

GŁOS POLEK

POLISH WOMEN'S ALLIANCE OF AMERICA

FALL NO. 3 MMXVI

Polish National Dances – Polskie Tańce Narodowe



Polonez



Mazur



Kujawiak



Krakowiak



Oberek

About Us and Our Newsletter

GŁOS POLEK Urzędowy Organ
ZWIĄZKU POLEK W AMERYCE
Wychodzi cztery razy w roku

THE POLISH WOMEN'S VOICE

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by Zofia Stryjeńska

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NEXT DEADLINES FOR "GŁOS POLEK"

Winter 2016 issue:
Deadline for articles is October 1

Spring 2017 issue:
Deadline for articles is January 1

HOLIDAY HOURS

PWA Offices will be closed
on the following days:

Labor Day – Monday, September 5th

You can also contact us by email or visit www.pwaa.org

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

Secretary-Treasurer Antoinette L. Trela – secretarytreasurer@pwaa.org
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*Patroness of
Polish Women's
Alliance
of America*



*Our Lady of
Czestochowa*



*The PWA emblem
depicts two women,
one in America and
one in Poland, extending
hands to one another
in a gesture of
friendship and
solidarity*

PWA Motto

*"The ideals of a woman
are the strength of
a nation"*

**Polish Women's Alliance
of America**
*A fraternal benefit society
serving the Polish
American community
since 1898*

www.pwaa.org

Dear Members and Friends,

Summer is now in full swing — but even as we enjoy the warmer weather, the longer days, time off from school and work, and long, lazy weekends — we do know that the beginning of fall is just around the corner and that back-to-school will be here before we know it!

In this issue of *Głos Polek*, we are happy to present articles on Pope Francis's visit to Poland for World Youth Day, on the Polish Olympic team, on Polish folk dances and Polish emblems, and on what is going on in the PWA, Poland, and Polonia. Pope Francis's visit to Poland was a historic moment, one that had the whole world watching, as the Polish nation welcomed the Pontiff and over one million pilgrims arrived in Kraków, the Royal City, in late July. The Pope also visited Częstochowa, where he participated in ceremonies observing the 1050th anniversary of Poland's baptism and nationhood, and Auschwitz, where he met with survivors of the infamous Nazi concentration camp. See page 16 for photos and articles.

We are proud that Poland's national soccer team did so well in the Euro 2016 Soccer Tournament held in June (the Polish team made it all the way to the quarter-finals for the first time ever), and we wish Polish athletes all the best as they travel to Brazil for the Summer Olympics in August (see page 14). Go Team Poland!! Please follow us on Facebook for updates on how the Polish Olympians are doing.

August is the month when we celebrate the feast day of Our Lady of Czestochowa, Queen of Poland and Patroness of Polish Women's Alliance. An annual observance will be held at the National Shrine of Our Lady of Czestochowa in Doylestown, Pennsylvania, on Sunday, August 28, 2016, and many Districts, Councils, and Groups will hold their own observances. August is also National Immunizations Month, so please be sure to read our health column on page 7.

Finally, please consider ordering PWA Gift Cards for all your back-to-school shopping needs (see pages 10 and 11). Every dollar that you spend using a PWA Gift Card provides PWA with much-needed funds for our fraternal and charitable activities. We cannot continue our mission of lending a helping hand to worthy individuals, charities, and communities without your involvement. Purchasing our PWA Heritage Booklets (see page 9) is another way you can help raise funds for PWA, or you can make a direct contribution to the PWA Charitable & Educational Foundation, supporting one of our many funds and causes (see page 8).

*We wish you a safe and relaxing summer!
And a happy back-to-school at summer's end!*

Fraternally,

Polish Women's Alliance of America

80th Anniversary of Council 27 and Woman of the Century Award



Presentation of the Woman of the Century Award to Maria Lorys (at right) by Council 27 President Bo Padowski (at left) and PWA Secretary-Treasurer Antoinette Trela.

Chicago, IL — On Saturday, May 14, 2016, members and guests gathered in the Social Hall of the Polish Women's Alliance Building to observe three memorable occasions: Council 27 was celebrating its 80th anniversary as well as Mother's Day, and it was also honoring a very special guest of honor, Maria Mirecka Lorys, who turned 100 years old in February of 2016 in Poland. Mrs. Lorys was honored by the President of Poland and the Parliament of Poland with a Medal of Honor, the Polonia Restituta, the highest civilian award granted by the Polish government. Council 27 in turn honored her with a Woman of the Century Award, since Woman of the Year did not seem tribute enough for such an accomplished life! Mrs. Lorys was active in the Polish Resistance as a young woman during World War II, then continued to work for Poland and Polish causes as an immigrant in the United States for over 60 years. She was an officer of Group 693 and of Council 27 for many years, as well as the Polish editor of *Głos Polek* for over 30 years. Congratulations to Mrs. Lorys! Thank you for your many years of service to PWA.

Congratulations also to Council 27, which has been an active supporter of Polish causes and youth activities since its founding in 1936. World War II broke out shortly after the Council was established and the Council worked tirelessly to raise funds for Poland and to send packages to Polish POWs. It also worked hard after the war to lend financial and moral support to Polish charities and institutions under the communist regime. But the primary mission of Council 27 was to foster Polish culture among PWA youth and, for many years, the Council held Polish dance, art, and language classes for members of its Youth Garlands. Today, Council 27 continues to be active in promoting Polish culture and heritage and in raising funds for worthy causes. Council President Bo Padowski read a history of Council 27 highlighting its greatest accomplishments.

Mother's Day was celebrated with poems for mothers by Polish poets read in Polish and English by Barbara Mirecki of Group 693. A cash raffle was also held. Thanks to the committee for organizing this wonderful event and to all the members and guests who came to celebrate with us!

Council 40 May Crowning

Rebecca Prociak of Group 362 was crowned Miss Polish Women's Alliance of America at the May Festival held on May 17, 2016, at the King's College Chapel in Wilkes-Barre, PA. Rebecca was crowned by her grandmother, Florence Prociak, who is a life-long member of PWA. Joanne Jones led the group in a prayer service during which Rebecca crowned the Blessed Mother. A reception was held for members and guests of Council 40 following the ceremony. Rebecca is the daughter of Michael and Patricia Prociak of Jenkins Township. She has three brothers, Michael, Jr., Nicholas, and Matthew. Rebecca graduated from Holy Redeemer High School in June, where she was an excellent student and a star basketball player. She will be attending King's College in the fall where she will major in accounting and continue to play basketball.



Rebecca Prociak of Group 362 being crowned by her grandmother, Florence Prociak.

Maria Skłodowska Curie Polish Language School in Constitution Day Parade



Chicago, IL—The Maria Skłodowska Curie Polish Language School, founded under the auspices of PWA District I, took part in the May 3rd Polish Constitution Day Parade in downtown Chicago, held on Saturday, May 7, 2016. Students, teachers, and parents participated in this annual event that showcases Polish pride and the vibrancy of the Polish American community in the Windy City. Tens of thousands of spectators lined the parade route along State Street in the heart of the city.

CALENDAR OF EVENTS

Friday, August 26

District I Observance of PWA Patron's Day hosted by Council 13. Mass at 10:30 a.m. at Our Lady Mother of the Church Polish Mission, 116 Hilton Street (corner of Hilton and Archer), Willow Springs, IL, followed by a luncheon at Willowbrook Ballroom (former Oh Henry Ballroom), 8900 South Archer Avenue, Willow Springs. Donation is \$15. All members and guests are welcome! Please contact Barbara Miller, Council 13 President, at 630-323-3303 for more information.

Sunday, August 28

Observance of the Feastday of Our Lady of Czestochowa, the Solemnity of Mary, and Polish Apostolate Day at the National Shrine in Doylestown, PA. Solemn Marian Vespers and Procession at 3:30 p.m. If your District is planning to attend, please contact the Shrine directly for more information about this special event.

Sunday, October 9

Council 27 Polish American Heritage Luncheon and Group 211 Celebration of the 100th Anniversary of its Founding. Also, presentation of the Remkus-Sochacki Scholarships for 2016-2017. Please join us for these special events, as well as Polish American Heritage Month! Entry at 1 p.m. Luncheon and program at 2 p.m. We will be honoring Polish and Polish American Women Poets, and poetry and other books will be available for sale. Event will be held at the Copernicus Center, King's Hall, 5216 West Lawrence Avenue, Chicago, IL. Free parking on site. Donation is \$28. Please call Group 211 Secretary Antoinette Trela at 847-323-1005 for more information or to make a reservation. All members and guests are welcome!

ArtPo Group 822 – Fall Events

PWA Group 822 was established as a meeting place for Polish American artists living in the Chicago area to exchange ideas and foster inspiration, to showcase their work, and to promote Polish art and culture. All are cordially invited to take part in these three events that feature the artists' work:

Saturday – Sunday, September 17–18

Open-air painting and art installation, Marianville, MI. Please contact Kasia Szczesniewski at 630-942-9307 for more information.

Saturday, October 1 – Saturday, October 15

Ceramic sculptures by Marta Niziołek, Group 822 member, in an exhibition entitled "Blindly" to be held at the Korean Culture Center of Chicago, 9930 S. Capital Drive, Wheeling, IL. Free parking on site. Please contact Marta Niziołek at 847-967-1939.

Saturday, November 5 – Tuesday, November 15

The annual fall exhibition of Group 822 artists to be held at the Korean Culture Center of Chicago, 9930 S. Capital Drive, Wheeling, IL. Free parking on site. Please contact Kasia Szczesniewski at 630-942-9307.

Drive to Save St. Adalbert Church One of the Oldest Polish Parishes in Chicago



Many PWA members are involved in the drive to save St. Adalbert Church (kościół św. Wojciecha), one of the oldest Polish parishes in Chicago. The Archdiocese of Chicago recently announced plans to shutter more than 100 churches in Cook and Lake counties, due to lack of funds to maintain the crumbling structures and due to a lack of priests to staff the parishes. The plan includes shutting down three of six churches in Pilsen, a neighborhood in Chicago just south of the city's downtown, and St. Adalbert is one them.

