About Us and Our Newsletter

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Views of Warszawa
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On the Back Cover

Canalettos’ paintings of
18th-century Warszawa

NEXT DEADLINES FOR GłOS POLEK

Fall 2012 issue:
Deadline for articles is October 1

Winter 2012 issue:
Deadline for articles is January 1

HOLIDAY HOURS

PWA Offices will be closed on the following days:
Monday, September 3 – Labor Day

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.

President Delphine Huneycutt – president@pwaa.org • Vice President Sharon Zago – vicepresident@pwaa.org
Secretary-Treasurer Antoinette L. Trela – secretarytreasurer@pwaa.org
Głos Polek Editors – editor@pwaa.org
Dear Members,

The past few months have been very busy at PWA! You will see in this issue of Głos Polek photographs and articles from the many events that took place, both at the national level and in Districts, Councils, and Groups. Highlights include the PAC National Directors’ Meeting held in Chicago in May — we met many dignitaries from Poland who were here for the NATO Summit and I had the honor of meeting the President of Poland, Bronislaw Komorowski.

I also attended the beautiful Bal Polonaise in District XIV Pennsylvania and the 50th Anniversary of Group 814 in California, among others. In Michigan, the Zamek Dancers of Group 769 were very excited to meet former President of Poland Lech Wałęsa in Detroit. In all Districts, members held Mother’s Day and May Queen celebrations, Scholarship Award events, and our youth members participated in the Junior Bowling Tournament and in May 3rd Constitution Day parades.

These are just some of the activities that took place in the last few months and they show how much energy and excitement can be generated by PWA events that involve our youth, honor our members, and celebrate our heritage. It is my hope that you will be inspired to plan many such events in the coming months, and bring the excitement we feel here at the Home Office to your local PWA Groups and Councils.

Our cover story is about the restoration of Warszawa, the capital of Poland, to its former glory after the devastation the city suffered during World War II, and its emergence as a leading and vibrant economic and cultural center in the European Union today. This accomplishment speaks to the strength and spirit of the Polish people, whose courage and determination in face of tragedy have been displayed over and over again during the course of Poland’s history.

Please check out our new Back-to-School Promotion in this issue, and look for more insurance promotions and special offers coming your way in the fall. We continue to work hard to create attractive insurance products at affordable rates — to help you with your financial planning and to draw more members to our organization. Insurance is the foundation of Polish Women’s Alliance and new membership is our lifeline. Please do your part to ensure the future of our beloved PWA.

Finally, August 26th is the feastday of Our Lady of Częstochowa, the Queen of Poland and the Patroness of PWA, and we will once again be in Doylestown at the Shrine to celebrate PWA Day on Sunday, August 26th. I hope to see many members there.

I wish you a happy end of summer and look forward to a busy and productive fall!

Fraternally,

Delphine Huneycutt
National President
PWA Zamek Dancers Meet President Lech Wałęsa

Thursday, April 26, 2012, was a big day for the Zamek Dance Troupe of PWA Group 769, but the butterflies in their stomachs weren’t due to pre-recital jitters. Instead, the troupe members were anxious to meet the former President of Poland and Nobel Peace Prize Laureate Lech Walesa at Chrysler Group’s Jefferson North Assembly Plant in Detroit. Walesa, the founder of Solidarity, the Soviet bloc’s first independent trade union, was visiting the facility to talk to Chrysler Group LLC Chairman and CEO Sergio Marchionne, UAW Vice President and Director of the Chrysler Department General Holiefield, and a group of about 150 plant employees and invited guests.

Before Walesa began his speech, a group of seven excited Zamek dancers representing all ages welcomed the former President as he entered the plant. (See top photo.) The group waved Polish flags as they sang the Polish national anthem and Meredith Bayus presented the President with a bouquet of white daisies and red poppies, Poland’s national flower. (See second photo.)

Representatives of the troupe who greeted Walesa on behalf of the Polish Women’s Alliance and the Zamek Dance Troupe included: Gunnar Dudlar, Arre Dudlar, Charlotte Bien, Liam Bien, Meredith Bayus, Beth Ann Bayus, and Carole Stross. Carole Stross and Beth Ann Bayus also were members of the Zamek Dance Troupe that won PWA national dance competition in 1982 and toured Poland during the summer of 1979, while it was still under communist rule. The very next year, the same man that they greeted in Detroit on April 26th, would begin the Solidarity movement that changed the world.

WINNERS OF THE 2012 ANNUAL PWA CASH RAFFLE

Komitet Osiwiaty is happy to present the following winners of the 2012 Cash Raffle. The drawing was held on June 21, 2012, in Chicago:

- $2,000 Grand Prize: Dolores Sheen, District 3, Council 22, Group 562
- $1,000 Second Prize: Melody Keske, District 1, Council 9, Group 83
- $500 Third Prize: B. Wesol, District 5, Council 3, Group 226
- $250 Fourth Prize: Bruno J. Pawlak, Non-member
- $250 Fifth Prize: Irene Addams, District 2, Council 2 Group 177
- $100 Sixth Prize: A. Wesol, District 5, Council 3, Group 226
- $100 Seventh Prize: Lillian Kudela, District 5, Council 3 Group 386
- $100 Eighth Prize: Florence Coniglio, Non-member
- $100 Ninth Prize: Irene M. Serzan, District 10, Council 15, Group 598
- $100 Tenth Prize: Violet Pawluk, District 1, Council 27, Gr 440

We would like to thank everyone who supported our Raffle and hope you will continue to do so in the future. Bóg Zapłaci!
PAC National Council of Directors Meeting

The Polish American Congress held its Plenary Meeting of the National Council of Directors on Thursday and Friday, May 17 - 18, 2012, at the Hyatt Regency O’Hare in Rosemont, Illinois. A “Passport to Poland” meeting was held on Saturday, May 19, 2012, hosted by the Polish American Chamber of Commerce in Chicago. The meetings coincided with the NATO Summit that was held in Chicago at the same time, and the Directors had the opportunity to meet with Polish government officials who attended the Summit, including President of Poland Bronisław Komorowski.

Photo below shows National President Delphine Huneycutt meeting President Komorowski. In second photo, from left, Vice President Sharon Zago, PRCUA Vice President Anna Sokolowski, Honorary Consul for the Republic of Poland Lawrence Ashe, Jr., and President Delphine Huneycutt. Secretary-Treasurer Antoinette Trela also attended the PAC meetings.

COUNCIL 9 OBSERVES FOUNDER’S DAY

PWA Founders Day was observed by Council 9 on Sunday, May 20, 2012, with a visit to St. Adalbert’s Cemetery in Niles, Illinois, to place flowers and offer prayers at the graves of departed Past National Presidents of PWA, including Stefania Chmielinska, Anna Neumann, Emilia Napieralska, and Adela Lagodzinska. The group also visited the graves of Past National Director and Council 9 President Regina Solms; National Director Albina Damsz; and President of Pobudka Society Group 743 Helen Damsz-Wojcik, as well as the Katyn Monument located in the cemetery. In photo above, from left, Jim Kolak, Vice President Sharon Zago, District I President Lidia Filus, National Director Czeslawa Kolak, Sylvia Kania (Gr. 819), Fred Kania, Teresa Fic (Gr. 126), Marilyn Gibson (Gr.723), and Bernadette Boratyn (Gr. 723).

Polish-American Days at Six Flags Great America

The Four Polish Fraternals sponsored Polish-American Days at Six Flags Great America in Gurnee, Illinois, again this year on June 5 - 6, 2012. This annual event has been a great success -- and great fun for the entire family. Members of PWA, PNA, PRCUA, and the Polish Falcons gathered for photos with Polish folk dance groups who performed during the weekend at the amusement park, adding a colorful touch. Thousands of weekend attendees to the park were able to watch our beautiful Polish dances. In the photo, PWA Vice President Zago is at the far right in the front row; PRCUA Vice President Anna Sokolowski is at the far left.
**District VII Members Honored**

Cleveland, OH — Grazyna Buczek, District VII President (at right in photo), and Elzbieta Mrozinska, Council 7 President (at left) were both honored with the prestigious Knight/Grand Lady of Pulaski Medals during the Awards Banquet of the Polonia Foundation of Ohio, held on June 14, 2012. Congratulations to our two truly Grand Ladies on this honor!

