

"Keep Alive This Heritage"  
Pope John Paul II

A Newsletter About Polish Culture  
And Current Events  
Established In 1979

# POLAM

## U.S./Slavic History Made *1648 Polish/Ukrainian Rebellion Fought Again*

By Rik Suligowski Fox



In a world chock-full of the year in and year out humdrum standard-fare of Elizabethan/Henry VIII/Fantasy Faires and Festivals, across the United States, came a bursting breath of fresh air... The Four Winds Renaissance Faire located in Tyler, Texas, recently hosted the "First Annual Polish-Kosak Wars", on the weekend of April 8th & 9th, 2006. Polish-American, and other re-enactors from all across North America, converged on this Central U.S. Festival, to re-enact & fight out one of the many battles from the 1648 Polish-Ukrainian Rebellion, (as seen in the 1999, blockbuster film "Ogniem I Mieczem" — "With Fire and Sword"), based on Henryk Sienkiewicz's award-winning trilogy

novels, complete with booming cannons, cracking muskets, a siege mortar, the smoke of war, swinging sabers, armored Polish winged husars, Pancerni, Dragoons, Polish nobility and Cossacks!

According to the events' brochure: "If you are not too conversant with your Central and Eastern European History, some background for you to cheer your favorite side... The Polish-Cossack War, also known as the Cossack Rebellion or the Cossack War of Independence, depending on whose side you're on, began in 1648, and seemed like the typical Cossack uprising, but like a dry grass wildfire, quickly spread into a war of the Ukrainian populace, particularly the Cossacks and peasants against the nobles of the Polish Commonwealth. The Cossack War was an unfortunate but inevitable rebellion/revolution brought about by all the usual political, social and geographic circumstances that bring about war. What is certain is there was a terribly violent & bloody war that involved the whole of Ukraine and a good deal of the south, central and eastern Poland from 1648 to 1657!"

The result was nothing short of a monumental success, and a major hit of the Festival! The huge success of the Polish-Cossack Rebellion battle is the 'Magnum Opus' of what promises

*Four Winds continued on page 3*

## Children's Medical Care Foundation (CMCF)

In the early 1980's Poland's infant mortality rate was one of the worst in Europe only that of Albania was



worse. Even in 1990 there were still 19.7 infant deaths per 1,000 births. As late as 1989 there were no kidney and no liver transplants in the entire country.

But changes started to happen in 1981 when Dr. Stefan P. Wilk, a retired radiologist from the University of California Los Angeles Medical School and his wife Wanda Harasimowicz Wilk dedicated themselves to advancing the state of Children's Medicine in Poland. Wilk, who came to America in 1952 and spoke no English, traveled back to Poland frequently and was appalled by the deficiencies in medical resources and information that he found in the medical community there.

In 1981 he and his wife founded the Children's Medical Care Program with a \$100,000 founding donation and then in 1986 he was the principal founder of the Children's Medical Care Foundation, CMCF. The mission of CMCF is very effective and based on the proverb: "If you give a man a

*CMCF continued on page 3*

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## Pol-Am

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We appreciate your continued generosity and support. Dziękuję

## My Thoughts Managing Editor

It was with great sadness that I read Chester's Heart to Heart last month. His column was the very last item to go into the newsletter and I did not have much of a chance to read it let alone comment upon it before *Pol-Am* went to the printer.



I confess my eyes got a bit misty when he wrote, "I am completing my work and my words in this newsletter." Over twenty six years of faithful shepherding of his newsletter and his beloved Polish heritage, not to mention his being a faithful presence at almost every Polish American function in the Twin Cities. When the Polish American Cultural Institute of Minnesota hosted a Sunday Dinner of Appreciation for him last November we quickly filled the place with over 100 well-wishers.

Chester has been and still continues to be a tireless promoter of the Polish American Cultural Institute of Minnesota believing that this organization has what it takes to continue his dream of an organized Polish American Cultural Center into the future. To that end, he entrusted his *Pol-Am Newsletter* to the group so that it could continue to be the vehicle to bring Polish culture and events to an ever widening audience.

On a personal note, I have said it before and I will say it again, I am deeply humbled that Chester entrusted to me the duties of editor for this Newsletter. Along with Bruce Rubin, of Rubín Cordaro Design, we strive to continue to keep *Pol-Am* the great newsletter that it is according to the ideals set forth by Chester so long ago. We are pleased to be able give him the freedom, time and energy to devote to those things in his life that require them and still be confident that his beloved *Pol-Am* is in good hands.

