

## Polish Heritage Day at Urban Growler Brewing

By Karina Wiatros

How are you spending Polish Heritage Day this year? You know, the June 2 holiday for recognizing how great it is to be Polish and give small, red gifts.

You've never heard of it?

That's because Jill Pavlak, co-owner of Urban Growler brewery in St. Paul, Minn., made it up in order to sneak an extra gift from her partner and brewery co-owner Deb Loch. "My great-grandma never mentioned it, but I didn't think anything of it," Loch said.

The day has since become a fun tradition for the two, and they have extended the celebration to their brewery, celebrating each year on a Wednesday close to June 2. This year's festivities – the 4<sup>th</sup> annual – will be held Wednesday, June 6.

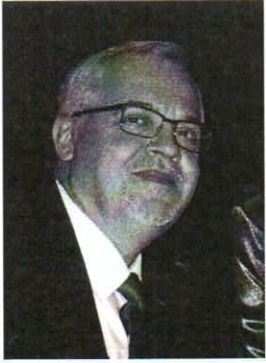
Last year's event featured a Polish menu, an accordionist strolling the patio, and a performance by the Twin Cities' own Dolina Polish Folk Dancers. "They were the highlight last year," Pavlak and Loch agree. They hope to bring the performers back for this year's event.

Also present for the one-day celebration is a special edition Grodziskie beer – a historically Polish style of beer typically made from oak-smoked wheat malt. "A Minnesota version," Loch explains, as she brews hers at a slightly higher alcohol content for taste. Loch, who has a background in biomedical engineering and a masters in brewing (yes, such a thing really exists), researched the style and experimented with the recipe to develop Urban Growler's unique take.

**"Everybody's Polish on June 6."**







## President's Letter

Spring has finally arrived! A welcome change after what seemed like a long winter. It might have seemed long, but we had many PACIM events to keep our mind off the weather outdoors.

In March, we were fortunate enough to have a new class introduced into our programming. It was a Polish Easter Egg decorating class,

supplemented by information on Polish Easter customs and traditions. The class was completely full and plans are underway for next year and expanding the various types of Polish egg decorating styles. We also had our second annual palm braiding class and in April, the return of the popular Zalipe style painting class. Our second annual Polish Hungarian friendship day was held at the PNA hall this time and was wonderfully attended. This year's event added the Hungarian band Száska for dancing and listening pleasure. A big thank you goes out to our volunteers who helped set up, worked and clean up after this event! We also had our final class in the Cooking with Kora series. Plans are underway for next series of Polish cooking classes, starting this fall.

PACIM is gearing up for the next three events. First on the docket is the Festival of Nations the weekend of May 3,4,5 & 6. This is where PACIM helps showcase the Polish culture, along with other ethnic groups to those that attend this huge celebration of nationalities. PACIM sets up and runs both the Polish Cultural Exhibit booth and the Polish Café. This event needs many hours of staffing and we are asking our membership to volunteer in either area at this event.

In addition, during the timeframe of the Twin Cities Polish Festival, which is August 10, 11 and 12 this year, PACIM will also be hosting the American Council for Polish Culture (ACPC) annual convention. We have hosted this event twice previously, 2003 being the last time we had guests from the various Polish cultural groups throughout the US attending this event. The ACPC requested this timeframe because they heard that the Twin Cities Polish Festival was a fantastic event and they wished to be able to attend. PACIM will need help staffing our booth at the Twin Cities Polish Festival as well as some help with the convention itself to be able to present our organization in its best form. Consider stepping up to help with either event. If you are willing to help, please go to the PACIM volunteer page (on the website) to sign up or call our office with your availability. Our Volunteer Coordinator, Donna Sissler will contact you.

Memberships and volunteers are the backbone of any non-profit organization. Memberships help pay the rental costs of our library space and office as well as help to fund the various programs we have. Volunteers are needed to help spread the workload amongst many, so that a few do not burn out from consistently being at every event. Both are vital to PACIM. We have many future opportunities to expand our programs but it takes both members and volunteers.

I am taking this opportunity to challenge you, the current members, to be advocates for PACIM. Help us double our membership this year. This can easily be done by every current member asking a friend or family member who has pride or interest in their Polish background or just the Polish culture, to join PACIM.