Also in photo are Honorees Cleveland City Councilman Anthony Brancatelli and Veteran Stanley J. Bolenski, along with President of the Polonia Foundation of Ohio Michael Polichuk and Rev. Erich Orzech of St. Casimir’s Parish in Cleveland.

**District X Member Honored**

Newark, NJ – For her many years working on behalf of the Polish American community in New Jersey – as District X President, PWA Group 598 officer, and on the Committees for the Polish Heritage Festival, the General Pulaski Memorial Parade, and Polish Children’s Heartline – Marion Listwan was honored with the Outstanding Polish Ethnic Leader Award at the 36th Annual Heritage Ball held on April 21, 2012, in Newark. Congratulations, Marion, on the Award and on a lifetime of dedication to Polish Women’s Alliance and to Polonia!

**TORNADOES STRIKE POLAND APPEAL FOR RELIEF FUNDS**

Just as we were going to press, we learned of devastating tornadoes that struck northern and western Poland on July 15, 2012. At least one person was dead and dozens injured after funnel clouds destroyed over 100 homes and 1000 acres of farmland and forests. A huge clean-up operation is now underway. Please send checks, payable to the PWA Charitable & Educational Foundation - Memo: Tornado Relief in Poland to

PWA Charitable & Educational Foundation
Poland Tornado Relief
6643 N. Northwest Hwy, 2nd Floor
Chicago, Illinois, 60631

Thank you for your generosity in helping Poland deal with this tragedy.

Delphine Huneycutt, National President

Donations are tax-deductible to the extent allowed by law.

**MAY 3RD CONSTITUTION DAY PARADE IN CHICAGO**

The 121st annual Polish Constitution Day Parade was held in Chicago on Saturday, May 5, 2012. The Grand Marshall of the Parade was Grazyna Zajaczkowska, member of PWA Group 89 and former Polish Editor of Głos Polek. Grazyna is the Director of Immigration Services at the Polish American Association. As always, PWA had a float in the parade, with PWA members and students of the Marie Sklodowska Curie Polish School riding on it and marching alongside. Thousands of people lined the parade route in downtown Chicago and local TV stations covered the event live. The Polish Constitution of May 3, 1791, was the first democratic Constitution in Europe and the second such document in the world after the U.S. Constitution.

PWA float with District I President Lidia Filus, National Director Czeslawa Kolak, members of the Parents Committee, and students of Marie Sklodowska Curie Polish School of District I. Also riding on the float was Mario Puharic, President of Integra Communications, who had obtained the sponsorship of Krakus Ham for the Council of Polish Educators “Legends of Krakow” art and essay contest. The Council had recommended the Marie Sklodowska Curie School for a $1000 grant for the extraordinary participation of its students in the contest. The check was presented to the Director of the school, Agnieszka Trzupek, on March 5, 2012, during Pulaski Day observances at the Polish Museum. (Photo by Jim Kolak.)


At the reception held after the Mass, from left, Teresa Buckner of Group 821, Father Andrzej Maslejak from Holy Trinity Church, Bishop Andrew Wypych, and PWA Vice President Sharon Zago.
DISTRICT XIV BAL POLONAISE

Councils 40 and 44 of District XIV, Northeast Pennsylvania, held the 40th Bal Polonaise on Saturday, April 14, 2012, at the Ramada Hotel, Wilkes-Barre. Six young women were presented to an audience of 100 family, friends, and members. The young women and their escorts danced the Polonaise under the direction of Bernardine Vojtko, choreographer. Cheryl Hillard, District XIV President, introduced the guests at the head table and turned the program over to Dr. Susan Glod, Master of Ceremonies. Dr. Glod is an Assistant Professor of General Internal Medicine and Palliative Medicine at the Penn State College of Medicine and the Milton S. Hershey Medical Center in Hershey, PA. Four young pages assisting in the presentation were Kaitlyn Lokuta, Alexa Regis, Bradley Augenstein and Matthew Prociak.

Debutantes, from left: Anna Rose Borinski, Group 105; Sarah Ann Snyder, Group 267; Marissa Durako, Group 362; Danielle Gorski; and Victoria Zawacki and Brianna Zawacki of Group 267. Escorts, from left: Michael Borinski, Group 105; John Myers; Michael Prociak, Group 362; Patrick Gilhooley; Ryan Lahnnemann, Group 450; and John Bath, Group 450.

GROUP 814 CELEBRATES 50th Anniversary

Group 814 of San Fernando Valley, California, held an Anniversary Luncheon at the Historic Tam O’Shanter Inn in Los Feliz on Saturday, May 5, 2012, celebrating 50 years since the Group’s founding. Special guests included PWA President Delphine Huneycutt, PWA Vice President Sharon Zago, Past National Director Helen Simmons, Guest Speaker Robert W. Jensen, and Major James L. Morris, Civil Air Patrol, Squadron 128 Commander. Cadets of Civil Air Patrol, Squadron 3 presented colors at the event. The elegant luncheon and awards ceremony that followed were enjoyed by PWA members along with their families and friends. Officers of Group 814 are Mary Anne Wilk, President; Alicia Van Laar, Vice President; and Lori Kurowski, Recording Secretary. Sharon Morris is the Group’s event planner. Congratulations to Group 814 on this beautiful event!

In top photo: Special presentations by Group 814 President and State President Mary Anne Wilk, National Vice President Sharon Zago, and National President Delphine Huneycutt. In second photo, a special thank-you to Alicia Van Laar as one of the founding members of Group 814, presented by Vice President Zago and National President Huneycutt.

– Submitted by Sharon Morris

Zamek Dancers Bowling Fun

On Sunday, March 11, 2012, several past and present PWA Zamek Dancers (Group 769), along with their friends and family members, got together for a day of fun. They spent the afternoon at Sunnybrook Lanes in Sterling Heights, Michigan. It was a great way for everyone to support the 2012 Polonia Junior Bowling Tournament sponsored by Polish Women’s Alliance and the Four Polish Fraternals. Even our wonderful Ms. Carole got in on the fun. Everyone enjoyed pizza, pop, and prizes too!

– Submitted by Doreen Geml

Special guests at the head table included, front row, from left, Cheryl Hillard, District XIV President; Sharon Zago, Vice President; Delphine Huneycutt, National President; Antoinette Trela, Secretary/Treasurer; and Dr. Susan Glod, Master of Ceremonies and National Medical Director. Second row: Dorothy Talipski, Council 44 President; Felicia Perllick, National Director; Bernardine Regis, Council 40 President; and Rev. Joseph Horanzy. Third row: Robert Parrish and Dr. Joseph Enama.

Congratulations to the Debutantes and their families!
CALENDAR OF EVENTS

Saturday, August 18
Polish-American Night with the Chicago Fire, sponsored by the Four Polish Fraternals. Game starts at 7:30 p.m. in Toyota Park, Bridgeview, Illinois. Tickets are half-price for only $20. Contact Vice President Sharon Zago at 888-522-1898 ext 208 for more information.

Wednesday, August 22
District I PWA Patron’s Day celebration, hosted by Council 19, at St. Andrew the Apostle Church, 768 Lincoln Avenue, Calumet City. Mass at 11 a.m. followed by luncheon at Steve’s Lounge, 13200 South Baltimore Avenue, Chicago (Hegewisch), IL. Donation: $20. Raffle prizes welcome. Contact: Council 19 President Dorothy Polus at 219-322-7947.