Built in 1912 and originally a Polish parish, St. Adalbert now serves a growing Hispanic population in the area. Parishioners and supporters have tried to maintain this gem of magnificent architecture and a fixture in the community. Modeled after St. Paul's Basilica in Rome and designed in the Renaissance Revival style, St. Adalbert features Italian marble, stained-glass windows, and one of the world's largest Kimball pipe organs. The church's 185-foot towers are the highest structures in the Pilsen neighborhood, according to Preservation Chicago, which in 2014 dubbed St. Adalbert one of the seven "most threatened" buildings in Chicago. In recent years, those towers have been crumbling and hidden under scaffolding, and many architecture buffs and parishioners have been trying to raise millions of dollars to fix them. A parishioner left \$3 million to the parish in his will, but the Archdiocese says that a minimum of \$6 million would be needed. This, plus declining membership in the parish, will lead to its closing later in 2016, in spite of so many people working so hard to keep the magnificent and historic church open. Photo taken by Teresa Makowski, President of PWA Group 114, during a recent mass and fundraiser held at the church.

PWA Book Club

POLAND AT THE BEA 2016 BOOK EXPO AMERICA

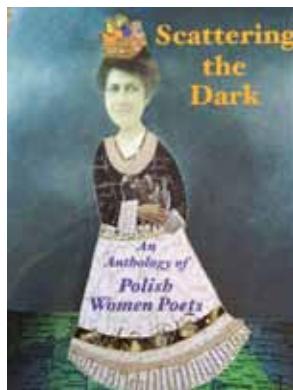


Poland was the Guest of Honor at Book Expo America 2016, the largest and most important annual trade show for publishers from around the world held in the U.S. This year's Book Expo was held in May at McCormick Place, Chicago. Publishers from Poland presented books in Polish and in translation by Polish authors and poets. There were numerous opportunities to meet with Polish writers, who traveled to Chicago specifically for this show, at events where, at lively gatherings throughout the city, audiences could hear about what is exciting in Polish publishing, about the work of translators, and Polish innovative leadership in children's books. Local sponsors included the Chopin Theatre, D&Z House of Books, Morton Grove Public Library, the Polish Museum of America, The University of Chicago, and the Polish Cultural Institute, NY, among others. The Polish Ministry of Culture and the Book Institute of Poland provided major support. Poland's rich literary history, studded with Nobel Prize laureates, and its current cutting-edge presence in world literature, were highlighted and honored at the convention.

Selected list of participating authors (you can learn more about them or order their books at [amazon.com](#)):

- Krystyna Dąbrowska, poet
- Artur Domosławski, biographer and journalist
- Joanna Ruszczyk & Małgorzata Gurowska, children's book author and illustrator
- Dorota Masłowska, novelist & playwright
- Zygmunt Miłoszewski, crime writer
- Aleksandra and Daniel Mizieliński, graphic designers and authors of maps for children
- Olga Tokarczuk, historical fiction
- Magdalena Tulli, fiction
- Agata Tuszyńska, biography and historical fiction

PWA BOOK & FILM CLUB



Our Book Club selection for this quarter is *Scattering the Dark*, a lively selection of poetry by 31 Polish women poets born between 1909 and 1985, published before and after the fall of communism, which includes young poets writing in today's Poland as well as in America. The editor who assembled this collection, Karen Kovacik, directs the Creative Writing Program at Indiana University-Purdue University in Indianapolis. A translator of contemporary Polish poetry into English, she also is a poet and the author of three volumes of her own poems.

Kovacik writes that she decided to produce an anthology of women poets for the following reason: "Polish women poets are underrepresented in the majority of mixed-gender anthologies ... they receive scant attention." *Scattering the Dark* is a corrective to the "men's club" of Polish literature in English. These cosmopolitan, multilingual poets speak to us across the decades, taking stock of the human condition, reimagining the role of the poet, and the nature of poetry itself. This anthology is passionate and useful—and necessary. The tradition of women's writing that flows out of the work of Wisława Szymborska and Anna Swir illustrates the way this mighty tradition turns in the hands of a younger generation—from the traumatic history of their country to a poetics of everyday life, of play and experiment, as in the works of Krystyna Dąbrowska or Ewa Chrusciel—and is freshly defined. The poems are not arranged chronologically but thematically, in eight chapters, juxtaposing writers of different generations, allowing for comparisons even when confronted with differences of style. The categories cover history, dreams, and the unconscious; Poland's tradition of bardic nationalism; the art of poetry itself; myths and masks; and notions of home, life transitions, and objects as emblems. It is an absolutely rich and appealing book, varied in tone and use of language.

The book concludes with handy notes on pronunciation, notes on some of the poems, and biographical notes on the poets included and on their translators.

Scattering the Dark (White Pine Press, Buffalo, NY, 2015) is available at [amazon.com](#) or at [domksiazki.com](#). Please send your comments and reviews to pwa@pwaa.org.

POLISH AMERICAN HERITAGE LUNCHEON AND POETRY EVENT

Join us on Sunday, October 9, 2016, at the Copernicus Center in Chicago to celebrate Polish American Heritage Month and Polish and Polish American Women Poets, sponsored by Council 27.

We will also celebrate the 100th Anniversary of Group 211 and the presentation of the Remkus-Sochacki Scholarships. It will be a memorable and interesting event! See details in the Calendar of Events on page 5.



August is National Immunization Awareness Month

As a life insurance company, we have a vested interest in our members' good health. Vaccines are an important part of disease prevention, for children and adults alike. National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people to make sure they are up to date on the vaccines recommended for them. Communities and health centers have continued to use August of each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

While immunizations have significantly reduced the incidence of many infectious diseases, vaccination rates for some diseases are not meeting national public health goals. People need to be reminded that immunizations aren't just for children. They are needed throughout our lifetime.

The NIAM stresses three messages:

- Vaccines are an important step in protecting against serious, and sometimes deadly, diseases.
- Vaccines are recommended throughout our lives.
- A doctor/provider recommendation is one of the best ways to ensure patients get the vaccinations they need when they need them.

VACCINES ARE NOT JUST FOR KIDS!

As an adult you may think you're done with immunizations, but you're not. One of the more common ailments in adult patients is pertussis, or whooping cough. You may think whooping cough is just for kids, but the vaccine you may have gotten so many years ago can wear off. When adults get pertussis it is called the 100-day cough, aptly named because that's how long the side-splitting, spasmodic cough usually lasts. You'll want to avoid this if you can. But there's another reason why it's important to get a pertussis booster shot: The virus can be deadly if passed on to infants who may not be immunized yet. Grandparents take note!

TDAP: The vaccination called the TDAP is a combination of a pertussis and tetanus shot. You'll only need the pertussis booster once, but you'll need to get the tetanus booster by itself every ten years (or sooner if you're attacked by a rusty nail—if it's been more than five years since your shot you'll need a booster right away).

Shingles: The other highly recommended vaccine is the shingles vaccine. It can be given at age 60 and over to anyone who has had chicken pox, and one shot is enough. While it may not completely prevent shingles, it can limit the severity of an outbreak. You may wonder how chicken pox can later lead to shingles. As it turns out, the chicken pox virus is sneaky. It never entirely goes away, but hides in a nerve. Then one day when you get good and stressed out or your immunity drops, the virus comes out of hibernation, so to speak, and you develop shingles (herpes zoster)—a condition that results in painful, itchy sores. The

rash only appears on one side of the body in the distribution of a particular nerve. It can be any nerve, so it can be located anywhere on the body. If you have never had chicken pox, ask your doctor to order a blood test to make sure if you are or are not immune. Avoid this painful and horrible affliction.

Flu: We tend to gloss over this one, as flu and its symptoms are usually bearable. But people as young as 40 die from the disease. Complications from influenza kill, on average, 36,000 people in the U.S. each year. Should you get an annual flu vaccine? Yes! While it may not prevent contracting the flu, it will greatly diminish the dangers and discomfort. For optimum effectiveness, the shots are best administered in October or November, at the start of the flu season.

The vaccines above are simply administered, with rare side affects, usually limited to possible minor swelling at the point of injection. Many national chain pharmacies offer this service on a walk-in basis at a reasonable price. The shingles vaccine is the most costly. Medicare covers some portion of most.

Pneumonia: Pneumonia is another potentially preventable disease. The pneumonia vaccine—which can help protect against multiple strains of pneumococcal pneumonia—is recommended for everyone 65 and older. One shot is all you need. Before age 65 it may be given as a precautionary measure to asthma and COPD patients as well as patients with compromised immune systems, such as those with cancer, kidney disease, and liver disease, to name a few.

Hepatitis: For those who travel overseas and those in the medical profession who work with people who may be ill, vaccines to protect against hepatitis A and B, Meningococcus and Hemophilus influenza type b (Hib) are recommended. Travelers easily contract the virus from poor sanitary conditions in cities and in rural areas, sharing of personal items (nail clippers, razors, etc.), not washing hands frequently and thoroughly, and polluted water (even in luxury hotels). Viral hepatitis is especially common in Sub-Saharan Africa, Eastern Europe, the Middle East, the Amazon basin, and Asia. Tip: if you are travelling to an area outside Western Europe, Japan or Canada, get vaccinated.

VACCINATION CATCH-UP

Many young adults have never received any vaccinations. This is a very scary notion, especially when world travel makes it so easy for communicable diseases to be brought into areas where they've never been seen before. Measles, mumps, and whooping cough are on the rise, and polio is still present in the world. If you or your family, infants and children included, are missing any vaccinations, please catch up on them. It goes without saying that you'll need to have a discussion with your doctor regarding which vaccines you may need. The bottom line: Vaccines are safe for the vast majority of people—and can save lives.

Visit the NIAM and the National Public Health Information Coalition (NPHIC) website for further information: <https://www.nphic.org/niam-adults>

DON'T PROCRASTINATE – VACCINATE!!

PWA Charitable & Educational Foundation



HELPING OTHERS – A LONG TRADITION AT PWA

Polish Women's Alliance of America has a long history of charitable activities supporting children, orphans, seniors, college-bound members, disaster victims--and many others. Lending a helping hand is what fraternalism is all about. Below are the charities currently supported by the PWA C&E Foundation.

The Anawim Shelter for Women

The Anawim Shelter for Women will be housed in a building that was purchased with private funds that were donated to the Shelter in 2014 and 2015. The building is currently under renovation and is a new project of the Anawim Foundation, located in Chicago, IL. Funds are currently needed for building materials and will be needed on an ongoing basis once the Shelter opens. All Officers and Directors of the Anawim Shelter are volunteers so all donations are dedicated to serving those less fortunate.

PWA Scholarship Fund

This Fund is used to support scholarships to PWA members who are college students in their sophomore, junior, or senior years of study. The Fund matches any donations made by the Districts.

Dziecko Polskie Fund

The Polish Children's Fund was created to benefit Polish children in need of assistance due to health problems and also to help Polish children who are orphans or who live in poverty. This charity has been close to the hearts of PWA members for generations.

