

# Polish Journey

Newsletter of the Polish Cultural Council • Vol. 20 • Summer 2022

## MESSAGE FROM THE PRESIDENT

The Midsummer event held on Sunday, June 19, was a textbook exercise in doing something positive and doing it right. Organized by Evanne Addams, the committee consisted of nine PCC members. By the time the eventful day arrived, the number volunteers had doubled, with all of us busy bringing this function to reality. This was a good sign in that the membership buy-in was strong, which signaled to the PCC board that we were on the right track. The event had a two-fold purpose. The first was an excuse to get our membership together in a convivial, sylvan setting, with great food, music and purpose.

And that's always important with about 80 members participating. Second, we had a charitable purpose as well. Poland's role in helping the Ukrainian refugees has been noted numerous times by the international press and NGOs. The people of Poland have really stepped up their offerings of comfort and aide to a distressed group of people; but to absorb the millions of refugees takes an effort well beyond the small country's capability. All over the world, Polonia have stepped to the plate and given millions of dollars to Polish Aid agencies, directly supporting these war refugees and helping to make an intolerable situation a bit more

tolerable. As our invitation stated, all of the donations and the net proceeds will go to Polish charities directly involved in support of Ukrainian children. So we accomplished our dual goals by creating and hosting a fantastic "midsummer" picnic while not forgetting our responsibilities to those who are suffering. As an added bonus, we are ready to resume our pre-COVID activities! Congratulations to all on the committee and everyone that took time from their busy schedules to help. I look forward to working with everyone again. And of course, a special thanks to Evanne and her committee.

—Rick Pierchalski

## Midsummer's Magic Event a Huge Success

June 19 was a beautiful midsummer day with perfect weather, a nice turnout of 85 and a lovely event. Thanks to our guests and donors, the PCC raised over \$7,000 for Ukrainian children refugees in Poland.

To those of you who were unable to attend, you were missed. The food was enjoyed by all and the

Continental Dukes provide the perfect ambiance of music accompaniment for the event. We danced around the maypole which was truly entertaining and enjoyed by the participants and spectators alike with lots of laughter. After a half hour of lessons, misdirection in steps, bumping into one another and tangling ribbons, the performance was amazingly flawless.

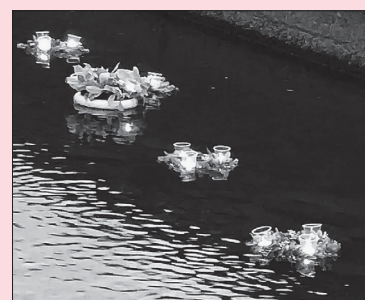
We ended the evening with a parade to the creek led by the accordion player as our pied piper. The candles on the wreaths were lit and 15 wreaths gracefully danced their way through the currents and down the stream with a perfect backdrop of the dimming light at dusk. A beautiful ending to a beautiful event. Thank you everyone for your support. - *Evanne Addams*



Melanie enjoys the evening!



Marysia Zioncheck - Mission Accomplished!



WIANKI in the park's stream!

# Enjoying the charm of Tykocin

From our Warsaw correspondent, Magda Rybka

The time after the winter's end in 2022 seems to be exceptionally cold and hopeless. Still, we may be sure that the sunshine will inevitably make its way through the thick and low-hanging clouds. We will see a new dawn and a new beginning. The spring will be late, but it is coming.

So, although lately we had been feeling rather miserable, our six-hour trip to the north-east of Poland in search of signs of spring brightened us up. Somehow the cycles of nature and the changing seasons do the therapeutic work. If flowers still bloom, trees bother to get green, birds make an effort to weave nests and our beloved storks fly hundreds of miles to revisit this part of the world to bring up their beaky offspring then maybe, just maybe there is still a future to look forward to. And believe me, Tykocin is one of the best places to meet dozens of storks in both their black and white or only black varieties.

Our long postponed visit to this little pearl of Polish Baroque certainly brought no disappointment. The town's scenic location midst meadows and forests, on the river Narew, makes it a treat by itself. Tykocin owes its importance also to its location on the medieval border between the Duchy Of Mazovia and the Great Duchy of Lithuania. The town's development was a result of trade between Poland and Lithuania. As it became a center of river rafting, timber, crops and other valuable goods were floated down the Narew from Podlasie to Gdańsk. It was the cheapest and most efficient means of transporting merchandise until the construction of railroads.

Polish Journey is a publication of the Polish Cultural Council, a non-profit 501 (c)(3) organization. Please address your correspondence to: Polish Cultural Council, P.O. Box 81054, Pittsburgh, PA 15217-0554, tel: 412.716.2348

"The opinions expressed by authors do not always reflect the views of the PCC."

Rick Pierchalski, President;

Maria Staszekiewicz, Executive Director,  
pccorg.ms@gmail.com;

Eva Tumiel-Kozak, Editor-in-Chief;

Veronica Wojnarowski,

Maria Staszekiewicz, Editors;

Kasia Goszcz-Bruniany, Graphic Artist;

Mary Seamans, Graphic Design;

visit us @ [www.PolishCulturalCouncil.org](http://www.PolishCulturalCouncil.org)



Tykocin Castle

The town frequently changed hands. It was owned by the Dukes of Mazovia and afterwards by the Dukes of Lithuania. It was once the dowry of Barbara Radziwiłłówna, the great love of Zygmunt August who, after the wedding with Barbara, came into the possession of Tykocin. The king rebuilt the Tykocin fortress into a magnificent Renaissance castle, ornamented it with the most beautiful tapestries, gathered there lots of treasures and set an impressive armory. The King enjoyed the place so much that it became his primary residence. It was also a very strategic location, because Tykocin was then situated in the center of the Polish-Lithuanian Empire. The castle was unfortunately demolished during the Swedish deluge and further destroyed during WWII. It was reconstructed in 2005. Now it hosts a museum, a hotel and a restaurant that we didn't have time to visit, but which seem to attract tourists' interest. The siege of the fortress in Tykocin during the Swedish Deluge was described colorfully by Henryk Sienkiewicz. Every year in February a reenactment of the assault of the castle in Tykocin is held.