Sunday, August 26
PWA Day at the Shrine of Our Lady of Czestochowa in Doylestown, PA. Mass at 12:30 p.m. Contact Vice President Sharon Zago at 888-522-1898 ext 208 for more information.

Saturday, September 8
District I State Seminar will be held at 11:30 a.m. at the House of the White Eagle, Niles, IL. All PWA members invited. Letters with more details will be mailed to all members. Contact: State President Lidia Filus at 847-698-0250 or L-Filus@neiu.edu.

Saturday-Sunday September 22-23
District VII and Council 7 of Cleveland, Ohio invite all PWA members and friends to the 10th Anniversary Banquet for the Paderewski Polish School, and the District VII State Seminar. See article on this page for details.

Saturday, December 29
Council 8 Bal Polonaise at Chez Josef, Agawam, Massachusetts. Debutantes should be of Polish descent and between the ages of 18 and 25. PWA members as well as non-members are invited to apply. For more information, please contact Alvira Balut at 413-584-4494, Jennie Starzyk Benton at 413-237-6403, or Alice Manijak at 413-533-8964.

COUNCIL 27 UPCOMING EVENTS
Chicago, Illinois

Saturday, August 18
TREASURE SWAP PARTY FOR CHARITY
Please join us in Bo Padowski’s garden at 9500 Greenwood Drive, Des Plaines, IL, from 10 a.m. to 4 p.m. for a Treasure Swap. Here’s how it works: for every piece of women’s clothing, accessories (hats, scarfs, belts, shoes, purses, jewelry, etc), or outerwear that you bring, you get to select up to the same number of “new to you” items to take home. All donated items must be “gently used” or in “like-new” condition or they will not be accepted. Any items remaining at the end of the Party, will be donated to benefit victims of domestic abuse served by the Polish American Association. Monetary donations to benefit the Anawim Shelter for the Poor will be accepted (suggested donation is $5). Complimentary wine and cheese will be served. Contact Bo Padowski at 847-420-4070 or Antoinette Trela at 847-323-1005. Please join us for this fun event!

Saturday and Sunday, September 15–16
ART EXHIBIT
Lower level Social Hall of Polish Women’s Alliance, 6643 N. Northwest Hwy., Chicago. From 10 a.m. to 6 p.m. both days. See the latest works of Polish-American artists. Refreshments will be served. Contact: Kasia Szczesniewska at 630-942-9307.

Wednesday, September 19
POTAWATOMI CASINO OUTGOING
Bus departs Golf Mill Mall in Niles, IL at 8:30 a.m. Return at 5 p.m. $20 donation includes round-trip in deluxe motor coach, $10 in Reward Plays, and a $10 credit for the lunch buffet, so this outing is at no cost to participants! Contact Antoinette Trela at 847-323-1005 or Camille Kopielski at 847-394-2520.

Friday, November 2
SURVIVORS REMEMBRANCE EVENING
PWA Home Office, 6:30 p.m. Christian Survivors of World War II Remember. A very special evening is planned where PWA members and friends, who personally survived World War II, Siberia, and the death camps will share their incredible stories. Refreshments will be served. Contact Teresa Makowski at 847-384-1200 ext 218, or Bo Padowski at 847-420-4070.

Saturday, December 8
CHRISTMAS PARTY FOR CHILDREN
Save the date! Council 27 Christmas Party for children up to age 10. Details in the next issue of Głos Polek.

IMPORTANT REMINDER: STATE SEMINARS
All District Presidents are reminded to schedule a State Seminar before the end of the calendar year. Please send details to and/or contact the National President’s Office as soon as possible, if you would like to request a National Officer or the Sales Director to be present at your State Seminar.

District VII Anniversary Banquet and State Seminar
District VII and Council 7 of Cleveland, Ohio, invite all PWA members, friends, and supporters to the 10th Anniversary Banquet of the Ignacy J. Paderewski Polish School on Saturday, September 22, 2012, at 6 p.m. at the Polish American Cultural Center, 6501 Lansing Ave, in Cleveland. Special Attraction: The Głos Polek Centennial Exhibition.

The District VII State Seminar will be held on Saturday, September 23, 2012. Mass at 10 a.m. in St. Stanislaus Church, Cleveland. Seminar starts at noon. Location to be announced.

Contact: District President Grazyna Buczek at 216-316-6165, or Council 7 President Elzbietka Mrozinska at 216-394-3839.
Welcome to Our New Members!
A warm welcome is extended to these new members (April – June, 2012).
We are so glad you have joined us!

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District I Fundraising Appeal
Restoration of St. Stanislaus Kostka Church

Celebrating this year the 135th Anniversary of the Laying of the Cornerstone, St. Stanislaus Kostka Church, 1327 N. Noble Street in Chicago, is undergoing a major restoration and needs support from the Polish-American community. The Church opened in 1867 to serve the needs of Polish immigrants in Chicago. By 1897, it was the largest parish in the U.S. with 8,000 families; it is the “Mother” Parish of Catholic Poles in Chicago. Francis Cardinal George designated the church a Sanctuary of The Divine Mercy in Chicago. Today, St. Stanislaus Kostka serves the spiritual needs of a multi-ethnic population in the heart of Chicago.

Let’s get together to donate a pew from PWA District I in support of the restoration of this beautiful and historic church. Donations are $3600 for a 20-foot pew and $1600 for a 9 1/2-foot pew. All Groups and Councils in District I are urged to contribute. Suggested donation is $100. Larger amounts are welcome. Please be generous.

Send checks, payable to PWA District I, to District President Lidia Filus, 325 Chester Street, Park Ridge, IL 60068.

Fraternally,
Lidia Filus, District I President
NEW MEMBERSHIP BENEFIT
PWA DVD LENDING LIBRARY

Komitet Oświaty’s PWA Book & Film Club would like to share some classic Polish films with PWA members by establishing a new DVD lending library. Our moderator, Professor Ireneusz Raciborski, recommended the films listed below for your personal viewing enjoyment.

These films have already been enjoyed by members of the PWA Book & Film Club, and now we would like to share them with our members on a national basis. Some of these stories are based on books you may want to read before or after viewing the films. Please check with your local library on the availability of these titles for further enrichment of the topic. Most of the films are in Polish with English subtitles.

A one-time membership fee of $10 is required to join the Lending Library to help defray replacement of lost or damaged films.

DVDs are limited to a maximum of TWO per member at a time. Upon return to PWA, another two DVDs may be requested. The suggested donation for borrowing the DVDs is $3 per film per day, starting with the day you receive it (lending time does not include time spent in transit in the mail system). For longer periods (10 days) the suggested donation is $10. This donation will also help to defray postage and handling. Return postage is not included in the lending fee, and will need to be paid by the member.

We trust that you will find this selection of Polish films very enjoyable and educational. Please contact Vice President Sharon Zago at 888-522-1898 ext 208 for further details.

List of Available DVDs

1. KRAJOBRAZ PO BITWIE (LANDSCAPE AFTER BATTLE)
2. OGNIEM I MIECZEM (WITH FIRE AND SWORD)
3. POTOP (THE DELUGE)
4. PAN WOŁODYJOWSKI
5. NOCE I DNIE (NIGHTS AND DAYS)
6. ZIEMIA OBIECANA (THE PROMISED LAND)
7. NAD NIEMNEM (ON THE NIEMEN RIVER)
8. CHŁOPI (THE PEASANTS)
9. CZŁOWIEK Z MARMURU (MAN OF MARBLE)
10. PAN TADEUSZ
11. QUO VADIS
12. PIANISTA (THE PIANIST)
13. KATYN
14. KAROL – A MAN WHO BECAME POPE

PWA POLISH BOOK & FILM CLUB FALL 2012

Books extend our narrow present back into a limitless past. They show us the mistakes of the men before us and share with us recipes for human success.

–T.V. Smith

The PWA Polish Book & Film Club will resume weekly discussion meetings at the PWA Home Office starting on Thursday, September 6th at 3:15 p.m. The first film will be shown on Thursday, September 27th, at 12:30 p.m. Below is the list of books and films for the fall session.