As always, if you have any questions, suggestions or concerns, please contact me at [\*\*president@pacim.org\*\*](mailto:president@pacim.org).



## Poland, off the Beaten Path

### Lublin

The city of Lublin is steeped in history since its beginnings. It was granted civic rights in 1317. With a population of about 350 000, it is the 9th largest city and the capitol of the Lublin Province in South Eastern Poland. In recent years it has become a magnet for young talent and businesses due to its location, historical past, and numerous academic institutions.



The city is inhabited by people whose families lived here for many generations, with traditions of deep patriotism and broad understanding of national identity.

Lublin is a university town, and in the summer the city population goes down by almost 20% or 65,000 inhabitants. It is the only town in Poland where a majority of jobs are provided by academic centers that include Catholic University of Lublin or Katolicki Uniwersytet Lubelski (KUL). The largest employer in town is Maria Curie-Skłodowska University.



The city's history is truly a rollercoaster of historical, cultural, and religious influences. Lublin from the very beginning thrived on a spirit of tolerance in its 700 years of history. The city was inhabited by many nations, including Poles, Lithuanians, Belarusians, Ukrainians, and Jews. It has had many diverse religions, including Catholics, Chassidic mystics, Arians, Calvinists and other religions that were often persecuted elsewhere. The Jewish Quarter is no longer existent.

The city also sits on ancient Via Regia connecting Kiev of Ruthenian Rus' with Iberia allowed the city to prosper. <http://www.coe.int/en/web/cultural-routes/via-regia>

From the beginning, Lublin played a vital role in the politics of the Polish Kingdom when Polish-Lithuanian Union of Krewa was signed in 1385. It was the place where Polish-Lithuanian Commonwealth was created in 1569, a state that lasted through the end of 18th century.

The city's beauty has been consequently and wisely preserved. Lublin has about 70% of its original landmarks. Houses of Lublin Town Square, Holy Trinity Chapel, Trynitarska Tower and Dominican Basilica are a must see. There is increasingly large numbers tourists visiting but they do not seem to interfere with the lives of the locals.

The city does not seek flashy promotion but reaches to its authentic roots with its cultural offerings of the highest caliber.

Carnaval Sztukmistrzow is a festival of circus arts and theatre that takes place this year, on June 26-29, in the center of the city.





The Carnival takes inspiration from Nobel Laureate Issac Beshevis Singer's hero, the Magician of Lublin and delves into Lublin's multicultural history and traditions.  
<https://en.sztukmistrze.eu/>



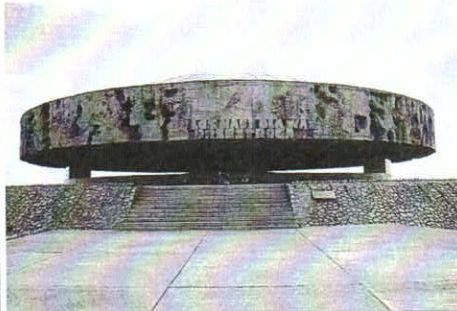
Different Zones Art Festival June 28-July 1 2018 features representatives of afro-jazz, new wave, electronic music and widely understood world music. Last year for instance the music of Ben Watkins' Juno Reactor was heard (if you are fan of the "Matrix" series).

<https://en.innebrzmienia.eu/>

If you are in Lublin in the summer, do not miss the Jagiellonian Market, August 17-19 of this year, that fills Lublin with folk music, song, dance and art. It offers multiple exhibits, concerts, dances, educational workshops and history tours. In addition to Polish traditions it also features folk art from Ukraine, Belarus, Lithuania, Hungary and Slovakia. Unfortunately, the website seems to be only in Polish. <https://jarmarkjagiellonski.pl/>

Osrodek Brama Grodzka Teatr NN or The Grodzka Gate-NN Theatre has a mission of telling the story of Lublin, save and refresh memory of Jewish inhabitants of the city and mutual history. It first came to existence as NN Theatre but then the artists discovered they knew nothing about the Jewish quarter. The quarter gave way to a major roadway after the war. It all allegedly started with the Theater visitor in 1970's who stated she was the NN. She apparently said she lived in one of the apartments in the gate, did not know her parents or her real name but suspected she was Jewish. The center since attempted to trace names of the quarters inhabitants, ancestry and addresses of 45,000 Jewish inhabitants of prewar Lublin's 120,000 total population.  
<http://teatrnn.pl/en/>