Alumnat, now a restaurant

Someone estimated that there are about 100 historical landmarks in this tiny town, and that may be true. The oldest building of the town is the Alumnat. It served as a shelter for war veterans from the first half of the 17th century until 1914. Today it is the only one of its kind in Poland and one of the oldest in Europe. One may visit this place and enjoy a meal there. I would say, though, that besides the castle the most interesting historical building is the great synagogue Bejt ha-Kneset ha-Godol, It was built in 1642, and is one of the best-preserved synagogues in Poland from that period and



Tykocin Synagogue

is a testimony to the importance of the Jewish community in Tykocin. In the times of the First Republic of Poland, Tykocin Jews played a significant role in the life of the entire Jewish community in Poland. Their influence and rank is evidenced by the fact that in the Jewish assemblies only the representatives of the Kraków's Kazimierz were more important. During



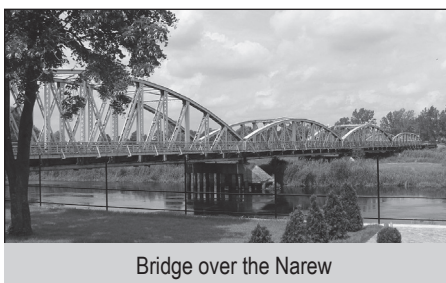
World War II, tragically the estimated 2,000 Jews of Tykocin were annihilated by Nazi Germans.

Another must see is the Holy Trinity Church built by Jan Klemens Branicki. It impresses with its complete eighteenth-century furnishings. One may also see there original wedding portraits of the Branicki family. The church is located in the center of town on the market square which is also a rare sight. It is exceptionally spacious and it is surrounded by unique small houses, most of them historical landmarks. In the middle of the trapeze-shaped market square stands a monument of Stefan Czarniecki to whom the town once belonged. I almost forget about the bridge on the Narew. It is a solid iron construction that dates back to 1910. It was brought to Tykocin by the Red Army from Lower Silesia, probably from Wrocław. It has been recently modernised and nicely fits the general landscape.

In spite of its small size, however, the town offers a wonderful walk along the banks of the river Narew and pleasant visits to museums and galleries. It gives an exciting though sometimes painful history lesson, and also delivers good tourist infrastructure



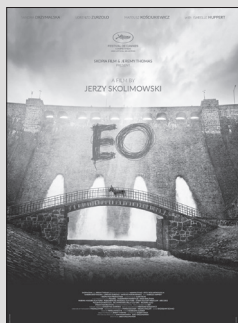
Holy Trinity Church



Bridge over the Narew

with nice hotels and surprisingly rich restaurant choices. There are even vegan options (which is definitely not so common in small towns in Poland), offered in the Jewish restaurant located next to the great synagogue. Although we visited Tykocin in the early spring when the world is more beautiful than ever, I am positive that it is worth seeing all year round.

## NEWS BRIEFS



### Skolimowski wins a jury prize at Cannes

Polish veteran film director **Jerzy Skolimowski** won a **jury prize** at the **75th Cannes Film Festival** for his film, **EO** one of the breakout films at Cannes. **EO**, based on the classic French film, **Au Hasard Balthazar**, by Robert Bresson, is told through the eyes of a donkey. In his acceptance speech, Skolimowski said “Thank you, my donkeys”. **EO** is a donkey born in a Polish circus, where it performs with a young artist named Kasandra, who also takes care of the animal. After a demonstration by

animal rights activists, the two are separated. The donkey ends up in a petting zoo and later changes owners several times, “experiencing joy and pain, and feeling the wheels of fate crushing his innocence”, according to the official synopsis. **Sideshow** and **Janus Films** have acquired the North American rights to **EO**. A review of the film can be found at <https://www.hollywoodreporter.com/movies/movie-reviews/co-review-cannes-2022-1235150257/>.

### Polish feature wins awards at Brooklyn Film Festival

**Pour l'amour (Po Miłość)**, directed by Poland's **Andrzej Mańkowski**, won two top accolades at the Brooklyn Film Festival in New York: the **Grand Chameleon Award** and the **Best Narrative Feature Prize**. The film tells the story of Marlena, who struggles with a serious marital crisis. Through the Internet, she meets Bruno, who brings back her self-confidence. However, Bruno has different plans from building a relationship with her. According to publicity materials, the film “touches upon the overwhelming problem of how modern technologies affect people's lives today”.



(Continued on page 11)

# Ukrainian Refugees and Polish People's Response

## — *from our perspective* by Eva Tumiel-Kozak

*Malgosia Matyjaszewska, our long-time friend, member and supporter, has visited Poland at this difficult time. Her postcard from Poland included several photos and a few words:*

All the media inform us daily about the Russian invasion of Ukraine, with a steady flow of haunting images, exposing all of its atrocities. This is an invasion of the largest country in Europe, rich in natural resources, with great soil, the one feeding many nations, (Russia among them), with their grain, corn, and other exports of food. All of it was stopped indefinitely following Russia's destruction of the main seaport Mariupol, continuing artillery barrage, blocking the ways for potential transport of goods, and covering the fields and crops with live mines. President Zelensky predicts famine, especially for underdeveloped countries counting on the supply of food from Ukraine.