Finally, Chester wrote that one of his favorite issues had an article entitled, "Things I've Leaned" and one of the things was: "Everyone you meet deserves to be greeted with a smile" Chester never needed to learn that one. Chester has a smile for everyone. And if you want to see him positively glow watch him work the Festival of Nations crowd! Until next month...

—Steven Ukasick

## "Świętopełk" Oak in Krępkowice is 621 Years Old

An oak called "Świętopełk" grows in Krępkowice in the village district of Cewice, in the province of Słupsk. Its age has been under lively discussion lately. Mr Józef Popiel, an engineer and forest inspector in Cewice, has contacted the author of "The Oldest Trees in Poland," Dr. Cezary Pacyniak from the Academy of Agriculture in Poznań.

The scientist conducted detailed research and took samples by boring into the core with a special Presler corer. As a result he stated that the aged oak in Krępkowice is the sixth oldest oak in Poland. It is 621 years old, measures over 25 feet in girth and over 65 feet in height.

The older ones are

- "Chrobry" oak in Szpotawa, district of Jelenia Góra, is 729 years old;
- the oak in Baków, district of Bydgoszcz, 693 years old;
- Jan Bożyński oak in Kadyny, district of Elbląg, 686 years old;
- "Bartek" oak in Zagnańsk, district of Kielce, 625 years old. This most famous oak is on the decline now.

According to Józef Popiel, the area around the oak is kept in good condition, the fence around the oak will be improved in the spring, access to the oak will be marked and an information board will be installed. Besides, efforts are being made to publish a guide about Cewiny forest inspectorate with a special part dedicated to "Świętopełk."

—The Green Brigades,  
 Jagellionian University, Kraków

## Four Winds continued

to now become an anticipated, annual event, for all re-enactors who have long been looking for a 17th Century event in which to participate. The sword & saber fighting was of a kind known as live steel, or live blade. That means that these highly trained combatants actually fought with real replica steel weapons and not fencing or stage fakes! They fought, in un-choreographed duels, that strike home with a surprising force.



Great care had gone into all the details, to ensure that the re-enactment were as accurate as possible, from elaborate armor and costuming, down to the smallest items, such as 3-pronged forks to the matchlock musquets used in the 'battle'.

For some of the participants, this was their first event, for the 'veterans' this was the most fun had by all, male and female both. Now, to introduce you to the participants... On the Polish side: from the East coast, Orlicki's Polish Light Artillery, from the west coast, the first U.S. portrayal of the winged hussars, Suligowski's Regiment of the Polish Commonwealth. From Arkansas, Thirty Years War group, Walter Butler's Dragoons and also Prince Zu Manheim's Light Artillery. From Alabama, The Guardes-Ecossais Regiment de Hepborn, representing the Scots in French service during the 30 Y.W. Finally, on the Ukrainian side, Kosaky, made up of Texans & Arkansans. These groups all belong to "Musqueteers and Maidens," a rapidly expanding 'umbrella organization', dedicated to 17th Century living history and live steel blade fighting. See you all at the next 'Battle'! Sto Lat!

For more information regarding the battle or the groups involved, please contact: Rik Suligowski Fox at: [wngdhussr@yahoo.com](mailto:wngdhussr@yahoo.com)

## CMCF continued

fish, you feed him for a day; if you teach a man to fish, you feed him for a lifetime." Rather than providing medical equipment or supplies, Polish doctors are trained at first rate medical centers in the United States and Europe and then they return to Poland to implement the new skills and knowledge that they have learned and then teach these skills to others. So far CMCF has trained over 170 doctors, the majority of whom are Polish the rest being Ukrainian since they have expanded to Lviv, Ukraine in 1994 which is the area where Wilk was born and reared before the War.

In 2000 there were 300 kidney and 62 liver transplants in Poland,

and there were only 7.9 infant deaths per 1,000 births. Much of this progress came by way of CMCF trained doctors. Wilk and CMCF focus their help to Children's Medicine because as he says, "In World War II, 2.2 million Polish children perished, innocent children, because of neglect, hunger, abandonment, gas chambers and everything else. We have to focus somewhere. So we concentrate on children."

Now the state of Polish medicine including Children's Medicine is comparable to that in Western Europe and the work of the Wilks and CMCF can rightly share in this accomplishment. CMCF continues its work in Poland and Ukraine.