**BOOKS**

1. The Promised Land, Władysław Reymont
2. The Cosmic Carnival of Stanisław Lem: an Anthology of Entertaining Stories by the Modern Master of Lem, Stanislaw, Stanisław Lem
3. Spring to Come, Stefan Żeromski
4. Forgotten Survivors: Polish Christians Remember The Nazi Occupation, Edited by Richard C. Lukas
5. Witness to Hope. The Biography of Pope John Paul II (from chapter 1 to 9) George Weigel

**FILMS**

1. The Promised Land, Andrzej Wajda, Poland
2. Karol, The Pope, The Man, Gacomo Battiato, Italy/Poland

Please contact Vice President Sharon Zago at 888-522-1898, ext 208, for more information. The moderator of the PWA Polish Book & Film Club is Professor Ireneusz R. Raciborski, M.A. You can download the Syllabus from our website at www.pwaa.org.

PWA Book & Film Club Closes Spring Session

Several members of the PWA Book & Film Club met in Oak Park, Illinois, for lunch and a tour of the Ernest Hemingway House and Museum. Afterwards, we were invited by our member Pat Michalski and her husband for some friendly conversation and refreshments. Pat surprised the group with a special “Thank You! PWA” cake and we sang a special blessing that Pat provided before sitting down to enjoy it. This celebration marked the end of the spring session of the Book & Film Club. The fall session starts in September.
Do you know what the average annual cost of college is today?
According to the College Board’s “Trends in College Pricing,” in 2011-2012 the average annual cost of a college education, including tuition, fees, room and board, was $17,131 for students attending four-year public colleges or universities in-state, $29,657 for out-of-state students, and $38,589 for students at four-year private colleges and universities. Assume an additional $4,000 for textbooks, supplies, transportation, and other expenses.

Do you know that as one of the many benefits of membership, Polish Women’s Alliance of America offers numerous Scholarships to its members?
These include college undergraduate scholarships, High School Academic and Sports Awards, the Remkus-Sochacki Academic Achievement Scholarships, and the Jagiellonian University Summer Program Scholarships. The current rules for most of our scholarship programs require that the applicant be a member of PWAA for at least five years and have at least $3,000 of whole life insurance coverage with our organization. Rules are subject to change by the Scholarship Committee.

Is your child or grandchild a member of PWAA and does she or he currently have a PWAA Whole Life Policy with at least a $3,000 face amount?
If the answer is NO ... don’t worry! Starting now and running through the end of November 2012, we are offering a Special PWAA 114th Anniversary BACK TO SCHOOL Promotion. During this promotion you can apply for a Whole Life Policy for that special child in your life by choosing a premium payment of either $114 annually payable for 10 years, or a one-time payment of $600.

Face Amounts are listed on this page in the box on the right; you can find an application and rules on page 12. For more information on this promotion and for all your insurance needs, please call me at 1-888-522-1898 ext 228 or email your questions to padowski@pwaa.org.

**PWAA 114th Anniversary BACK TO SCHOOL Promotion**

For $114 per year or a $600 one-time payment, we will issue your child a whole life insurance policy with a FACE AMOUNT as follows:

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Age to the nearest birthday
*age 0 is from 16 days to six months.
See page 12 for rules and how to apply.

**Watch Your Mailbox for the PWAA Double Rewards Membership Drive**

Starting at the beginning of August 2012, PWAA members across the country (where allowed by law) will start receiving their invitations to participate in our 2012 Membership Drive.

**Two $50 Membership Drawing Tickets will be enclosed!**
**APPLICATION FOR LIFE INSURANCE**

**With POLISH WOMEN’S ALLIANCE OF AMERICA**

6643 N Northwest Highway, 2nd Floor
Chicago, IL 60631

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**DECLARATION OF INSURABILITY**

Yes No

1. Within the past 3 years, has the proposed insured used tobacco in any form?
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?
   b. Epilepsy, convulsion, dizziness, fainting, stroke or mental disorder?
   c. High blood pressure, chest pain, diabetes, cancer or tumor?
   d. Alcoholism, alcohol abuse or drug abuse?
   e. Any other physical disease or deformity or consulted or been examined by any physician other than
      a symptom-free check-up, or had an electrocardiogram, x-rays, or blood studies during the past 3 years?
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?

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:

Fall 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 __________________________ Exp. Date __________

Billing Address ____________________________ Signature ____________

Zip Code ____________

**PWA 114TH ANNIVERSARY BACK TO SCHOOL PROMOTION**

ENDS November 30, 2012

**RULES**

Available to children from newborn to age 20 (nearest birthday).

10-Year Payment or Single Payment Plan qualify

**TO APPLY**

Complete, date, sign, and return the application with the premium payment of $114 (if paying annually) for the 10-Year Payment Plan, or $600 if the Single Payment plan was chosen.

If additional applications are needed, you can make a photocopy, visit our website at www.pwaa.org or call our toll-free number at 1-888-522-1898

Ask for Bo

To receive this beautiful set of five booklets from the PWA Polish Heritage Series, the application must be postmarked NO LATER than November 30, 2012.

Return Application to:

Polish Women’s Alliance
6643 N Northwest Hwy, 2nd Fl
Chicago, IL 60631
When the Unthinkable Becomes Reality

John Ogonowski grew up on a farm and never wanted to give up that life, even as he pursued a distinguished military and civilian flying career. While a young pilot for American Airlines, John began buying land in his hometown of Dracut, Mass., and eventually developed a second career as a hay farmer. John’s wife, Peg, was a flight attendant at American, and they knew her salary would not be enough to support their three young daughters and keep their farm going if something were to happen to John. So John bought life insurance to supplement the coverage provided by the airline.

On Sept. 11, 2001, the unthinkable happened. Terrorists hijacked American Flight 11, commanded by Capt. Ogonowski, and flew it into the World Trade Center. In an instant, Peg found herself at the center of the worst terror attack in the nation’s history, her grief compounded by concerns about how she would manage without John. A few days later, the Ogonowskis’ insurance agent, Richard Bourgault, CLTC, LUTCF, came by to offer condolences. The oldest daughter, Laura, then 16, approached him apprehensively and asked whether they would have to move out of their home. No, he said firmly. “That made all the difference in the world,” he recalls.

With the insurance proceeds, Peg was able to pay off the mortgage on her home, retire all of the debt on the farm and set aside college money for her girls. Today the 150-acre family farm is still in business, operated by John’s brother, Jim. Peg recently retired after a 30-year career with American. “I can’t begin to tell you how huge it was to have had the insurance and to know that we were completely covered,” she says.
Warszawa (Warsaw) today is a vibrant and modern capital city – an important and thriving financial, economic, and cultural center in the European Union. Its population is close to 2 million people and growing, while the greater metropolitan area has a population of close to 3 million. But the city’s survival and current success were not always a given. After World War II, more than 85% of the city had been left in rubble after Hitler ordered its destruction in retaliation for the Warsaw Uprising of 1944. In the post-war years, a decision was made to rebuild Warszawa in its original location on the Wisła (Vistula River) and to reconstruct its many historic buildings and churches and its beautiful Stare Miasto (Old Town).

The multi-year reconstruction campaign had the wholehearted support of the entire nation and is a testament to the indomitable spirit of the Polish people and to the determination and courage of Warszawa’s citizens, who against great odds stood up to Hitler’s armies and tried to liberate their city themselves as the War was drawing to a close – then rebuilt it brick-by-brick. Hitler had ordered the bombing, intending not only to punish the city’s residents for the Uprising, but also to obliterate the centuries-old tradition of Polish statehood. The city – with its long history of elective authority, diversity, and tolerance, where the first democratic European constitution, the Constitution of 3 May 1791, was adopted – literally rose again from ashes and rubble.

