



# Polish Journey

Newsletter of the Polish Cultural Council • Vol. 23 • Summer/Autumn 2025

## Message from the President

On September 27 the Polish Cultural Council and the Central Council of Polish Organizations (CCOPO) will celebrate the 95th anniversary of CCOPO's founding in May 1930. Established as an umbrella organization for what had been a collection of Polish groups across Pittsburgh and Western Pennsylvania, the CCOPO played a vital role in uniting the local Polish community under one umbrella organization. One of its most cherished contributions has been to sponsor the annual Polish Day picnic at Kennywood Park — a beloved tradition that brought together Polish immigrants to celebrate their shared heritage. Through time, the event grew with the addition of new generations of Polish Americans, becoming the park's largest ethnic event. In the 1980s, CCOPO expanded its cultural outreach by establishing the annual **Bal Polonaise**, featuring the formal presentation of Polish debutantes and further enriching the community's cultural life.

In 2002, the Central Council of Polish Organizations transitioned

into the Polish Cultural Council (PCC), becoming an official 501(c)(3) nonprofit organization. Its new Board of Directors—comprised of former CCOPO leaders and a new, culturally engaged generation of Polonia—set out to broaden the organization's mission by highlighting Poland's rich contributions to the arts and sciences.

Through the years, the PCC proudly allied with leading institutions including the Carnegie Science Center, Carnegie Museum, Carnegie Music Hall, Carnegie Library, as well as Carnegie Mellon University, the University of Pittsburgh, Indiana University of Pennsylvania, Duquesne University, and Chatham University. Through these collaborations, PCC brought world-class Polish cultural programming to the community.

The organization has celebrated more than 200 debutantes at the **Bal Polonaise**; revived cherished traditions through the **Karuzela Chorus Christmas Concert** featuring Polish *kolędy*; and hosted beloved annual events such as the **Ostatki Mardi**

**Gras Party** and **Christmas Wigilia Celebration**. The **Karuzela Polish American Folk Ensemble**, now with more than 200 alumni, represented a proud Polish folk custom. The PCC's **Polish language classes** remain a favorite among members, while the crown jewel of our programming—the Annual **Polish Film Festival**—each fall draws audiences eager to explore contemporary Polish cinema.

None of this would be possible without the continuing generosity of our Polish community. **Your support has sustained our mission for 95 years—and we need you now more than ever.** Please join us on September 27 as we honor this remarkable milestone.

With all of these accomplishments in mind, we ask you to consider making a donation to help us preserve and promote Polish culture for future generations. If we don't preserve our proud Polish culture, who will?

Warmly,  
**Chester**



**Scan for Tickets**

September 27, 2025  
7:00 p.m. - 11:00 p.m.

**95 Years**

CENTRAL COUNCIL OF POLISH ORGANIZATIONS  
POLISH CULTURAL COUNCIL

**CELEBRATING OUR RICH POLISH HISTORY**

1930 - 2025

**PCC**  
Polish Cultural Council  
PO Box 81054  
Pittsburgh, PA 15217

Edgewood Club  
One Pennwood Avenue  
Pittsburgh PA 15218



Reservations \$125  
PolishCulturalCouncil.org  
Information:  
412-716-2348  
pccorg.ms@gmail.com

- The best in Polish Delicacies
- Open Bar
- Charcuterie
- Auctions
- Dinner Stations
- Polish Trivia Game
- All Night Dancing

Featuring the Pittsburgh favorite

**Bachelor Boys Band**

## Four Polish Women Ahead of Their Times

By Kristine Danowski



Klementyna Tańska Hoffmanowa



Narcyza Źmichowska



Paulina Kuczalska-Reinschmit



Irena Goldberg Krzywicka

Photos: Wikipedia

In the latter half of the 19th century, the status of women in each of the three annexed regions of Poland was deplorable. Women were the *de facto* property of men and had no legal rights. Nevertheless, many early Polish feminists persisted in fighting for their rights, safety, and dignity.

One of the earliest Polish feminists was **Klementyna Tańska Hoffmanowa** (1798 – 1845). Remaining single until age 30 (which was simply astonishing for a woman at that time) Hoffmanowa was the first woman in Poland to support herself from writing and teaching. She was an acclaimed novelist, editor, translator, playwright, educator, and one of Poland's first writers of children's literature. She wrote the first Polish text with feminist features, *Pamiętka po dobrej matce* (*Remembrance of a Good Mother*, 1819), which promoted women's economic empowerment. Hoffmanowa believed that the first step for women to achieve independence should be gaining education to enable paid work. However, as a Catholic, she held conservative views on women's social and religious roles. In 1919,

a high school in Warsaw, one of the oldest in Poland, was named after her.

Hoffmanowa's students, primarily **Narcyza Źmichowska** (1819 – 1876) furthered women's causes. Under her pseudonym Gabryella, Źmichowska was a novelist and a poet. In 1838, she enrolled at the Bibliothèque Nationale in Paris and became one of the first women at the French Academy. Single by choice her entire life, she organized educational and public demonstrations and she even served time in prison. Her "male lifestyle"—riding horses and smoking cigars—was considered shocking. Źmichowska also gathered a circle of supporters who created an informal group called *Entuzjastki* (The Enthusiasts). Their aim was to increase women's influence in public life and to ensure equal rights to education. They also promoted ideas of self-fulfillment and economic independence.

