly wait for the sunshine and warmth of spring. After the prayers and penance of Lent, we anticipate with joy the celebration of the miracle of Easter. After the crucifixion on Good Friday, we wait with hope for the good news of the Resurrection on Easter morning!

The message of Easter is the victory of life over death. Of light over darkness. Of forgiveness over sin. Of faith over doubt. Of hope over fear. These are the central tenets of our faith which we proclaim during Holy Week and on Easter Sunday, and which our Easter traditions celebrate as well. The painted eggs, the butter lambs, the pussywillow branches, the Easter baskets blessed in church are symbols of life renewed, of rebirth, and of hope. After winter comes spring. After death comes eternal life. Alleluia!

In these times of hardship for families and businesses alike, we need to remind ourselves that a better future will come again. We need to get through the dark times together, working hard and helping each other, and then we can share the fruits of our labors when renewal and growth come again. Faith, hope and perseverance will get us there—together. As the tree buds turn green and the crocuses and daffodils poke their noses out of the damp earth, let us rejoice in the promise of new life all around us!

I would like to extend my best wishes to our members and friends as well as to their families. May the glory and the promise of this joyous time of year bring peace and happiness to you and those you hold dear, and may the Risen Christ bless and keep all of you in His loving care.

Wesolego Alleluja! Happy Easter!

Virginia Sikora

Virginia Sikora
National President

Easter in Poland

In Poland, the five-week period of Lent, from Ash Wednesday to Palm Sunday, is laden with meaning and tradition. It is a time spent on prayer and penance. The two main church services of Lent are the Stations of the Cross which are known to Catholics throughout the world—and Gorzkie Zale—which is a uniquely Polish service. Gorzkie Zale, which means Bitter Sorrows, are beautiful hymns or lamentations that are sung on Fridays in Lent. These are ancient chants retracing the Passion and Crucifixion and their soulful notes ring out of all churches in cities and villages on Friday evenings during Lent.

Palm Sunday falls a week before Easter. This means that the five weeks of Lent are now over and that Easter is near! It also means that spring is not far behind. Palm trees do not grow in Poland so Poles make their own palms out of colored straw and take them to Mass on Sunday to be blessed and to celebrate the entry of Jesus Christ to Jerusalem.



Pussywillows called bazie or kotki are nature's first sign of spring and of Easter. People gather the branches and place them in water on Ash Wednesday, in the hope that they will bloom on Palm Sunday.

After Palm Sunday comes Holy Week. Preparations for Easter can now begin—and these include spring cleaning, sausage-making, baking, cooking, and the painting of Easter eggs. On Holy Thursday, people go to church for a celebration of the Last Supper accompanied by the washing by the priest of the feet of 12 parishioners, the same way the Christ washed the feet of his disciples, before the Last Supper.

On Holy Friday after 3 p.m., which is the time that Jesus died on the cross, each church sets up a tomb where the Holy Eucharist is placed and sometimes a statue of Jesus taken down from the cross is placed on display as well. Parishioners stand guard at the tomb all night as people come and pray. Many people go from village to village and in the city from church to church to pray at the tombs.

On Holy Saturday, the fasting can finally be broken! But of course, the breaking of the fast needs to be blessed in church first. People have worked for days during Holy Week to prepare the Easter baskets and the food that goes into them that they will take to church on Holy Saturday to be blessed.

The most colorful additions to the baskets are Easter eggs, called pisanki. There are many different names for Easter eggs in Poland, depending on the method that was used to make them. Pisanki means that they were written on, usually with wax. Skrobanki means that a design was scratched on to them. Oklejanki means that paper designs were glued on to them. Easter egg-making is truly an art form in Poland!

Wikipedia; phot. Maciej Szczepanczyk



In addition to the pisanki, an Easter basket includes sausage or ham, bread, butter, salt, and horseradish. The eggs symbolize life, spring, and the Resurrection. Bread represents Christ, who is the bread of life. The sausage and ham represent abundance and God's generosity. The horseradish represents the passion of Christ, and salt symbolizes prosperity. Butter represents good will and the decorations represent joy. People all over Poland walk with their Easter baskets in hand to church—where a priest blesses them with holy water—and then straight home to try some of the blessed food, which tastes all the more delicious after weeks of fasting during Lent.



On Easter Sunday, Masses start at dawn and people like to go early. After Mass, an Easter brunch is served. It includes a white barszcz soup, lots of eggs, ham, sausage, cold meats, relishes, and salads, followed by tall airy babkas, tasty cheesecakes, and special flat cakes served mostly at Easter called mazurki. The Easter Brunch is called Swiecone which means Blessed Food since a lot of the food served on Easter had been blessed in church on the previous day. The Easter Brunch starts with the sharing of an Easter egg—everyone takes a piece of the egg from the head of the household as they exchange best wishes with one another.

On Easter Monday, the water consumption in Poland shoots way up and this is due to an ancient custom which is still observed, in villages and cities alike. It is called Smigus Dyngus or Wet Monday, when people sprinkle each other with water on the day after Easter—or in the cases of young people, they don't sprinkle but douse each other with buckets of water. Boys especially lie in wait to surprise young girls and to see who can get whom first! In extreme cases, you can even be thrown into a stream of cold water with all your clothes on!

The custom of pouring water is an ancient spring rite of cleansing, purification, and fertility that is practiced all over the world from Europe to China. In Poland it takes on a special religious meaning since according to legend Prince Mieszko was married and baptized on Easter Monday in the year 966 and the whole nation was baptized along with him.

Spring usually comes very close to Easter. On March 21st, the first day of spring, there is a custom called the drowning of winter or Marzanna. Marzanna was the name of a pagan goddess—she is prepared as a doll and dressed in female clothes then she is carried through the village, burned and sunk in water, and drowned in a stream or river. After the drowning, the children and young people prepare a gaik or maypole, which is a branch of a tree decorated with flowers and ribbons. It is carried through the streets with singing and dancing, as the official end of winter and beginning of spring are celebrated.

Wikipedia, phot. Ejdeej

Group 743 Star of the Sea Celebrates 70th Anniversary

Chicago, IL—It was on October 10, 1938, that Weronika Siwek convened the first meeting of a newly organized PWA Group at Five Holy Martyrs Church with 28 members in attendance. Msgr. John Strzycki, pastor, took the oath of membership. They elected the founder their President and named their society “Gwiazda Morza” or “Star of the Sea.”

For over 50 years, the members held monthly meetings and were active in the parish. Also serving as National Director of PWA, Weronika Siwek was able to introduce many fraternal events which were always well attended. The society continued to grow and developed a membership of 247 adult and 68 juvenile members.

On Sunday, October 19, 2008, a 70th anniversary celebration was held at the European Chalet on Chicago's South Side. Group President Helen V. Wojcik, who is also Honorary President of PWA as well as daughter of the Group's founder, welcomed the guests. Past National President Delphine Lytell delivered the invocation. Dorothy Polus, former State President, introduced the officers and fraternal guests. Eight Garland members said grace and then a delicious luncheon was served.

District I President Lidia Filus extended warm greetings and congratulated the Group on 70 years of service. President Wojcik mentioned that there are still four charter members of the Group: Ann Barashas, Clara Koral, Gertrude Ploszaj, and Louise Kowalski. Secretary Treasurer Antoinette Trela-Vander Noot and National Director Dawn Nelson (a member of Group 743), presented a gift to Louise, who was the only charter member present. Gifts were mailed to the others.

Nancy Workman, granddaughter of Weronika Siwek, read a history of Group 743, outlining the charitable works, social activities, and parish involvement of Group members. Cassandra Workman, great-granddaughter of the founder, had prepared a three-panel poster depicting the history of the Group with photos.

Pins of service were presented to the following members: 50 years - Ann Widlak and Helen Wojcik; 35 years - Joan Kozlowski and Dora Fortuna; 30 years - Harriet Marszalek and Helen Setlik. Vice President Sharon Zago offered her congratulations and greetings.

To honor the memory of longtime member and officer Ann Widlak, her sons Fred and Neal presented generous donations to the new Scholarship Endowment Fund of District I. Prudence Widlak, granddaughter, gave a personal donation. Director Dawn Muszynski Nelson presented a new application for Grace Elizabeth Nelson. To close the program, Nina Klendra led the members and guests in song, both in Polish and in English.

Many thanks to everyone who worked to make this event a success and to all of the guests who honored us with their presence,

Helen V. Wojcik, President

DISTRICT I WIGILIA LUNCHEON



Niles, IL—The annual Christmas celebration of District I was held at the House of the White Eagle on Saturday, December 13, 2008. The guests assembled early and enjoyed a social hour before District I President Lidia Filus welcomed everyone and asked Sister Mary Edward to say grace. Members and guests shared the traditional Oplatek wafer with one another before the meal. The littlest members of the Polonia Dancers dressed in Polish costumers provided entertainment during the meal. Koledy were sung and Christmas memories shared after the luncheon. A raffle was held to benefit the District I Scholarship Fund. President Filus thanked everyone for coming and mentioned that District I and the Wojcik family were working together on establishing a Scholarship Endowment in District I. The luncheon ended with a prayer and a final round of wishes and hugs. A festive and merry time was held by all!

COUNCIL 27 INSTALLATION



Chicago, IL—The election meeting of Council 27 was held on December 13, 2008, before the District I Wigilia. The Installation of Officers was held on January 21, 2009, at the PWA Home Office with National President Virginia Sikora administering the oath of office to the officers President Czeslawa Kolak, Vice President Lidia Filus, Financial Secretary Bo Padowski, and Treasurer Barbara Ciepiela.