## U.S. State Department Opposes Visa-less Visits by Poles

The United States' State Department is opposed to allowing Poles to come to the U.S. without visas, according to Senator Barbara Mikulski. She stated that the State Department is against favoring one Eastern European country at the expense of others. In May, the U.S. Senate approved an amendment to the new immigration bill which would allow Poles to visit the U.S. without a visa. The bill still needs to pass in the House of Representatives and be signed by President Bush. Some background

information: there is a \$100 non-refundable fee each time Poles apply for a visa to enter the United States, these bills would eliminate on a temporary basis the need for a visa and treat our ally Poland like we do our other allies in Europe.

Please call your congressman or woman to ask them to support this bill in the House (H.R. 634):  
Gil Gutknecht: 1-800-862-8632  
John Kline: 952-808-1213  
Jim Ramstad: 952-738-8200  
Betty McCollum: 651-224-9191  
Martin Olav Sabo: 612-664-8000  
Mark Kennedy: 763-684-1600  
Collin Peterson: 320-235-1061  
Jim Oberstar: 202-225-6211

## Polish Sisters Honored For Saving Jews in Holocaust

Three residents of Lower Silesia, the Kowalczyk sisters, are receiving the Righteous Among Nations medals. This honorable title is given to those persons who risking their own lives helped save Jews during the Holocaust. The Righteous Among Nation medal is granted by Yad Vashem The Holocaust Martyrs' and Heroes' Remembrance Authority which was created in 1963 by the State of Israel to document and preserve the

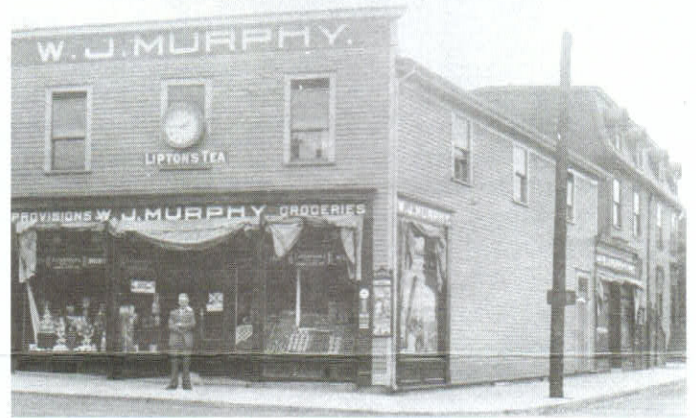
memory of the Holocaust. The Kowalczyk sisters are receiving it at the White Stork Synagogue in Wroclaw.

As of January 2006, 21,310 people have been recognized as Righteous Among the Nations. And even though Poland was the only occupied country where the Germans made aiding Jews a crime punished by death, there are by far, more Polish "Righteous Among Nations" honorees than any other nationality—5,941 (28%) to be exact. The next two nationalities are the Dutch 4,726 (22%) and the French 2,646 (12%) and finally, the Germans 427 (2%) have been so honored.

# BLACK TEETH

& OTHER NORTH END SOUVENIRS

By Ryszard Dubanski



*This month we have an excerpt from a book written by a man who grew up in Winnipeg, Canada. Ryszard Dubanski was born in a Displaced Persons camp in Sherwood Forest, England (yes, where Robin Hood once roamed) to Polish survivors of World War II. At age 2 his parents and he arrived in Winnipeg to begin their new life and where Ryszard grew to manhood in a seemingly half foreign world. Black Teeth... is a series of inter-linked stories that explore his coming of age in Winnipeg's multicultural North End and examines the strange dual legacy of his experience there. Throughout the book, this doubled vision of those who live and write in a second language pervades this collage-portrait of a unique place, and of the immigrant experience that lies at the dark heart of Canada.*

## "Plenty"

**W**hen I was seven, my route to school was carefully planned. Eastward on Alfred Avenue I'd walk, over the train tracks, around the corner, usually down Manitoba Street, sometimes down Burrows because it took me past the spire of St. John Cantius — after all, he was the Patron Saint of Poland, often mentioned by our nuns, a great scholar who taught for many years at Krakow University. Sometimes I'd go straight up Alfred to Arlington, where my school was, Margaret Scott Elementary, named after an energetic nurse who had worked hard to improve life for the working class immigrant enclave of the North End. I pictured someone pretty and blonde, like our school nurse, handing out... what? I wasn't sure, but something good and useful, maybe mercurochrome?

By either route, I made sure to pass the two corner grocery stores that lay between me and my destination. Originally modest little homes, they had been transformed by rectangular boxlike additions to their fronts, one stuccoed and the other clad in faded wooden siding that matched the original house parts, both with big square windows. Unlike regular houses, they came right up to the sidewalk, pushed out onto the street, metamorphosed into that magical incarnation, the grocery-home.