Głos Polek Digitalization Project

In 2015 the officers of the Charitable & Educational Foundation made the decision to have our *Głos Polek* collection, dating back to when it was first published in 1902, professionally transferred into digital format, due to the deterioration of the original paper-bound issues. The cost of this project is about \$11,000. The digital issues will be made available via our website in 2016.

Disaster Relief Fund

This Fund was created at the time of Hurricane Katrina when PWA members wanted to do what they could to help. Some funds have been paid out for Katrina relief, but the name was changed to Disaster Relief, so that the Foundation has funds ready the next time there is a disaster of any kind that affects our members.

General Fund

Occasionally, an organization or individual comes to PWA with a very worthy cause. The PWA Charitable & Educational Foundation supports such causes from this General Fund.

Please send in your donations using the coupon at right. Be sure to add the Fund which you wish to support in the memo line of your check, as well as in the coupon. Donations are tax-deductible to the extent allowed by law.

Thank you for your generosity!

POLISH WOMEN'S ALLIANCE OF AMERICA Charitable & Educational Foundation

Enclosed please find my donation for \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone No. _____ Email _____

Designated Fund for my donation: _____

Make check payable to: PWA Charitable & Educational Foundation
Mail to: PWA Charitable & Educational Foundation, P.O. Box 1196, Park Ridge, IL 60068

PWA POLISH HERITAGE SERIES

**Explore your Polish heritage
with these beautiful booklets!**

An important part of the mission of Polish Women's Alliance of America is to preserve our Polish language, culture, and heritage — and we have been doing that for 118 years. In recent years we have published seven booklets in the *PWA Polish Heritage Series* that we are happy and proud to offer for sale to you now. The booklets will be a welcome addition to your family library and will also make great gifts for any occasion. You can purchase the set of seven booklets for \$20, including postage. As more booklets are published, you will be able to order them individually for \$3/each plus postage.

Set of seven booklets includes:

- Christmas in Poland
- Easter in Poland
- Poland's Nobel Prize Laureates
- Famous Polish Women
- Poland's Historic Cities
- History of Polish Women's Alliance of America
- Polish Composers

Please mail in the order form below or you can send an email with your order to pwaa@pwaa.org. Please add "Heritage Series" to the subject line. Make checks payable to Polish Women's Alliance of America.

PWA HERITAGE SERIES ORDER FORM

Name _____

Address _____

City _____ State _____

Zip _____

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Email _____

Please send _____ sets of 7 booklets (at \$20 per set, including postage), to the address above.

Total enclosed: \$ _____

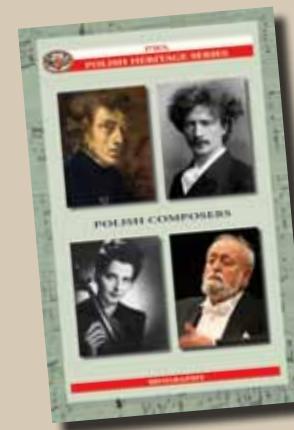
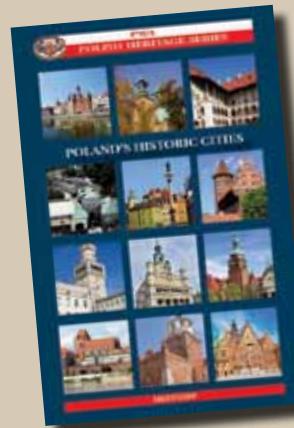
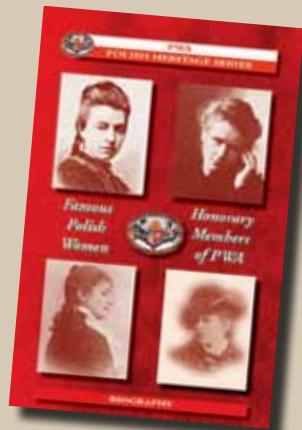
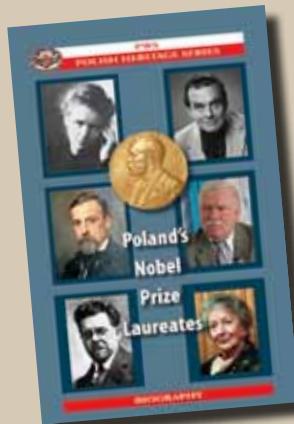
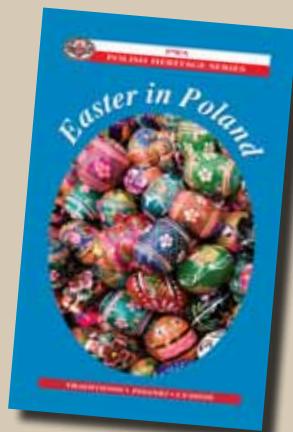
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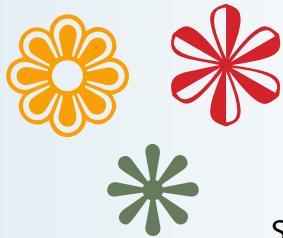
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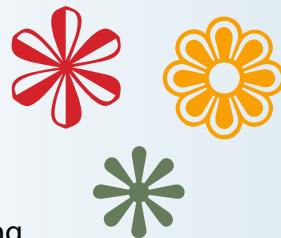
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NATIONAL AND FOLK DANCES OF POLAND

There are five national dances of Poland—dances that are known and beloved throughout the country and performed in all parts of Poland in different variations. They are the Polonaise, Mazur, Kujawiak, Krakowiak, and Oberek. In addition to the five national dances, there are also many regional dances that come from the Podhale, Lublin, Rzeszow, Beskidy, Silesia, Warmia, and Kaszuby, as well as other regions and towns of Poland.

The Polka, which is often associated with Poland and danced at Polish weddings and other celebrations, is not formally a national or folk dance of Poland. It actually originated in Bohemia, now part of the Czech Republic, although it is performed with gusto, both in Poland as well as in Polish immigrant communities throughout the world. The Polka has an especially fervent following among Polish Americans and there are many Polish polka bands that enjoy great popularity in the U.S.

Polonez



The Polonaise or Polonez, evolved from a Polish dance called the Chodzony (walking dance) in the 15th century. As one can infer from the name, the dancers walk gracefully and slowly around the dance floor, taking deep bows in time with the music. The Polonaise was embraced by the royalty and nobility in Poland, and eventually spread to the courts of other European countries, where it gained great popularity, further consolidated by Frederyk Chopin, who composed and performed

a number of Polonaises as part of his repertoire, adding to the acceptance of this music form and dance form in royal halls all across Europe. Today, the Polonaise is danced at all formal balls and dances in Poland, and is an important part of debutante balls and dances organized by Polish immigrants around the world as well. It is considered to be a dance of the nobility and not a true folk dance, like the other national dances of Poland.

Mazur



This dance originated in the Mazowsze region of central Poland. First popular with peasants in different regional versions, it was eventually adopted by Polish nobility and became a national dance. The Mazur also became very popular in European courts under the French name of Mazurka. The quick and light rhythm of the Mazur is well known from the Mazurkas composed by Frederyk Chopin, who contributed to its international popularity, much like he had done with the Polonaise.

Kujawiak



The Kujawiak has its origins in the Kujawy region in north-central Poland. It is a simple dance with slow cadences, performed with much dignity and grace. It first appeared in the mid-19th century and quickly spread throughout Poland, due to its beautiful music and slow, elegant, and romantic pace. Dancers take deep bows, extending their legs and arms, and move slowly and gracefully, in time with the music. The calm and lyrical rhythms of the dance are said to reflect the beauty and calm of the Kujawy landscape.

Krakowiak



Kraków is well known not only as the old royal capital of Poland, but also as a vibrant center of folklore, history, culture, and the arts. Elements of the past appear in the Krakowiak, with the dancers often arriving on the stage in a horse-drawn cart. Horses are beloved in this southeastern region of Poland, and there is a familiar galloping step prevalent in the dance. The Krakowiak is performed by couples, with one leading pair who directs the flow of the dance, and the men often address their partners in song, with humorous ditties and

comments. The men's costumes are unique, featuring striped red and white pants, long blue vests, with peacock feathers in their caps and metal rings in their belts. Women wear flowered skirts, white aprons, embroidered vests with flowing ribbons, and flowered wreaths. This is the most beloved and patriotic of the Polish national dances.

Oberek



Oberek, also known as Obertas, is the most acrobatic of the Polish national dances. It originated in the villages of Mazowsze in central Poland. The name Oberek is derived from the verb "obracać", which means to spin. The name reflects the fast tempo, circular movement, and whirling character of the dance. It includes kneeling, heel-clicking, jumping, stamping, double-stamping, and lifting of the partner (performed by both men and women). It is a rousing and vivacious dance, much beloved by audiences of all ages.

Góralski



This is a regional dance, originating in the mountainous regions of southern Poland and the foothills of the Tatras. Also known as the Zbojniczny, the Goralski showcases amazing acrobatics performed by the male dancers, who leap high into the air, punctuating their jumps with their wooden walking sticks topped with metal heads. The male dancers' costumes are made of white wool, richly embroidered, and they wear special leather moccasins, which are typical for this region of Poland. The women wear flowered skirts, embroidered vests, and flowered wreaths. The Goralski is always a showstopper in any performance of Polish folk dancing.

On the Cover:

The five National Dances of Poland, illustrated by Zofia Stryjeńska (1891 - 1976), a Polish painter, graphic designer, illustrator, stage designer, and representative of the Art Deco movement. She is one of the best known Polish women artists of the interwar period. The cover images show, clockwise from top left, the Polonez, Mazur, Kujawiak, Krakowiak, and Oberek.

NATIONAL DANCE ENSEMBLES OF POLAND

Mazowsze Ensemble

Founded by government decree in 1948 to preserve the richness of Poland's folk traditions, Mazowsze is the official national dance ensemble of Poland and one of the largest artistic folk song and dance troupes in the world today.

Initially created and inspired by Poland's national dances, folk songs, chants, and traditions of the central region of Poland, Mazowsze, its repertoire quickly expanded to include and preserve the folklore of many other regions of Poland as well. Today, the ensemble performs over 42 versions of Polish songs and dances to international acclaim. Its performances have been viewed by millions all around the world and continue to be audience favorites, wherever they appear.

Śląsk Ensemble



Founded in 1953 as a regional dance ensemble, Śląsk originally focused on the folk traditions of Silesia, Cieszyn, and the Beskids in southwestern Poland. Due to its popularity, however, its repertoire was soon expanded to include the songs and dances of all of Poland's regions and quickly gained international acclaim, along with the Mazowsze Ensemble, as a national dance troupe. Śląsk has performed over 6,000 shows for over 20 million people worldwide to date.