Welcome to our New Members!

A warm welcome is extended to these new members.
We are so glad you have joined us!

Gr.	Name	Introduced by	City/State
0148	Kylie C Wheatley	Frances T Baranowski	Quakertown, PA
0189	Alexander J Schultz	Harriet I Schultz	Union Grove, WI
0275	Jackson Kennell	Danuta Zalewski	Westminster, CO
0277	Grace J Offman	Genevieve E Zmuda	Chicago, IL
0305	Elizabeth A Brueseke	Lucille B Kopczynski	South Bend, IN
0305	Aaron N Morehouse	Lucille B Kopczynski	South Bend, IN
0338	Frank W Valley	Home Office	South Park, PA
0379	Florence A Starr	Home Office	Gasport, NY
0426	Genevieve H Howe	Alfreda J Dombrowski	Western Springs, IL
0469	Christian Bryan	Christine M Wozniak	Erie, PA
0585	Gabriella M Matic	Home Office	Eastpointe, MI
0616	Andrew N Brockmiller	Home Office	Peoria, AZ
0661	Theodore Machnicki	Alfreda J Dombrowski	Genoa City, WI
0702	Benjamin G. Kornak	Home Office	Cherry Hill, NJ
0702	Mary F Kornak	Home Office	New Freedom, PA
0721	Nolan J Burk	Kathryn L Mackovyak	Portage, PA
0721	Olivia A Burk	Kathryn L Mackovyak	Portage, PA
0754	Tina M Mazak	Jan M Mazak	Canton, OH
0815	Kory J Kaszycki	Alice M Gurniewicz	Hobart, IN
0819	Julianna L Amato	Home Office	Baltimore, MD
0821	Eleanor M Sadowski	Lidia Z Filus	Charlevoix, MI
0821	M Edward Gira	Lidia Z Filus	Chicago, IL

Council 3 Elects Officers

Dearborn, MI—Council 3 held its election of officers at the Ford Community and Performing Arts Center, on November 19, 2008. Elected to office for 2009 were: Judith Szelc, President; Barbara Gamble, Recording Secretary; Gene Zmuda, Treasurer; and Helen Szalba and Wanda Petoskey, Auditors. Congratulations to all!

Group 778 Member Honored by PAC Indiana Division



Miller Beach, IN—John M. Evans of Group 778 was honored on November 2, 2008, by the Polish American Congress Indiana Division with a Distinguished Service Award, which was presented to him at the PAC Heritage Banquet by Delphine Huneycutt, President of PWA District III.

John is the son of Mr. and Mrs. Glen and Eleanor Evans of New Chicago. He is a longtime member of Group 778 St. Anne's Society, and a longtime employee of Blue Cross Blue Shield Illinois. Since an early age he was interested in music and started taking organ lessons at the age of 10. By the age of 13 he was playing at masses at Assumption B.V.M Church in New Chicago, and by the age of 15 he was directing the choir. Today, John is the organist and director of St. Cecelia Choir at St. Stanislaus Parish in East Chicago, IN. The choir has grown under his directorship, producing a CD of Polish and English church songs for the 100th anniversary of the parish. John also directs the choir at PWA events.

We congratulate John on his award and salute him for his love of music and commitment to sharing it with others, as well as for his dedication to the PWA and to the Polish American community.

ATTENTION ALL MEMBERS - SIGN UP FOR EMAIL UPDATES

If you would like us to add your email address to your account information with PWA in order to send future updates and correspondence to you by email instead of by regular mail, please send us your email address by writing to editor@pwaa.org or by filling out mailing the coupon below to our address:

Yes, I would be interested in receiving updates and correspondence from PWA via email:

Name _____ Gr. No. _____
Address _____
Phone No. _____ Email Address _____

LOOK FOR AN EMAIL COMING SOON ABOUT A SPECIAL MEMBERSHIP CONTEST!

Fraternal Events Planned for 2009 – 2010



It's Now Four for Four!

For the fourth year in a row, the four major Polish American fraternal organizations are planning joint activities for their members. On January 15, 2009, a planning meeting was held by the four vice presidents, from left in photo, Paul Odrobina of Polish National Alliance, Sharon Zago of Polish Women's Alliance, Anna Sokolowski of Polish Roman Catholic Union, and Robert Gorney of the Polish Falcons. Tickets to these outings are offered at a special savings negotiated by the committee.

Dates on some events remain to be announced. Please contact Sharon Zago at 1-847-384-1208 or 1-888-522-1898 ext 208 for more information—or keep checking our website for updates. Quantities are limited so please reserve ahead of time!

Date confirmed:

- **White Sox Polish Heritage Night**
Tuesday, June 9, 2009 at 7:11 p.m.
Chicago White Sox vs. Detroit Tigers
U.S. Cellular Field, Chicago

Tickets: \$19 for lower box seats and \$17 for lower reserved seats

Dates to be announced for these events:

- ◆ **Chicago Bulls game at United Center, Chicago (new!)**
- ◆ **Great America Polish American Day, Gurnee, IL**
- ◆ **Dozin' with Dinos at the Field Museum, Chicago**
- ◆ **Chicago Wolves Benefit for Bishop Abramowicz Seminary, Chicago**

Ongoing:

- **Polonia Youth Bowling Tournament ages 3-18 yrs.**
See page 17 for details

Looking ahead:

- **Adult Bowling Tournament (new!) Pittsburgh, PA**
on May 21-22, 2010



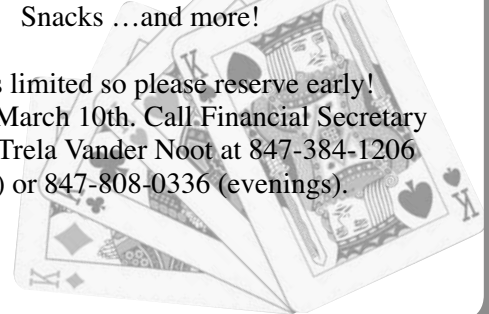
Group 211 Casino Outing!

**Two Days and One Night
at Ho Chunk Casino Baraboo, Wisconsin**

We will depart PWA headquarters
by luxury motor coach
at 10 a.m. on Friday, April 24th
and leave from Ho Chunk the next day,
Saturday April 25th at 1:30 p.m.
arriving back at PWA at 5 p.m. (estimated).

Cost is only **\$135.00** per person, including
transportation and a night in the Ho Chunk Hotel,
double occupancy. Also, Prizes, Raffle, Bingo,
Snacks ...and more!

Space is limited so please reserve early!
Deadline is March 10th. Call Financial Secretary
Antoinette Trela Vander Noot at 847-384-1206
(days) or 847-808-0336 (evenings).



12th Annual Mother-Daughter Luncheon Hosted by Council 9

**Join us in honoring our Council 9 May Queen
Alfreda Dombrowski**

Saturday, May 9, 2009, at 1 p.m.
in Flannigan Hall
St. John Brebeuf School, Lower Hall,
8307 N. Harlem, Niles, IL 60714.

Catering by Kasia's
Tickets:
\$16 per person;
\$6 for children under 12

Deadline for reservations
is May 5, 2009.
A Raffle is planned and prizes
would be appreciated. RSVP
to Adeline Holda at 1-773-736-5861
or Sharon Zago 1-773-682-8679



CALENDAR OF EVENTS

Wednesday, March 11

Group 211 meeting and luncheon will be held at the PWA Headquarters in Chicago. The meeting will commence at 1 p.m., followed by a light luncheon. Pastries will be appreciated and guests are always welcome. Contact: Financial Secretary Antoinette Trela Vander Noot at 847-384-1206.

Sunday March 29

Council 1 of District VI Wisconsin hosts "Breakfast With the Easter Bunny" from 9:30 a.m. to 12 noon at the M.P.S. Recreation Department, Beulah Brinton Building, 2555 S. Bay Street, Milwaukee, WI. All you can eat pancakes plus a choice of beverages, juice, applesauce, and sausage. Pictures with the Easter Bunny will be available. Questions? Contact Penny at 414-304-5039.

Saturday, April 4

Council 9 will hold its first meeting of 2009 at St. John Brebeuf Parish Hall, Conference Room 3, from 1 p.m. to 3 pm. Contact: Sharon Zago 773-682-8679

Wednesday, May 22

SAVE THE DATE! Council 27 Mother's Day meeting. Details to follow. Contact: Council 27 President Czeslawa Kolak at 773-792-1352.

Saturday, August 19

SAVE THE DATE! District I Patron's Day celebration, hosted by Council 27 at St. John Brebeuf Parish, Niles IL. Details to follow. Contact: District I President Lidia Filus at 847-698-0250.

International Women's Day

International Women's Day was founded in the early 1900s, as women throughout the world joined forces to fight for suffrage. Each year on March 8th, hundreds of International Women's Day events are organized all around the globe. They range from small informal gatherings to large-scale highly organized events. All celebrate women's advancement and highlight the need for continued vigilance and action as some nations are still far behind others in granting equal rights to women.



PWA BOOK CLUB

Books and Films

PWA Book Club meets Thursdays at 6 p.m. at the PWA Home Office. You can check the reading list on www.pwaa.org or call the Office of the Vice President at 847-384-1208 for more info.