Nowadays corner stores have extras like fax machines or photo copiers. But their essence remains the same: foodstuffs up front and the families living in back, with a TV or radio usually playing from somewhere in the living area. Often one of the family members will be sitting on a chair squarely placed between the two realms, one eye on the TV and the other on shelves of Campbells' soups, Heinz Ketchup, Kraft Dinner, Ritz crackers, Libby's Fruit Cocktail, canned pork n' beans, various candies and chocolate bars, cigarettes up high beyond the front counter — Players, Matinée's, Export A — a cooler holding bottles of milk and tubs of ice cream, and so on.

In those earlier days, the grocery-home fascinated me. It was all I could possibly want, an absolute contradiction to my mother's stories of starvation in Siberia, fights for a potato during the war, hunger rations in the DP camp. Here there were shelves and shelves of glittering canned goods, candies, drinks — everything, unlike the limited and sometimes barren larder at our little schanda by the tracks. When you stepped inside a grocery-home,

often there was no one even there, in the store part, I mean, no one guarding the hoard, and for a moment you'd be alone in this treasure trove of goodies, transfixed by plenty like some Aladdin stumbling into a genie's cave of wonders. Then the father, mother, or son/daughter school-kid clerking between bouts of homework came in, to see who was there and to ring up your order. Tantalizing smells drifted from the darkened domesticity beyond, where the rest of the family stayed, inside the home part, having supper maybe, or lunch, a cup of coffee or tea.

Often I entered not to buy anything, because I didn't have any money, but on a personal reconnaissance mission, researching all the different grocery-homes in the neighbourhood, not just the two on the route to school. Each was a little different, and I just liked to meditate on the cans of soup, tins of salmon, boxes of Corn Flakes, cookies with names I didn't understand (Oreo?), the oddly shaped corned beef cans from Argentina, all in somewhat odd arrangements, to dream...

But it was a perilous business, my obsession. The grocery-homers looked at me strangely. Some would ask rudely what I wanted, then send me sharply on my way. And one day a huge Great Dane jumped unexpectedly out of one of the grocery-home's tiny fenced yard and attacked me. It leapt up, yowling in a deep-throated basso profundo, then stopped. For a moment we stood eye to eye, brown shiny eye. It scrutinized my face uncertainly, and then clamped its huge salivating black mouth on my left wrist. It was a token bite that didn't even break the skin. Still, I was terrified, and remained afraid of dogs for many years after.

Another day, I came across a stack of newspapers on the corner of the street where one of the grocery-homes stood, tied with twine, just sitting there, maybe fifty copies, obviously having fallen from the sky, or been lost by someone. I stooped to contemplate this gift, not quite knowing what to make of it. I twisted a few copies of the Winnipeg Free Press out of the pile, then started for home, not sure what to do with the newspapers since neither of my parents read English and I didn't read period — when an angry grey-faced man in a flannel robe and slippers ran out and yelled at me. I dropped the papers and ran. It was years later I realized that was how papers were delivered to corner stores, just dumped on the street or sidewalk in front of them.

Despite these close calls, at bedtime I still prayed my family might one day own one of those miraculous grocery-homes where we would all live happily. In the morning, when I woke up, I'd stay in bed for a minute or two, eyes shut, imagining what it would be like to wake up in a grocery-home instead.

Everything would be different: in my pyjamas, I'd pad downstairs while the household slept, turn on the lights in the store part, go out among our laden shelves before we were open for business, wander up and down, and then reach up and grab: anything I wanted, anything I felt like. No shortages, always a surplus — that was true freedom. It meant never having to worry again.

Black Teeth & Other North End Souvenirs  
by Ryszard Dubanski, published by Signature Editions  
176 pages, \$14.95

# PACIM NEWS

News from the Polish American Cultural Institute of Minnesota

The Polish American Cultural Institute of Minnesota is a 501(c)(3) non-profit organization and all donations are tax deductible to the extent limited by law. Please consider including us in your tax and estate planning. We appreciate your generous support.

## From the Library:

The library will be closed on July 2.