*Entuzjastki*'s texts were published in *Pierwiosnek* (*Primrose*). Described as "a magazine consisting solely of texts by ladies", it was the first publication in Polish created strictly by women. The group's activities were based on Źmichowska's idea of *posiesterzenie* (literally, "sistering"), an affirmation of platonic friendships between women. They also opposed arranged loveless marriages, which they viewed as little more than financial contracts between families. *Entuzjastki*'s ideas bloomed over the next few generations and inspired many Polish feminists.

Unfortunately, although the Polish women's movement declared itself apolitical, it was unable to overcome social divisions. Polish, Jewish, and Ukrainian feminists often fell apart because of nationalist antagonism. This situation continued even after Poland regained independence.

In the early 20th century, author and publisher **Paulina Kuczalska-Reinschmit** (1859 – 1921) founded the *Związek Równouprawnienia Kobiet Polskich* (Polish Women's Equality Association) and *Ster* (Helm). *Ster* was a platform for exchanging information amongst Polish suffragists scattered across the three annexed regions. *Ster* published not only humorous texts and popular columns, but also literary pieces to attract a wider readership. Kuczalska-Reinschmit led both *Ster* and *Związek* until her death. Many historians regard Kuczalska-Reinschmit as the first unrelenting campaigner for full and uncompromising rights for women.

**Irena Goldberg Krzywicka** (1899–1994) was an author and translator who promoted sex education, contraception, and planned parenthood. Her work, spreading the knowledge about sex education and contraception, made her the most famous feminist of pre-World War II Poland. Krzywicka opened a clinic in Warsaw that distributed free information on contraception. She was considered scandalous as she openly discussed abortion, women's sexuality, and homosexuality. Both the political right and left attacked Krzywicka. The right claimed that she was "harming the nation", while the left objected to the predominance of sexual themes in her works.

Hoffmanowa, Źmichowska, Kuczalska-Reinschmit, and Krzywicka are only four of the many Polish feminist pioneers. The struggles of early Polish (and global) feminists remain relevant today. Sadly, our rights to contraception, abortion, divorce, equal pay, single-sex facilities, and full social, economic, and political equality are still not guaranteed. Numerous *sheroes* led the way in Poland.

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."

Chester Wawrzonek, President;

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

Eva Tumiel-Kozak, Editor-in-Chief;

Veronica Wojnaroski,

Maria Staszkiwicz, Editors;

Kasia Goszcz-Bruniary, Graphic Artist;

Mary Seamans, Graphic Design;

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

# The artist, Barbara Westman, in conversation with Eva Tumiel-Kozak

Barbara Westman, an internationally renowned printmaker and fiber artist, born and educated in Poland, always impressed me as an imaginative artist and a beautiful person. What a joy it was to see and chat with her again at the exhibition entitled **WE: Within Environment, Environment Within**, which ran from September 1 through November 1, 2024 at the Associated Artists of Pittsburgh (AAP) headquarters.

**ETK:** Welcome Barbara! It is great to see your new works and the change in your style. In your Artist Statement you indicate that “materials and techniques are similar in all your work, but in each piece, there is a new view of your experience”. Please elaborate.



Barbara Westman

**BW:** This series of artworks focuses on the Rust Belt I live in. The post-industrial landscape is visible everywhere. There is a range of different structures which served different purposes, such as huge steel

mill buildings, factories, storages, all with an interesting system of wires, cords and piping. It is fascinating to see how manmade structure became a part of the landscape. The stretched wires remind me of black threads, like a stitching on fabric, connecting pieces together. In this series, my artworks are made of images of selected structures that are printed on larger textiles, using the pronto plate printmaking technique (a modern version of a lithography technique). The printed image is then extended by the handstitched black thread lines. Each piece is different, and it presents a new view.

**ETK:** It's delightful to know that your full education in printmaking and fiber art took place at the Academy of Fine Arts, in “my city” of Poznan, Poland, where you graduated in 2001. You moved to Pennsylvania, USA in 2002. What was the experience like for you? What enticed your interest in the post-industrial landscape of PA, which you documented in your first series *The Rust Belt*?

**BW:** The post-industrial landscape was a new experience for me. I remember

driving around and taking photos. There is a level of sadness seeing the industry and with it many jobs gone and towns that are abandoned. But I also see in it unusual compositions and unique development of a landscape.

**ETK:** Your works were exhibited internationally, literally all over the world: at the Fiber Arts Biennale Beijing/Nantong, China; Alexandria, Egypt; Napoli Italy; Ansbach, Germany; Sofia, Bulgaria; Budapest, Hungary; Douro, Portugal; Kyev, Ukraine, and as recently as in 2023, in Bangkok, Thailand. Wow! Which of those places made quite an impression on you, shall I say quite “an imprint” on your mind?

**BW:** Thank you for highlighting my exhibitions. Some of them were bigger, some were smaller, but all are important to me. Showing my art in different locations allows me to share my vision with different people. I am glad I had this opportunity.

**ETK:** Which one furthered you the most professionally?

**BW:** All of the exhibitions contributed to my artistic growth. One exhibition that I would like to highlight is the Biennial Douro in Portugal, a prestigious printmaking juried exhibition. My print was exhibited there in 2016. Solo exhibitions and group exhibitions give an opportunity to showcase my art. I enjoy conversations with the viewers, I seek their feedback and response to my art.

**ETK:** Since 2005 to the present, you have been a Professor of Printmaking and Fiber Art at Slippery Rock University, PA, and, since 2019, Faculty Assistant to the Dean, College of Liberal Arts at the same university. Tell us about working with young people, sharing your talent with them, your knowledge and your experience.