We just learned that Malgosia's great example of helping refugees while in Poland inspired her granddaughter, **Mina Rose Matyjaszewski**, fourth-grader in her school in Cumberland, Maine, to give a special presentation to her class about the crisis in Ukraine. She was not only the creator of an idea but also the driving force behind a read-a-thon which raised \$45,000 in her school for relief efforts. **BRAVA** to Mina! **BRAVO** to all!

Dear Friends,

As you know, Poland, a country of 38 million, has taken nearly 3.5 million Ukrainian refugees since the Russian invasion on February 24. Many Poles, including my friends and me, have been welcoming Ukrainians, mostly women and children, to their homes or volunteering to help and offering donations in many forms.. Some cities, especially close to the border, are getting overwhelmed. Some are experiencing housing shortages to accommodate the new arrivals. Nevertheless, Polish People invite the refugees with open arms and the entire social and health system serves the millions. Schools are overcrowded with more children, but they have an opportunity for learning the language and participate in everyday education.

Let me mention an interesting initiative of women, who, knowing that the most of refugees are women and children, wanted to make them feel especially safe. They organized over 600 women in *Kobiety Za Kółko, Women Take the Wheel* program, collecting refugees at the border and driving them to their designated places.

It is impossible to describe in this short note all of the initiatives taken by people, all the work of the committees in the affected cities, all the possibilities organized for the refugees. Sometimes photos tell the story in a more vivid way.

Keep helping, get involved....

Greetings and see you soon!

*Malgosia*





# Voices for the Ukrainian People

This poem, by “our” poet, **Leszek CHUDZIŃSKI**, was written for a group of poets in Seattle for the project *Voices for the Ukrainian People*. Here, he shares with us his strong response to this ugly, tragic war. You can listen to him reciting this poem at: <https://youtu.be/EPZ8jco8ELL>. This reading was inspired by Lyn Coffin and was hosted by Leopoldo Seguel. A number of poets participated.

## From Russia with Love

The desire of the Russian bear  
to hug another nation  
is irresistible  
unstoppable

Before dawn  
on 2/24/22  
Russian tanks tore into Ukraine’s flesh  
killing everything in their path  
and world peace

Russian love has its price –  
declared gospodin Putin  
it doesn’t come cheap  
it demands the highest sacrifice  
of one’s country  
and people  
It levels all obstacles  
until annihilation is complete  
only then can pure love blossom  
on the scorched earth

Ukraine has proven unworthy  
of Russian unceasing love –  
The maternity ward in Mariupol  
hit by Russian bombs  
can there be a greater expression of love  
if not love for one’s infants? –  
asked gospodin Putin

Russian troops shell green corridors  
trap civilians without water, food  
medicine, heat  
all you need is love –  
declared gospodin Putin

Why would people want to escape  
the embrace of the Russian bear? –  
pondered gospodin Putin  
the salvo of a machine gun  
stops refugees in their tracks  
and they fall where they stand  
People killed by Russian love  
are buried in mass graves –  
it’s the manifestation of love  
that lasts forever –  
stated gospodin Putin

In Kyiv  
a Russian shell failed to explode  
painted on its back  
was a red sign  
From Russia with love

Ukrainian thugs and Nazis should  
know better  
than to mess with Russia –  
warned gospodin Putin  
munching on Papa John’s pizza  
and lifting his little pinkie  
to down a Starbuck’s triple-shot latte  
as three Iskandar missiles were fired  
on the city of Kharkiv –  
a sign of good will

The loving  
and the loved are clasped in  
a mortal embrace  
until love  
or death  
do them part

*Leszek Chudzinski*  
Shoreline, March 13, 2022

## PCC hosts Wianki, A Midsummer’s Night Magic Benefits Ukrainian Children



On June 19th, the PCC hosted a splendid event, **WIANKI** (*wreathes*), or **A Midsummer’s Night Magic** at Avonworth Community Park. The net proceeds from the event will be directed to Poland to help the Ukrainian children. Our president, Rick Pierchalski and Evanne Addams, the treasurer and the main organizer of the event write about it in more detail on page one.

Following the success of his previous publication, *Niedzielni Poeci*, Leszek Chudziński’s, latest book of poems, *Podlesie*, was recently published in Poland. *Podlesie* depicts Chudziński’s childhood vacations in the Polish countryside near Poznań.

At one time, Chudziński lived in Pittsburgh. PCC organized a few of his poetry readings here and several of his poems were featured in the Polish Journey.

# Secrets of the Nectar of the Gods

PJ's Eva Tumiel-Kozak talks to JEFF BERTA, beekeeper, owner and CFO of Always Summer Herbs, LLC in Slippery Rock, and much, much more....



A bee has powerful colour vision, with five types of eyes, seeing ultraviolet light, the depth and three dimensions.

I have in front of me a book **The Healing Secrets of Honey**, in which Cal Orey, best-selling author and journalist is touting the special qualities of this ancient, remarkable nectar. How timely! Based on the interviews with doctors, researchers and beekeepers, the author gives us various qualities of natural honey which could lower the risk of heart disease, cancer, and diabetes, and could reduce body weight, or heal your cuts and scrapes. It is a much healthier sweetener than table sugar, containing a multitude of antioxidants, minerals, vitamins, and has only 21 calories per teaspoon. Honey relieves allergies, coughs, fatigue, digestive and skin problems, stress, and boosts libido. Medical grade honey, called Manuka from New Zealand, can even help to beat staph bacteria and antibiotic resistant MRSA.

Panacea for dozens of ailments? Healing miracle of the 21-st century? Perhaps. PROVIDED, that you're using honey from a natural source, free of pesticides, raw and unprocessed.