PWA District I invites all members and friends to a traditional Easter Luncheon "Swieconka"

**on Saturday, April 18, 2009,
at the House of the White Eagle,
6839 N. Milwaukee Ave.
Niles, Illinois.**

Entry at 11:30 a.m. Luncheon at 12:30 p.m.
Adults \$29 Children \$14

Raffle Prizes welcome.
All proceeds from the raffle will benefit
the District I Scholarship Fund.
Call Lidia Filus at 847-698-0250
for reservations.

District II Vintage Bridal Show



**Polish Women's Alliance of America
District 2, Pittsburgh, PA**

Join Us For

A Vintage Bridal Fashion Show *Sunday, May 17, 2009*

Kronk Residence, Sewickley Heights

**Luncheon and House Tour
Vintage Wedding Gown Fashion Show
Chinese Auction and Raffles**

Tickets \$30

Benefits Polish Women's Alliance Scholarship Fund

Would you like your vintage gown or photos featured?
Contact Irene Addams at 412-486-1605

For tickets contact:

**Dorothy Kolano 412-431-7395
Wanda Walat 412-771-1254**

Unable to attend?
Please consider a donation to our scholarship fund.



Insurance Corner: Ask Bo with Bo Padowski

I am 72 years old. Can I skip the annual IRA distribution from my traditional IRA account this year?

John, MI

A. Yes, a new tax law allows IRA holders to skip the required minimum distribution this year. However, while the required minimum distribution is suspended this year, the owner of an IRA account can always take out money from his account. If you choose to withdraw money from your traditional IRA account in 2009, it will be subject to income tax.

If you resume taking withdrawals next year, 2010, the formula for minimum withdrawal calls for taking your account's balance as of the previous December 31st (next year it will be as of December 31, 2009) and dividing it by your life expectancy factor. To determine your life expectancy, use the factor that corresponds to the age you'll turn in 2010. You can find the life expectancy factors in IRS Publication 590, on the Internet, or you can call our office. As always, be sure to consult your tax adviser.

We offer both Traditional and Roth IRAs, and Flexible Premium Deferred Annuities. Check out our rates below or call me at 1-888-522-1898 ext. 228, or send email to padowski@pwaa.org.

Bo Padowski

Tired of Watching the Stock Market? Open a Retirement Account with PWA!

*The higher your initial premium payment, the higher your first-year interest rate on a NEWLY OPENED ANNUITY—
UP TO 4.25%*

As of March 1, 2009 the first-year interest rates on newly opened annuities are as follows:

Under \$5,000	3.00%
\$5,000 to \$49,999	3.75%
\$50,000 to \$99,999	4.00%
\$100,000 and Over	4.25%

Don't wait! Let your hard-earned money start working for you today!

The new minimum initial deposit to open any of PWAA Annuity contract is \$250.

Call 1-888-522-1898 ext. 228 or 226 for more information and an application. Or send email to padowski@pwaa.org

TAX TIME — APRIL 15!!!

HAPPY EASTER PROMOTION

*Starts April 1
and ends June 30, 2009*

Rules

- Available to children ages 0 to 17.
- \$3,000 minimum life insurance **WHOLE LIFE INSURANCE** or **EDUCATION LIFE BUILDER** must be purchased to qualify for this promotion.
- Applications with the first annual or a single premium payment must be received in the National Office **NO LATER THAN JUNE 30, 2009.**



Each child will receive:

- ✓ A Target Gift Card in amount of **\$10** if purchasing less than \$5,000 life insurance
\$15 if purchasing between \$5,000 and \$9,999 of life insurance or
\$20 if purchasing \$10,000 or more of life insurance.
- ✓ Automatic membership in Polish Women's Alliance
- ✓ A headstart on a nest egg for the future

To Apply:

Fill in an application (on page 11 of this issue of *Glos Polek*) and mail it to us with the applicable premium payment payable to:

**Polish Women's Alliance of America,
6643 N Northwest Hwy. 2nd Floor
Chicago, IL 60631-1360**

or fill out and return the Credit Card Authorization on page 11.

- See sample rates on page 11.
- Premium is calculated to the nearest birthday.
- For bigger policies and different plans, please contact

**Bo Padowski at 888-522-1898
ext 228, or send her email
at padowski@pwaa.org.**

HAPPY EASTER PROMOTION

**Sample Rates for Single Payment
Whole Life \$3,000 Face Amount**

One Time Payment

Age	Male	Female
0	\$256.89	\$224.94
1	261.03	229.92
2	267.09	235.50
3	273.96	241.53
4	281.70	248.13
5	289.80	254.91
6	298.20	262.11
7	306.96	269.55
8	316.05	277.20
9	325.56	285.18
10	335.49	293.43
11	345.72	302.07
12	356.40	311.01
13	367.44	320.28
14	378.87	329.85
15	390.54	339.69
16	402.45	349.74
17	414.00	360.18

Premium is calculated to the nearest birthday. This is permanent life insurance that offers a guaranteed face amount and a guaranteed cash value.

**Sample Rates for Education Life
Builder \$3,000 Benefit Amount**

One Time Payment

Age	Male	Female
0	\$1,556.80	\$1,524.85
1	1,619.43	1,588.32
2	1,686.62	1,655.03
3	1,757.37	1,724.94
4	1,831.86	1,798.29
5	1,909.72	1,874.83
6	1,991.02	1,954.93
7	2,075.95	2,038.54
8	2,164.65	2,125.80
9	2,257.34	2,216.96
10	2,354.20	2,312.14

Premium is calculated to the nearest birthday. At age 19, on the anniversary of the issue date, your child will receive a check for the amount equal to the benefit purchased and a paid-up permanent life insurance policy of equal value.

**For bigger policies and different plans, please contact
Bo Padowski at 888-522-1898
ext 228, or send
email to padowski@pwaa.org.**

Plan applied for (Write Plan Name): _____

Face Amount: _____

Premium Mode (Check one):
☐ Ann ☐ S-Ann ☐ Quar ☐ Mo ☐ Single

APPLICATION FOR LIFE INSURANCE
With
**POLISH WOMEN'S ALLIANCE
OF AMERICA**
6643 N Northwest Highway, 2nd Floor
Chicago, IL 60631

Office Use Only

Group No. _____

Certificate No. _____

Plan No. _____

Amount of Insurance _____

1. Name of Proposed Insured			2. Residence Address		
3. Sex	Male <input type="checkbox"/> Female <input type="checkbox"/>	4. Date of Birth	5. Age		
		(Mo) (Day) (Yr)		City	State Zip
6. Height	Weight	7. Place of Birth	8. Telephone Number		
			Home		Work
9. Marital Status (Check One)			10. If female, and ever married, give maiden name		11. Social Security No.
Single <input type="checkbox"/> Married <input type="checkbox"/> Widowed <input type="checkbox"/> Divorced <input type="checkbox"/>					
12. Occupation			13. Name and Address of Employer		
14. Beneficiary					
Name			Relationship		
Address			City	State	Zip
15. Contingent Beneficiary					
Name			Relationship		
Address			City	State	Zip

DECLARATION OF INSURABILITY

	Yes	No
1. Within the past 3 years, has the proposed insured used tobacco in any form?	<input type="checkbox"/>	<input type="checkbox"/>
2. Within the past 3 years has the proposed insured ever had or been treated for:		
a. Disease or disorder of heart, kidneys, stomach, liver, lungs, bones or joints?	<input type="checkbox"/>	<input type="checkbox"/>
b. Epilepsy, convulsion, dizziness, fainting, stroke or mental disorder?	<input type="checkbox"/>	<input type="checkbox"/>
c. High blood pressure, chest pain, diabetes, cancer or tumor?	<input type="checkbox"/>	<input type="checkbox"/>
d. Alcoholism, alcohol abuse or drug abuse?	<input type="checkbox"/>	<input type="checkbox"/>
e. Any other physical disease or deformity or consulted or been examined by any physician for other than a symptom-free check-up, or had an electrocardiogram, x-rays, or blood studies during the past 3 years?	<input type="checkbox"/>	<input type="checkbox"/>
3. Has any application for life insurance on the proposed insured been declined, withdrawn, postponed, or modified in any way by any insurance company during the past 3 years?	<input type="checkbox"/>	<input type="checkbox"/>

A. Is the insurance intended to replace or change any insurance now in force? ☐ Yes ☐ No

B. What is the total amount of life insurance in force on the life of the proposed insured? _____

C. What is the total amount of life insurance in force on the life of the applicant, if other than the proposed insured? _____

D. Is the applicant a member of the Polish Women's Alliance? ☐ Yes ☐ No

E. Select dividend option: ☐ left on deposit ☐ cash ☐ purchase paid up additions

Information in this application is given to obtain this insurance and is true and complete to the best of my knowledge and belief. This certificate shall not take effect unless the first or single premium is actually paid to the Alliance at the time of application.

Signature of Proposed Insured _____

Signature of Applicant, if other than Proposed Insured _____

Signature of Witness or Agent _____

Full Amount Attached \$ _____ Signed at (City, State) _____ Date _____

Form No. LA-2005/PWA

CREDIT CARD AUTHORIZATION

Please charge a one-time premium of \$ _____
to my _____ VISA _____ MASTER CARD or _____ DISCOVER card.