POLISH AMERICAN FOLK ENSEMBLES

Many members of the following folk groups are also members of PWA. The beautiful traditions of Polish folk dance and song continue to be preserved in the next generation, and we are very proud of these dancers and singers, as well as of their teachers, choreographers, and counselors. Happy dancing to all!

- Rzeszowiacy – District I Illinois, Council 27
- Lira Ensemble – District I Illinois, Council 27
- Zamek Dancers – District V Michigan, Council 3
- Lowicz Dancers – District V Michigan, Council 20



SUMMER OLYMPICS 2016 IN RIO DE JANEIRO, BRAZIL

Meet the Olympic Mascots!

The world is looking forward with excitement and anticipation to the Summer Olympics 2016, which will be held in Rio de Janeiro, Brazil, from Friday, August 5th, to Sunday, August 21st. Record numbers of countries will be participating in a record number of sports. More than 10,500 athletes from 206 countries, including first-time entrants Kosovo and South Sudan, are scheduled to take part. With 306 sets of medals, the Games will feature 28 Olympic sports, including rugby sevens and golf, which were added in 2009. These sporting events will take place at 33 different venues, in the host city of Rio de Janeiro and in five other locations. While worries about the Zika virus and a controversy about doping by Russian athletes have marred the Rio Games, it is widely expected that the Games, as always, will be a huge success and will be watched by millions of people all around the globe.

The names of the Rio 2016 Olympic mascots were chosen by popular vote. The Olympic mascot is called Vinicus, named after the popular Brazilian musician, Vinicus de Moraes. The mascot represents Brazilian wildlife, displaying traits of various mammals: the agility of cats, the swagger of monkeys, and the grace of birds. He can stretch his arms and legs in every direction as much as he wants. The Paralympic mascot is called Tom, named after another musician, Tom Jobim. This mascot represents the plants of Brazilian forests and can pull any object from his head of leaves and is always growing and overcoming obstacles.

For more information on the mascots and for fun interactive activities, go to: <https://www.rio2016.com/mascots/#!home>

WORLD YOUTH DAY 2016 - KRAKÓW

World Youth Day began with Pope John Paul II, the beloved Polish Pope from Kraków. In 1984, he called on the youth of Italy to gather together in Rome for Palm Sunday observances, and was surprised when over 300,000 young Catholics showed up. The following year, 1985, coincided with the United Nations International Year of Youth and there was another incredible turnout of Catholic youth in Rome. Sensing the need that young people had to gather together and celebrate their faith, the Pope announced the first official WYD meeting to be held in 1986 in Rome. The second official WYD was held in Argentina, and in the decades since, it has been held every few years in many countries around the world, including the US and Canada.

The 2016 meeting marked the 30-year anniversary of WYD and honored the memory and legacy of Pope John Paul II in his

Continued on page 16

POLAND'S SUMMER OLYMPICS TEAM

Poland's Summer Olympics Team includes over 200 athletes competing in 22 disciplines in Rio de Janeiro this August 2016. Currently, it is expected that the Polish athletes will do at least as well as they did during the 2012 London Summer Olympics in 2008, when they earned a total of 10 medals. Athletes to watch are mountain biker Maja Włoszczowska, shotputter Tomasz Majewski, and tennis player Agnieszka Radwanska, who is rated the third-best player in women's tennis in the world at present. Follow the results of the Polish Olympic Team on our Facebook page at <https://www.facebook.com/Polish-Womens-Alliance-of-America-128654408102/>



The Polish Olympic Team uniforms for Summer 2016 feature the traditional red and white colors of the Polish flag, along with navy blue, gray, and a pastel tie-dyed design for skirts, swimming suits, and leggings. Go Team Poland!

EURO 2016 SOCCER TOURNAMENT

Poland's National Soccer Team made it to the quarter-finals of a European Soccer Championship Tournament for the first time in its history. The tournament was held in France in June and July of 2016. Poland beat Northern Ireland 1-0 in the first round, then tied with Germany 0-0, beat the Ukraine 1-0, and tied with Switzerland 1-1, but prevailed over them on penalty kicks, advancing to the next play-off round. In the quarter-final, Poland tied with Portugal 1-1, but in turn lost to them on penalty kicks. Portugal went on to defeat France in the final championship game. Congratulations to the Polish Soccer Team for such a great showing in Euro 2016! Below, a photo of the national soccer team of Poland.



EMBLEMS AND SYMBOLS OF POLAND

National emblems are the symbols that countries around the world use to represent what is unique about the nation, reflecting different aspects of its cultural life and history. They intend to unite people by creating visual, verbal, or iconic representations of common values, goals, or history. These symbols are often rallied around as part of national and patriotic celebrations and are designed to be inclusive and representative of all the people of the land. Within countries, regions and cities also often have their own flags, coats of arms, and mottos to reflect local pride and history.

COAT OF ARMS—THE WHITE EAGLE



Poland's coat of arms has been used for centuries and incorporates a white eagle capped with a gold crown. The legendary founder of Poland, Lech, while exploring the region for settlement over a thousand years ago, spotted a large, soaring white eagle above its nest with the setting sun and a red sky in the background, and was so moved by the symbolic

sight that he decided to build a town there. "Nest" (gniazdo in Polish) is the origin behind the name of the first capital of Poland, Gniezno, and the eagle became a symbol of the state that evolved from that original settlement. The Polish eagle, with its wide spread wings and pointed talons on a red shield, has changed design several times, and during the communist period it was even deprived of its crown. The white eagle was triumphantly recrowned after the fall of communism in 1989 and reincorporated into the official national flag.

FLAG OF THE REPUBLIC OF POLAND



After the partitions of Poland in the late 18th century, patriots needed an easily recognizable symbol and started to use the red and white flag derived from the colors of the coat of arms. It consists of two horizontal bands of equal length and width, the upper white, the lower red. Officially, the flag was introduced in 1831, but even earlier, in 1792, the participants of the first anniversary of the Polish Constitution wore white and red clothes as a symbol of their patriotism. Banished by Russian tsars, the bi-color flag was reinstated in 1918 after Poland regained its independence. Nowadays, the flag can either be represented with the two plain white and red bands or a variant with the crowned eagle coat of arms placed in the center of the upper white band, the latter version reserved for official and naval uses, and abroad (embassies and consulates). During the communist period there were many restrictions on the use of the Polish standard where the unofficial flying of the colors was considered an act of resistance against the regime. As a consequence, the flag was often displayed during strikes and the Solidarity movement

incorporated the flag into its famous emblem. Regular flag-flying days in Poland are: May 1st (May Day), May 2nd (Polish Flag Day), May 3rd (Constitution Day), August 15 (Polish Armed Forces Day), September 27 (Polish Underground State Day), and November 11th (Independence Day).

POLISH NATIONAL ANTHEM

Adopted in 1927 as the national anthem of the Republic of Poland, Jeszcze Polska nie zginęła (Poland Is Not Yet Lost), is set to an unattributed mazurka composition with lyrics by Józef Wybicki (1747-1822), written in 1797 while he was stationed in Italy with Polish Legions under the command of General Jan Henryk Dąbrowski, fighting in the Napoleonic Wars for Poland's independence during the Partitions. The lively melody and stirring words capture the spirit of the indomitable Polish nation.

MOTTO

While Poland has no sanctioned motto of state, there are some phrases that recur in popular and semi-official usage. The most common are: Za wolność Naszą i Waszą (For Our Freedom and Yours) and Bóg, Honor i Ojczyzna (God, Honor, and Country).



WARSAW MERMAID

Perhaps no country is more enamored with the mermaid (syrena), part woman, part fish, than Poland, whose legendary Syrena adorns the coat of arms of its capital city of Warsaw, and where a majestic Syrena statue (1855, Konstanty Hegel) forms the centerpiece of the Old Town Market Square. This is not the only mermaid in Warsaw. There are numerous striking versions of the Syrena throughout the city.

For centuries, the ancient Polish legend of the mermaid has been a defining part of Polish culture and folklore. As post-war Warsaw lay in ruins around her, the Syrena statue stood unscathed, defiant, miraculously spared from the ravages of war. The origin of the imaginary figure is not fully known. It is said that one of the sea god Triton's daughters swam in from the Baltic Sea along the Wisła River and stopped on the riverbank near the Old Town of Warsaw to rest. She found the place so admirable that she decided to stay. Local fishermen came to admire her beauty and listen to her lovely voice. She, in turn, promised to guard the fishermen.

As the myth grew in the imagination of the citizens, the Syrena assumed a powerful silhouette as the protectress of the city, boldly armed with sword and shield to safeguard the residents from invaders. Her defiant stance has been interpreted in myriad incarnations—lending her myth in naming theaters, shops, and cafes; inspiring musical compositions, tales and plays; appearing in sculpture, on coins, postage stamps, and souvenirs; utilized in commercial applications promoting tourism, as well as a range of products, from sweets to the infamous Soviet era mini automobile named Syrenka. Through all her manifestations, the Mermaid of Warsaw soars as a proud symbol above the capitol and the nation.

News from Poland and Polonia

WORLD YOUTH DAY 2016 - KRAKÓW

(cont. from page 14)



hometown. Held from July 25-31 in Kraków, this was the second WYD celebrated in Poland. The first one was held in Częstochowa in 1993, when Pope John Paul II was still alive. Pope Francis acknowledged Pope John Paul as the founder and patron saint of WYD and an inspiration to young people all around the world. The theme of this year's WYD was one of the beatitudes, "Blessed are the merciful, for they will receive mercy."



Over 500,000 young pilgrims from 187 countries from across the globe descended on the city of Kraków for a week of services, meetings, and rallies, and Pope Francis celebrated an open-air mass in Kraków attended by hundreds of thousands of people in addition to the youth. While in Poland, the Pontiff also traveled to the Shrine of the Black Madonna in Częstochowa to celebrate the 1050th Anniversary of Poland's Christianity where he was also greeted by tens of thousands of the faithful. He also made an emotional visit to Auschwitz-Birkenau, where he prayed in solitude and then met with survivors of the Nazi death camp. This was his first visit to Eastern Europe as Pope.