Since buying honey can be confusing, I immediately thought about the expert beekeeper, where I purchase a substantial amount of honey each year: Jeff BERTA, who launched his **Always Summer Herbs** in Slippery Rock in 1997,

expanding it, retailing raw, local honey, and much, much more, nationwide. ([www.always-summerherbs.com](http://www.always-summerherbs.com)).

**ETK:** Welcome Jeff! Thanks for talking to us. Please tell us about your special operation, your chemical free methods, and your honey production according to the highest standards of farming practices.

**JEFF BERTA:**

My pleasure. Our challenge is to keep the bees healthy and productive. The problem is a parasite mite, called the Varroa Mite, which attacks and feeds on bees. The traditional way of controlling the mites is by using insecticides. We breed a genetic type of bees that are able to identify these mites, and kill them by actually chewing off their legs. Since mites don't have the clotting factor, they bleed to death. We constantly monitor our hives and, if the need for treatment is necessary, we use, as we call it "soft chemicals", namely thyme oil, or extract of hops.

**ETK:** How interesting. The extract of hops is quite popular in Poland and in Europe.

**JB:** It took a while to get it approved in the United States. It's not pleasant to work with it, it takes time for bees to get used to it, but mites are repelled.

**ETK:** Does the honey production have an influence on our climate?

**JB:** Actually, it's the other way around. It's our climate which affects honey production. Penn State proved that the raise of an average temperature even for a couple degrees drops honey production enormously, sometimes even 90%, especially from the poplar tulip trees, which my lovely and funny daughter calls 'beautiful trees'. For example, my friends from Indiana, PA used to get 12 drums of poplar tulip honey a year, but for the last hot summers it went down to only 3! Also the temperature influences the behavior of bees, which are less vigorous. The fact that nights don't cool off, doesn't help either. Back in the 1980s, an average honey production per colony was approximately 155 lbs. per year. Currently, it dropped, I

believe, to 43 lbs.

**ETK:** Obviously, your honey comes from your own hives. Tell us about your care for the honey-bees through the entire year. For example, how do you keep your bees hydrated, preventing overheating during the hot summers? How do you take care of them during the winter time?

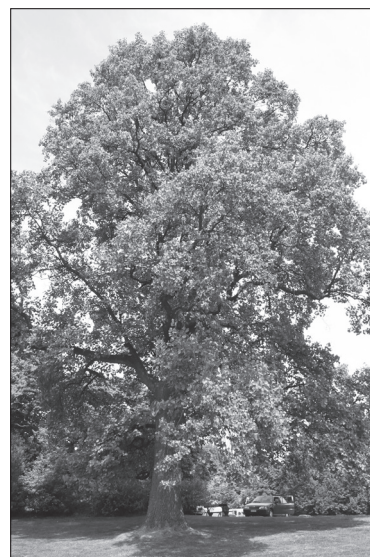
**JB:** My farm has a stream flowing through it and the lake. Most of my bees are near the water or some swamp area, where they can not only hydrate but find some salt or minerals. At winter time I move my bees into a climate controlled building.

**ETK:** You have your fantastic collection of unique flowers and herbs. Just a curiosity, is it true that it takes 2 million flowers to produce 1 pound of honey?

**JB:** Well, there are a lot of different statistics. I think that several thousand is more probable. I also heard that one teaspoon of honey requires the entire life's work of 18 bees. Bees live for 46-48 days, so in summertime, they work themselves to death. They start working in early morning and they keep going through the night.

**ETK:** Does it mean they never sleep?!

**JB:** They never do, having certain roles to fill. Those which were foraging the



Tulip Poplar Tree

whole day are back, what we call, ripening nectar. The other ones' role is to bring air into the hive. And the queen is constantly laying eggs, building a future population.

**ETK:** *We've known you for many years, but only recently I've learned about your work as the President of Heartland Honey Bee Breeder Coop for six states and your six grants from the U.S. Department of Agriculture for Sustainable Research Project. You are the Chairman of the Pennsylvania Queen Bee improvement project and much more. Wow! Please elaborate on your activities.*

**JB:** Yes, we received 6 or 7 grants working on the Queen Bee project improvement. Its overall purpose is to share our best bees in Pennsylvania with each other and make them available to as many beekeepers as we know. We have people in every corner of the state, all getting along very well and all breeding the bees freely. We simply want bees resistant to the parasites and strong enough to live through the winter. We want bees which will be productive and make honey, bees which actually will pay for themselves, and bees which will be docile, especially if you keep the bees in the city.

**ETK:** *Obviously, your efforts will help our readers to purchase honey free of chemicals, with all its health properties intact. Especially in times when the systematic insecticides, applied directly to crops or weeds in bloom, affect foraging bees looking for pollen or nectar. I know that you and your wife, Teresa Royek, have some Polish roots and that you visited Poland few times. Poland produces a great deal of natural honey and its bi-products. Did you have a chance to be at the apiaries while there? If so, what was your impression?*

**JB:** Yes, we had a chance to visit several places and also see the production of the acacia honey. We were told, though, that the bees that day were in a bad mood, so there was no chance to return there. Basically, their production is similar to ours. By the way, some of the best scientists in the world for doing artificial insemination of the bees are actually in Poland and we had a chance to meet them at the one of the international conventions.



Bee Hives

**ETK:** *I understand, you're working on your master's degree at the University of Florida in Gainesville, keeping part of your bees there in the winter time, and also doing some additional research.*

**JB:** I have more time in winter and work on getting my master's in Entomology and Agroecology. The latter attracts me the most as I like the interaction of all the natural and beneficial organisms in our environment. It will help to enlarge the production of crops to feed the people of our planet.