**BW:** It's been 20 years since I started teaching at SRU. Time flies by! I enjoy working with young people by teaching and guiding them. Many of our alums are now established artists, art professors at universities, or art teachers; some work in museums and galleries. I am in touch with many of them. Knowing that I could help in their artistic development is very exciting. In my role as the Assistant to the Dean, I take care of many students from many departments and address their curricular concerns.



Structure

**ETK:** Any plans for exhibits or international “hopping” in the near future?

**BW:** The next project includes my students. Recently I have been working on a collaboration with printmakers from universities in Poland, Greece, Hungary and Serbia. This collective exhibition will include prints by students and by their professors. It is scheduled for Fall 2026 in Rzeszow, Poland, and then it will travel to other locations, including Slippery Rock University.

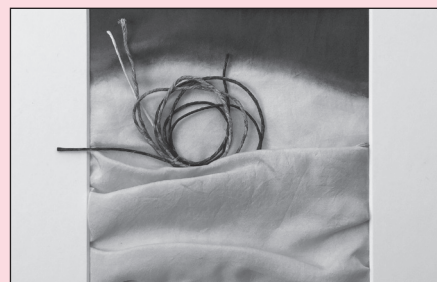
**ETK:** Many of your works are in private collections. How do you feel about all that fame?

**BW:** I am grateful for their interest in my art. I am happy to know people still collect art and like to have it in their surroundings.

**ETK:** Thank you Barbara. It's difficult to summarize on a few pages your amazing career, but hopefully our readers will be enticed to “see” more of your works soon. All the best for your flourishing career!

**BW:** Thank you very much!

More information on Barbara Westman can be found at [www.barbarawestman.com](http://www.barbarawestman.com).



Textiles and Found Object

# Historic towns of Mazovia

By Magda Rybka

The history of civilization is one in which cities and countries wax and wane. Certainty and stability are illusion. Even the past, which seems unchangeable, is not constant because history depends upon the historian's interpretation.

The castle in Rawa Mazowiecka is a good example of such incertitude. The castle, or now rather its ruins, are an undeniable fact; but to whom we should be grateful for building this edifice is not clear. On the one hand, according to Janko z Czarnkowa the castle was founded by Siemowit III, the duke of Mazovia. On the other hand, Jan Długosz claimed that it was the king of Poland, Kazimierz the Great, who was the founder of the fortress. The historians disagree.

The castle seems to be located at a rather defenseless, flat site; however, it was built on an artificial hill in the marshy lowlands of the rivers Rawka and Rylka. It was situated on the trading route from Kievan Rus to Pomerania and it was supposed to defend southern Mazovia.

Rawa Mazowiecka is now a small town, masking its important role in the past. It was the residence of Piast dukes, the capital of the Duchy of Mazovia and then of the Rawa Voivodship. In 1462, Rawa was incorporated into the Kingdom of Poland, and named the capital of the Rawa voivodeship. The town prospered. The wars of the 14th and 15th centuries did not affect it. It was one of the largest and richest cities of Mazovia. In 1613, a Jesuit church was built here, and by 1622, the Jesuit collegium was completed. Among its students was Jan Chryzostom Pasek, nobleman and writer best remembered for his memoirs. In 1562, the parliament in Piotrków designated Rawa as the seat of the Tax Commission for the army, and therefore the so-called Rawa treasury for the needs of the army. During this period, Rawa castle was also the seat of the starosta (mayor) of Rawa.

The period of prosperity ended with the Swedish invasion in the 17th century. Rawa and the castle were pillaged and destroyed. Reconstruction efforts stopped during the Partitions, when the Prussians used the materials for their own constructions. Only the tower remained. Now restored, the tower is open for visitors during the summer. Short fragments of the walls have been reconstructed and there are small remains of the original walls. Still quite impressive.

In Rawa Mazowiecka, there is a revitalized town center with a huge marketplace, the renovated neoclassical town hall and pretty townhouses. Notable landmarks include the Baroque churches of the Immaculate Conception and of the Assumption. The interiors



Castle remains in Rawa Mazowiecka

of these churches were not open. European funds support the care of the beautiful city park, which is abundant with interesting flora and fauna. The town is said to have been visited by Napoleon Bonaparte. On the whole, Rawa is a sleepy place, where life flows at a leisurely and relaxed pace. Cars stop for pedestrians. Shops are local coops. The church bells and the church choir can be heard throughout the town.

Another interesting though modest site in Rawa Mazowiecka is the small, old train station. Rawa used to be connected by a narrow-gauge railroad with Biała Rawska and Rogów., so that was where we went next.

Contrary to Rawa Mazowiecka, which seems to embrace both its past and its future, Biała Rawska which also is one of the oldest settlements of historic Mazovia, does not. Biała Rawska was an important administrative and trade center in the 12th century. Potential sites of interest are not promoted. Proper landscape care is absent. The beautiful palace, designed by Franciszek Maria Lanci, lacks benches, fountains and playgrounds. The palace itself is not open for visitors, only for celebrations in the palace restaurant.

There was once a large Jewish population in Biała Rawska. There was a cheder, mikvah, a kirkut and a synagogue. During WWII, the local Jews were gathered in the ghetto and eventually transported to Treblinka. The previously destroyed synagogue was rebuilt after the war and now the building hosts the fire brigade. There is a regional museum in the town, but it was closed when we were there. Although quite pleasant, the visit to Biała did not reveal any of its dramatic history.