NATO SUMMIT IN WARSAW, POLAND

President Barack Obama reiterated America's continued commitment to NATO and to the security of Eastern European nations, and he announced the deployment of 1,000 more US troops to Poland to bolster NATO's eastern flank. The President also stressed that US-European solidarity would not be affected by Brexit, the UK's recent decision to leave the EU. President Obama made the announcement at the NATO Summit held in Warsaw July 8 - 9, 2016. He described this as the "most important moment" for the Alliance since the end of the Cold War. At the Summit, NATO and the EU issued their first joint declaration on security cooperation, pledging to work together, particularly in the fields of hybrid warfare and cyber warfare, as well as on joint maritime operations to prevent illegal migration. Photo at right shows US President Barack Obama with Poland's President Andrzej Duda at the NATO Summit in Warsaw.

ANNO DOMINI - ORCHARD LAKE SCHOOLS 1050th ANNIVERSARY OF BAPTISM OF POLAND



Orchard Lake, MI — Polish Americans from across the nation packed Our Lady of Orchard Lake Shrine Chapel on June 22, 2016, to commemorate the 1050th anniversary of the Baptism of Poland. This national observance was the only one held in the U.S., and Orchard Lake Schools teamed with the Polish American Priests Association and the Catholic League to celebrate the historic event. The anniversary pulled in attendees from New York to Texas, including many PWA members.

The event commemorated 1050 years of Christianity in Poland, which began in 966 when Duke Mieszko I was baptized on the occasion of his marriage to the Christian Czech Princess Dobrawa, and when he pledged to govern Poland as a Christian nation. The Baptism of Poland was a unique and important event in Polish history, as it led to the establishment of Polish nationhood, which was then followed by rapid economic and cultural development and led to a centuries-old alliance with Western Europe.

The festivities began with a musical program by Jarosław Golembiowski of Chicago, who performed on the piano, playing selections by Fryderyk Chopin, Poland's most beloved composer. Following the musical program, a bilingual Mass was held during which the St. John Paul II Shrine was blessed. Before Mass, a procession of individuals of all ages dressed in traditional attire from different regions of Poland filled the Our Lady of Orchard Lake Shrine Chapel, and a candle marking the 1050th anniversary was lit.





*We note with sadness the passing of the following PWA members.
May they rest in peace. (Deaths in April, May and June 2016)*



Gr. No.	Member	City/State	Gr. No.	Member	City/State
0015	Shirley Helber	Red Bud, IL	0422	Irene Kozikowski	Chicopee, MA
0015	Lorain R Sirovatka	Plainfield, IL	0423	Patricia A Dixon	Mokena, IL
0031	Jeffrey S Robson	Steger, IL	0434	Eleanor Siergiej	Birmingham, AL
0037	Dolores Jelenski	Hammond, IN	0440	Kenneth Wisniewski	Antioch, IL
0043	Mary J Seputis	Muskego, WI	0440	Leona B Markwart	Chicago, IL
0060	Mary T Rostafinski	Rocky River, OH	0451	Rudolf P Noworyta	Cape Coral, FL
0105	Joanna T Nardone	Wilkes Barre, PA	0469	Marilyn Lipinski	Fairview, PA
0114	Helen L Muller	Keshena, WI	0469	Josephine Wawrzyniak	Erie, PA
0116	Kathleen A Zielinski	Manawa, WI	0469	Frances Arduis	Niagara Falls, NY
0126	Mary T Bobier	Las Vegas, NV	0469	Helen Ward	Salamanca, NY
0126	Renee L Maday	Henderson, NV	0469	Patricia Schweiger	North Tonawanda, NY
0128	Margaret A Melion	Hammond, IN	0469	Jane Ruzich	Silver Spring, MD
0128	Michael M Kuchaes	Vonore, TN	0469	Nancy Gebler	Erie, PA
0128	Helen Zemen	Highland, IN	0469	Theresa Simonelli	Erie, PA
0128	Josephine C Michalik	Munster, IN	0480	Mary I Magdziak	Cedar Lake, IN
0132	Sophia A Tarka	Calumet City, IL	0488	Lara Zebrowski	Hamtramck, MI
0155	Wanda Hulbert	Jensen Beach, FL	0499	Anna J Radock	Clinton, MA
0155	Rose T Hejmej	Belleville, IL	0499	Edward F Borucki	Southampton, MA
0155	Linda L Hoppe	Ocala, FL	0509	Agnes Szulewski	Dupont, PA
0189	Linda Lichosik	Milwaukee, WI	0598	Helena Buczynski	Jackson, NJ
0221	Theresa Kargol	Linesville, PA	0616	Alfreda Prebeck	Shelby Twp, MI
0221	Ruth M Zulka	Pittsburgh, PA	0634	Marie F Walburn	Riverdale, MD
0221	Joseph E Swierczynski	Pittsburgh, PA	0661	Felicia J Krupinski	Wood Dale, IL
0221	Dolores V Beaver	Pittsburgh, PA	0680	Gertrude Lewandowski	Erie, PA
0221	Virginia Hirschinger	New Alexandria, PA	0680	Joseph J Dolecki	Riverside, CA
0221	Blanche L Ciocho	N Versailles, PA	0680	Eileen A Drelick	Oil City, PA
0221	Sylvia L Klaczak	Bethel Park, PA	0680	Wanda Habas	Erie, PA
0221	Nancy Gasowski	Pittsburgh, PA	0702	Mary G Bernadzikowski	Severna Park, MD
0275	Dorothy Sobczak	Windsor, CO	0721	Stella A Grecek	Portage, PA
0277	Stanislawa Matusky	Woodhaven, MI	0721	Rita E Lesney	Tarentum, PA
0277	Virginia M Misa	Detroit, MI	0721	Jane Figorski	New Kensington, PA
0288	Dorothy A Cichon	Newton, NJ	0723	Adele Kasch	Franklin Park, IL
0288	Alan Decker	Pittston Twp, PA	0743	Marcia M Wedster	Chicago, IL
0305	Theresa R Sieczko	South Bend, IN	0749	Sophie I Krasowski	Hammond, IN
0305	Loretta Lombardi	South Bend, IN	0749	Rose Kocur	Hammond, IN
0326	Stefanie Wesolowski	Scranton, PA	0754	Pearl M Jozwiakowski	Canton, OH
0326	Dorothy Amshay	Pontiac, MI	0754	Virginia M Tomko	Lorain, OH
0348	Eleanor W Stahurski	Scranton, PA	0769	Ronald G Ignash	Birch Run, MI
0362	Mary Czerniakowska	Sterling, MA	0782	Sophie Rudnicki	Teaneck, NJ
0417	Mary Fuss	Philadelphia, PA	0782	Helena Golda	Elizabeth, NJ
0419	Lorraine Hinca	Kenmore, NY	0782	Gladys Zegar	Lavallette, NJ
0419	Genevieve A Wisniewski	Dunkirk, NY	0786	Janet Nagel	Clinton Twp, MI
0419	Elaine Kaus	Dunkirk, NY	0786	Kathleen Adamiak	Center Line, MI
0419	Theresa Moley	Newfane, NY	0786	Zofia Sarka	Sterling Hts, MI
0419	Mary Voncina	Gowanda, NY	0805	Agnes Gasiorowski	Joppa, MD
0419	Dorothy T Kowal	Tonawanda, NO	0819	Barbra J Lomastro	Mundelein, IL
0419	James J Ryan	Cheektowaga, NY			

Dill Pickles – Ogórki kiszzone

Dill pickles are a staple of Polish cuisine—along with pierogi, ham, and kielbasa, they are the dish most often associated with Poland. It seems that no meal or party in Poland is complete without a serving of dill pickles! You can easily make your own quick-pickled cucumbers. They will be ready to eat a day or two after pickling and will keep in your refrigerator, in jars or in any glass container, for two to three weeks. Dill pickles are most often served as an accompaniment to ham, sausage, other meats, and sandwiches—but they are also used in many other recipes—in beef roll-ups, Polish meat balls, salads, and soups. With fresh cucumbers now abundant at farmers markets, this is the ideal time to try your hand at pickling!

Quick Dill Pickles

Ingredients:

2 lbs small, firm cucumbers (Persian cucumbers are recommended), 3 tablespoons coarse salt, 8 cups of water, 2 tablespoon apple cider vinegar, 1 large bunch of fresh dill, 4 cloves of garlic, 1 tablespoon of freshly ground black pepper

Preparation:

Wash the cucumbers and cut into quarters lengthwise. Add ice cubes to a large bowl and place cucumbers on top of the ice and refrigerate. In a pot, bring water to a simmer; add salt and vinegar. Let cool completely after cooking. Place cucumber quarters in four jars or in a glass container with a top, then add pepper, dill, and garlic cloves. Pour the pickling liquid to cover the cucumbers. Screw on jar lids or cover container tightly. Refrigerate for 2-3 days, although you can start enjoying the pickles already after 2 days. The pickles will keep in your refrigerator for 2-3 weeks.



Szybkie ogórki małosolne

Składniki:

1 kg małych ogórków (rodzaj perski jest polecaný), 3 łyżki grubej soli, 1 litr wody, 2 łyżki octu jabłkowego, duży pęczek koperku, 4 ząbki czosnku, 1 łyżka świeże zmielonego pieprzu czarnego

Przygotowanie:

Ogórki umyć i pokroić wzdłuż na 4 kawałki. Wypełnić miskę lodem i umieścić ogórki na górze i wstawić do lodówki. W rondelku doprowadzić wodę do wrzenia, dodać sól i oct. Zostawić do całkowitego ostygnięcia. Umieść ogórki ciasno w czterech słoikach lub w dużej, szklanej misce z przykrywką a następnie dodać pieprz, koper i czosnek. Wlać schłodzoną solankę tak, aby pokryła ogórki. Zakręcić zakrętki lub przykryć miskę i wstawić do lodówki na 2-3 dni. Po 2 dniach można się objadać. Ogórki można trzymać w lodówce przez 2-3 tygodnie.

Quick-Dill-Pickle Soup

Ingredients:

8 cups of vegetable or chicken stock, 8 potatoes, 8 quick dill pickles (or 32 spears), 2 peeled carrots, 1 clove of garlic, 1 bunch of fresh dill, 1 cup of heavy cream, 4 Tbs. of liquid from dill pickles, or more to taste, salt and pepper to taste



Preparation:

Peel the potatoes and dice them into small cubes and add to stock in a large pot. Grate the pickles and carrots on the largest holes of a box grater and add to soup halfway through cooking, after 5 or 7 minutes. Mince the garlic and chop the dill and add to soup. When the potatoes are almost soft, add the cream and mix well. Then add dill pickle juice and salt and pepper to taste. Cook until the potatoes are soft and serve immediately.

Bon Appetit!

Smacznego!