You may also chose to visit nearby State Museum of Majdanek in the area of the former Nazi concentration camp. <http://www.majdanek.eu/en>  
Lublin city has an inviting website that will provide inspiration for your next visit. The City is somewhat of a wild card as an eastern and western cultures crossing. It has its own combination of style, character and architecture that calms, fascinates and inspires yet can be unsettling at times. When in Lublin tasting famous "Cebularz" is a must. <https://www.lublin.eu/en/turystyka/>



### **Polish Word to know**

Pomarańczowy—orange—adjective

Sentence—pomarańczowy jest jej ulubionym kolorem. (Orange is her favorite color).

Family, Immigration and Estate Planning Law



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## **Urban Growler, Continued from p1**

Pavlak and Loch both boast Polish heritage. Pavlak's father was 100% Polish – his family hailed from Poznan. Her grandmother spoke only Polish, as did Loch's great-grandmother.

"It's very sentimental to us," Pavlak said of the annual event. They tell the story of a Polish man from Chicago who attended last year. He came to the Twin Cities after losing his wife and was grieving as he sat and took in the atmosphere of the day. After a while, he shared with the owners that the Urban Growler patio felt like his "home away from home."

Pavlak and Loch cherish moments like that, as they see the brewery as an extension of their home and want all to feel welcome. "It's our mission to bring people together through beer," Pavlak said.

"We want people to find what they have in common," Loch added. As any good Pole knows, beer, togetherness, and music are a great way to accomplish that.

The two are eager to visit the homeland and check out the new craft beer boom. "We put \$25 a week into our trip fund," Pavlak said. In the meantime, they do what they can to bring the homeland to St. Paul.

Urban Growler is located at 2325 Endicott St., St. Paul, MN 55114.



### **Sister Cities Columbia Heights / Lomianki, Poland will host**

A Conversation and Book Signing—Dr. John Radzilowski will present "Frantic 7—The American Effort to Aid the Warsaw Uprising and the Origins of the Cold War, 1944," which he coauthored with Polish Author Jerzy Szcześniak

May 8th, 6:30 PM. At the Columbia Heights Library, 3939 Central Av NE, Columbia Heights, MN.

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Have you checked out the Polish Community Calendar? Have great events you wish to share – please contact [office@pacim.org](mailto:office@pacim.org). To register or unsubscribe, or refer a friend, please contact [office@pacim.org](mailto:office@pacim.org)



The PolAm is a bi-monthly newsletter of the Polish American Cultural Institute of Minnesota (PACIM). Newsletter subscription is included with membership. Submitting items for publication, large and small, is welcomed and highly encouraged. Send queries to [office@pacim.org](mailto:office@pacim.org).

**PolAm Editing Team:** Marie Przynski (editor), Kasia Litak, Ed Rajtar, Paul Rog, Renata Stachowicz



## 05/20/18 - Poland Independence Celebration Committee Fundraiser Lunch

Sunday, May 20 - 1 PM - 4 PM  
Holy Cross Catholic Church  
1621 University Ave NE  
Minneapolis, Minnesota 55413

Komitet Polski i Polska Szkoła Sobotnia zapraszają na obiad, którego celem jest pomoc w zebraniu funduszy potrzebnych do organizacji uroczystych obchodów 100-lecia odzyskania Niepodległości.



Polish Committee and Polish Saturday School invite you to the fundraiser lunch. All proceedings will support the organization of the Official Celebration of the 100th anniversary of Poland's Independence.



***Cooking with Kora***  
**Fall Spring 2017—2018**

On Thursday, April 12 we finished this season series of cooking instruction with traditional "grzybowa" soup. As usual, grandma's old recipe worked its magic. All participants were happy with the outcome. Tasting of the final product is always the best test of the performance.

We had a few people that have been with us from beginning to the end, and we are grateful to the devoted crowd. We've learned, that the interest in ethnic Polish cooking is growing, therefore the classes will continue starting October 2018. The planning had already started. Details will follow in PACIM media.