The decision to rebuild resulted in today’s meticulous restoration of the Old Town, with its many townhouses, churches, palaces, and squares. It is an outstanding example of a nearly total reconstruction of a span of history covering the 13th to the 20th centuries. The reconstruction included the recreation of the urban plan, together with the Old Town as well as the Royal Castle and many important religious buildings. The photo above shows Castle Square and King Zygmunt’s Column in Old Town.

Warszawa’s Old Town was established in the 13th century – and it had been rebuilt a number of times in the past as well. In 1607, Gothic Warszawa was destroyed by fire and rebuilt in the spirit of the Renaissance and Baroque, only to be devastated again during the Swedish invasions between 1655 and 1657 – and rebuilt again. The heart of the area is the Old Town Market Square: until the end of the 18th century the square was the most important place in the capital and many fairs and festivities were held here. The surrounding streets feature old architecture such as the City Walls, the Barbakan, and the Cathedral of St John, completed in the 15th century. The Royal Castle is a magnificent example of the Baroque style, built in the 14th century. In 1596, King Zygmunt III Waza moved his residence there when Warszawa became the capital of Poland. The Royal Castle served both as a residence for Polish kings and it also hosted sessions of the Sejm (Polish Parliament).

The reconstruction of the historic center of Warszawa, associated with so many events of historic significance, has had a considerable influence in other European countries on the evolution of the now widely accepted policies of the urbanization and preservation of older districts of cities. The beautiful historic center of Warszawa has been placed on UNESCO’s list of World’s Heritage Sites and serves as an example throughout the world of the successful reconstruction of historical city centers.

Since the fall of the Soviet Union in 1989, when Poland regained its independence and adopted a free-market economy, it has left the Soviet-style architecture of the post-war years behind and the city’s skyline and newest buildings clearly show the influence of the West. Warszawa’s skyline boasts many new skyscrapers, with more to come, as the city looks proudly and confidently to its future.
Warsaw Uprising
August 1 - October 2, 1944

The Warsaw Uprising began on August 1, 1944, and ended on October 2, 1944, when the vastly outnumbered Polish Home Army was forced to surrender to the German Army. The Uprising lasted two months and thousands of people participated in it, many of them students and teenagers. Over 200,000 people were killed and 85% of the city was destroyed by bombs after Hitler ordered its annihilation. The tragedy of the Uprising was that the Allies did not help to liberate the city and the Soviet Army, which could have brought much-needed military assistance, received orders to stand down and wait, positioned only a few miles away, and allowed Warszawa's brave citizens to be killed and its buildings destroyed. The Soviets, like the Nazis, had a stake in decimating the capital city and breaking the spirit of its residents. Warszawa today shows that they did not succeed.

Krzysztof Baczyński – A Poet Silenced before His Time

Regarded by Poles as one of the greatest Polish poets of the 20th century, Krzysztof Baczyński (1921–1944) ranks alongside Czesław Miłosz, Zbigniew Herbert, and Wisława Szymborska in his homeland, yet he is virtually unknown to English-language readers. Baczyński died in 1944, just a few days after the Warsaw Uprising began. He was 23 years old.

So many of Poland’s best and brightest died in the Uprising – and Baczyński was one of its brightest lights – put out before his time. The following poem foreshadows his own death on August 4, 1944, and that of his wife, Barbara, who also died in the Warsaw Uprising, on September 1, 1944.

The Glimpse

Nothing shall return. These, the times already forgotten;
only darkness – how evil and empty –
sets in mirrors on my own images.
Oh, I know, by heart I know, and do not wish to repeat;
I cannot know my forms in advance. Thus I die
with half-revealed God on my lips.
And now again we sit in a circle, and planet rain rumbles at walls,
and the heavy gaze like a rope over table,
and clouds of silence stand still.
And one of us – that is I came to love. The world blossomed for me
like a great cloud, a fire-dream and I am straight as a tree.
While the second of us – that is I conceived shivering hate
and that’s a knife that glitters from my eyes numb as water – that’s no tear.
While the third of us – that is I reflected in cried-out tears,
and my pain’s like a huge darkness.
And the fourth – whom I know, who will teach meekness again.
These futile times of mine and my heart very sick with the death
hatching in me…

Translated by Alex Kurczaba
PWA member
Polish Women’s Alliance
Gift Card Program
A new fundraising opportunity for 2012

We are happy to announce a new GIFT CARD PROGRAM which will help raise money for PWA. Purchase Gift Cards to pay for your everyday expenses such as food, clothing, household items, and other essentials—or purchase Gift Cards to give for birthdays, anniversaries, graduations, etc. Every time you pay for a purchase with a Gift Card, you will earn money for Polish Women’s Alliance!

The Gift Card Program includes popular retailers such as Target, Amazon, Walmart, and many other stores where we know that our members and supporters shop every day. By paying for your purchase at the retailers or restaurants listed below with a Gift Card, you can raise money for PWA and its many charitable and educational programs, each time you make a purchase. You can order your Gift Cards either by using the Order Form printed on pages 17 and 18 and mailing it in to PWA with a check, or you can go to our website, click on the Gift Card Program link on the Home Page, and order your Gift Cards online. PWA’s enrollment code is 4ABBLL873219L.

SUPPORT THE PWA EACH TIME YOU MAKE A PURCHASE AT ONE OF THE VENDORS LISTED ABOVE . . . AND MORE!

Go to our website at www.pwaa.org/GiftCardProgram for more details or to order your Gift Cards online.

Questions? Call PWA at 888-522-1898.
GIFT CARD ORDER FORM – POLISH WOMEN’S ALLIANCE OF AMERICA (Page 1)  
Use PWA Account # 4ABBLL873219L

Thank you for ordering your Gift Cards through our PWA fundraising program. Your purchase assists with the funding of many of our fraternal programs and activities for all age groups. Your Order Coordinator is Antoinette L. Trela.

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Make Checks Payable To: Polish Women’s Alliance of America

Total Page 1 $
Thank you for ordering your Gift Cards through our PWA fundraising program. Your purchase assists with the funding of many of our fraternal programs and activities for all age groups. Your Order Coordinator is Antoinette L. Trela.

### ORDERING INFORMATION

**PWA Account # 4ABBLL873219L**

- **No. of Gifts Cards ordered** __________________
- **Total Amount enclosed** $ __________________

Make checks payable to:

**Polish Women’s Alliance of America**

Mail check and order form to: **Polish Women’s Alliance of America / Gift Cards**

6643 N. Northwest Hwy 2nd Fl, Chicago, IL 60631

Gift Cards will be mailed once a month on or around the 22nd of each month. Allow 5 business days for your order and check to arrive at PWA on or before the 15th of each month. You can also go to www.pwaa.org to order Gift Cards online or to download more Order Forms.

### MAILING INFORMATION

Please send my Gift Cards to:

- **Name** ____________________________________
- **Address** ___________________________________
- **City** ________________ **Zip**_______________
- **Phone No.** ____________________

Total Page 1 $ 
Total Page 2 $ 
Grand Total Due All Columns: $
We note with sadness the passing of the following PWA members.  
May they rest in peace.  
(Deaths between April and June, 2012)

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POLISH WOMEN'S ALLIANCE OF AMERICA  19
In Memoriam

We note with sadness the passing of the following PWA members

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Maria Owoc  
Groups 211 and 819

Elmwood Park, IL – Marie Owoc passed away on June 23, 2012, at age 78. Marie had been a longtime member of Group 211 and a founding member and Financial Secretary of Group 819. She worked at the PWA Home Office in the Secretary General’s office for many years. She was a dedicated employee, with a positive outlook on life, always ready to lend a helping hand. She was a past May Queen and a candidate for the office of Secretary General in 1999. She was predeceased by her husband Joseph, and is survived by son Joseph Jr. and daughter Frances. We extend our condolences to Marie’s family and friends. May she rest in peace.