Zupa z małosolnych ogórków

Składniki:

1 litr bulionu warzywnego lub z drobiu, 8 średnich ziemniaków, 8 ogórków małosolnych lub 32 ćwiartki, 2 obrane marchewki, 1 ząbek czosnku, 1 pęczek koperku, 4 łyżki słodkiej śmietany, 4 łyżki solanki z ogórków, więcej do smaku, sól do smaku, pieprz do smaku

Przygotowanie:

Ziemniaki obieramy i kroimy w kosteczkę. Bulion warzywny lub z drobiu przelewamy do garnka i dodajemy do niego ziemniaki. Ogórki małosolne i marchew ucieramy na tarce o dużych oczkach. Kiedy ziemniaki będą na pół miękkie dodajemy do bulionu starte ogórki i marchew. Koperek i czosnek drobno siekamy i dodajemy do zupy. Pod koniec gotowania zupę zacieramy śmietanką. Sól, pieprz i solankę z ogórków dodajemy do smaku. Całość gotujemy do momentu aż ziemniaki będą miękkie. Zupę podajemy na gorąco.

Wiadomości z Cleveland, OH – Obwód VII Bajka w Szkole Języka Polskiego im. I.J. Paderewskiego!

Cleveland, OH—Zakończenie roku szkolnego w Szkole Języka Polskiego im I.J. Paderewskiego miało bajkową oprawę. Oto 7 maja sala bankietowa w Polsko-Amerykańskim Centrum Kultury im. Jana Pawła II zamieniła się w bajeczną, tętniącą kolorami krainę dziecięcych marzeń. Na scenie witał wesoły, ukryty wśród zieleni domek krasnoludków, w oddali zaś czał się dostoyny zamek królewski. Na ścianach pojawiły się motyle, biedronki i fantastyczne kwiaty, a na elegancko nakrytych stołach spoczywały oryginalne dekoracje uwite ze stokrotek, mchów, żołędzi i majestatycznych muchomorów. Ten wystrój zachwycał już od wejścia. Na ustach gości niemal wykwitały okrzyki i pytania – Bajka wszędzie! Cuda wszędzie! Co to będzie, co to będzie?! Sala wypełniła się po brzegi. Warto nadmienić, że wśród dostoynych gości nie zabrakło krajowej sekretarki Związku Polek – pani Antoinette Trela.

Pani Grażyna Buczek – Dyrektorka Szkoły rozpoczęła część artystyczną programu i jak za dotknięciem czarodziejskiej różdżki na scenę wbiegło siedmiu krasnoludków. Z ich ust popłynęła piosenka, witająca wszystkich w bajce pod tytułem: Królewna Śnieżka. Bajka, jak na bajkę przystało, dobrze się skończyła, a brawom i wiwatom nie było końca. Klasa dorosłych, porwana tą niezwykłą atmosferą, nie pozostała w tyle za młodszymi koleżankami oraz kolegami i dla odmiany zaprezentowała zabawny dialog sytuacyjny. Tu także nie zabrakło braw i śmiechu! Po solidnej dawce artystycznych wrażeń wszyscy mogli posilić się wykwintną kolacją, wyczarowaną przez szkolną ekipę złożoną z mam i nauczycielek pod wodzą Grażyny Buczek, która z doskonałej Pani Dyrektor Szkoły nie po raz pierwszy bez problemu potrafiła przeistoczyć się w magicznego szefa kuchni i udało się Jej zamienić zwykłą kolację w prawdziwą bajkę dla podniebienia!

Impreza do końca przeplatana była niespodziankami. Dzieci mogły cieszyć się bogatą ofertą malunków na twarzy, które to wykonywały uzdolnione absolwentki Szkoły Paderewskiego – Ania Buczek i Olivia Paganini wraz z jedną z Mam - Weroniką Costas. Natomiast dorośli goście wzięli udział w loterii fantowej oraz w losowaniu, którego finałem było wygranie prawdziwka lub muchomorka – tym razem w deserowej, słodkiej odsłonie!

Cóż, po tak udanej imprezie nie pozostaje nic innego jak pogratulować uczniom Szkoły wspaniałego występu oraz pięknych świadectw i życzyć wszystkim bajecznych wakacji! Szkoła Języka Polskiego im. I. J. Paderewskiego serdecznie zaprasza na kolejny rok szkolny już we wrześniu!

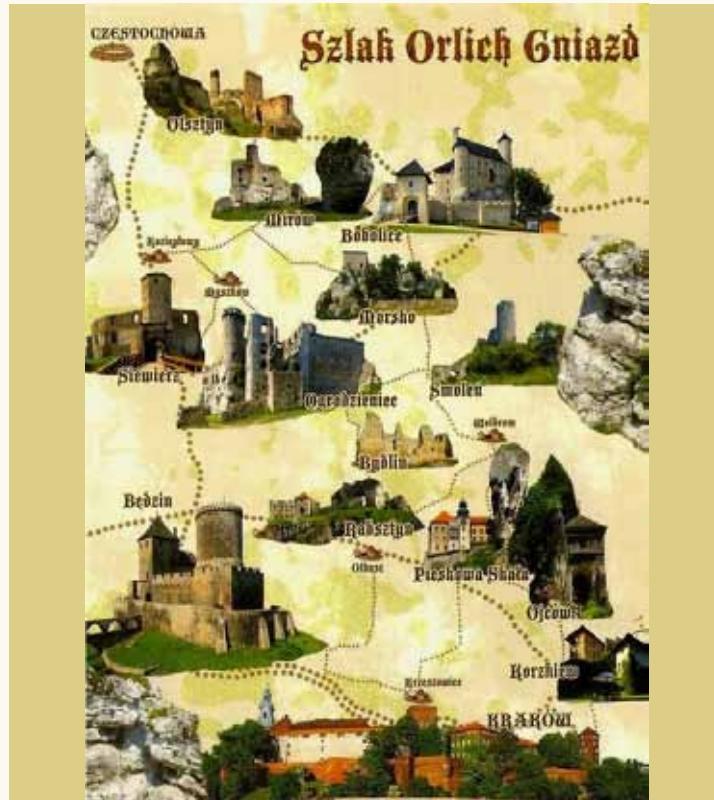
... A na tej imprezie ja także byłam – miód i wino piłam, a co widziałam, to zapisałam! ...

Małgorzata Oleksy



SZLAK ORLICH GNIAZD

Wyżyna Krakowsko-Częstochowska, zwana także Jura Krakowsko-Chęciowską, to piękny zakątek w krajobrazie Polski, rozciągający się pomiędzy Krakowem i Częstochową. Pokryta wzgórzami wapiennymi, z których najwyższe dochodzą do 500 m n.p.m., pocięta potokami i rzekami, kryje pod ziemią jaskinie, a wzgórza porastają sosnowe i bukowe lasy. Ze względu na piękno krajobrazu wyżyna jest jednym z najatrakcyjniejszych regionów turystycznych w Polsce.



Nad tą przyrodą górują majestatyczne kamienne ruiny zamków królewskich i rycerskich, warownii i strażnic, wzniesionych na wysokich skałach, w miejscowościach, gdzie orły budują swoje gniazda. Stąd też piękna i oryginalna nazwa budowli - "orle gniazda".

Zamki zbudowane zostały w XIV wieku, za czasów Kazimierza Wielkiego, którego panowanie przypada na lata 1333-1370, a o którym mówi się, że "zastał Polskę drewnianą, a zostawił murowaną". Zamki, które powstawały często w miejscowościach już istniejących drewnianych grodów, miały chronić granice Polski przed najazdami wojsk czeskich Jana Luksemburskiego, zabezpieczać szlaki handlowe i strzec ówczesnej stolicy - Krakowa. Orle gniazda należą do najstarszych zamków w Polsce.

W 1950 roku wytyczono poprzez Jurę szlak turystyczny wiodący od zamku do zamku; stworzył i opisał go Kazimierz Ignacy Sosnowski, jeden z najwybitniejszych polskich propagatorów turystyki pieszej, krajoznawca, założyciel schronisk turystycznych, twórca szlaków oraz autor licznych przewodników i artykułów krajoznawczych. Szlak ciągnie się przez ponad 162 km, wychodząc z Krakowa i docierając do Częstochowy. Nazwany Szlakiem Orlich Gniazd uwzględnia po drodze wszystkie najważniejsze zabytki tego obszaru, będące

nie tylko dziełem człowieka, ale również przyrody. Trasa wiedzie przez okolice bardzo malownicze – lasy, rezerwaty przyrody, laki pola uprawne i wioski. Gdyby iść powoli, z powodzeniem można ją przejść w tydzień. To wystarczająco dużo czasu, by wszystko po drodze dokładnie obejrzeć. Wszystkie zamki na szlaku mają swoje legendy, tajemnice i przechowują w swoich ruinach bogatą historię walk obronnych stoczonych z ich murów, a także historie rodów, które te zamki przez wieki zamieszkiwały. Zaczynając wędrówkę z Krakowa przyjrzymy się bliżej kilku najbardziej znanym i najbardziej malowniczym budowlom i ruinom.

Ruiny zamku królewskiego na **Złotej Górze w Ojcowie**. Położony na stromej skarpie, obwarowany murami ponad 1,5 m. grubymi, otwory strzelnicze w wieży bramnej oraz druga wieża obronna o ośmiu bokach włączona niegdyś w obwód murów. Wszystko to świadczy o obronnym charakterze zamku. Będąc jednym z ważnych ogniw w łańcuchu obronnym, zamek zabezpieczał Kraków przed Luksemburczykami, posiadał załogę złożoną ze stu ludzi, którą dowodził starosta. Król nazwał zamek Ociec u Skały, upamiętniając w ten sposób tułaczkę swego ojca, Władysława Łokietka. Nazwa ta podawana przez kroniki w różnej formie (Oczec, Ocziec, Oszyec) przetrwała do dziś jako Ojców. Do dziś niewiele pozostało z ojcowskiej budowli - jest brama, wieża, studnia oraz nikłe resztki murów. Zamek jest za to pięknym punktem widokowym na cały Ojców.