After visiting Biała Rawska we headed to Rogów which proved to be the most pleasant and recreational part of our trip. The Arboretum created there by scientists from the Warsaw University of Life Sciences (SGGW) is a wonder. It is one of the most beautiful parks of this type in Poland and maybe also in Europe. It is huge and you must have good shoes to walk comfortably along all the park paths. The park covers about 50 hectares of grounds where we can watch and study many species of trees and other interesting plants. After 2005, the facility was modernised and significantly increased in attractiveness. In the arboretum, it is worth visiting, among others, the Garden of the World's Disappearing Plants and the alpine garden with an arrangement of ponds. You may either take a trip with a human guide or an audio guide or walk on your own. Both methods may be educational as there is abundant information on educational boards located near particular specimens. The facility can also be toured with a park employee or by walking with an audio guide. If you have time and strength, you may also visit the Forest and Wood Museum located in front of the Arboretum. We were especially lucky because we had the advantage of delighting in the lush colors of blooming azaleas and rhododendrons.

We arrived home tired but happy, as travel refreshed our spirits.

Useful links:

<https://kolejrogowska.pl/>

<https://medievalheritage.eu/en/main-page/heritage/poland/rawa-mazowiecka-castle/>

<https://arboretum.sggw.edu.pl/?lang=en>

<https://mynaszlaku.pl/z-wizyta-u-ksiazat-mazowieckich-zamek-w-rawie/>

## Congratulations to Mateusz K. Saykiewicz – The New Honorary Consul of the Republic of Poland



On March 4th, 2025, Radoslaw Sikorski, Minister of Foreign Affairs in Poland, nominated Mateusz Konstanty Saykiewicz, our long-time member and donor of PCC, partner in the Law firm Troutman Pepper Locke, as the Honorary Consul for the next five years in the consular district of Pennsylvania, which encompasses 32 counties.

At the same time, the Minister entrusts him with the following functions:

1. Protecting the rights and interests of the Republic of Poland and its citizens in the United States;
2. Continuing friendly relations and cooperation between these two countries;
3. Strengthening the sovereignty of the Polish Republic and Polish citizens, including persons of Polish decent residing in the United States;
4. Developing and promoting between these two countries their economic, scientific, technical and cultural relations, including promotion of the Polish language;
5. Provide consular assistance.

*We wish Mateusz lots of success in his new position! The details of the official event, which will take place in Pittsburgh, will be announced later.*

## Retiring Honorary Consul



The Board of the Directors and members of the Polish Cultural Council would like to express their thanks and appreciation to **Dr. Jan Napoleon Saykiewicz**, the outgoing Honorary Consul of the Republic of Poland, for his many, many years of friendly and fruitful collaboration!

Many of our members of Polish decent were grateful recipients of his consular assistance. Several were recognized with special medals from the Republic of Poland, for their promotion and strengthening of the Polish-American ties in science and culture. Many of us benefited from Dr. Saykiewicz's constant promotion of the Polish diaspora among his consular colleagues, specifically in Poland.

*We wish Dr. Saykiewicz lots of health and happiness in his retirement.*

## The Sztark family in Pittsburgh

By Malgosia Morajka

On March 26, at the University of Pittsburgh, Doctor Jan Musekamp, the Deputy Director of the German Historical Institute in Warsaw and author of several books on transnational history, gave a lecture titled *Serving Polish Pittsburgh: The Sztark Family, 1930-40*, and shed light on a Pittsburgh consular secret that puzzled the Polish community for decades. The lecture, organized jointly by the University of Pittsburgh and the Polish Cultural Council, attracted great interest both from academics and the local Polish community. The seminar room was buzzing with conversations in English, German, and Polish. All seats were filled. The topic of the presentation—the Sztark family's history focused on its Pittsburgh chapter—transcended borders, times, and regimes.

Heliodor Sztark was a Renaissance man (engineer, music lover, polyglot) who worked as a Polish diplomat. He was transferred to the Pittsburgh diplomatic

post shortly before the start of World War II from his consular post in Szczecin (Stettin in German). He brought with him his appreciation of multiculturalism and his love for Poland. His Pittsburgh assignment was important, as the Polish consulate in Pittsburgh was one of only three in the US before World War II.

The history of the Pittsburgh consulate and Heliodor Sztark contained a mystery solved through Doctor Musekamp's studies. In 1945, consular records seemed to have gone missing. In 2006, Poland's Deputy Ambassador expressed interest to Rick Pierchalski, then Chairman of the Polish Cultural Council (PCC) in gathering more information on the issue. PCC, represented by Eva Tumiel Kozak (at that time its Executive Director), tried to investigate. The Spring, 2006 *Polish Journey* article covered the story. But it was Doctor Musekamp's research that provided invaluable final details. Doctor Musekamp confirmed that Consul Sztark



Dr. Jan Musekamp among the attendees

hid consular documents from communist Polish authorities with the Sisters of the Holy Family of Nazareth in Pittsburgh. When the sisters ran out of storage space, many documents were burnt. Others were sent to the Piłsudski Institute in New York.

After the informative and exciting presentation, participants discussed the lecture over light food and soft drinks. Conversations were flowing despite, or maybe due to, differences in participants' backgrounds or age perspectives. Delicious homemade cakes put everyone in a good mood.

# Speaking Polish – Piece of Cake

For this edition of *Speaking Polish*, we have a guest author, Anna Kaminska, who has written a delightful article about Polish idioms inspired by the wind, originally published in the *Seattle Polish News*, January, 2025. Ms. Kaminska, an editor of the newsletter, has kindly given us permission to reprint her article here. Thank you!