Name on Credit Card _____

Card Number _____ Exp. Date _____

Signature _____ Billing Address _____

Zip Code _____

In Memoriam

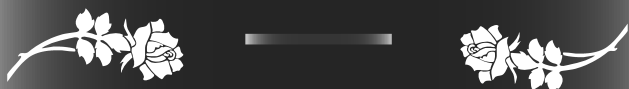
***We note with sadness the passing of the following PWA members.
May they rest in peace.***

Gr. No.	Member	City/State	Gr. No.	Member	City/State
0001	Florence T Pazen	Des Plaines, IL	0318	Eleanor Stachnik	Southgate, MI
0037	Edward W Kowalewski	East Chicago, IN	0327	Celia J Wojtowicz	Wilkes Barre, PA
0049	Janina Labutis	Weirton, WV	0338	Genevieve Hladysz	Jamestown, PA
0061	Eleonora Toman	Des Plaines, IL	0351	William F Kresock	Simpson, PA
0070	Sophie V Stolarek	Harvey, IL	0351	Mary T Burnis	Sugarloaf, PA
0077	Julia Sikora	Munster, IN	0351	Mary Debish	Carbondale, PA
0077	Ronald Udchitz	Hammond, IN	0356	Theresa Bednarz	Omaha, NE
0078	Rose M Jasniewski	Milwaukee, WI	0362	Wiktorya Glogowska	Wilkes Barre, PA
0081	Irena Rzepka	Kenai, AK	0364	Geraldine J Glod	Warren, MI
0088	Frances Koscinski	Broadview Hts, OH	0379	Jerome C Bleckinger	Buffalo, NY
0089	Shirley Knutson	Chicago, IL	0381	Helen M Kittell	Silver Creek, NY
0104	Rosemary Vanhaag	Milwaukee, WI	0388	Helena Slonina	South Elgin, IL
0130	Loretta Dombkowski	Hot Spgs National Pk, AR	0419	Helen A Mazur	Manchester, CT
0132	Larissa J Nevroske	Hammond, IN	0434	Florence T Pawlowski	Tunkhannock, PA
0132	Victoria Buvala	Cedarlake, IN	0450	Mildred McAndrew	Old Bridge, NJ
0132	Helen Grzyb	Hobart, IN	0451	Regina Kozub	Dearborn, MI
0132	Mary Marszalek	East Chicago, IL	0475	Pauline J Korzon	Lititz, PA
0141	Helen Dudek	South Hadley, MA	0480	Christine Brzostowski	Chicago, IL
0141	Helena Rozell	Chicopee, MA	0488	Bernice Reiss	Detroit, MI
0155	Marie Bernas	Chicago, IL	0499	Blanche M Tenerowicz	Easthampton, MA
0170	Adela Kuras	Troy, MI	0499	Adeline A Kasabula	Easthampton, MA
0185	Carol F Werpechowski	Wallingford, CT	0506	Julia F Machnik	Three Rivers, MA
0188	Frank B Kujawinski	Chicago, IL	0510	Adele Horvath	Lehigh, PA
0211	Matthew D Hayslip	Chicago, IL	0525	Genowefa Bak	Chicago, IL
0214	Cyrilla Kulina	Pittsburgh, PA	0530	Florence Saturno	East Northport, NY
0215	Virginia Bukowiecki	Oak Creek, WI	0535	Helen Vakay	Scranton, PA
0224	Lillian L McCollough	Pittsburgh, PA	0535	Margaret Chelland	Bradford, NH
0248	Louise Stofka	Monessen, PA	0553	Honorata Oszurek	Wethersfield, CT
0259	Stella Regent	Pittsburgh, PA	0568	Constance Szamska	Baltimore, MD
0267	Irene H Grella	Dupont, PA	0570	Roselyn H Babinski	Plymouth, MI
0267	Anna Olinsky	Dupont, PA	0598	Martha T Buczynski	Pembroke Pines, FL
0269	Helen M Bieryla	Old Forge, PA	0661	Alfreda Nowak	Norridge, IL
0269	Stefania Kobeski	Scranton, PA	0702	Joanna Strohming	Rosedale, MD
0275	James L Pawlusiak	Beatrice, NE	0751	Stephen Kubala	Plover, WI
0280	Henry S Kardys	Glastonbury, CT	0761	Cynthia E Wolfe	Reading, PA
0300	Mary A Wine	Santa Ana, CA	0763	Frances M Dominiak	Balto, MD
0304	Mariann E Duerr	Mc Kees Rocks, PA	0763	Krystyn Sufczynski	Dundalk, MD
0305	Marta Kajzer	San Jose, CA	0776	Joseph Lavigne	Pembroke Pines, FL
0305	Irena Lubelska	South Bend, IN	0779	Ann Jasket	Clifton, NJ
0314	Richard A O'Brien	Allison Park, PA	0805	Laura Olczak	Baltimore, MD
0317	Helen E Skiba	Chicopee, MA	0806	Dorothy Mihelich	Paw Paw, MI

IN MEMORIAM

Monica Sokolowski

**Past National Treasurer and
Past National Director
of Polish Women's Alliance**



**The National Board,
State Presidents, Home Office Staff
and all PWA members
extend their heartfelt sympathy
to the family and friends
of Monica Sokolowski.**

May she rest in peace!



Monica Sokolowski Group 480

Chicago, IL—Monica Lachcik Sokolowski was a lifetime member of PWA Group 480. She grew up in the Roseland neighborhood of Chicago and attended Pullman Academy. During

World War II she worked for the United States Naval Office of the Superintendent of Ships and later as assistant to the president of the United Transportation Union, before serving for sixteen years as national officer of the PWA, first as Director and then as National Treasurer. Her dedication, work ethic, sense of humor, and positive outlook on life made her a valuable asset to any endeavor. After retiring, she continued to be active in the PWA and in her community. She passed away on December 26, 2008, at the age of 94. She was preceded in death by her husband of 46 years, William, and is survived by her son Tom of Pittsburgh, PA, to whom we extend our sincere condolences. *Pokoj wieczny racz Jej dac Panie!*

Ann J. Davis Group 214

Pittsburgh, PA—The officers and members of Group 214 were saddened by the passing of our beloved president, Ann J. Davis. She was born in Pittsburgh, in a neighborhood called Polish Hill. All of her life she was an activist, working to make her neighborhood a better place to live by fighting for senior housing, better zoning laws, and recreational facilities. She was also very active in PWA, serving for many years as president of Council 2. She is survived by three children: daughters Sister Deborah Andre Davis OSB and Michaleen Platek (Henry), and son Dana (Janice). Group 214 extends sincere condolences to her family and friends. She will be missed!



Joanne Misiolek Group 226

Detroit, MI—Joanne Misiolek was born February 3, 1930, and died December 28, 2008. Joanne was a past president of Council 3 and of Group 226. While serving in both offices, she was very involved in all functions of PWA. More recently, Joanne was a delegate from Group 226 and represented the Group at several National Conventions, serving on many committees. Funeral services were held at St. Christopher's Church, Detroit, with Father James Smagaj officiating. Our sincere sympathy is extended to her husband, Edward, her sons, Robert, Jerome, and Paul, and to her daughter, Barbara Misiolek Gamble, and to their families. Her ready smile, her willingness to help, and her dedication to her family and to the PWA will be missed. May she rest in peace.

Regina Kozub Group 451 and Council 3

Dearborn, MI—Regina Kozub was born on May 31, 1923, and passed away on October 25, 2008. At the time of her death, Regina was Council 3 President and President of Group 451, Dearborn, MI. In addition to these offices, she was involved in other Polish organizations as well as in her church as Eucharistic Minister, Lector, and choir member. Memorial services were held at St. Barbara's Church, Dearborn, with Father Zbigniew Gronkowski officiating. Deepest sympathy is extended to her sons Reginald and Herman, to her daughter Christine Arello, and to their families. May she rest in peace.

May they rest in peace.

For Every Book You Order from PWA We Will Make a Donation to the PWA Charitable and Educational Foundation

We are again offering three books that might be of interest to our readers.

- ❖ ***Polish Chicago: Our History, Our Recipes*** Beautiful color edition combines Polish American recipes, stories, and history.
- ❖ ***Twice a Hero***
The Stories of Thaddeus Kosciuszko and Casimir Pulaski: Polish American Heroes of the American Revolution
- ❖ ***Mother of \$183 Million Winner***
A true story of a PWA member who won the Mega Millions lottery by her mother, Catherine Gietka.



Fill out and return the coupon below together with your payment and be sure to indicate the charitable cause of your choice.

ORDER COUPON

Please send ____ copies of *Polish Chicago* at \$ 41.00 per copy
 ____ copies of *Twice a Hero* at \$ 22.95 per copy
 ____ copies of *Mother of \$183 Million Winner*
 at \$28.00 per copy

* Prices include shipping and handling

To: Name _____

Address _____

City _____ State _____ Zip _____

Phone No. _____

Amount enclosed: \$ _____

Please make check payable to:

PWA Charitable and Educational Foundation

Please check the charity of your choice:

____ Dziecko Polskie (Polish Children's Fund)

____ PWA National Scholarship Fund

Mail order form and check to:

Polish Women's Alliance of America,

6643 N. Northwest Hwy, 2nd floor, Chicago, Illinois, 60631.

Questions? Call 1-888-522-1898 ext. 228



**From the
Desk of the
Vice President
Sharon Zago**

ANNOUNCING THE PWA ACADEMIC COLLEGE SCHOLARSHIPS

Starting March 1, 2009, the Scholarship Committee will be accepting applications for the Junior and Senior Year Undergraduate College Academic Scholarship Program For the School Year 2009-2010. This undergraduate college scholarship is for students who maintain a B cumulative average and who will be entering their junior or senior year of full-time accredited undergraduate college in the fall semester of 2009. The application period is March 1, 2009, to April 15, 2009 (postmarked).