Zamek "Pieskowa Skała"

Od Ojcowa szlak prowadzi do **Zamku "Pieskowa Skała"** - jednego z najpiękniejszych i najlepiej zachowanych zabytków polskiego renesansu. W I poł. XIV w. Kazimierz III Wielki wybudował tu gotycki zamek składający się z dwóch części: górnej i dolnej. Górną, niezachowana, wzniesiona była na niedostępnej skale zwanej "Dorotką". Położenie na wysuniętej skale (z trzech stron otoczony jest przepaściami) świadczy o wybitnie obronnym charakterze. W 1377 r. Piotr Szafraniec otrzymał zamek od króla Ludwika Węgierskiego w nagrodę za poparcie jego planów dynastycznych. Zamek pozostał własnością rodu do roku 1608. W latach 1542-1580 Szafranicie zatrudnili znanych architektów włoskich i polskich i przekształcili gotycką budowlę w renesansową rezydencję. Zamek stał się ośrodkiem kultury i myśli postępowej. Wspaniała architectura przez wieki inspirowała pisarzy, poetów i podróżników. Były też czasy, kiedy zamek spełniał swoją obronną funkcję, i tak w

1655 r. - podczas "potopu" zamek przetrzymał oblężenie, ale został poddany i szwedzkie wojska dokonały w jego wnętrzach dużych zniszczeń. Remontem budowli i przywróceniem jej dawnej świetności zajęli się po wojnie nowi właściciele - rodzina Wielopolskich, która posiadała zamek od połowy XVII wieku. W XVIII wieku zamek wyremontowano i w części przebudowano. Między innymi zlikwidowano włoskie krużganki i loggię widokową, (głównie ze względu na warunki klimatyczne). Przebudowano również wnętrza zamkowe, urządząc modne wówczas pokoje tureckie, perskie i rajskie. W odnowionych komnatach zamkowych gościł w roku 1787 król Stanisław August Poniatowski. Od roku 1842 do końca XIX w. zamek należał do rodziny Mieroszewskich. W tym czasie zamek ucierpiał z powodu pożaru (1850 r.), a w kilka lat później zawaliła się najstarsza część - kazimierzowski zamek górnny usytuowany na Skale Dorotki. W czasie Powstania Styczniowego w 1863 roku rozegrała się na zamku bitwa. Nocujące tu, połączone oddziały generałów Langiewicza i Jeziorskiego zostały otoczone przez wojska carskie. Powstańcom udało się wycofać, a Rosjanie zajęli opuszczony zamek, gdzie doszło do grabieży i dewastacji. Na początku XX w. przed ostatecznym zniszczeniem uratowała Pieskową Skałę utworzona specjalnie dla jej ratowania Spółka Akcyjna, która zamek wykupiła i przeznaczyła na ekskluzywny pensjonat, a w czasie okupacji niemieckiej właściciele udostępnili pomieszczenia hotelowe na sierociniec. Po II wojnie światowej zamek w Pieskowej Skale przejął Skarb Państwa, po generalnej renowacji w latach 1950-1963, kiedy przywrócono zamkowi kształt z okresu największej świetności z XVII w. stał się on Oddziałem Państwowych Zbiorów Sztuki na Wawelu.



Zamek "Ogrodzieniec"

W połowie wędrówki szlakiem Orlich Gniazd dochodzimy do ruin zamku **Ogrodzieniec**, które krążą nad okolicą z najwyższego wzgórza Jury Krakowsko-Częstochowskiej – Góry Zamkowej (zwanej także Górą Janowskiego) wznoszącej się na 515,5 m n.p.m. Zamek stoi na terenie wsi Podzamcze, ok. 2 km od Ogrodzienia. Początki obronnego grodu w Podzamczu sięgają czasów Bolesława Krzywoustego, ale strażnica ta została zniszczona w czasach walk Łokietka o tron polski, i zamiast tej budowli, w połowie XIV wieku, Kazimierz Wielki zbudował na sąsiednim wzgórzu wielki gotycki zamek. Warownia wielokrotnie przechodziła z rąk do rąk, by w pierwszej połowie XVI wieku znaleźć się w rękach rodu Bonerów, należącego do najbogatszych i najbardziej wpływowych w ówczesnej Polsce. Będąc w ich posiadaniu, w latach 1530-45, zamek został przebudowany na wspaniałą budowlę w stylu renesansu, wzorowaną na planach Wawelu i urządzoną z wielkim przepchem. Niestety budowla

padała, tak jak i inne zamki, ofiarą najazdów i katastrof, które powodowały coraz większe zniszczenia. W 1587 r. zamek zdobyły wojska arcyksięcia Maksymiliana, pretendenta do tronu Polski. W 1655 r. - w czasie potopu - stacjonujące tu wojska szwedzkie spowodowały pożar, który strawił znaczną część zamku. W 1702 r. budowla znów padła ofiarą pożaru, także wznieconego przez wojska szwedzkie, przebywające tu tym razem w czasie Wojny Północnej. Od tego czasu postępował upadek zamku. W początkach XIX w. ostatni mieszkańcy opuścili budowlę, której mury zaczęto rozbierać i wykorzystywać jako materiał budowlany. Od początku wieku XX podejmowano szereg inicjatyw zmierzających do zabezpieczenia malowniczych ruin. Obecnie są one udostępnione do zwiedzania, odbywają się tu także imprezy kulturalne – turnieje rycerskie, spotkania z duchami, koncerty i wystawy. Ruiny służyły kilkakrotnie jako plenery filmowe do filmów „Janosik” i „Zemsta”. Zamek posiada również swojego własnego ducha – „Czarnego Psa”, który nocami ponoć pojawia się na murach zamku, ciągnąc za sobą wielki łańcuch; jest to pokutująca dusza kasztelana Warszyckiego, który był okrutny dla swoich poddanych.

Ostatnim "orlim gniazdem" na szlaku jest **zamek w Olsztynie**. Istniejącą od drugiej połowy XIII w. strażnicę rozbudował w XIV w. Kazimierz Wielki i budowla ta stała się jednym z najbardziej warownych zamków na pograniczu śląsko-małopolskim. W czasie swej świetności (XVI w.) zamek składał się z 5 zasadniczych części: dwu przedzamczy oraz zamku dolnego, środkowego i górnego. Otaczały je mury obronne z bramami i mosty zwodzone. W zamku dolnym stały budynki gospodarcze oraz dom mieszkalny zwany Kamieńskiem, a zamku środkowym pokoje królewskie i sala sądowa. W 1587 r. atakowany był i zniszczony przez wojska austriackie arcyksięcia Maksymiliana. Z tym wydarzeniem wiąże się tragiczna historia dowódcy załogi twierdzy - starosty Kacpera Karlińskiego. Jego porwany przez najeźdźców kilkuletni syn wraz z piastunką wystawiony został pod zamek na pierwszą linię ognia. Obrona się powiodła, z poświęceniem jednak życia syna dowódcy. (Historie Karlińskiego i obrony zamku opisali w swojej twórczości Władysław Syrokomla i Aleksander Fredro.) Kolejne zniszczenia nastąpiły podczas ataku szwedzkiego w roku 1656. Od tego czasu zamek ulegał ruinie, skały wapienne kruszyły się naruszając mury, a ponadto dolne partie zamku w latach 1722-29 rozebrano, by uzyskać materiał na budowę kościoła w Olsztynie. Do dziś z zamku zachowały się mury części mieszkalnej, dwie wieże i fragmenty murów budynków gospodarczych. Podobno pod całym wzgórzem zamkowym istnieje bardzo rozgałęziona sieć tuneli, ale obecnie nie ma do nich wejścia. Jedna z legend o zamku głosi, że posiada on ponoć podziemne połączenie z klasztorem jasnogórskim, a w podziemnych rzekach można zobaczyć pływające złote kaczki.

Wędrówka szlakiem kończy się na rynku w Częstochowie. A te kilka zamków tutaj wspomnianych to nie wszystkie "orle gniazda". Jest ich wiele jak widać z załączonej mapy, a niektóre przewodniki zamieszczają aż 17 historycznych obiektów warty zwiedzenia podczas wędrówki.

Szlak Orlich Gniazd
**to jedna z najciekawszych tras pieszych,
rowerowych czy samochodowych w całej Polsce.**



Otwarcie wystawy 4 czerwca zatytułowanej "Between Purity and Passion" w galerii KCCOC w Wheeling, IL.



Uczestniczki wystawy w czasie zdejmowania obrazów pod koniec czerwca. (Photo, Urszula Lelen)



Uczestniczki wycieczki do Muzeum Sztuki w Milwaukee - jak widać wiele radości i szaleństwa. (Photo, Małgorzata Goralczyk)

WIOSNA I POCZĄTEK LATA W ArtPo

Jeśli ktoś jest zainteresowany tym co słyszać u artystów należących do Związku Polek w Ameryce (Gr. 822), to pragnę poinformować, że ostatnio wzięli oni udział w dwóch interesujących przedsięwzięciach.

Otoź właściciele pięknej galerii w Wheeling KCCOC (Koreańskie Centrum Kultury w Chicago), zaprosili 13 polonijnych artystów, w tym członków naszej organizacji, do udziału w swojej jubileuszowej wystawie, zatytułowanej "Between Purity and Passion". Wystawa trwała od 4 do 27 czerwca. Zaproszenie było miłą niespodzianką oraz dużym zaszczytem dla naszych twórców. Stanęli oni na wysokości zadania, prezentując widzom wiele interesujących prac.

Wiemy, że podróże kształcą, dlatego też 25 czerwca nasi artyści wybrali się do Milwaukee aby zwiedzić tamtejsze Muzeum Sztuki. O 10 rano stanęli pod obiektem "zwarci i gotowi". W powietrzu rozległy się dźwięki przyjemnej, relaksującej muzyki i "skrzydła" museum zaczęły się powoli rozchylać w stronę błękitnej tafla jeziora Michigan. Było to piękne widowisko. Następnie grupa spotkała się z przewodnikiem, który przez godzinę opowiadał interesujące historie o samym budynku Muzeum, rozbudowywanym przez 3 architektów (David Kahler, Eero Saarinen oraz Santiago Calatrava) oraz o kolekcji muzealnej. Zarówno opowieści przewodnika, który był świadkiem wprowadzania w życie oryginalnego projektu Santiago Calatravy, jak i indywidualne oglądanie eksponatów prezentowanych w muzeum, między innymi obrazów takich artystów jak: Georgia O'Keeffe, Andrew Wyeth, Norman Rockwell and Thomas Hart Benton, dały wiele niezapomnianych estetycznych przeżyć uczestnikom wyprawy do Milwaukee. Dodać trzeba, że humorystyczne i wszyscy z chęcią wybiorą się w przyszłości na tego typu wyprawę.

Należy wspomnieć również, że w ambitnych planach naszej grupy, w ten rok wpisane są dwa plenery artystyczne, jeden w okolicach Chicago pod koniec lipca, drugi zaś w Michigan we wrześniu, a także doroczna wystawa grupy w listopadzie w gościnnych progach galerii KCCOC w Weeling, IL.