## Wind inspired Polish idioms

(© Seattle Polish News, January, 2025) by Anna Kaminska

Anyone who learns a foreign language will sooner or later come across expressions whose meaning does not derive literally from the individual words. Their meaning is metaphorical, established, and understood only within that particular language. These are idioms, fascinating word combinations that, for me, are the colorful embellishments of language, cultural codes, and at the same time, a record of how our ancestors viewed the world. Idioms literally translated into a foreign language can also be a source of fun.

You can easily astonish an American by saying they *have flies in their nose* (*mieć muchy w nosie*), or that they should *throw their eye* (*rzucić okiem*). On the other hand, Poles would be surprised if someone pointed out that they “have knickers in a twist” or asked them to “lend an ear”. Knowledge of idioms is a sign of a strong command of a language, so it’s worth getting to know them to make our language richer and more colorful. And it can also make our language more agile if we use wind-inspired idioms where the wind takes the lead role.

Unlike leaves or feathers, idioms don’t *fly away with the wind* (*ulatywać z wiatrem*), meaning they don’t vanish suddenly and unexpectedly, and they don’t dissipate without a trace. This can, however, happen to unwritten thoughts, neglected dreams, or missed opportunities. They can “fly away with the wind”, disappear forever, and then it will be as hard to find them as it is to *find the wind in an open field* (*szukać wiatru w polu*). The wind is there, but in the open space, you don’t see its effects, and you can search for it just as you would for traces of your lost thoughts, missed opportunities, dropped keys in the forest, or a button lost on your way home.

Words are important; they express our thoughts, feelings, plans, dreams, and promises... That’s why one must not *throw words to the wind* (*rzucić słowa na wiatr*) meaning speak without thinking, without the intention of keeping a promise, or without giving them proper weight. Such words become fleeting and ephemeral. They will fly away with the wind. The person who trusted them will be left *out in the wind* (*wystawiać kogoś do wiatru*) deceived, treated unfairly, either intentionally or carelessly. They will be left all alone, like a solitary traveler without shelter, exposed to the wind. In such a situation, *blowing into the wind* (*dmuchać na wiatr*) will certainly not help. Neither will it change the wind’s strength nor its direction. You will simply waste time and energy. It’s clear that such action is pointless, ineffective, and ultimately senseless. “Blowing into the wind” thus describes an effort in an action that will definitely not bring the intended result.

But can one *race against the wind* (*ścigać się z wiatrem*)? In Polish, yes, one can. “Racing against the wind” means taking on challenges that are difficult, often nearly impossible to win, because the opponent (the wind) is too powerful or elusive. Is it worth it? In my opinion, yes. Unlike “blowing into



the wind,” here you take on a challenge with a competitor from whom you can learn a lot. You may not win against the wind, but who knows, you might *catch the wind in your sails* (*złapać wiatr w żagle*). What does it mean to “catch the wind in your sails”? As we know, wind in the sails is the use of a positive external force to propel a boat forward. In life, it refers to using favorable circumstances or moments to accelerate one’s actions, achieve success, or gain the energy to pursue a goal. Who wouldn’t want to sail with the wind, rather than against it, especially with the wind in their face?

Getting to know idioms is not “racing against the wind.” Many of them are very vivid, and taken literally, they can improve your mood. Isn’t it funny to be *in the powder* (*być w proszku*) or *not in the sauce* (*być nie w sosie*)? And what about *walking on one’s eyelashes* (*chodzić na rzęsach*)? Knowing idioms is like “catching the wind in your sails,” helping you move more smoothly toward your communicative goals. It’s worth using them regularly so they don’t “fly away with the wind” from your memory. The idioms mentioned above are not the only ones that use the wind to convey metaphorical meaning.

I encourage you to search for others.

### Polish idioms and their English counterparts

<i>Rzucić słowa na wiatr</i>	All talk and no action
<i>Ścigać się z wiatrem</i>	Swimming against the tide
<i>Ulecieć z wiatrem</i>	Gone with the wind
<i>Wystawić kogoś do wiatru</i>	To leave someone high and dry
<i>Dmuchać na wiatr</i>	Pouring water into a sieve
<i>Szukać wiatru w polu</i>	Looking for a needle in a haystack
<i>Złapać wiatr w żagle</i>	To get a second wind



## LETS COOK POLISH

### *The Taste of Summer – Sweet Strawberry Memories*

by Marta Nutini

For me, strawberries mark the true beginning of summer. They bring back memories of sunshine, freedom, and the simple joys of childhood.

When school ended, summer officially began. My cousins and I would gather at my uncle's strawberry field. We were meant to help with the harvest, but more often, we ended up eating the berries straight from the plants, giggling with red-stained fingers and only half-filled baskets. It's one of those golden memories I will always treasure.

Back then, strawberries were everywhere—overflowing at local markets, simmering in homemade jams, cooling in jars on windowsills, or stored in basement pantries. We enjoyed them in pierogi, compote, crepes, milkshakes, cakes, and even in a simple sandwich with butter and sugar (yum!). Packed with vitamin C and antioxidants, strawberries are not only healthy but also incredibly versatile. But if there's one way strawberries truly shine for me, it's in this light, airy cake that we often baked at home. It's simple, quick, and perfect for any summer gathering. You can use strawberries or any seasonal fruit—fresh or even frozen when out of season.