We would like to thank the following people for book donations:

Frank Rog

Halina Wozniak

Ania Bienas

Annie Dunai (Chicago)

James Rudolph

Don Samull (Michigan)

Antony Jakubowski (California)

New books added:

*Tamci* by Pruszyński

*Karol i fabryka czekolady* by Dahl

*Karaibska tajemnica* by Christie

*Genealogia Piastów* by Balzer

*Illustrated History of Poland*

by Banaszak

*1812 Napoleon's Fatal March on Moscow*

by Zamoyski

*Tajemnica czerwonych rybek* by Ferro

*Polish Cooking* by Frukacz

*Inne historie* by Ferrero

*Do św Rocha ....* by Ka\_u\_a

*Oskar i Pani Róża* by Schmitt

*Hard Time* by Rog (CD)

*Emma* by Austin

*Kolbe and the Kommandant* by Kluz

*Let Me Be Frank* by Rog

*Tremor* by Zagajewski

Heartfelt thanks to Joe Beben,

Gil Mros, and Chester Pachnik for all

their help.

## Book for Sale

We have a duplicate copy of *Powstanie warszawski 1944* by Adam Borkiewicz

(published in Warsaw in 1957). It has many wonderful black and white pictures taken at the time. Physically, the binding is tight but it is ex-library. It will be sold to the first person who makes a donation to the library  
—Judith Blanchard

## Membership:

As with all volunteer organizations we are only as strong as our members and volunteers. For all of you who volunteer your time we thank you; for all of you who support us through your membership we are indebted to your generosity.

## Welcome New Members:

Yleen Joselyn

Anna Lesinska

Patricia Quinn

Wanda Urbanska

## Generous Members:

**Patron:** Wanda Urbanska

**Sponsor:** Patricia Salo

Our apologies to Julie Smendzuik-O'Brien for misspelling her name last month.

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## Polish Village Wedding

Sponsored by the Polish American Cultural Institute of Minnesota

Please join us for a re-enactment of a turn of the century Polish Village Wedding. The evening will include Entertainment, Dancing, Skit, and as authentic as we can make it, Polish Wedding Dinner.

Guests are encouraged to come in Polish costume.

Sunday, September 10th, From 5 to 9:30 pm (doors open at 4:30)  
Cedars Hall, St. Maron's Maronite Church, 6th Ave & University St NE

Admission \$45 per person

Mail your check made payable to PACIM and mail to:  
Polish Wedding  
1114 63rd Ave NE  
Fridley, MN 55432

Please include your phone number on your check.  
For more information call Paula at:  
763-571-0811

PACIM is pleased to present this one time event.  
Be sure not to miss it!  
No tickets will be sold at the door

## Co, Gdzie, Kiedy What, Where, When

### Events

Many events are given to us well in advance of the actual date. Please call the contact information to verify particulars. To list your event, contact Judith at judytam@usfamily.net

If you would like more timely and last minute updates to local events, email us at polamnewsletter@yahoo.com and put "Polish Update" on the Subject line. We'll add you to our Polish Events email list.

#### July 9

##### **Chicago Push Band**

Coming to Minnesota on Sunday July 9th to the Medina Ballroom the Lenny Gomulka and the Chicago Push Band from the beautiful state of Massachusetts for info call Barb at 763-757-5458 sponsored by the Midwest Polka Association.

#### July 30

##### **New Polish Priest at Holy Cross**

First mass for new Polish priest, Father Waldemar Matusiak at Holy Cross Church, 17th and University Avenue NE, Minneapolis. Please call Holy Cross at 612-789-7238 for more information.

#### August 6

##### **Polka Daze Festival**

Church of St. Anthony of Padua, 804 Second Street NE. 12 pm to 6 pm Polka mass at 11:30 am Polka band all afternoon. Food-games-prizes-refreshments. For more information, call 612-379-2324.

#### August 11-13

##### **Polska Kielbasa Festival**

Ivanhoe, Minnesota  
Ivanhoe celebrates its 35th Annual Polish heritage at its Polska Kielbasa festival the second weekend in August. There is a wide variety of entertainment including karaoke. And the best fireworks display in miles on Saturday night. A weekend full of fun for all ages, GUARAN-TEED (as they say)!! Nearby at Wilno is the historic "Cathedral on the Prairie;" location of July 4th celebration. www.ivanhoe.govoffice.com

#### August 12

##### **Polish Fest**

Sacred Heart of Jesus Polish National Catholic Church, 420 22nd Avenue NE, Minneapolis. Polish food, polka music, games from 11 am to 7 pm. For more information, call 612-781-9328.

#### August 27

##### **90th Anniversary Celebration**

Church of All Saints, 435 Fourth Street NE, Minneapolis. Mass at 10 am with Archbishop Harry Flynn as celebrant and homilist. Social and lunch at Jax Café following mass. For more information: 612-379-4996.