Kasia Szczeńiewski

“Spadające do walki orły” – Cichociemni patronami roku 2016



W nocy z 15 na 16 lutego 1941 roku w Dębowcu na Śląsku Cieszyńskim został przeprowadzony pierwszy zrzut cichociemnych* – żołnierzy Polskich Sił Zbrojnych na Zachodzie przerzucanych drogą powietrzną do okupowanego kraju. Operacja nosiła kryptonim „Adolphus”. Na pokładzie brytyjskiego dwusilnikowego samolotu Whitley znalazło się trzech polskich skoczków: kpt. Stanisław Krzymowski (“Kostka”), por. Józef Zabielski (“Żbik”) oraz kurier polityczny Czesław Raczkowski (“Włodek”).

* Cichociemni to specjalnie szkoleni żołnierze polskiej armii, którzy w czasie II wojny światowej zrzucani byli na spadochronach na terytorium okupowanej Polski. Nazwa “cichociemni” pochodzi od sposobu działania - przeważnie nocą lub po zmierzchu, czyli “po ciemku” i z zachowaniem wielkiej ostrożności, a więc “po cichu”. Ich znakiem stał się spadający do walki orzel.

Gdy kampania wrześniowa 1939 r. dobiegła końca, część polskich żołnierzy, która nie dostała się do niewoli, przedostała się do neutralnych państw sąsiednich, zwłaszcza na Węgry i do Rumunii. Stamtąd udawali się do Francji, gdzie gen. Władysław Sikorski formował polskie wojsko, lub do Samodzielnej Brygady Strzelców Karpackich w Syrii i Palestynie i Polskich Sił Zbrojnych w Wielkiej Brytanii. Rząd Polski znajdujący się na emigracji w Londynie starał się zorganizować łączność z krajem, używając lotnictwo i zrzuty spadochronowe. We wrześniu 1940 roku gen. Władysław Sikorski podjął decyzję o utworzeniu takiej jednostki i w Oddziale III Sztabu Naczelnego Wodza utworzono specjalny wydział studiów i szkolenia wojsk spadochronowych.

Wydział zajął się opracowaniem zasad łączności lotniczej z krajem, planami werbunku i szkolenia cichociemnych oraz warunkami lotów długodystansowych do Polski. Zostały zorganizowane pierwsze kursy i przystąpiono do werbunku i szkolenia cichociemnych. Cichociemnymi zostawali wyłącznie ochotnicy, a wśród zgłaszających się byli żołnierze wszystkich rodzajów broni. Po złożeniu przysięgi na rotę Armii Krajowej i obraniu pseudonimu, stawali się żołnierzami Polski Podziemnej. Ukończenie wymaganych kursów gwarantowało wysokie wyszkolenie wojskowe, sprawność fizyczną i przydatność do walki, tak więc absolwenci stali się najlepszymi z najlepszych - elita wśród wojsk nie tylko polskich lecz również alianckich.

Okres zrzutów trwał od 15 lutego 1941 roku do 28 grudnia 1944 roku. 316 zrzuconych cichociemnych różniło się rodzajem wyszkolenia i specjalizacją poszczególnych służb. Było to 37 osób służących w wywiadzie, 50 z łączności, 24 oficerów sztabowych, 22 żołnierzy służb lotniczych, 11 instruktorów i żołnierzy pancernych, 3 osoby zajmujące się legalizacją i podrabianiem dokumentów, 169 z dywersji i partyzanckimi oraz 28 kurierów politycznych.



Ich zadaniem była organizacja ruchu oporu i walka z okupantem. Cichociemni działały na wszystkich frontach walki, prowadzonej przez Armię Krajową. Byli żołnierzami Kedywu, walczyli w oddziałach partyzanckich, pracowali w wywiadzie, sabotażu i dywersji. Przekazywali swoją wiedzę na kursach i w szkołach podchorążych organizowanych w okupowanej Polsce. Zajmowali miejsca wszędzie tam, gdzie potrzeba było najwyższej klasy specjalistów. Oprócz cichociemnych i kurierów, zrzucano 630 ton sprzętu bojowego: broni, amunicji, materiałów wybuchowych, lekarstw, radiostacji itp. Sprzęt bojowy był zrzucany w specjalnych zasobnikach, natomiast pieniądze okupacyjne, które były produkowane w Anglii, w ilości 40 869 800, były zrzucane w paczkach ze spadochronem. Walutę i dewizy przewozili cichociemni w specjalnych pasach na sobie. Ogółem przywieziono 26 299 375 dolarów USA w papierach i w złocie, 1 755 funtów brytyjskich w złocie, 3 578 000 marek niemieckich.

Odpowiedzialna i niezwykle niebezpieczna służba powodowała olbrzymie straty w szeregach. Spośród 316 cichociemnych zginęło 112, 9 podczas lotu lub skoku, 94 straciło życie w walce lub zostało zamordowanych przez Gestapo, w tym 10 osób zażyło truciznę. 9 cichociemnych zostało skazanych przez sądy PRL na kary śmierci, a wyroki wykonano. Zostali następnie zrehabilitowani po odzyskaniu niepodległości. 91 cichociemnych brało udział w Powstaniu warszawskim, 18 poległo w walce.

Najbardziej znani cichociemni to : gen. Leopold Okulicki ps. „Niedźwiadek”, ostatni Komendant Główny AK, płk. Kazimierz Iranek-Osmecki, szef Oddziału II Komendy Głównej AK, Jan Piwnik ps. „Ponury”, ppor. Hieronim Dekutowski ps. „Zapora”, mjr Bolesław Kontrym ps. „Żmudzin”, por. Stefan Bałuk ps. „Starba”, kpt. Adam Borys ps. „Pług”, mjr Andrzej Rudolf Czaykowski ps. „Garda” i Elżbieta Zawacka ps. „Zo”.

Tradycje Cichociemnych przejęli żołnierze GROM-u (polskiej jednostki Wojsk Specjalnych), którzy co roku spotykają się z żyjącymi cichociemnymi oraz ich rodzinami. Sejm RP, aby oddać hołd wszystkim Cichociemnym, którym należy się szacunek całego Narodu, oraz aby przekazać pamięć o nich kolejnym pokoleniom, ogłosił rok 2016 Rokiem Cichociemnych.



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ŻYWIOŁ, RADOŚĆ I OPTYMIZM



Zofia Stryjeńska (1891-1976) – nazywana przez krytyków sztuki "księżniczką polskiego malarstwa" i "boginką słowiańską" - wybitnie utalentowana malarka, była najpopularniejszą artystką lat międzywojennych. Stworzyła swój własny styl łącząc Art Deco, modny ówczas nurt w światowej sztuce, z nurtem narodowym - "polskością" inspirowana folklorem i legendą.

W swoich pracach podjęła tematykę prasłowiańskiej kultury i dziejów przedpiastowskich - polskiej narodowej tradycji, jakże ważnej dla budowania państwowości i poczucia więzi narodowej po odzyskaniu niepodległości. Jej styl charakteryzuje szczególna kolorystyka, intensywne barwy, kontrastowo zestawiane, tak jak w sztuce ludowej, i wyrazisty rysunek. Z technik malarstw uprawiała głównie temperę, olej, gwasz i akwarele.



Jej żywiołowe, dynamiczne obrazy miały często charakter "zabawowy", radosny i docierały do najszerzych rzesz odbiorców. Obrazy Zofii Stryjeńskiej zachwycają wspaniałą kolorystką ludowych strojów oraz żywiołowością, co widać szczególnie w scenach tanecznych i obrzędowych. Najsłynniejsze cykle obrazów to "Polskie kolędy", "Bóstwa słowiańskie" (1917), "Tańce polskie" (1927), "Młoda wieś polska", "Pory roku", "Obrzędy ludowe".

W twórczości artystki są także prace o tematyce religijnej. W latach 1917–1918 artystka namalowała gwaszem i akwarelą pięć obrazów tworzących cykl "Pascha", a w 1922 roku powstał w tej samej technice kolejny cykl "Sakramenty".

Nie tylko malarstwo było jej domeną, ale wszystkie gałęzie

sztuki użytkowej. Stryjeńska projektowała zabawki, tkaniny dekoracyjne, tworzyła teatralne scenografie, dekorowała sale Sejmu, projektowała malarstwo ścienne do komnat na Wawelu, zdobiła wnętrza polskich transatlantyków „Piłsudski” i „Batory”. Uprawiała też malarstwo ścienne; dekorowała winiarnię Fukiera i cukiernię Wedla w Warszawie. Ilustrowała także książki, m. in. "Treny" J. Kochanowskiego, "Monachomachię" I. Krasickiego i "Pana Tadeusza" A. Mickiewicza.

Zofia Stryjeńska wielokrotnie prezentowała swoje prace na wystawach zbiorowych i indywidualnych. Jej obrazy wystawiano między innymi w Paryżu, Londynie, Wiedniu, Amsterdamie, Pradze, Florencji, Sztokholmie i Wenecji. Za swą twórczość otrzymała także szereg prestiżowych nagród, m.in. złoty medal na XVIII Biennale w Wenecji. A w 1925 r. wzięła udział w Międzynarodowej Wystawie Sztuki Dekoracyjnej w Paryżu, zdobywając Grand Prix za cykl ilustrujący pory roku i pięć medali: za plakatu, dekoracje architektoniczna, tkanine i ilustracje książkowa, oraz wyróżnienie za projekty zabawek. Francuzi odznaczyli ją także orderem Legii Honorowej. Tym samym stała się najczęściej nagradzaną uczestniczką wystawy, walnie przyczyniając się do sukcesu działu polskiego tej wielkiej światowej ekspozycji. W kraju, w 1930 r., za całokształt pracy twórczej została uhonorowana Krzyżem Oficerskim Orderu Odrodzenia Polski.

W 2008 roku dorobek Zofii Stryjeńskiej został zebrany w wielkiej retrospektywnej wystawie zorganizowanej przez krakowskie Muzeum Narodowe, na której pokazano ponad pół tysiąca prac wypożyczonych z muzeów i zbiorów prywatnych z Polski i zagranicy. Oprócz obrazów, zaprezentowano projekty fresków, lalek i scenografii teatralnych, grafiki, książki i plakaty, reklamy, zabawki, szachy, tkaniny, a także projekty architektoniczne.

Fascynujące pamiętniki Stryjeńskiej, pt. "Chleb prawie że powszedni" opublikowano w roku 1995. Natomiast w roku 2015 ukazała się bardzo interesująca i popularna wśród czytelników biografia artystki pióra Angeliki Kuźniak pod tytułem "Stryjeńska. Diabli nadali", opisująca ciekawe, barwne, chociaż często smutne i trudne życie artystki.