Alfreda Dombrowski  
Groups 202 and 661

Chicago, IL – Alfreda J. Dombrowski, longtime officer and member of Groups 202 and 661 died on July 4, 2012, at age 85. She was predeceased by her husband Richard W. and is survived by her fours sons, Richard G. (Cynthia), Donald (Debra), Vincent, and Robert; also four grandchildren, one great-grandchild, and a sister Rosemary Bentley. A funeral mass was said at St. Ladislaus Church in Chicago on July 10. Alfreda was a very active PWA member, past May Queen, and enthusiastic supporter of all things PWA. We extend sincere condolences to her family and friends. She will be missed. Eternal Rest grant unto her, O Lord.

Rev. Msgr. Walter Joseph Ziemba  
Groups 43 and 821

The National Board of Polish Women’s Alliance of America and all PWA members were saddened to hear of the passing of Monsignor Walter Ziemba on June 8, 2012, at age 85. He was a great friend and supporter of PWA, as well as a longtime member. He attended many National Conventions as chaplain, celebrated many liturgies, and blessed numerous banquets, anniversaries, and other PWA events over the years. Msgr. Ziemba knew the late Pope, Blessed John Paul II, and served him in various capacities. He spent all 61 years of his priestly ministry at Orchard Lake, Michigan.

Msgr. Ziemba was born in Detroit in 1926. He attended St. Mary’s Preparatory at Orchard Lake (Class of 1944), and graduated from St. Mary’s College in 1947. He was appointed to the Orchard Lake Schools’ faculty in 1951, and was rector-president-superintendent of the Schools from 1967 to 1977. In 1966 he received a doctorate from the University of Michigan. During his tenure as CEO of the Schools, Msgr. Ziemba founded the Center for Polish Studies and Culture, the Center for Pastoral Studies, the Polish American Liturgical Center, and the Orchard Lake Ambassadors. Msgr. Ziemba also served on the Board of the John Paul II Foundation for many years.

PWA members saw him last summer at the 36th National Convention of PWA in Springfield, MA, in August, 2011. Father Ziemba was always supportive, positive, and friendly, quick to laugh and make a joke, and also willing to listen and give advice, when asked. He will be missed.

Msgr. Ziemba is survived by two sisters, Marie Kladzyk and Helene Megge, and by many nieces and nephews. A funeral mass was celebrated on June 12th at the Shrine Chapel of Our Lady of Orchard Lake on the Orchard Lake campus. Burial was in Holy Sepulchre Cemetery. Memorials are suggested to Orchard Lake Schools. We extend our sincere condolences to the Monsignor’s family, friends, and the Orchard Lake Schools community. May his soul find peace with the Lord.

Natalie Raffaelli  
Group 814

Natalie Raffaelli, age 22, died from injuries suffered during a car accident in Simi Valley, CA on June 12, 2012. She was a senior at the University of California, the daughter of Vickki Raffaelli and Alan Raffaelli, sister to Dylan, and the granddaughter of the late Florence Swait, Past President of District XIII California. Natalie was an accomplished writer, singer, and photographer, whose life was tragically cut short. We extend sincere condolences to her family and friends. May they find comfort in the Lord.

May they rest in peace
Springfield, MA—The Council 28, District VIII meeting held on Sunday, March 11, 2012, was hosted by Polish Women's Alliance Group 422, Mrs. Jennie Starzyk Benton President. Three Council 28 Scholarships for the 2011-2012 school year were awarded to the following members: Benjamin J. Chianciola, Group 422, who is attending Northeastern University, Boston, MA; Katherine Kostek, Group 499, who is attending Assumption College, Worcester, MA; and Aaron Joseph Mentos, Group 422, who is attending Colgate University, Hamilton, NY. We are very proud that these three recipients are participating members of PWA and we wish them continued success with their studies.

Alice Manijak
Council 28 President

$3$ $DOLLARS$ FOR SCOLARS $$$$ 

Please support our Scholarship Programs by donating to Dollars for Scholars! Let's all join together to help our young members fulfill their dreams and achieve their goals. Now, more than ever, a good education is essential to a successful and meaningful life. Now, more than ever, a college education is out of financial reach for many families without the help of scholarships and loans.

Thank you to the following Members and Groups who sent in donations:

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<td>Mr. and Mrs. Eugene Michalak</td>
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Fraternally,
Delphine Huneycutt, National President

PWA ANNOUNCES TWO JAGIELLONIAN UNIVERSITY SUMMER PROGRAM SCHOLARSHIPS

Application Period: 
July 15 to September 15, 2012

Komitet Osviati (PWA Education Committee) is happy to announce the Jagiellonian University Summer Program Scholarship Application Period. This year we are proud to offer TWO scholarships to PWA members ages 18 or over who fulfill the requirements and send in their applications and essays postmarked on or before September 15, 2012. The scholarships include tuition, room and board, and round-trip airfare for TWO scholarship recipients to attend a four-week program at the Jagiellonian University in Krakow, Poland, in the summer of 2013.

All Kosciuszko Foundation Jagiellonian Summer Program Rules, Regulations, and Requirements associated with this Program apply to this award. Learn more at www.thekf.org/programs/summer/study/krakow

To download an application form and detailed requirements, please go to www.pwaa.org/scholarships.htm

GROUP 544 MEMBER RECEIVES PWA HIGH SCHOOL ACADEMIC AWARD

Cleveland, Ohio—One of the two PWA 2012 Academic Awards for High School Seniors was awarded to Isabella Kopij, Group 544, Council 7, District VII. Isabella is the daughter of Mr. and Mrs. Anthony and Jadwiga Kopij, and she will be attending New York University in the fall. In the photo, Isabella with, from left, State President Grazyna Bukczek, Council 7 President Elzbieta Mrozinska, and her mother Jadwiga Kopij.

GROUP 500 OFFERS TWO $500 EDUCATIONAL AWARDS

Group 500 of District IX Connecticut is happy to announce that it will be awarding two $500 Educational Awards to junior policy members in memory of Past President Bertha Waleryszak. Eligible members between the ages of 1 and 18 may submit their entries to:

Wanda Pohorylo, 937 Thrall Ave., Suffield CT, 06078

The member’s name, age, address, and policy number are all that is required. Entries must be submitted by August 30, 2012 (postmark). A drawing will be held for the two Awards on September 20, 2012.
Contests/Youth

MIX ‘N’ MATCH CONTEST NO. 11
Olympics – Olimpiada

Match each English word with the correct Polish translation and submit your answers no later than September 30, 2012.

1. Gold  A. Zawody
2. Silver B. Drużyna
3. Bronze C. Kapitan
4. Sports events D. Brązowy
5. Competition E. Trener
6. Competitor F. Punkty
7. Team G. Zawodnik
8. Captain H. Srebrny
9. Coach I. Igrzyska
10. Points J. Złoty

Only one entry per PWA member. Correct entries will be placed in a lottery and three $25 prizes will be awarded for the first three correct entries drawn. Contest is open to PWA members of all ages. Please be sure to include your name, address, phone number, email address, and PWA Group number with your entry. Submit your entry by email to: vpres@pwaa.org or by regular mail (postmark September 30, 2012) to:

Polish Women's Alliance - Contests,
6643 N. Northwest Highway, 2nd Floor, Chicago, IL 60631

Good Luck!

“MY BEST MEMORIES OF THE SUMMER OF 2012” ESSAY CONTEST

1. Open to PWA members of all ages. There are two categories: Juvenile to age 16, and Adult from age 17.
2. Essay to be at least 50 words (photographs of event optional).
3. Please include name, PWA Group number, address, phone number, and email address. Also include category: Juvenile or Adult.
4. Entries become the property of PWA.
6. Prizes: First Prize – $100; Second Prize – $75; Third Prize – $50; Honorable Mention – Two prizes of $25 each. Prizes will be awarded in each category.