#### September 10

##### **Polish Village Wedding**

Polish American Cultural Institute of Minnesota presents a recreation of a turn-of-the-century Polish village wedding at Cedars Hall, St. Maron's Church, 6th Avenue and University, NE Minneapolis from 5 to 9:30 pm. (Doors will open at 4:30 pm) The evening will include a skit, dinner, dancing and other traditional activities. Attendees are encouraged to come in Polish costume or their best peasant wear. To make reservations, mail your \$45 check (made out to PACIM) to Polish Wedding, 1114 63rd Avenue NE Fridley, MN 55432.

Tables of 8 will be reserved. Be sure to include your phone number with area code. For more information, call Paula at 763-571-0811.

#### September 16 & 17

##### **Holy Cross Church Festival**

Polka mass Sunday at 10 am followed by chicken dinner, 11 am-2 pm. Polish food, beer, games, and dancing to Dr. Kielbasa Band on Saturday night and John Filipczak and the Classics on Sunday.

#### September 23-October 1

##### **Minnesota Opera**

The Minnesota Opera presents Gioachino Rossini's romantic opera, La Donna Del Lago featuring acclaimed Polish contralto Ewa Podleś. For tickets, call 612-333-6669.

#### St. Agnes Church Men's Club

Collects and sends needed items to the Domy Dziecka Orphanages of Poland.

Contributions can be sent to: St. Agnes Church Men's Club c/o 2623 Jefferson Street NE Minneapolis, MN 55418

### Polish American Services Of Minnesota, LLC

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### John Paul II Memorial Polish American Calendar

You don't have to be Polish or even Catholic to appreciate and use this English-Language calendar on the life and achievements of the late, beloved Polish Pope John Paul II. Each and every day notes an event in his life associated with that date, 365 in all. Each month presents a recipe for a favorite food much loved by him, like cream cakes, pierogi, Polish omelets, etc. Graphics in blue and black relate to his 80+ year lifetime. His thoughts and quotes are unique memorial keepsakes of this holy and revered man that many call a "Great" of the 20th Century.

Spend the Year learning about the life of John Paul II by obtaining the 2007 Polish American Calendar. Send \$5.95 (includes mailing) to its Pol-Am teacher-author:

Don Samull  
Dept. P.A.N.  
1312 N. Drexel  
Dearborn, MI 48128

## Figures Of Poland's Culture And History



**Stefan P. Wilk, M.D., Ph.D. Physician/Humanitarian 1917 -**

Stefan was born in a village near Lwów and orphaned at age 8. He was raised in foster homes. He tutored to earn money to go to High School and then attended Lwów Polytechnic. In 1939 he escaped to France and joined the Polish Army there and when France fell fled to Switzerland. There

he studied medicine and received his medical degree in 1947. In 1952 came to Los Angeles and specialized in Radiology. He founded the Children's Medical Care Program in 1981. Awards: Polonia Award from the Polish American Congress, along with his wife the first annual "Amicus Poloniae" award from the Polish Ambassador, and from Lech Walesa, the Polonia Restituta award. He and his wife, Wanda Harasimowicz Wilk live in Southern California.

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## POL-AM's Spotlight On Things Polish

### Polskie Przysłowia Polish Proverbs

Nie ten majster kto zaczął ale ten kto skończył!

He is not the master who started, but he who finished!

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## Polish Word Tips

by Jerzy Hornik

### For beginners

Here are some basic travel-related expressions you'll find indispensable while in Poland.

O której godzinie odjeżdża pociąg?  
*What time does the train leave?*

Gdzie mogę kupić mapę i przewodnik?  
*Where can I purchase a pocket travel map and guide?*

Gdzie mogę się dowiedzieć o zabytkach w tym mieście?  
*Where is the Convention & Tourism Bureau located in this town? (It is important to underscore "in this town," because in case of smaller towns, there is usually only one regional office designated.)*

Czy ten autobus / pociąg jedzie do \_\_\_\_\_ (name of town)?  
*Is this bus/train traveling to \_\_\_\_\_?*

### For advanced learners

Ani się woda wróci, która upłynęła, także ani godzina, która już minęła.  
*Let bygones be bygones.*

Co Polak, to rycerz.  
*Every Pole, a mighty knight.*

Coś uczynił dobrego, nie żałuj nigdy tego.  
*One whom goodness displays shall not regret it.*

Człowiek ku pracy stworzon, a ptak ku lataniu.  
*Man is cut out to work as a bird is created to fly.*