Forms may be obtained from your state president and local PWA officers as well as from our PWA website www.pwaa.org. When using the website, members may type their answers directly onto the forms before they print them for their signature. Completed applications with all attachments should then be mailed to Ms. Sharon Zago, Vice President, Polish Women's Alliance of America, 6643 N. Northwest Highway, 2nd Floor, Chicago, IL 60631. You may contact me directly at 847384-1208 or toll-free 1-888-522-1898 ext. 208 with any questions. You may also e-mail me at vpres@pwaa.org.

Correction:

In the last issue of *Glos Polek* on page 16, the High School Academic Awards and the High School Sports Awards were listed under the wrong headings. Our apologies.

The High School Academic Awards went to:

- Alyssa M. Beck, Group 475, Council 2, District 2
- Matthew Kowynia, Group 202, Council 9, District I

The High School Sports Awards went to:

- Austin LaPierre, Group 422, Council 28, District 8
- Joseph Wagman, Group 356, Council 25, District 11

Congratulations to these students!!



PWA NATIONAL CASH RAFFLE

This is your chance to WIN BIG
with POLISH WOMEN'S ALLIANCE!

Win \$4500 in Prize Money!
Return your lucky tickets as soon as possible.

*The deadline is June 15, 2009.
Entries must be postmarked June 15, 2009,
to be eligible.*



GRAND PRIZE \$ 2000
Second Prize \$ 1000
Third Prize \$ 500
Fourth Prize \$ 250
Fifth Prize \$ 250
Sixth thru Tenth Prizes \$ 100



Drawing will be held on June 30, 2009
in Chicago.

Proceeds to benefit Komitet Oswiaty, the PWA
Education Committee, promoting Polish culture
and heritage and supporting our youth.

*Please support our 2009 National Raffle.
Watch for your tickets in the mail.
You could be one of the lucky winners!*

10TH POLISH CONSTITUTION DAY ART CONTEST

**Organized by The Polish Museum of America
and the Consulate General of the Republic
of Poland in Chicago.**

This year's theme: Days of Triumph: The 20th Anniversary of the Downfall of Communism in Poland; the 10th Anniversary of Poland's Entry into NATO; and the 5th Anniversary of Poland's Admission to the European Union. Create a picture presenting the positive changes in Poland during the last two decades, using any medium you like. Deadline is April 15, 2009. Open to all students in Grades 6 to 12. More info on our website: www.pwaa.org/youth.htm

Chicago, IL--Council 9 youth members decorated a Polish-themed Christmas Tree at Brookfield Zoo near Chicago on Saturday, November 22, 2008, with decorations they had made themselves. This has become an annual tradition for Council 9. Shown in the photo are Dillon Cook (left) and Sean Meehan. On Saturday, December 6, 2008, Santa came to visit the children of Council 9 during a party held at St. John Brebeuf Parish in Niles, IL., with treats, gifts, carols, and plenty of fun for all! Many thanks to the Committee for the successful event.



Holyoke, MA--Mater Dolorosa Society Group 141 holds its Communion Mass and Breakfast on Sunday, November 9, 2008. Five youth members from the Burns family were honored for their achievements in the PWA 2008 Bowling Tournament. They were presented with medals and certificates from the Home Office and with gift cards from Group 141. Congratulations to (from left) Cara, Nora, Mamie and Mollie Burns. Back row: President Alice Manijak and Daniel Burns.



PWA EASTER COLORING CONTEST - DEADLINE MARCH 31, 2009

CONTEST RULES:

1. Cut out or make a photocopy of the picture on page 18 and color it; then send it to: PWA Coloring Contest, Polish Women's Alliance 6643 N. Northwest Hwy, 2 Fl, Chicago, IL, 60631
2. Deadline: Postmark March 31, 2009
3. Please include the following information on a separate piece of paper, attached to the coloring picture: Name, Age, Address, PWA Group No., Telephone Number, and Email.
4. Contest is for PWA members only. Want to become a member? Call Bo at 1-847-384-1200, ext. 228.

CONTEST PRIZES:

- First Prize \$100 Savings Bond
- Second Prize \$ 75 Savings Bond
- Third Prize \$ 50 Savings Bond
- 5 Honorable Mentions \$10 each

Age Categories:

The above Prizes will be awarded in each age category: 3-4 years; 5-6 years; 7-8 years; 9-11 years; 12-14 years; 15-17 years. Questions? Call Vice President Sharon Zago at 1-888-522-1898, ext. 208.



Youth/Bowling Tournament

Komitet Oswiaty Announces

The 2009 POLONIA YOUTH BOWLING TOURNAMENT

Attention PWA Youth Members Ages 3-18 !

Information about the Youth Bowling Tournament will be mailed to all youth members. If you do not receive your packet in the mail, please call the Office of the Vice President at 1-888-522-1898 ext. 208 if you'd like to participate or if you have any questions. Read the rules below so you know how many games you need to bowl for your age group and how to send in your scores. Your parents will need to fill out your application and vouch for the scores.

Good Luck!!

RULES FOR JUNIOR BOWLING TOURNAMENT FOR PWA YOUTH

1. All Bowlers must be PWA members as of December 31, 2008, and in good standing.
2. Separate events will be held for boys and girls in 5 age groups:
 - Peewee ages 3 to 5 years
 - Bantams ages 6 to 8 years
 - Preps ages 9 to 11 years
 - Juniors ages 12 to 14 years
 - Majors ages 15 to 18 years
3. Individual's age as of December 31, 2008, determines the age classification.
4. All bowlers must bowl in their age division.
5. All participants may participate only once in this tournament. Parent or adult must complete application for each participant.
6. Peewee and Bantam bowlers may use bumpers and scores for two games.
7. Preps, Juniors, and Majors scores are based on three games bowled.
8. Average rules: Use the current league average as of December 31, 2008, for at least seven league sessions. Bowlers with less than twenty-one games or seven league sessions will be classified as scratch bowlers. The tournament manager will add the handicap to raw scores of the scratch bowlers using YABA guidelines.
9. Individuals will bowl on one weekend of their choice from January 1 through June 30.
10. All scores and printouts from the bowling alley of the scores should be mailed in with the bowling applications.
11. Peewee division: The child must be able to pick up the bowling ball with two hands off the rack and carry it to the foul line. No parental or adult assistance is allowed to help the child to the foul line. Please follow this rule!
12. Proper attire must be worn (bowling shoes).
13. Foul lights must be in operation.
14. Score sheets and bowling score printouts must be mailed to the PWA Youth Committee c/o Sharon Zago, Vice President, and postmarked no later than June 30, 2009 to be eligible for prizes.

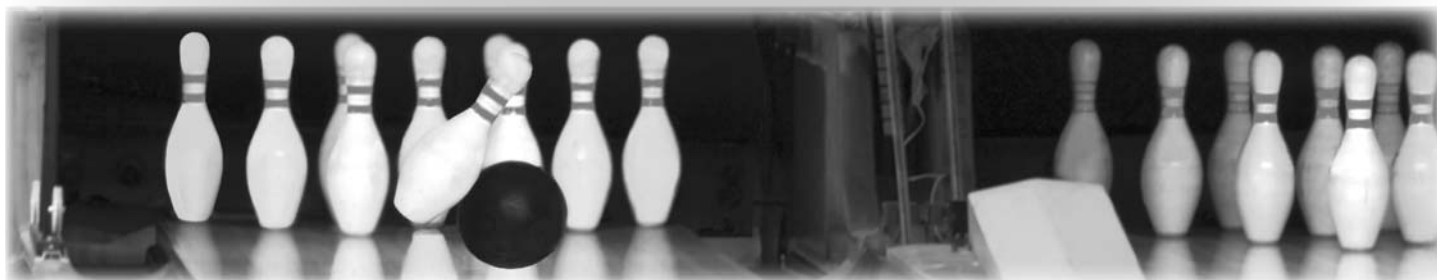


Komitet Oswiaty

Sharon Zago, Vice President and Chairman; Committee Members: Antoinette Trela Vander Noot, Secretary-Treasurer;

Directors: Dawn Muszynski Nelson, Helen Simmons, Marcia Mackiewicz Duffy, and Felicia Perlick.

Ex-Officio: Virginia Sikora, National President.





Polish Easter Recipes

A typical "Swieconka" or Polish Easter Brunch starts with a white sour Easter soup called "zurek," followed by Polish sausage, ham, cold roasts, and pates. Also served are hard-boiled eggs with horseradish sauce and "ciwkla" which is a bright red beet and horseradish relish, along with other sauces, relishes, and salads. Desserts include tall Easter babas, "sernik" or cheesecake, "makowiec" or poppyseed roll, and "mazurek" which is a flat cake that is baked only at Easter time.

More recipes are posted on our website at www.pwaa.org.

Easter Sour Soup Zurek

2 cups oats
2 cups warm water
1 crust of rye bread
1 1/2 lb Polish sausage
6-8 cups water
1 Tbs prepared horseradish
Salt and pepper to taste
1/2 tsp sugar
sour cream, chopped dill or chives

In a large bowl, combine the oats with two cups of warm water. Add the bread crust and cover with a towel. Let the mixture stand until it sours, at least 24 hours. Strain the mixture through a cheesecloth and reserve the liquid. Cook Polish sausage in 1 1/2 quarts water for about 1 hour. Remove the sausage to cool, and skim the fat from the broth. Combine the skimmed broth and oatmeal liquid. Add horseradish, sugar, and salt and pepper to taste. Cut the sausage into slices, and add to the broth. Bring the soup to a gentle boil, reduce heat, and let simmer for another hour or so. Serve in bowls over chopped hard-boiled eggs. Optional: add a tablespoon of sour cream to each bowl before serving and sprinkle with dill or chives.