We had opportunity to invite attendees to PACIM's upcoming events, and some were interested in volunteering. Thank you! And see you again in fall !

Renata and Kora

### Save the Date

Twin Cities Polish Festival  
August 10 - 12, 2018  
See [tcpolishfestival.org](http://tcpolishfestival.org) for details





# FESTIVAL OF NATIONS®

**5/03-06/18 – Festival of Nations**, RiverCentre, St. Paul – Visit the Polish Café, Cultural booth and of course the bazaar area for those Polish treasures you just have to take home. Join the fun.

PACIM needs your help - Volunteers are being recruited for the Café and Cultural booth. We will provide the admission ticket for committing to a four (4) hour shift. If interested in volunteering, please contact

Festival of Nations CAFE link: [www.SignUpGenius.com/go/60B0D45A4AC22A5FB6-festival](http://www.SignUpGenius.com/go/60B0D45A4AC22A5FB6-festival)

Festival of Nations Exhibit Booth: [www.SignUpGenius.com/go/60B0D45A4AC22A5FB6-festival1](http://www.SignUpGenius.com/go/60B0D45A4AC22A5FB6-festival1)

Not able to commit to this event, PACIM hosts several other events throughout the year, where volunteer assistance is appreciated.

PACIM also has need of volunteers to assist in the TC Polish Festival booth and in the library - sign up here— <http://www.signupgenius.com/go/10c044aabae29a7fc1-twin>

Questions, need further information - contact Volunteer Coordinator Donna at [DLinert51@gmail.com](mailto:DLinert51@gmail.com) or 612-251-4511. Join the fun!



## **Polish superstition— RIGHT FOOT FORWARD**

*One of many wedding-related beliefs holds that the bride and groom to be should cross the church threshold with their right foot as this ensures a good journey through life together.*

*Sikora's Polish Market*

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## Gala Celebration for Poland's Independence

Poland Independence Celebration Committee was created to help celebrate Poland Independence Day.

Poland disappeared from the geopolitical world map for many years, and in 1918, after WWI, gained its independence on 11/11/1918. Indeed, the US was the first country to welcome Poland back to the world stage. Poland's President Andrzej Duda has declared 2018 as the year of Independence and celebration of Poland's freedom. We are honored to join with Poland, and others around the world in commemorating the 100th anniversary of her freedom and being an independent European country.

This Poland Independence Celebration committee would like to extend an invitation for you to join this celebration on **11/10/18** at the Minneapolis Institute of Arts (MIA) - this final event will undertake and provide historical exhibits and presentations, concerts of classical Polish music, Polish folk dancers from local community groups, choral music, children's programming, educational and historical perspective, truly a celebration of Poland's independence.

Committee contact at [poloniamn@gmail.com](mailto:poloniamn@gmail.com)  
See [polandcelebration.org](http://polandcelebration.org) for additional information and don't forget to check out their Facebook page.



— CELEBRATING —  
**100 YEARS**  
OF POLAND'S INDEPENDENCE

○ NOVEMBER 11, 1918  
○ NOVEMBER 11, 2018

**POLAND**  
INDEPENDENCE CELEBRATION COMMITTEE



We want you – PACIM is about sharing traditions, customs, heritage and folklore coming from Poland. Additionally, it provides scholarships and various charitable awards to worthwhile projects and organizations.

Culture is a strong part of people's lives, and PACIM endeavors to provide insight into this perspective, and the Polish experience is important. Join with others who have similar desires to learn and share similar interests. See and do new things – check out the events of the Polish Community Calendar and PACIM website - Be involved in new activities, whether an Art or language class, special event, and other venues to enhance your knowledge and enjoyment. Have fun spending time with likeminded individuals. Become a member today.

**See [www.pacim.org](http://www.pacim.org) for membership information**



## Poland's Prehistoric Treasure – Baltic Amber

It's impossible for me to tell you about the Amber Museum in Gdańsk, without first letting you know it's located inside the same building as an ancient prison and torture chamber!