Mail entries to: Polish Women’s Alliance – Contests
6643 N. Northwest Highway, 2nd Floor Chicago, IL 60631.
Or e-mail to: vpres@pwaa.org.
Questions: Call VP Sharon Zago at 888-522-1898, ext 208

JUNIOR BOWLING TOURNAMENT WINNERS

Please visit our Youth Page at www.pwaa.org for a full list of the winners of the 2012 Four Fraternals Junior Bowling Tournament. Congratulations to all winners and Thanks to all participants!

POLAND AT THE OLYMPICS

Most of Poland’s gold medals won at the Summer Olympics in the past have been in track-and-field, and it has also won an incredible number of bronze medals in boxing. Poland’s rowing team is also very strong. In 2012, Poland will again have a commanding presence in relay races and will be one of four countries to start four relay teams at the 2012 Olympics – two men’s teams and two women’s teams.

In 2012, Poland’s Olympic stars are expected to be Tomasz Majewski, who won gold at men’s shot put in Beijing, discus thrower Piotr Malachowski, and weightlifter Marcin Dolega. Keep an eye on the men’s quadruple skulls rowing team, too.

Poland’s Olympic Medal History
Gold - 62; Silver - 80; Bronze - 119

Poland’s New Tennis Stars
The Radwanskie Sisters

The U.S. has the Williams sisters, Venus and Serena – Poland has the Radwanskie sisters, Agnieszka and Urszula, from Kraków. Agnieszka, 23, is currently ranked No. 2 in the world after playing in the Wimbledon Women’s Singles championship game on July 7, 2012. She lost to Serena Williams, but made history by becoming the first Polish tennis player to qualify for a Grand Slam final since 1939. Her younger sister Urszula, 18, is an up-and-coming star, currently ranked No. 54. Both sisters will be representing Poland at the Olympics. Expect to see more of Agnieszka and Urszula in the world’s most prestigious tennis competitions in the coming years. Photos show both sisters at left; Agnieszka at right.

WINNERS OF MIX ‘N’ MATCH CONTEST NO. 9

Congratulations to the three lucky winners of the “Weather – Pogoda” Contest!

Sarah Brennan Group 819
Patricia Connors Group 463
Dorothy Iglinski Group 78

Grandmothers are very special people in our lives. They tell us stories, give us hugs and cookies, they read to us, and teach us how to pray and laugh and be kind. And they are the ones who keep the history of our families and of our heritage alive for future generations. Below a prayer and several poems in Polish and in English that many of us learned from our Grandmas, our Busias, our Babcas ...

**Angel of God**

Angel of God, my guardian dear
Please always keep me near.
Morning, evening, day, and night
Please protect me with all your might!
Please watch over me, body and soul
And please guide me to eternal life.
Amen.

**Aniele Boży**

Aniele Boży, stróżu mój,
Ty zawsze przy mnie stój.
Rano, wieczór, we dni, w nocy,
Bądź mi zawsze do pomocy!
Strzeż duszy i ciała mego
I zaprowadź mnie do żywota wiecznego.
Amen.

**A Little Ladybug**

A little ladybug
Met a few little worms ...
She greeted this one
Stroked this one
Waved to this one
Wanted to grab this one
Said goodbye to this one...
And then she flew up to the sky!

**Biedrończka Mała**

Biedrończka mała
Robacząc spotkała ...
Z tym się przywitała
Tego pogłaskała
Tego pomagała
Tego zabrać chciała
Tego pożegnała ...
I do nieba poleciała!

**Jan Brzechwa for children**

Jan Brzechwa dzieciom
Opracowała K. Ciechanowicz-Gajewska

**TORTOISE**

A tortoise wanted to make a trip,
But the trains aren’t cheap,
A tortoise is a miser:
“On foot would be much wiser.”

**GIRAFFE**

Look at Mrs Giraffe,
She always pulls her neck up,
I envy Mrs Giraffe,
I can’t pull my neck up.

**MONKEY**

Monkeys are funny and gay,
Monkeys - just like monkeys - play,
Please, look at the chimpanzee
What a monkey! Can you see!

**TIGER**

“Mr Tiger, how are you?”
“It’s so boring in the zoo!”
“Would you like to be released?”
“Sure, I’d eat you up, at least!”

**ZOŁW**

Zółw chciał pojechać koleją,
Lecz koleje nie tanieją,
Zółtwiowi szkoda pieniądz:
“Pójdę pieszo, będę prędzej.”

**ŻYRAFA**

Żyrafa tym głównie żyje,
Że w górę wyciąga szyję,
A ja zazdroszczę żyrafie,
Ja nie potrafię.

**MAŁPA**

Małpy skaczą niedościgłe,
Małpy robią małpie figle,
Niech pan spojrzy na pawiana:
Co za małpa, proszę pana.

**TYGRYS**

“Co słychać panie tygrysie?”
“A nic. Nudzi mi się.”
“Czy chciałby pan wyjść zza tych krat?”
“Pewnie. Przynajmniej bym pana zjadł.”
HEALTHY LIVING

Ten Things You Can Do to Lower Your Blood Pressure

If you’ve been diagnosed with high blood pressure, which is a systolic pressure (the top number) of 140 or above, or a diastolic pressure (the bottom number) of 90 or above, you might be worried about taking medication to bring your numbers down. Lifestyle plays an important role in treating high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you may be able to avoid, delay, or reduce the need for medication. These 10 tips for lifestyle changes you can make to lower your blood pressure, and keep it down, are taken from the Mayo Clinic Health website. The full article is posted on the PWA website at www.pwaa.org.

1. Lose extra pounds and watch your waistline – Blood pressure often increases as weight increases. Losing just 10 pounds can help reduce your blood pressure. In general, the more weight you lose, the lower your blood pressure.

2. Exercise regularly – Regular physical activity, at least 30 to 60 minutes most days of the week, can lower your blood pressure and it doesn’t take long to see a difference.

3. Eat a healthy diet – Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure.

4. Reduce sodium in your diet – Even a small reduction in the sodium in your diet will help reduce blood pressure.

5. Limit the amount of alcohol you drink – Alcohol can be both good and bad for your health. In small amounts, it can potentially lower your blood pressure, but that protective effect is lost if you drink too much alcohol.

6. Avoid tobacco products and secondhand smoke – On top of all the other dangers of smoking, the nicotine in tobacco products raises your blood pressure.

7. Cut back on caffeine – Drinking caffeinated beverages can temporarily cause a spike in your blood pressure.

8. Reduce your stress – Stress or anxiety can temporarily increase blood pressure. Take some time to think about what causes you to feel stressed, such as work, family, finances, or illness. Once you know what’s causing your stress, consider how you can eliminate or reduce stress.

9. Monitor your blood pressure at home and make regular doctor’s appointments

10. Get support from family and friends – Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor’s office, or embark on an exercise program with you to keep your blood pressure low. Talk to your family and friends about the dangers of high blood pressure.

More at www.pwaa.org/events.html#HEALTHY_LIVING

PWA POLISH SCHOOL STUDENTS PARTICIPATE IN MAY 3RD CONSTITUTION DAY PARADES

We are very proud of our PWA Polish Language Schools! Students from the Marie Skłodowska-Curie School, Chicago, Illinois - District I, and students from the Ignacy Jan Paderewski School, Cleveland, Ohio - District VII, showed their Polish Pride by participating in May 3rd Parades held in their cities. We congratulate the students and their teachers and wish them a great start to a new school year in the fall.

The Skłodowska-Curie School observed its 10-year anniversary in 2010, and the Paderewski School is celebrating its 10-year anniversary with a Banquet on Saturday, September 22, 2012. See page 8 for details.

Flag Day in District XIV

The Fraternal Societies of Northeastern Pennsylvania celebrated Flag Day on June 16, 2012. PWA members from District XIV participated, including National Director Felicia Perlick, at far right in photo.