Easter Cream Sauce

Mix 1 cup mayonnaise with 1 cup sour cream and then add: 1 cup finely chopped chives, dill, radishes, and dill pickle, 1 finely chopped hard-boiled egg, and 1 tsp prepared horseradish. Add salt and pepper to taste. Serve with ham, sausage, or smoked salmon.

Easter Baba Babka Wielkanocna

The name of this traditional Easter cake comes from the word "baba" or old woman. The cake is always baked in a fluted pan which resembles the skirt of a woman. "Babka" which is a word often used for grandmother, is the same cake but in a smaller size. And "babeczka" is the diminutive form of the word and is used to describe cup-cake-sized versions of this Easter specialty.

1 cup milk
3 cups flour
1/4 cup lukewarm milk
2 yeast cakes
2 tsp salt
15 egg yolks
1/2 cup plus 1 tablespoon sugar
1 tsp vanilla extract
1/2 tsp almond extract
1 slivered almonds
1 cup finely chopped orange and lemon peel, mixed with sugar
1/2 cup melted butter
blanched almond slices, bread crumbs, powdered sugar



Heat the milk. Offheat, slowly add three-quarters of a cup of flour to the hot milk and beat thoroughly. Set aside in a large bowl to cool. Dissolve the yeast cakes in a quarter cup of milk and a tablespoon of sugar and add to the cooled mixture. Beat well. Cover with a dish cloth and let rise until double in bulk. In another bowl, add salt to the egg yolks and beat until thick and lemon-colored. Add sugar and continue to beat. Add egg mixture to the dough with vanilla and almond extract and remaining flour. Knead for ten minutes. Add butter and continue kneading for ten more minutes or until dough leaves the fingers. Add almonds and citrus peels and mix well. Let rise until double in bulk. Punch down and let rise again. Butter a fluted tube pan, press blanched almonds around the sides and bottom. Sprinkle the pan with fine bread crumbs. Fill with dough to cover one-third of the pan and let rise one hour. Bake 50 minutes at 350°. Sprinkle with powdered sugar before cooling.

POLISH EASTER CARDS

You can order Polish Easter Cards from the Home Office. There are 12 cards to a box for \$6 plus postage.
Contact Vice President Sharon Zago at 1-888-522-1898, ext 208.

LET'S COOK POLISH!!

White Polish sausage with potato-apple puree

2 lbs fresh Polish sausage
2 lbs apples
2 lbs potatoes
salt
1 bunch parsley

Place sausage in a pot of water, bring to a boil, and cook for 30 minutes. Set aside. Take some of the cooking liquid and place in a separate pot. Peel and core apples; cut in half. Peel potatoes; cut into quarters. Cook the apples and potatoes in the sausage cooking liquid until soft. Drain and mash; add salt to taste. Serve the sausage hot, with the puree arranged around it on a platter decorated with sprigs of parsley.

Beet and Horseradish Sauce Ćwikła

4 medium size beets
2 Tbs vinegar
2 Tbs prepared horseradish or
1 Tbs fresh grated horseradish
1/2 tsp sugar
salt and pepper to taste

It would not be a Polish Easter without cwikła—the ruby red beet relish served with cold meats and ham Easter Sunday. To make cwikła, scrub the beets but do not peel them. Bake them for one hour in a 350 degree oven or until they are easily pierced with a fork. Remove from oven and cool. Peel and grate coarsely in a glass bowl. Add vinegar and horseradish and mix well. Season to taste with salt, pepper, and sugar. Cover tightly and store in the refrigerator for several days. Serve with Easter ham and meats.



GOTUJMY PO POLSKU!!

Biała kielbasa z puree ziemniaczano-jabłkowym

1 kg białej kielbasy
1 kg jabłek
1 kg ziemniaków
sól
natka pietruszki.

Kielbasę gotujemy we wrzątku na słabym ogniu przez pół godziny. Odstawiamy. Część wywaru przelewamy do osobnego garnka. Obieramy jabłka, kroimy na połówki; obrane ziemniaki kroimy na ćwiartki. Wkładamy je razem do wywaru z kielbasy i gotujemy do miękkości. Odcędzamy i ucieramy puree, solimy do smaku. Podajemy kielbasę na gorąco, obłożoną ziemniaczano-jabłkowym puree udekorowanym listkami pietruszki.

Buraczano-chrzanowa przystawka “Ćwikła”

4 średniej wielkości buraki
2 łyżki octu
2 łyżki gotowego chrzanu albo
1 łyżka świeżo utartego chrzanu
1/2 łyżeczki cukru
sól i pieprz do smaku

To nie byłaby polska Wielkanoc, gdyby zabrakło tej rubinowoczerwonej buraczanej przystawki podawanej z wędliną w Wielkanocną Niedzielę. Żeby zrobić ćwikłę, należy oczyścić buraki, ale ich nie obierać. Piec je w piekarniku przez godzinę na 350 stopni F, dopóki nie zmiękną. Następnie wyjąć z pieca i ostudzić. Obrąć i zetrzeć na grubej tarce do szklanej miski. Dodać octu i chrzanu, i dobrze wymieszać. Przyprawić do smaku solą, pieprzem i cukrem. Przykryć szczelnie i włożyć do lodówki na kilka dni. Podawać z wielkanocną szynką i mięsem.

LET'S LEARN POLISH

Easter	Wielkanoc	Vee el kah notz	butter	masło	mahs wo
Easter eggs	pisanki	pee son kee	bread	chleb	hleb
Easter brunch	Święconka	Shvee ehn tson kah	spring	wiosna	vee os na
basket	koszyk	kosh ick	sun	słońce	swon tse
lamb	baranek	bah rah nek	pussy willow	bazie	bah zhee eh
bunny	królik	krool eek	lily	lilia	lee lia
ham	szynka	shin kah	tulip	tulipan	too leep ahn



Przepisy kulinarne

- Przysmak do mięs
- Pasztet z wątróbek kurzych
- Żur staropolski

Przysmak do mięs

50 dag kapusty czerwonej, lampka czerwonego wina, 2 kwaśne jabłka, łyżka masła, łyżka mąki, sól, cynamon, gałka muszkatołowa, cukier do smaku.

Kapustę umyć, drobno poszatkować. Jabłka obrać, zetrzeć na tarce o grubych oczkach, dodać do kapusty, wlać wino, dusić około pół

godziny pod przykryciem, mieszając często. Z masła i mąki zrobić zasmażkę, połączyć z kapustą, potrawę jeszcze chwilę pogotować, doprawić do smaku i podawać jako danie samodzielne albo dodatek do mięs.

Pasztet z wątróbek kurzych (imitacja francuskiego "pâté de foie gras")

30 dag kurzych wątróbek, oczyszczonych, 1 łyżeczka soli, 1/2 cup masła (nie prosto z lodówki), 2 łyżeczki Worcestershire sauce, 1 łyżeczka musztardy 1/2 łyżeczki gałki muszkatołowej, 1/4 łyżeczki goździków, 1/8 łyżeczki cayenne, 2 łyżki soku z cebuli

W niedużym rondelku zalać wątróbki wodą (tyle żeby przykryć) i zagotować. Zmniejszyć temperaturę i powoli gotować przez 15 minut. Dodać sól i gotować jeszcze 5 minut, dopóki nie będą miękkie.

Pozostawić w rosole do ostygnięcia. Następnie przełożyć wątróbki do mixera, dodać masło i wszystkie przyprawy. Zmleć i jeśli trzeba to dodać trochę wywaru z wątróbek, żeby uzyskać gładką pastę.

Spróbować i jeśli trzeba, uzupełnić przyprawy. Posmarować tłuszczem naczynie, w którym chcemy pasztet podawać, włożyć masę i przykryć folią plastikową, tak żeby dotykała powierzchni pasztetu. Włożyć do lodówki na 24 godziny.

Żur staropolski



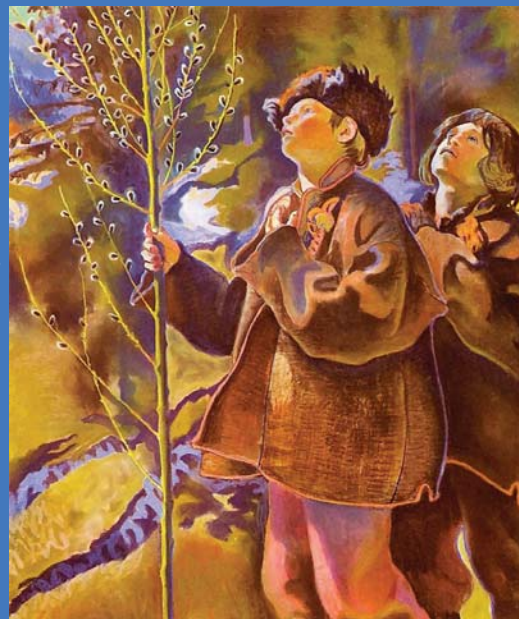
Gotujemy litr wywaru z włoszczyzny (bez kapusty), możemy dodać na zapach parę suszonych grzybów. Do gorącego wywaru dolewamy około 0,5 litra "barszczu białego", tak by całość nabrała charakterystycznego kwasowego smaku. Dodajemy zmiażdżony ząbek czosnku. Solimy do smaku i mamy gotowy żur postny, który podajemy z ziemniakami lub jajkiem. Żeby stał się on świątecznym, możemy gotować go na kiełbasie (najlepiej białej), dodając wędzony boczek pokrojony w kostkę, a tuż przed podaniem dodać szynkę pokrojoną w kostkę, naskrobać chrzanu prosto z korzenia oraz włożyć do każdego talerza jedno ugotowane na twardo jako. Żur podajemy bardzo gorący.