You can choose to feast your eyes on the most extraordinarily, artistically hand crafted and raw examples of Poland's amber, or by shocking contrast, visit the torture chamber and see, in graphic detail, the life and death of the prisoners. You may choose to do both because the original architecture of the **Długa Street Gatehouse Complex** is beyond description. If you just consider the unique 14<sup>th</sup>-century architecture, it's a perfect, historical dwelling for amber.



Every tourist knows you can find plenty of amber in Poland, along with their opinion of whether it moves them or not, but not everyone knows why it was revered throughout history.

It adorned Poland's kings and queens, was used by Polish farmers and peasantry for good luck and for its healing energy. Folklore tells us that amber was believed to be frozen tears. It was highly valued and traded throughout history, mostly along the early European Amber trading route.

Amber is old. We're talking about **40 MILLION** years old! And, this isn't even a stone!

Amber is a resin. It dripped from prehistoric trees and then, solidified into chunks which either fell into the Baltic Sea or were buried deep beneath the forest ground as the trees decomposed with time. Sometimes, prehistoric insects, plants or shreds of bark were trapped inside the sticky resin before it hardened, making it unique and even more valuable. Amber catches the eye with its familiar warm golden, honey color. However, you can find it in several colors ranging from pale blonde to green, depending on which minerals and organic material absorbed into the sap before it hardened.



Baltic amber contains as much as 8% succinic acid which is believed to have healing qualities when absorbed into the body. That's why if you rub it gently to warm it in your hand, you'll sometimes notice a very faint smoky scent, particularly if the outer surface has not been removed or polished.

Learn all the captivating history of Amber as you wander through the nooks and crannies of the fortress Amber Museum. Be dazzled by the superb craftsmanship of historical amber artifacts, sculpture, jewelry, along with the astonishing creativity of the contemporary art pieces.

*Who knows? You may discover a new appreciation for the amber in your Polish heritage!*

*Submitted by Mary Welke*

<https://muzeumgdansk.pl/>



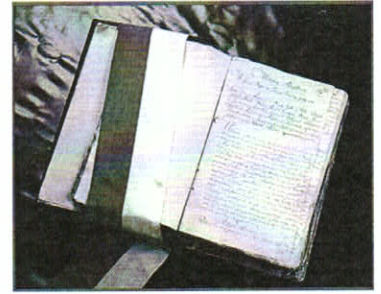


## Konstytucja 3-go Maja

"The Last Will and Testimony of the Fading Homeland"

By Renata Stachowicz

The May 3<sup>rd</sup> Constitution was created by King Stanislaw August Poniatowski, scholar Hugo Kołłataj, and nobleman Ignacy Potocki. It was a first modern constitution in Europe, and 2<sup>nd</sup> in the world, following the Constitution of The United States.



After initial introduction and many legislative battles, the constitution was finally voted into law on May 3<sup>rd</sup> 1791 during *\*Four Year Legislative Session*.

The fathers of the Polish May 3<sup>rd</sup> Constitution developed this document to save the country from foreign influences. Centrally located Poland, with wide access to Baltic Sea, was a desired piece of land to many European countries. Lobbyists from the said countries bribed lower nobleman (*\*gołota*), to have their vote, and therefore influence on Poland's political and economical decisions. Lower nobleman were also paid to block unfavorable laws to foreign countries by using *\*liberum veto* call.

The constitution, first and foremost, was stopping free elections of a king in Poland and brought back the *\*heirdom*. That was going to prevent electing foreigners to the Polish throne, which in the past lead to a slow degradation of Poland as a country, as foreigners did not have Poland's interest as a first priority. The mentioned earlier *liberum veto* was suspended. Lower nobleman could no longer be a part of the legislative branch of government, as great majority of them was too poor to be educated, therefore it was easy to influence them or buy their vote. The Constitution determined three branches of the government; Legislative, Executive and Judicial. The King was not a ruler, but played a part in Executive Branch. The King could not make any changes and could not be held responsible for legislative nor executive decisions and outcomes.