**ETK:** *I'm overwhelmed with all that information and learned a lot talking to you. I know it's only a fraction of what you and a contingent of sustainable beekeepers across the state do to make sure this type of production strengthens our ecosystem and brings to us quality honey, not those sugary, heavily processed concoctions we often find on the stores' shelves. Please tell us where you plan to have your products this year. Where can we find you? And where I can get my Poplar Tulip honey?*

**JB:** This year, as usual, I'll be in Market Square on Thursdays. You can easily recognize my stand "ALL THE SUMMER HERBS" with the one and only red umbrella, as I'm staying away from the tents.

*Thank you, Jeff, for your time and for sharing your knowledge with us. It'll make us more discerning buyers of honey from known, sustainable sources, working and living in harmony with nature. It will lead us to optimal health. All the best on your various and important projects. To borrow your own lovely motto: BEE WELL!*

# RENEW TODAY!

Please fill in this form and mail it with your dues to the address shown below. Thank You!

## Keeping Polish Culture Alive!

Polish Cultural Council  
P.O. Box 81054  
Pittsburgh, PA 15217-0554  
[www.PolishCulturalCouncil.org](http://www.PolishCulturalCouncil.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

Type of one year membership:  
(January 1 to December 31)

☐ NEW ☐ RENEWAL

- ☐ Student (\$10)
- ☐ Individual (\$30)
- ☐ Family (\$45)
- ☐ Business (\$125)

Polish Speaking? ☐ Yes ☐ No

I would like to get involved in:

- ☐ Ostatki, [Polish Mardi Gras](#)
- ☐ Easter Breakfast
- ☐ Film Festival
- ☐ Performing & Visual Arts Events
- ☐ Newsletter
- ☐ Fundraising
- ☐ Polish Language Classes
- ☐ Christmas Celebration

Additionally, I would like to support PCC in the amount of \$ \_\_\_\_\_

Please make your check payable to:  
Polish Cultural Council

or pay online at [www.PolishCulturalCouncil.org](http://www.PolishCulturalCouncil.org)



Did you speak Polish as a child? Do you have family documents in Polish? Are you planning a trip to Poland? Do you want to learn to speak Polish? If you can say "yes" to any of these questions, please consider the Polish language classes offered by the Polish Cultural Council.

## REGISTER FOR POLISH LANGUAGE CLASSES

POLISH LANGUAGE CLASSES WILL RESUME ON SEPT 10TH, 2022 AT 10 AM-NOON, AT THE CYA BUILDING IN LAWRENCEVILLE, CORNER OF FISK AND GOVERNMENT LANE, ON PENN AVE. & BUTLER AND/OR ONLINE. CLASSES RUN THROUGH MAY 2023.

### Registration Form 2022-2023

Name

Address

City/State/Zip

Email

Class Choice:

☐ Beginner ☐ Advanced

In the event of an emergency or change of schedule, list the telephone numbers where you should be contacted.

Day

Cell/Evening

Signature

Date

Registration and Class Fee \$175

PCC Membership is required

Please make your check payable to Polish Cultural Council and Mail to:

Polish Cultural Council  
P.O. Box 81054  
Pittsburgh, PA 15217-0554  
OR register online.

## Anatol Adolf Rychalski 1926–2022 – In memoriam

by Dr. Jan Napoleon Saykiewicz,  
*Honorary Consul of the Republic of Poland*



Anatol Adolf Rychalski, known to all of us as Tolek, passed away on March 29, 2022 in Shorewood, Illinois at the age of 96. He is survived by his wife of 63

years, Janine Rychalski, and numerous nieces and nephews in the USA and France.

Anatol and his lovely wife Janine, until their final relocation to Shorewood, Illinois, were long-time members of our Polish community in Pittsburgh. It would be difficult to describe his extraordinary life and commitment to the development of the Pittsburgh area just in a few words. To understand his unusual life and contribution to society, one has to read a book written by him, *Lives Without Smiles*, in which he describes the fate of him and his family after the Bolshevik revolution in Russia, their relocation from the Polish territory of Żytomierszczyzna to areas close to Kazakhstan, and their dramatic escape from the Soviet Union.

From 1945 through 1947, Anatol served in the British-Polish military force in Germany. In 1949, he came to the United States, where he enlisted in the U.S. Army and served two years during the Korean War.

In 1955, he joined the United States Steel Corporation from which he retired in 1990 as a general manager of design, planning, and marketing in the real estate division. His contribution to the development of the Pittsburgh area is a remarkable one. It was his idea to convert a useless area in the south of Pittsburgh into Century III Plaza, through many years a thriving shopping center.

He was successful not only as a professional and as a businessman, but also as an artist -- a painter, and a sculptor. Also while working for the U.S. Steel Corporation, he was the Chief Engineer for building the fifty-foot-tall Picasso sculpture in front of the Daley Center, downtown Chicago.

With Tolek Rychalski's passing, we have lost a wonderful and remarkably talented individual, who always gave the best of himself. He was a man of great wisdom, but was always humble and modest. His mind never aged. He was bright and sharp to the last days; possessed of an exquisite sense of humor, he was never boring.

Once, while visiting in France, he took his nephews to a restaurant. A waitress approached their table and asked uncle Rychalski, "Are they your children?". "No madam", he answered. She then asked him, "Do you have any children?" ". The 84-year-old Rychalski replied, "Not yet, madam."

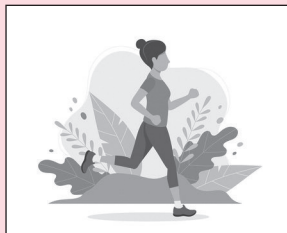
Tolek, your friends from the Polish Cultural Council in Western Pennsylvania will miss you.