Palmowa

Trzykroć szablącą cięta, w gwiezdnej aureoli,
Duma cicha twarz Marii na złotym obrazie,
Ciemna jak świeża skiba rozoranej roli.
Przed Nią las ziół przyleśnych i wiosenne baze:
Palmy kwietne. (Takimi Jej Syna przed męką
Witał lud Jeruzalem w radosnej ekstazie).
Co wiosna, z drzew zbudzonych zbożną rwane ręką,
Święcą przed Nią te dawne, boleściwe palmy.
Co wiosna płyną ku Niej radosną podzięką
Korne, męki Jej Syna czekające psalmy.

Bronisława Ostrowska (1881–1929) – poetka polska okresu Młodej Polski, tłumaczka poezji francuskiej i autorka książek dla dzieci. Jej twórczość poetycka reprezentuje symbolizm i estetyzm w literaturze polskiej. W ostatnich latach twórczości poetka zwraca się ku nastrojom i refleksjom religijnym, czego przykładem jest zamieszczony powyżej wiersz "Palmowa".

Kazimierz Sichulski (1879–1942) – malarz, rysownik i grafik, przedstawiciel Młodej Polski, uczeń Józefa Mehoffera, Leona Wyczółkowskiego i Stanisława Wyspiańskiego. W latach 1930–1939 profesor Akademii Sztuk Pięknych w Krakowie.



Wiosna (część tryptyku Niedziela Palmowa) 1906. Muzeum Narodowe, Kraków.



BON TON

*Życie nie jest tak krótkie, by nie
było w nim czasu na uprzejmość.*

(Ralph Waldo Emerson)

Całuję Twoją dłoń madam...

Ta najbardziej kontrowersyjna zasada etykiety ma swoich przeciwników i zwolenników.

Część specjalistów w dziedzinie etykiety wypowiada się przeciwko całowaniu kobiet w rękę; część kobiet jest również tej formie przeciwna. Zwyczaj ten występuje stosunkowo rzadko wśród innych narodów. W wyższych sferach niektórych krajów Europy też się "całuje" w rękę, ale mężczyzna czyni głęboki ukłon i lekko unosząc rękę kobiety zbliża tylko do niej usta nie dotykając dłoni ustami.

Jeśli należymy do zwolenników całowania w rękę, to starajmy się przestrzegać następujące zasady:

- ✿ Mężczyzna nie inicjuje pocałunku w rękę, to kobieta daje znak, czy sobie tego życzy; jeśli kobieta oferuje rękę z podniesionym kciukiem, to tylko do uścisku, a jeśli dłonią w dół, to do pocałowania.
- ✿ Nie całujemy pod gołym niebem
- ✿ Nie całujemy na oficjalnych przyjęciach
- ✿ Nie całujemy na spotkaniach biznesowych
- ✿ Nie całujemy dłoni w rękawiczce
- ✿ Nie całujemy dłoni przez stół
- ✿ Nie podciągamy dłoni damy do poziomu naszych ust, tylko pochylamy się do podanej przez kobietę dłoni i muskamy ustami albo zatrzymujemy usta na kilka centymetrów przed dłonią
- ✿ Pochylając się do dłoni kobiety unika się spojrzenia w oczy i słów
- ✿ Damom zaś nie przystoi wyrywać dłoni

W życiu zawodowym podanie ręki w zupełności wystarcza.



W SIECI

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"MOJA WIERNA MOWO"



Porady językowe według Jana Miodka i innych
polskich językoznawców

Zasady akcentowania w języku polskim

Akcent w języku polskim ma charakter stały i pada zazwyczaj na przedostatnią sylabę wyrazu, np. nie-na-**gan**-ny, na-u-**czy**-ciel, na-u-**czy**-ciel-ka, gos-**po**-da, po-**ra**-da.

Wyjątki od tej reguły dotyczą następujących grup wyrazów:

1. Na 3 sylabie od końca akcentujemy formy czasownika
 - a) 1. i 2. os. l.mn. czasu przeszłego, np. **po**-szli-śmy, **pi**-sa-li-ście
 - b) 1. poj. trybu przypuszczającego, np. **zro**-bił-bym, **po**-**wie**-dział-byś, **po**-**wie**-dział-by i 3. os. l.mn. np. na-ry-so-**wa**-li-by;
2. Na 4 sylabie od końca akcentujemy formy 1. i 2 os. l.mn. trybu przypuszczającego, np. o-bej-**rze**-li-byś-my, po-**zna**-li-byś-my;
3. Na 5 sylabie od końca akcentujemy połączenie czasownika w 1. lub 2. l.mn. trybu przypuszczającego i zaimka zwrotnego "się", np. o-bu-**rzy**-li-byś-my się, do-wie-**dzie**-li-byś-cie się;
4. Rzeczowniki przejęte z łaciny, zakończone na "-ika/-yka" akcentujemy na 3 sylabie od końca np. en-**cy**-kli-ka, **fi**-zy-ka, ma-te-**ma**-ty-ka, tu-**rys**-ty-ka;
5. Rzeczowniki jednosylabowe z częstką "arcy-", "eks-", "wice-", mają akcent na ostatniej sylabie, np. arcy-**mistrz**, wice-**król**;
6. W wyrazach złożonych, składających się z dwusylabowego liczebnika głównego oraz części "kroć", "-sta", "-set", akcent pada na 3 sylabę od końca, np. **czte**-rys-ta, **sie**-dem-set, o-siem-set, **dzie**-więć-set;
7. Spójniki połączone z końcówkami osobowymi czasownika (-śmy, -ście) mają akcent na 3 sylabie od końca, np. a-by-śmy, **że**-by-ście;

(dokończenie ze strony 24)

Międzynarodowy Dzień Kobiet

Rok 1975 został ogłoszony przez ONZ Międzynarodowym Rokiem Kobiet. Dwa lata później, Zgromadzenie Ogólne ONZ przyjęło rezolucję, na mocy której Dzień Praw Kobiet i Pokoju na Świecie mógł być obchodzony w dowolnie wybranym przez Państwa Członkowskie dniu, zgodnie z tradycją danego kraju.

Międzynarodowy Dzień Kobiet jest okazją do honorowania wszystkiego tego, co kobiety osiągnęły walcząc o swoje prawa, a także przypomina o konieczności bycia czynnym i aktywnym, żeby to, co zostało osiągnięte, znalazło swoje potwierdzenie we wszystkich aspektach życia kobiety.



28 artystów, sztuka interdyscyplinarna, ponad 400 osób zwiedzających, telewizja, radio, prasa – oto telegraficzny skrót relacji z imprezy, która miała miejsce 31 stycznia br. w gościnnych progach Zarządu Związku Polek w Ameryce w Chicago.

Artysci ArtPo, grupy istniejącej już od prawie trzech lat, pokazali swoje obrazy, grafikę, rzeźbę, ceramikę, filmy, fotografie i biżuterię artystyczną licznie zgromadzonej publiczności. Wystawę zatytułowaną "Integracje" charakteryzowała, będąc równocześnie jej atutem, różnorodność rodzajów sztuki, technik, tematów i nastrojów. Każdy z widzów mógł znaleźć tu coś, co go poruszyło, może zadziwiło, lub po prostu oddziało na jego wrażliwość.



Po prawej stronie, Prezes ZPwA, Pani Virginia Sikora, po lewej; Krzysztof Babiracki w czasie odsłonięcia portretu.

Ponieważ grupa ArtPo od jesieni 2008 roku przynależy do Związku Polek w Ameryce, otwarcia wystawy dokonała Pani Prezes Virginia Sikora. Zgromadzonych przywitała również malarka Kasia Szczesniewska, prezes grupy ArtPo. Kulminacyjnym punktem otwarcia było odsłonięcie portretu Pani V. Sikory, pędzla Krzysztofa Babirackiego, głównego organizatora wystawy. Krzysztof Babiracki, znany i ceniony artysta w środowisku polonijnym i nie tylko, przygotowuje interesującą ekspozycję portretów znanych Polaków, której częścią będzie już wspomniany portret Pani Prezes.

Sala wystawowa Związku Polek w Ameryce już po raz drugi gościła grupę ArtPo; pierwsza wystawa była zorganizowana z okazji dorocznego Zjazdu Prezesów Stanowych w 2007 roku. W swojej dość krótkiej historii istnienia ArtPo

może pochwalić się interesującym dorobkiem; 2006 roku – świąteczna wystawa w Hortexie, 2007 roku – wspomniana już wystawa w siedzibie ZPA, w 2008 roku – happening i instalacja atystyczna "Okna do lasu" w czasie pleneru na Kruczej Polanie w Wisconsin, a także, z okazji miesiąca dziedzictwa polskiego, wystawa na Northeastern University w Chicago.