Here's the recipe I always reach for whenever I see strawberries at the local farmer's market:

## Simple Summer Fruit Cake – *Ciasto truskawkowe*



### Ingredients:

- 125 g unsalted butter, softened (about 9 tablespoons)
- 10 tablespoons fine baking sugar
- 3 eggs
- A pinch of salt
- 10 tablespoons all-purpose flour
- 1½ teaspoons baking powder
- About 400 g (2 cups) of fruit (e.g., strawberries, plums, blueberries – frozen is fine out of season)

### For topping:

- White or light brown sugar (to taste)

### Instructions:

1. All ingredients should be at room temperature.
2. Sift the flour with the baking powder and set aside.
3. In a mixing bowl, beat the butter with sugar and salt until light and fluffy.
4. Add the eggs one at a time, mixing well after each addition.
5. Gently fold in the sifted flour and baking powder using a spatula.
6. Pour the batter into a 20–22 cm (9”) round baking pan lined with parchment paper.
7. Arrange the fruit on top (for plums or nectarines: skin-side down, cut side up; for smaller fruits, you can lightly coat them in flour before adding).
8. Sprinkle with sugar to taste.
9. Bake at 175°C (350°F) for about 40 minutes or until a toothpick comes out clean.

Tip: Double the recipe and use a larger pan—this cake disappears quickly! This cake is a slice of summer on a plate—simple, sweet, and filled with memories. Whether enjoyed with coffee on a lazy afternoon or shared with friends in the garden, it's sure to bring a smile.

### **Erratum**

In the last issue (Winter, 2025) of the *Polish Journey*, the last paragraph of the *Speaking Polish* article was inadvertently truncated. Here is the completed paragraph:

Not a foodstuff, but something that is used in the serving of food, the plate, *talerz* in Polish which came from the German word *teller*, a plate. *Talerz* has a relative in the Hindi word *thali*, which also means *plate*. In Polish a *talerz* is just a plate, but in Indian food service, a *thali* is a complete, balanced meal; it symbolizes unity and togetherness. The *thali* is a large plate which holds small bowls of lentils, vegetables, chutneys and raita, as well as rice, bread and pickles. The next time you order a *thali* at your favorite Indian restaurant, tell your server about this interesting connection.

## Did You Remember to Renew?

Did you renew your membership for this year? If not-it's overdue! We miss you, we miss your support so crucial to our organization, to your own background. Please fill out the form below and take care of it - TODAY! Thank you!

*Keeping Polish Culture Alive!*

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Type of one year membership:

- 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
- Film Festival
- Performing & Visual Arts Events
- Polish Language Classes
- Newsletter
- Fundraising
- Christmas Celebration

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

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

Polish Cultural Council  
P.O. Box 81054  
Pittsburgh, PA 15217-0554  
or pay online: PolishCulturalCouncil.org

## In Memorium – Dr. Henry Richard “Dick” Howland



The Polish Cultural Council wishes to express sympathy at the recent passing of one PCC's long-time members, Richard Howland. Richard was a contributor to the *Polish Journey*, writing about Polish scientists. Considering himself “Polish by marriage” to one of our editors, Veronica Wojnarowski, he took up the study of Polish in PCC's language classes. He was 84 years old.

From childhood, Richard was interested in science. He earned Bachelors', Masters' and Ph.D. degrees in engineering. He held various senior engineering positions at the Westinghouse Electric Corporation's Research & Development Center in Churchill, PA, between 1965 and 1994. After retirement from Westinghouse, he held adjunct professorships in mathematics, engineering and computer sciences at several universities and was senior consultant to Indicus Corporation.

A recent article in the *MIT Technology Review* (2/25/2024) referenced testimony that Dick (an MIT alumnus) made before a subcommittee of the US House of Representatives nearly 50 years ago (1975), regarding “the economics of helium conservation.” That Dick, at the time a young electrical engineer working at the Westinghouse R&D center in Pittsburgh, would be considered an expert on a topic so far outside his academic training is indicative of the breadth of his intellect and the eclectic nature of his subsequent professional career. From an MIT senior thesis on “Man – Vehicle Interactions” in 1962, to his work at Westinghouse on modeling heat flow in continuous casting (early 70s), the accurate tracking of ballistic missiles (in the late '70s), finite element methods for calculating magnetic fields ('80s), modeling circulating current losses in transformers ('80s), and simulation studies of autonomous underwater vehicle movement in the '90s, Dick seemingly did not consider anything to be outside his “scope”, never retreated to a niche and always looked for that new challenge.

Dick was a cultured, broadly educated man, as comfortable discussing the Roman army's use of auxiliary forces in 2nd century Britain as he was in arguing the relative merits of different computer programming languages. He had a life-long passion for music, especially the piano, which he studied from childhood and which he often played at services and events at Calvary Episcopal Church and at other venues for anybody, anywhere. He was a former member of the boards of directors of the Pittsburgh Chamber Music Society and the Renaissance and Baroque Society. He studied photography and was especially interested in portraits. His gratitude to MIT led him to be the Chairman of the MIT Educational Council of Western Pennsylvania for more than 30 years, interviewing high school students who were applying to MIT. He was treasurer and a former member of the board of the Schenley Farms Civic Association. He was a lecturer and a chalice bearer at Calvary. In recent years, he volunteered in the care of cats at Humane Animal Rescue of Pittsburgh

Memorial contributions can be made to the Polish Cultural Council (<https://polishculturalcouncil.org/donate/>) or to the Humane Animal Rescue of Pittsburgh (<https://humaneanimalrescue.org/honorormemorialdonations/>).

## Polish astronaut in space

Polish astronaut, **Sławosz Uznański-Wiśniewski**, recently returned from a 20-day mission aboard the **International Space Station (ISS)**, representing the **European Space Agency (ESA)**. He and three colleagues traveled on the spacecraft, the Dragon, arriving at the ISS on June 25, 2025, as part of the commercial Axiom Mission 4 (Ax-4). They returned on July 15, 2025.