# Speaking Polish – Piece of Cake by Veronica Wojnarowski

## EXERCISES – ĆWICZENIA ... NO SWEAT! NIE SZKODZI! NO MATTER!



Have you been getting your exercise? Yes, no, maybe, not enough? Well, however you have answered this question, both English and Polish idioms provide us with lots of strenuous activities that need no physical effort. Yes, we can work our way through jumping, running, balancing, throwing, and many more efforts, without

**breaking a sweat.** You may say, *nie pocę się I am not sweating*, but the translation of the sentiment is more effective with *bez najmniejszego wysiłku, without the slightest effort*. Read on, and you will see that you may be getting more exercise than you think!

**Jumping to conclusions** is expressed in both English and Polish, but with different verbs. The verb *wyciągnąć*, to pull out, to draw, to stretch is used. *Ciągnąć* is a root verb which means *to pull*, as in *Dad is pulling me up the hill, Tata ciągnie mnie pod górkę*. *Ciągnąć* with the reflexive *się* means *to last*. There are multiple prefixes for *ciągnąć* which alter its meaning, to tighten, to reach, to pull up, etc. Here, the prefix *wy-* adds a sense of something being stretched, not well-founded. *Wyciągać pochopne wnioski* means *drawing rash conclusions*.

Running is very good exercise; but when you are **running around in circles**, there is no productive outcome. Polish has two phrases which convey this concept. *Biegać w kółko* means to run around in circles, and *kręcić się w kółko* means to turn around in circles, to go round and round, to be without a clear direction. *Kółko* is a ring, a diminutive of *koło*, also a ring or a circle.

You can balance on your feet and you can also balance your books. *Zbalansować książki (rachunkowe), to balance the (accounting) books*, is related to many words which mean **balanced** or **equal**. So, it is clear why this verb is used when we are equalizing our debits and our credits. Here are a few related words:

rówieśnik	peer
równać	to level, to equalize
równać się	the equals of arithmetic
równanie	equation
równie	an adverb, equally
również	also, as well
równo	equally, evenly
równoległy	adj., parallel
równowaga	balance, poise
równy	positive, steady

The verb *rzadzić* means to **rule over or to govern**. *Rzadzić* is related to the word *rzad*, which has two meanings, **row or line**, and **government**. *Rządowy* is the adjective for **government**. The addition of the reflexive pronoun, *się*, changes *rzadzić* to a more unpleasant verb. *Rzadzić się* is to **throw one's weight around**, to **be bossy**, in other words, to act, perhaps unfairly or unnecessarily, from a position of power.

If you are walking a little slowly today you might be literally **dragging your heels**. Polish uses the verbs *ociągać się, to procrastinate* and *zostawać w tyle, lagging behind* to say that you are putting off doing something or not doing something as quickly as you might. (Notice that *ociągać* is derived from the same verb as *wyciągać*.)

You can get a good workout if you include pressing some weights, *podnosić ciężary*, in your routine. You can even expend a few calories pressing your clothes, *przeprasować*. What you don't want to do is to **press or push your luck**. *Nie przeginaj* means **don't cross the border**, and *nie testuj swego szczęścia*, means **don't test your luck**.

In English, as we advance in our careers, **we climb the ladder of success**. In Polish, we could use the phrase *wspinać się na szczyty*, literally **climbing the peaks**, when we are mountain climbing. The phrase can also be used to describe getting ahead in your career.

To discuss a topic without coming to the point is to **beat around the bush**. The Polish phrase is nearly identical, but the verb is different. It is *owijać, to wrap around or to wrap up*. When someone is talking and talking and never giving a definite answer or position, you can say *Nie owijaj w bawełnę, don't wrap up the bush*.

Walking is a very good exercise. You probably use more calories while **walking on a tightrope, chodzić na linie**. However, if you mean to undertake a precarious course, you would use the phrase *balansować na krawędzi, to balance on the edge*.

There are many more phrases of this type. For a little mental exercise, see if you can determine the Polish phrases which correspond to these English ones. The answers are at the bottom of this page, upside down.

Swallowing your pride. Making mountains out of molehills. Jumping on the bandwagon. Blowing your own horn. Pulling out all the stops.

Whew! That was some workout! Now, sit down. *Usiądź*. And exercise caution. *Bądź ostrożny*.

1) przemoc w sobie dumę. 2) robić z igły widły. 3) nie pozostawać w tyle, iść za innymi  
4) chęć się 5) dołożyć wszelkich starań



## Kącik Kulinaryny Polish Culinary Corner

by Dave Motak

### Galicia *Mon Amour*

Some time ago, at an event hosted by the Polish Consulate, I struck up a conversation with a young Polish diplomat. When I asked him in which part of Poland he was born, he answered proudly "I'm from Galicia!!" Well, no one says they're from Galicia – at least not anymore – this is something that your grandmother or great-grandmother might say. I thought it rather cute and somewhat odd that this young, contemporary Pole would claim ancestry from a region that hasn't existed for over 100 years. But, then again, there is a certain charm in this attitude, as well as a great deal of history. Galicia never really existed. It originated as a concept conceived by Austrian Empress Maria Theresa during the Polish Partitions. The Orthodox Russians and Protestant Prussians had no qualms with grabbing huge chunks of Poland in the late 1700s. But how could Empress Maria Theresa rationalize Catholic Austria partitioning Catholic Poland? And, to make matters worse, just a few decades earlier Poland rescued the Austrians from the onslaught of the infidel Turks during the siege of Vienna. When all seemed lost, Polish King Jan Sobieski led his troops over the Carpathian Mountains to soundly defeat the Turks and became the hero of Europe. But that was in the past. To calm Empress Maria's conscience, her advisors came up with a clever solution. Since the area of Halicz in eastern Poland had once been under the rule of Hungary before being absorbed by King Kazimierz of Poland in the mid-1300s and Hungary was now part of the Austrian Empire, the queen's advisors came up with the idea that Austria was not partitioning Poland, but merely legally rejoining Halicz to the Empire. Halicz was Latinized into "Galicz" by the Austrians and hence, Galicia was born. Galicia remained a province of the Austro-Hungarian Empire until 1918 when most of it was reincorporated into the newly independent Polish state. Then, magically, it disappeared from the map. It now lies divided between contemporary Poland and Ukraine.