W imieniu artystów biorących udział w wystawie "Integracje", Marty Niziolek, Beaty Garanty, Jadwigi Kapturskiej, Ewy Kostyrko, Bogusi Szalaj, Małgorzaty Zych, Kasi Szczesniewskiej, Kaliny Ołowskiej, Marty Odbierzychleb, Karoliny Żaczek, Agnieszki Podczaszy, Elizabeth Parker, Anny Winkskiej-Bajena, Joasi Bajeny, Jolanty Pawlak, Ilony Pawlak, Gosi Góralczyk, Anny Mazur, Jagody Jasińskiej, Michała Gołąbka, Stanisława Kiełara, Piotra Czerwińskiego, Jana Radomyjskiego, Roberta Rumiana, Ryszarda Niziołka, Leszka Bajeny, Andrzeja Łukawskiego, Krzysztofa Babirackiego i swoim (Lidia Rozmus), pragnę podziękować Paniom: Virginii Sikorze, Bo Padowskiej, Antoinette Trela-Vander Noot i Sharon Zago za pomoc przy zorganizowaniu tej wystawy, a wszystkim widzom, za tak liczne przybycie i życzliwe komentarze.

Lidia Rozmus

Zdjęcia Bartek Oświecimski



O pisance "ab ovo"*

Jajko przez tysiące lat zadziwiało człowieka, zanim ten zrozumiał, jak to się dzieje, że z zawartej w skorupce białej i żółtej substancji wyłania się żywy organizm. Ta "magiczna zagadka" spowodowała, że jajko stało się obiektem czci w wierzeniach religijnych nawet najbardziej odległych od siebie kultur. W wielu mitologiach można znaleźć opowieść o jaju, z którego powstał świat i ludzkość. I tak, na przykład, w mitach Tybetu bogowie znudzeni pustką przestrzeni stworzyli kosmiczne jajo, z którego wyszedł "bóg" w ludzkiej postaci – "król życia, obfitości, dobroci i cnoty". Z innego, świecącego niebieskim światłem, jajka wyszła piękna kobieta. Ze związku tych nadprzyrodzonych istot urodzili się pierwsi ludzie. Na drugim końcu świata, na Wyspie Wielkanocnej, co roku na wiosnę, prawdopodobnie od tysięcy lat, odbywa się wyścig pływacki do przybrzeżnej wysepki po zdobycie czarnego ptasiego jaja. Nikt już nie rozumie początków tej tradycji, ale zwyczaj jest kontynuowany.

Jajko jest symbolem siły żywotnej, płodności, tajemnicy istnienia, nieustannego odradzania się, przebudzenia do życia, zwycięstwa światła nad ciemnością, wiosny nad zimą, początku, nieśmiertelności, domu, narodzin świata z chaosu. We wszystkich kulturach jajo było potężnym amuletem przeciw złym mocom i czarom, a znaki czynione na jajkach miały charakter magiczny i miały chronić domostwo przed złymi duchami i chorobami. Egipcjanie wkładali jajka do grobów, Grecy umieszczali je na grobach, prawdopodobnie z nadzieją na powrót do życia tych, którzy odeszli.

Zanim jajo zostało przyjęte przez Chrześcijaństwo jako symbol Wielkanocy, było ono czczone w przeróżnych festiwalach pogańskich świata słowiańskiego. Kiedy w 325 roku, na pierwszym powszechnym soborze biskupów w Nicei, ostatecznie ujednolicono datę Wielkanocy, święto to zbiegło się z odwiecznymi pogańskimi obchodami powitania wiosny, a symbolizujące życie i odrodzenie jajko zostało przez ludność dodane do uroczystości chrześcijańskich. Nie stało się to bez opozycji Kościoła, który do XII wieku zabraniał jedzenia jajek na Wielkanoc, i dopiero z czasem uznał jajko jako część chrześcijańskiego rytuału, pod warunkiem, że było poświęcone przed spożyciem. Nie mogąc zwalczyć starodawnych tradycji,

Kościół wchłonął je. Tajemnica Zmartwychwstania Jezusa i tajemnica życia zawartego w jajku pozostawały w tym samym kręgu symbolizmu, i jajko stało się symbolem Zmartwychwstania Chrystusa.

Pisanki mają długą historię. Najstarsze malowane jajka, sprzed 5 tysięcy lat, znaleziono w wykopaliskach w Persji (dzisiejszy Iran) i w Mezopotamii (Irak), a znane były też w Chinach, Fenicji, Grecji, Egipcie i Rzymie. Najstarsza polska pisanka, wykopana na Ostrówku w Opolu, pochodzi z X wieku, ale prawdopodobnie dużo wcześniej Słowianie ozdabiali jaja różnymi znakami o magicznym znaczeniu, dając początek rysunkom, którymi dekorujemy pisanki dzisiaj. Malowane jajka rozdawane były jako podarunki dla rodziny i przyjaciół. Z czasem też wykształciły się oryginalne techniki zdobienia jajek, które dały nazwy rodzajom pisanek. Tak więc mamy "pisanki" (jajka barwione i "malowane" woskiem), "oklejaniki" (dekorowane trzcina lub kolorową włóczką), "naklejaniki" (oklejane wycinankami z papieru), "kraszanki" (barwione na jednolity kolor) i "drapaniki" (kraszanki w wydrapanymi wzorami). Barwy pisanek mają także swoje symboliczne znaczenie; tak więc fioletowa i niebieska oznacza żałobę i Wielki Post, czerwona – krew Chrystusa, zielona, brązowa i żółta – radość ze Zmartwychwstania. Barwników dostarczały liście, kora drzew, suszone kwiaty, łuski cebuli, owoce czarnego bzu, jagody, marchew, igły modrzewiowe, łupiny orzecha, owoce tarniny, olchowe szyszki, a wszystko to wypróbowane i wydoskonalone przez wieki obcowania z naturą.

Do dziś malujemy jajka i nie wyobrażamy sobie Wielkanocy bez pisanek. I żeby tradycji stało się zadość, nauczani przez rodziców, i ku radości naszych dzieci, w Wielką Sobotę przystrajamy bukszpanem i kwiatami koszyk, wkładamy tam pisanki i idziemy święcić, żeby w Wielką Niedzielę przy śniadaniu podzielić się jajkiem z najbliższymi, życząc wszystkiego najlepszego, pomyślności, nowej wiosny, nowych sił i radości życia, pogody ducha na świąteczne i wszystkie następne dni.

* łac. "ab ovo" dosł. – "od jaja"; przenośnie – "od początku"

oprac. lmr

Międzynarodowy Dzień Kobiet



Demonstracja sufrażystek w Nowym Jorku 6 maja 1912 r.
źródło: US Library of Congress

Geneza Dnia Kobiet wiąże się ze zorganizowaną walką kobiet o równouprawnienie, prawo do głosowania oraz lepsze warunki pracy. Święto to po raz pierwszy obchodzone było w Stanach Zjednoczonych, 20 lutego 1908 roku, kiedy to miały miejsce wielkie demonstracje na rzecz politycznych i ekonomicznych praw kobiet, a przede wszystkim prawa do udziału w wyborach. W 1910 r. amerykańskie kandydatki na II Międzynarodowy Kongres Kobiet - Socjalistek w Kopenhadze proponowały ustanowienie Dnia Kobiet jako święta międzynarodowego. W kongresie brało udział przeszło 100 kobiet z 17 krajów, a reprezentowały one związki zawodowe, partie socjalistyczne, kluby pracujących kobiet; uczestniczkami były też trzy pierwsze kobiety wybrane do parlamentu w Finlandii. W czasie obrad uchwalono Międzynarodowy Dzień Kobiet. W rezultacie tej decyzji, 19 marca 1911 r. po raz pierwszy obchodzono Międzynarodowy Dzień Kobiet w Niemczech, Austrii, Danii i Szwajcarii. 25 marca tego samego roku 140 pracujących ko-

biet, głównie imigrantek z Włoch i Żydówek zginęło w pożarze fabryki Triangle Shirtwaist. To tragiczne wydarzenie potwierdziło potrzebę jednoczenia się i walki kobiet o lepsze warunki pracy i prawa regulujące zatrudnienie.

W latach 1913 i 1914 kobiety rosyjskie obchodziły Dzień Kobiet jako wyraz polityczny ruchu na rzecz pokoju. W tym czasie obchody Dnia Kobiet w Europie miały także antywojenny charakter i wyrażały solidarność z kobietami rosyjskimi. Szczególnie dramatyczny przebieg miał Dzień Kobiet w 1917 r. w Petersburgu, zorganizowany przez pracownice przemysłu tekstylnego. Demonstracja pod hasłem "chleba i pokoju" przerodziła się w rozruchy i została krawo stumiona przez władze carskie. Bezpośrednią konsekwencją wydarzeń była abdykacja cara, a rząd tymczasowy zagwarantował kobietom prawo do głosowania.

Podpisana w 1945 roku Karta Narodów Zjednoczonych była pierwszym międzynarodowym dokumentem potwierdzającym zasadę równości kobiet i mężczyzn. W ciągu przeszło sześćdziesięciu lat ONZ brała udział w opracowywaniu międzynarodowych strategii, standardów, programów i celów promujących podwyższanie statusu kobiet na całym świecie. W pierwszym okresie swego istnienia, od 1945 do 1967 roku, ONZ skoncentrowała wysiłki na zbieraniu danych dokumentujących podrzędny status kobiet w wielu rejonach świata i na ustanawianiu międzynarodowych instrumentów prawnych, które wspierają dążenia do przestrzegania praw kobiet. Do wzmocnienia międzynarodowego ruchu kobiecego przyczyniły się w znacznym stopniu cztery światowe konferencje ONZ w sprawach kobiet, zwołane w celu oceny sytuacji kobiet i sformułowania strategii na rzecz ich awansu. Konferencje te odbyły się w Meksyku (1975), Kopenhadze (1980), Nairobi (1985) oraz w Pekinie (1995).

(ciąg dalszy na stronie 21)



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