Uznański-Wiśniewski was a Mission Specialist. His mission, called **Ignis** (meaning *fire*) included many experiments proposed by Polish companies and institutions and developed together with ESA. These scientific experiments cover five areas: human research, materials science, biology, biotechnology and technology demonstrations. He also carried out three ESA experiments on bone health and muscle stimulation. The missions included a STEM education program in Poland, featuring lessons from space, competitions, student-designed experiments, teacher training and nationwide activities.

Uznański-Wiśniewski was born on the 23rd anniversary of the first human orbital spaceflight. Every birthday, his mother would wish him “all the best wishes on Cosmonaut Day”, and, indeed, his childhood dream was to go to space. He was the second Polish astronaut to go to space. He was preceded by Mirosław Hermaszewski, in 1978, on the Soviet Soyuz 30 spacecraft.

---

## Iga Świątek wins 2025 Wimbledon Ladies Singles title

Congratulations to **Iga Świątek** on her first Wimbledon win! She is the first Polish player to win a Wimbledon singles title. Świątek defeated American Amanda Anisimova 6-0, 6-0, the first double bagel victory in Wimbledon history, in just 57 minutes. Świątek has now won Majors on grass, clay, and hard court. She is known as The Queen of

Clay because she dominates the clay-court season. With her Wimbledon victory, Świątek ties Monica Seles (Szeles Mónika) of Serbia/USA with six victories in her first six Major appearances and is behind only Roger Federer (Switzerland) with seven victories in his first seven Major appearances. May this be the first of many Wimbledon titles for Iga!

---

## Polish musicians honored at International Classical Music Awards (ICMA)



Poland's Poznań Philharmonic Orchestra received the vocal music category at the ICMA in Dusseldorf, Germany this year, for its album, **Urlic. Songs of Death and Resurrection.** The ICMA praised the album as *remarkable*, citing outstanding singing, gripping drama and moving sensitivity, saying, *The symbiosis of voice and orchestra is just perfect.*

---

## Anniversary of first royal coronation

This year marked the 1000th anniversary of Poland's first royal coronation. On either Easter Sunday, April 18, or on the feast of Saint Adalbert, April 23, **Bolesław I the Brave** (Bolesław Chrobry) became the first king of Poland in 1025, in Gniezno Cathedral. Poland then emerged as a sovereign state recognized across Europe. As a part of the celebrations,

a major historical exhibition opened at Gniezno's arena, titled **Sleepless Heads that Wear Crowns: princes, kings, leaders, heroes – 1,000 years of Polish statehood in the documents of the State Archives.** The exhibit features original seals, degrees, and letters spanning from medieval parchments to 19th-century manuscripts.



## NEWS BRIEFS



### Missing Brueghel painting found in the Netherlands

The painting, titled **Woman Carrying embers**, and also **Woman Moving a Bonfire** (c. 1626), had been missing from the **National Museum in Gdańsk** since 1974. It was rediscovered at

**Museum Gouda**, one of the oldest museums in the Netherlands. Dutch art detectives and art police revealed the find. Legal proceedings are underway to return the painting to Gdańsk.

### Polish author Olga Tokarczuk honored by Paris-Sorbonne University



Olga Tokarczuk has received an honorary doctorate from Paris-Sorbonne University. Paris-Sorbonne University praised Tokarczuk's originality, saying that it "resides in her ability to merge genres, to blur the boundaries between reality and fiction and to create

fragmented narratives that reflect the complexity of the contemporary world and invite reflection on its most crucial issues, with a style which is both poetic and philosophical". In 2019, Tokarczuk was awarded the Nobel Prize for literature.

### 19th International Chopin Competition

Every five years, Warsaw stages one of the most prestigious musical events in the world: the International Chopin Piano Competition. The festival reflects Poland's passion for Chopin, who was born some 30 miles outside Warsaw and spent almost 20 years in the Polish capital. The forthcoming 19th edition of the Fryderyk Chopin International Piano Competition will be held from 2 to 23 October 2025 at the National Philharmonic Hall in Warsaw. At the end of April, 2025, 85 pianists from 20 countries had already started vying for the potential launch of their careers through major concert dates and lucrative recording contracts. The Competition, broadcast on Polish Radio and TV, will be available online via streaming and on YouTube. For more details on all three stages and the finals, please check the official website: <https://chopincompetition.pl/en>.

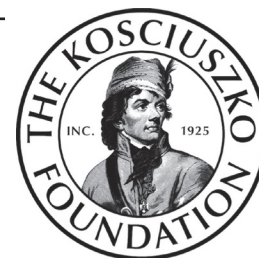


### British historian Norman Davies named honorary citizen of Poland's Gdynia

At a ceremony, Gdynia Mayor Aleksandra Kosiorek praised Davies for his deep understanding of Poland's complex past, despite not having grown up in the country. The honor reflects the city's gratitude for Davies' contributions to promoting Polish history, shaping a positive image of Poland abroad, and highlighting the significance of Gdynia. A list of Davies' books can be found at [Goodreads.com](https://www.goodreads.com/author/show/Norman_Davies).

### The Kosciuszko Foundation celebrates 100th anniversary

In 2025, the Kosciuszko Foundation (headquarters New York, NY) marks 100 years of promoting Polish-American relations and cultural understanding. The Foundation supports scholarships, artistic endeavors, and historic preservation. In honor of the centennial, the Polish American Historical Association (PAHA) awarded the Kosciuszko Foundation with the Skalny Civic Achievement Award for its contributions to the Polish experience in America.