Even from its very conception, Galicia was an odd duck. It was populated by a wide range of ethnic groups that had originally given the old Polish Commonwealth its unique flavor. Among these were Poles, Jews, Ruthenians (Ukrainians), Roma, Germans, Armenians, Rusyns and others. And each of these had their own unique cuisines. Inasmuch as they all populated the same geographic area, for the most part they all grew and ate the same types of produce, just altering them to suit their own regional preferences. For instance,

both Poles and Ukrainians make pierogi, they just might modify the fillings; Poles and Jews share many ingredients with Jewish versions being influenced by Jewish dietary laws, but such dishes as chrzan – red beets and horse radish, versions of preparing carp and herring, as well as many other dishes are very popular among both groups. So, although each group had their own unique dishes, they shared ingredients, ideas and, often, traditions. And, over time, coating this unique "Galician cuisine" was the influence of Vienna and the Austro-Hungarian Empire, adding a certain refinement to regional Galician cultural identity.

The concept of Galicia – despite it being an artificial entity – soon became entrenched in peoples' minds as their homeland. And this was a concept passed down among generations, so that even the young Polish diplomat that I met was proud of his unique Galician heritage, much like a Góral might be proud of his birthplace, or a Ślązak proud of being from Silesia.

It was in the cities, perhaps, that the connection with the Austro-Hungarian Empire became the strongest. Over time, residents of Kraków and Lwów had stronger affiliations with the cities of Vienna, Prague and Budapest than they did with Warsaw or Poznań. This is still true today, as Cracovians seem to have little practical use for Warsaw. Once, while recently traveling by train from Kraków to Warsaw, I asked my fellow passengers – two young Kraków businessmen – if the train was going to Warsaw. "Tak, niestety!" ("Yes, unfortunately!") was the response.

From the beginning the Austrians needed to prove that their forceful acquisition of the large Polish territory was justified. For a time, they permitted Kraków to remain an independent political entity, but that soon proved to be problematic as Kraków quickly became the center of Polish national identity and the Poles' quest for independence. So, the justification came in the form of portraying Galicia and its inhabitants as crude, uncivilized, unruly and in need of Germanic civilization and discipline. Austrian – and many German – writers portrayed Galicia as worse than a cultural backwater full of crime, violence and ignorance. And no group was spared. Poles and Jews were particularly maligned as were the Polish gentry and aristocracy. Even the hygienic practices of Catholic and Eastern rite clergy were often described in the crudest terms in writings and pamphlets widely distributed throughout the German speaking world. For many years, anti-Galitzian sentiment became the official propaganda of the Hapsburg court. To outsiders, to be a Galitzianer was probably the worse put-down (and still is among some Jewish groups.)

But, somehow, within Galicia the inhabitants began to acquire a special identity, even pride. Certainly, there was a growing rivalry between such major cities as Kraków and Lwów, but, for the most part the various ethnic groups co-habited, even flourished. For many of its residents and their descendants Galicia represented a long-ago paradise where the krakowiak, the Viennese waltz, the czardas and klezmer tunes were all played in perfect harmony. This was particularly true during the relatively benign reign of Emperor Franz



Kogel-Mogel

Joseph. I myself am a product of Galicia as both sides of my family originated there and I attended university there (in Kraków). So, I can honestly boast that I am – by both blood and inclination – a true Galitzian.

Galicia today is a subject of much study and research, both in Poland as well as Ukraine as the history, literature and cuisine are experiencing a resurgence in interest. There are several restaurants in southern Poland including Kraków that feature Galician cuisine. Perhaps one of the most unusual but also most distinctive food items that aptly evoke the spirit of Galicia is kogel-mogel, which is now a term in Polish to imply confusion or disorder. A drink that resembles Italian zabaglione, like other food items in Galicia, kogel-mogel was first popularized by the Jewish community and quickly spread to other groups. It was particularly popular among the Poles, especially under Communism when many expensive dessert ingredients were hard to come by. A brief recipe for the drink is featured below.

We may live in the 21st century, but somehow our past still haunts us. The traditions and tastes remain. As do the memories. And the memories of Galicia are strong indeed.

***Smacznego!***

### Kogel-Mogel

Kogel-mogel is a creamy Polish dessert consisting of egg yolks and sugar as its key ingredients. The dessert can be flavored with various ingredients such as rum, cocoa, honey, or vanilla. It is typically served chilled, but it can also be served warm, when it is considered a remedy for sore throat.

#### Ingredients:

- 2 large egg yolks, preferably pasteurized
- 3 teaspoons honey, or sugar
- 2 teaspoons cocoa powder
- Rum or vodka, to taste
- Raisins, optional, to taste
- Coarsely chopped nuts, optional, to taste

#### Preparation:

Place egg yolks and 3 teaspoons of honey or sugar in a small bowl and whisk until creamy and thickened. Add 2 teaspoons of cocoa powder if desired. Transfer to a serving glass or ramekin. This dessert can be eaten at room temperature or chilled. If desired, rum or vodka can be added, as well as vanilla, raisins, nuts, marshmallows or any other ingredient you desire. You can also whip the leftover egg whites with sugar and create a meringue topping for the kogel-mogel. Serve with cookies.