BECOME A PWA MENTOR

If you would like to join our PWA Mentor Program, please send your name, address, phone number, and email address, along with your profession and your areas of interest and expertise to pwaa@pwaa.org. A directory will be made available online for high school and college students seeking mentors.
Cold Beet Soup with Greens

Nothing is better on a hot summer’s day than cold beet soup! This creamy “summer soup” is widely popular in Poland.

Ingredients:
• 1 large or 2 smaller bunches of fresh beets with greens
• 2 medium seedless cucumbers, peeled and cubed
• 1/2 cup fresh dill, chopped
• 2 tablespoons chives, chopped
• 3 hard-boiled eggs, peeled and quartered
• 2 cloves of garlic, minced
• 6 cups kefir, buttermilk, or plain yoghurt
• 1/2 cup sour cream
• Salt and pepper to taste

Preparation:
Cut the greens off the beets, discarding the tough ends. Wash greens and beets well. Peel beets and cut into cubes, cut greens into wide strips, and place both in a large pot, adding enough water to barely cover. Cook for about 10 minutes; remove from heat and let cool. Mix with kefir, buttermilk, or yoghurt; add sour cream, garlic, dill, chives, and cucumber. Chill in refrigerator for a couple of hours. Serve with hard-boiled egg quarters.

For a more sour version, add a handful of sorrel leaves to the beets and greens during cooking, or the juice of half a lemon or half a cup of pickle juice at the end.

Chłodnik litewski

Jaka jest najlepsza potrawa gdy dni gorące? Chłodnik litewski zwany również zupą letnią, ulubioną przez wszystkich Polaków.

Składniki
• 1 duży lub 2 mniejsze pęczki botwinki z młodymi buraczkami
• 2 średnie zielone ogórki
• pół szklanki posiekanego koperku
• 2 łzyki posiekanego szczypiorku
• 3 jajka ugotowane na twardo
• 2 ząbki czosnku
• 6 szklanek kefiru, maślanki lub naturalnego jogurtu
• pół szklanki kwaśnej śmietany
• sól i pieprz do smaku

Sposób przygotowania
Botwinkę wypłukać i posiekać, buraczki cieniutko, obrać i pokroić w kostkę. Włożyć do garnka, zalać niewielką ilością wody (ok. pół szklanki) i dusić ok. 10 min. Odstawić do ostygnięcia. Wymieszać z kefirem, jogurtem, lub maślanką, dodać śmietanę, zgnieciony czosnek, szczypiorek, koper i pokrojone w drobną kostkę ogórki, doprawić do smaku, odstawić na kilka godzin do lodówki. Podawać z ćwiartkami jajka na twardo.

Jeśli ktoś lubi wersję bardziej kwaśną, do gotowanej botwinki dodać można garść liści świeżego szczawiu, sok z połowy cytryny lub pół szklanki kwasu z ogorków kiszonych.

Plum Cake with Meringue

For the dough:
• 3 cups flour, sifted
• 1 stick butter, softened
• 3 tablespoons sugar
• 5 egg yolks
• 1 1/2 teaspoons baking powder

For the topping:
• 5 egg whites
• 1 cup sugar
• 2 lbs plums (preferably Damson)

Preparation:
Mix together all the ingredients for the dough, then knead for a few minutes. Cut off 1/3 of the dough and place in freezer. Press remaining dough into a buttered 9 x 13 baking dish, bake for 10 minutes in a 350-degree oven. Beat egg whites until stiff, gradually adding 1 cup of sugar. Place pitted and halved plums on crust, then cover with egg whites. Crumble the remaining 1/3 of the dough over the top. Bake for 45 minutes.

Placek ze śliwkami

Składniki na ciasto
• 3 szklanki przesianej mąki
• 1 kostka masła
• 3 łyżki cukru
• 5 żółtek
• 1 1/2 łyżeczki proszku do pieczenia

Składniki na pianę
• 5 białek
• 1 szklanka cukru
• śliwki węgierki ok. 1 kg

Sposób przygotowania
Wszystkie składniki na ciasto wymieszać i zagęścić, oddzielić 1/3 ciasta, odłożyć do zamrażarki. Resztę ciasta wypłukać na posmarowaną blachę i lekko zapiec (ok. 10 minut). Ubić pianę dodając cukier stopniowo. Na zapieczoną ciasto wypłukać wypełnione przecinoane plamy węgierki, następnie piec przez 8-10 minut. Temperatura pieczenia 180 stopni (350 F). Wielkość blaszki 24 x 34 cm (9 x 13 in).

Bon Apetit! Smacznego!
Warszawa – “Miasto Nieujarzmione”


Kiedy w 1918 roku Warszawa została stolicą odrodzonego państwa polskiego, podjęto wiele inicjatyw rozbudowy, unowocześnienia i upiększenia miasta. Wytyczono nowe arterie, powstały nowoczesne dzielnice mieszkaniowe, m.in. Żoliborz, Mokotów i Saska Kępa. W przededniu II wojny światowej Warszawa była bogatym i pięknym, porównywanym do Paryża, miastem; liczyła ponad 1,3 miliona mieszkańców i stanowiła centrum życia politycznego, gospodarczego i kulturalnego kraju.


Jednym z najistotniejszych czynników w dziele odbudowy była postawa warszawiaków, którzy po 17 I 1945 r. wracali z wojennej tułaczki i włączali się w organizację życia miasta. Bardzo ważne było też wsparcie odbudowy przez ogół Polaków – do końca 1948 roku na społeczny Fundusz Odbudowy Stolicy wpłynęło 3,4 mld złotych.


Odbudowa Warszawy, stolicy Polski była niezwykłym dokonaniem architektów, konserwatorów, artystów i robotników, a także istotnym wydarzeniem społecznym. Sprawiła, że Warszawa – w czasie okupacji hitlerowskiej miasto skazane na zagładę i planowo niszczony z powodzi ideologicznych i politycznych – stała się symbolem “miasta nieujarzmionego” (z wpisu na listę “Pamięć Świata”)
Od 2003 roku w trzecią niedzielę sierpnia obchodzony jest „Świątowy Dzień Latarnictwa”; datę te wybrano dla uczczenia uchwalonej w tym dniu w 1789 roku pierwszej ustawy o latarniach morskich przez Kongres Stanów Zjednoczonych Ameryki Północnej.


Canaletto, a właściwie Bernardo Bellotto, urodził się w r. 1720 w Wenecji. Malarstwa uczył się w pracowni swojego wuja, słynnego weneckiego weducisty Giovanniego Antonia Canały, od którego zapożyczył przydomek Canaletto. Nim przybył do Polski malował miasta włoskie, Wiedeń, Drezno i Monachium. Od 1767 roku do końca życia przebywał w Warszawie i tworzył swoje dzieła jako nadworny malarz Stanisława Augusta Poniatowskiego. Zmarł w r. 1780 i w ciągu 13 lat pobytu w stolicy namalował 70 obrazów, a także pracował przy dekorowaniu Zamku Ujazdowskiego. Jego głównym dziełem jest galeria trzydziestu wedut Warszawy i Wilanowa, z których do dziś zachowało się dwadzieścia cztery. Obrazy z tego cyklu to wierny dokument wyglądu Warszawy epoki stanisławowskiej, jej architektury i życia mieszkańców. Namalowane są z ogromną dokładnością i stanowią nie tylko dzieła sztuki, ale także wiarygodne dokumenty epoki, w której powstały. Uratowane z płonącego w czasie wojny Zamku, pełniły funkcję wizualnego dokumentu i posłużyły architektom odbudowującym stolicę za źródła do rekonstrukcji wielu zniszczonych warszawskich zabytków, między innymi pałacu Branickich i Krasińskich.

Dzisiaj można je oglądać w oddzielnej Sali Prospektowej, zwanej też Salą Canaletta, Zamku Królewskiego w Warszawie.

Canaletto i jego warszawskie weduty

Widok Warszawy od strony Pragi

Krakowskie Przedmieście

Pałac w Wilanowie

Kościół św. Anny