### Actress Katarzyna Figura receives prestigious honor

Polish actress **Katarzyna Figura** has received the **Irena Solaska Award** by the Polish section of the International Association of Theatre Critics, recognizing her outstanding contributions to the acting world. The award honors exceptional female

theater artists and is named after a legendary figure in Polish theater. Her credits include **Kiler** (1997), **Kiler-ów2-óch** (1998), **Ajlawju** (1999), **Żurek** (2003), and **Ubu Król** (2003).

## Skeleton of a Medieval knight found

The centuries-old, complete skeleton of a Medieval knight was found under the former site of a famous ice cream shop in Gdańsk, Poland. The ice cream shop, **Miś** (bear), was operated there since 1962, but recently moved to a new location. Archaeologists who had been working at the site have also found other archeological discoveries there, including remains of cottages dating back to the 12th and 13th centuries and an ancient city street. First, they found the knight's tombstone, made of limestone and engraved with the image of a knight. Early analysis determined that the stone likely dates to the 13th or 14th centuries. Later, they found the skeleton, which appears to be of a man between 5'6" and 5'10" tall. It is unclear whom the knight may have served, possibly the Teutonic Knights who captured Gdańsk in the early 13th century, or possibly the Sobiesław dynasty, which ruled Gdańsk during the 11th and 12th centuries.



## Exhibit at Polish textile museum



A new exhibit at the Central Museum of Textiles in the Polish city of Łódź, *The Fashion System*, reveals how prisoners of the Litzmannstadt Ghetto were forced to produce high-end fashion items during World War II. They produced civilian clothing and accessories for the German market, as well as goods made for the military. Many of the luxury brands produced

are still in business today. While half of the ghetto's output served the German military, the rest consisted of elegant dresses, hats, lingerie, shoes and rugs for middle-class tastes in Nazi Germany. The curator of the exhibit, Karolina Sulej said, "This exhibition is about how fashion and clothing became tools of both violence and survival in the ghetto."

## PCC members featured in recent book

The book is *Polska to rzecz wielka: losy Polaków ze Wschodu osiadłych po 1945 roku w USA* (loosely translated, Poland is a Great Thing: the fate of Poles from the East who settled after 1945 in the USA). Two chapters are dedicated to two of PCC's long-time members, the late Anatol Rychalski and his wife, Janine Rychalska (age 94). Despite their harrowing childhood and their youth under Russian oppression, both became prominent and active members of the US community and our PCC. Anatol was a civil and structural engineer; general manager of design, planning and marketing for US Steel; a sculptor in his own right and an artist and a writer. His legacy lies in numerous sculptures, technical studies, architectural projects, and the construction of bridges and skyscrapers. The Chicago Picasso, in Daley Plaza in Chicago, is his signature accomplishment, for which he was the design engineer. His wife, Janine was the love and joy of his life for over 63 years. The Polish Museum in Chicago featured Janine Rychalska as the Guest of Honor at a special talk about the book.



Janine Rychalska at the Polish Museum in Chicago

## Unique photos from Warsaw Ghetto inspire documentary



The film, **33 Images from the Ghetto**, captures the images, secretly taken by a 23-year-old Polish firefighter, Zbigniew Leszek Grazywaczewski. These are the only known photos from the Ghetto which were not taken by German forces. Grazywaczewski's, son Maciej, discovered his father's journals and negatives in the family homes. Working with Warsaw's Museum of the History of Polish Jews, Maciej

produced the film. The documentary is streaming on the Max platform and will be presented at major international film festivals.

For further information about the film, along with some of the images, see <https://tvpworld.com/86205538/33-photos-from-the-ghetto-new-documentary-unveils-haunting-holocaust-discovery>.



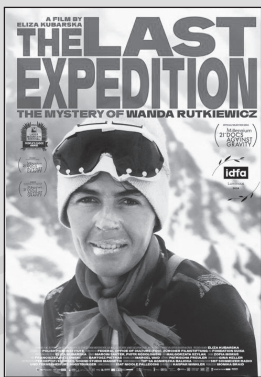
Polish Cultural Council  
P.O. BOX 81054  
Pittsburgh PA 15217-0554



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

## Polish film festival: don't miss it!

Beauty and mystery are just two of this year's surprises awaiting you at the annual **Polish Film Festival** during two weekends in the fall, **November 1, 2, 8 and 9.**



*The Last Expedition* is the story of **Wanda Rutkiewicz**, who disappeared over 30 years ago, following a terrible fall while she was climbing in the Himalayas. She was the first woman in the world to climb K2 and among the first to scale Mount Everest. Her story has always fascinated filmmakers. It may be that Rutkiewicz is still alive. Director, Eliza Kubarska follows Rutkiewicz's trail through the high Hymalayan peaks, talking with fellow climbers and Sherpas from the time, and telling the story about the possible survival of Rutkiewicz and her life in a Tibetan convent.

*The True Story of Tamara de Lempicka & The Art of Survival* is a visually stunning, feature-length documentary about the extraordinary Polish Jewish painter Tamara de Lempicka, whose enduring work is beloved by art collectors the world

over. The film explores her journey, from fleeing the Russian Revolution, to becoming an international star in 1920s Paris, to her move to the United States in order to escape fascism, and her eventual revival in the contemporary art market.

Please visit our website ([PolishCulturalCouncil.org](http://PolishCulturalCouncil.org)) and our FaceBook page for more information on the full lineup and schedule of screening, which will be posted in October.