## Polish actress among winners of Tribeca Film Festival



Poland's Dorota Pomykała has received an award for Best Performance in an International Narrative Feature at the Tribeca Film Festival in New York. She was honored for her role in *Woman on the Roof*, a Polish-French-Swedish production directed and written by Poland's Anna Jadowska and based upon a true story. Pomykała portrays a 60-year-old

midwife who does something extremely unexpected, which breaks her family and life apart. One day, which starts like any other, she commits a bank robbery. The festival's programming director, Paul Struthers, said that Pomykała as Mira "authentically lives and breathes this character" in a "tour de force performance".

## Gdynia, UNESCO Learning City

The northern port of Gdynia has been named as the first Polish city to be added to the UNESCO Global Network of Learning Cities. This UNESCO organization, which includes over 200 cities, is an international platform that allows cities at differ-

ent stages of development exchange ideas for education. A learning city "promotes lifelong learning for all". Membership in the network provides Gdynia with access to tools and strategies of other member cities, as well as access to a consultancy network.



## News of Ewa Jędruch

Many PCC members will remember **Ewa Jędruch** and her husband, **Jacek**, as a great part of our Polish group in Pittsburgh. Jacek, who was a nuclear engineer at Westinghouse and the author of the book ***Constitutions, Elections and Legislatures of Poland, 1493-1993***, died in an accident in Greece.

Ewa left Pittsburgh, and since then, has accomplished many things. She worked for the German chemical company, BASF, as an international marketing manager, and she earned her Doctor of Letters degree in Medieval studies. She is a board member of the International Commission for the History of Representative and Parliamentary Institutions.

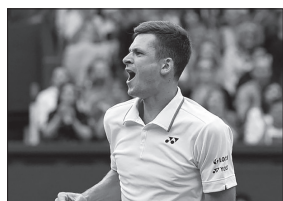
Dr. Jędruch has recently published a book,

***Crossing the Bridges. Across the Steppes of Asia, to London's Doodlebugs. One Woman's Wartime Odyssey***. The book is a memoir based upon the life of **Zofia Neuhoft**. Neuhoft's story spans the most significant shifts in Europe's history of the twentieth century. Three great empires, Prussian, Russian, and Austrian, that ruled for centuries, disintegrated into several independent states within a mere five years of the First World War. Her life reflected these historical changes and became an inspiring tale of challenges, adaptations, and survival. Suddenly, as the world is being shaken by a new geopolitical upheaval, Zofia's story becomes relevant after eighty years. The book is available through Amazon.com

## Tennis: Poland's Świątek wins the French Open

Iga Świątek won the French Open for the second time (June, 2022) defeating Coco Gauff (6-16-3) in Paris and extending her winning streak to a record 35 matches. Following her victory, the Polish tennis star said to fans at Court Philippe-Chatrier, "I wanted to, at the end, say something to Ukraine. Stay strong, because the war is still there". Świątek is number one in the world in women's tennis and is the first Pole to top

the world rankings. She won 35 straight matches across six tournaments which ties her with Venus Williams for the longest unbeaten streak this century. Świątek was given the honor of opening play on Centre Court at Wimbledon this year. It is an honor made even more special this year, as Wimbledon celebrates 100 years of Centre Court in its current location.



## First top-tier win for Polish tennis player

Hubert Hurkacz, a 25-year old tennis player from Wrocław, Poland, won the Halle Open grass-court tennis finals in Germany for 2022. He defeated Russia's top-ranked Daniil Medvedev in a quick-fire

6-1, 6-4 win, in just 63 minutes. Hurkacz moved to world No. 10 in the latest ATP (Association of Tennis Professionals) rankings. The ATP Tour is a worldwide top-tier professional tennis tour for men.

## America's Got Talent: Polish singer gets the Golden Buzzer

During her audition in June this year, 13-year-old Polish singer, Sara James, got the Golden Buzzer from host Simon Cowell. Sara sang *Lovely*, by Billie Eilish. Her performance brought the crowd to its feet. Cowell exclaimed, "We've heard a lot of singers over

the years, but wow. This wasn't perfect, but you have a real star glow about you". He then slammed his hand down on the legendary golden buzzer, thereby guaranteeing Sara a place in the live shows later this summer. Best of luck to you, Sara!





Polish Cultural Council  
P.O. BOX 81054  
Pittsburgh PA 15217-0554



[www.PolishCulturalCouncil.org](http://www.PolishCulturalCouncil.org)

## HERALDING THE GOOD NEWS. SAVE THE DATE!



PCC is planning in October, a concert of beloved Polish music by two Polish-American artists:

**DR. JAROSŁAW GOLEMBIOWSKI**, *pianist/composer*  
and  
**KRZYSZTOF ZIMOWSKI**, *violinist*

**On Saturday, October 08, 2022, 6:30 PM**  
**Fine Arts Auditorium, University of Pittsburgh, Oakland**



**Dr. Golembiowski**, who received a Doctor of Musical Arts degree from the Fryderyk Chopin University of Music in Warsaw, is the Founder and President of the Chicago Chopin Society. He performs as a soloist and ensemble pianist, composer and conductor and is one of the leading Polish-American musicians in the USA.

**Krzysztof Zimowski**, born in Wrocław, Poland, has many solo concerts around the world on his account. Presently, he is the Concertmaster of the New Mexico Philharmonic and the Opera Southwest Orchestra.

Both artists will present an exciting program of Polish music including Kreisler's transcriptions of Chopin works, Wieniawski, Borowski, Szymanowski and Golembiowski. A separate announcement will be sent about the details of the concert.