The main change, however, was that the May 3<sup>rd</sup> Constitution elevated the middle and lower class. Townspeople were granted protection by government, the right to own property, they could become an army officer, hold a position in public administration, and they had a right to acquire nobility. The cities could sent delegates to legislative sessions, and had the right to vote on decisions related to administration of cities. Peasants were taken under protection of the government; meaning the poorest citizens were protected by law and government administration against land owners. The lower nobleman, townspeople and peasants were released from paying taxes. The higher class nobleman were to pay 10% tax and clergy 20%. Although the Catholic Faith was named as a dominant in the country, people were granted freedom of religion. Apostasy was considered a crime.

The constitution was to be updated every 25 years by Constitution Committee to keep the laws current and applicable.

A powerful army was to be created to help keep the country safe and free from foreign treats. Unfortunately, the forming of the army did not come soon enough.

Neighboring countries, Russia, as well as, some Polish nobleman were not happy with those changes. On April 27, 1792 they formed a coalition called *Confederation of Bar* to reverse the changes. This coalition lead to military attack on Poland, and King S.A. Poniatowski had to capitulate in face of the overwhelming confederate army. This capitulation of the Polish Army lead to series of partitions of Poland by three neighboring countries and loss of independence for over 123 years. Poland regained its independence with the end of WWI on November 11, 1918.

*Continued p11*



## Konstytucja, Continued from p10

\**Four Year Legislative Session*- historical term for the longest legislative session in Polish history

\**Liberum Veto*- an old custom that allowed for a single legislator to block any legislation by shouting "liberum veto" (translation from Latin- "I do not allow it")

\**gołota – destitution* – term used to describe lowest class of nobleman that often had nobleman heritage but no financial resources to get educated, or live comfortably.

\**Heirdom* – heritage of rule.

## Calling All Polish World War II Veterans

Polish Military Veterans of World War II will gather in Warsaw, Sept. 1-3, 2018, to mark the September 1, 1939 Nazi Germany invasion of Poland that started World War II. This will be a huge historical and very emotional event in Poland.

This may be the last opportunity to honor the aged WWII veterans en masse in the fatherland, Consul General Zygmunt Matynia – Embassy of the Republic of Poland in Washington, D.C. – has announced that all expenses will be paid for the eligible veterans, and one escort, to include airfare, hotel, meals, etc.

All veterans who are interested and would like to participate in this event should contact directly one of the following representatives for the Office for War Veterans and Victims of Oppression: Zbigniew Krzywosz tel. +48 22 661 86 21, e-mail [bigiewKkrzywosz@kombatanci.gov.pl](mailto:bigiewKkrzywosz@kombatanci.gov.pl); or Artur Fraczek tel. +4822661 87 47, e-mail [Atur.fraczek@kombaanci.gov.pl](mailto:Atur.fraczek@kombaanci.gov.pl). "



## PACIM Scholarships are available – applications due 05/10/18.

The Guminga Academic Scholarship, the Polanie LEGACY Scholarship and the Rog Endowment Awards are all accepting applications.

Details and requirements for each award are located on the PACIM website [www.pacim.org](http://www.pacim.org)

### Members Honor Roll

Donor — Ronald Protasiewicz

Household— Lawrence Rogacki

Individual - *Roseanne Betley, Marilyn Carnes, Natalia Piela, Ewa Banasikowski, Robert Grusznski, Delores Heintz, Theresa Joncas, Paul Kulas, Ardell Mack, Michael Napieralski, Joyce Pivoschuk, Susan Stwora*

### Constitution Day in Poland 05/03/2018

Poland's President Duda has opened a year of celebrations for Poland's 100th anniversary of independence, and advised that it's strength is in its unity. If you have an opportunity, (during library hours) PACIM has a signing book, where you can express your good wishes. PACIM will be sending these books to Poland later in the year.







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### **American council for Polish Culture (ACPC) National Convention**

**PACIM** is serving as the host organization for the annual ACPC conference. It is our opportunity to present and promote local Polish history and interest, and show off the Twin Cities area to the delegates.

ACPC is a national organization uniting like-minded groups and individuals in cities across the United States promoting Polish culture, heritage and history and providing intercultural understanding.

The schedule will include the Sembrich Concert, an Awards' Dinner/ Banquet, various local site visits and activities, as well as business meetings. A committee is currently planning the schedule and events. Detailed information to follow in the PolAm and local media. For additional information, contact [office@pacim.org](mailto:office@pacim.org)