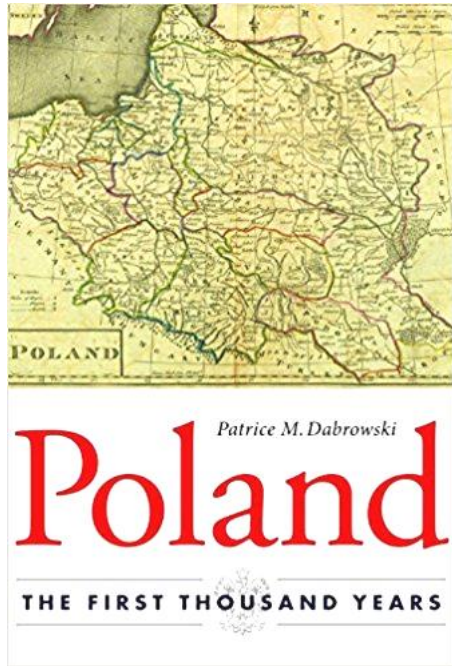


DO YOU KNOW POLAND?



**BOOKS AND INFORMATION ON
POLISH HISTORY AND CULTURE**

General History of Poland



Patrice Dabrowski, Poland: The First Thousand Years (2014) Avoiding academic prose yet precise, this sweeping overview of the history of Poland into the 21st century is engagingly written but geared toward more scholarly audiences. Excellent source of knowledge about outstanding individuals, major turning points, and origins of such memorable mottos as "for our freedom and yours" which reverberated through the long history of struggles for Poland's independence and freedom during the 19th and 20th centuries.

Norman Davies, God's Playground: A History of Poland (several editions between 1981 and 2005)

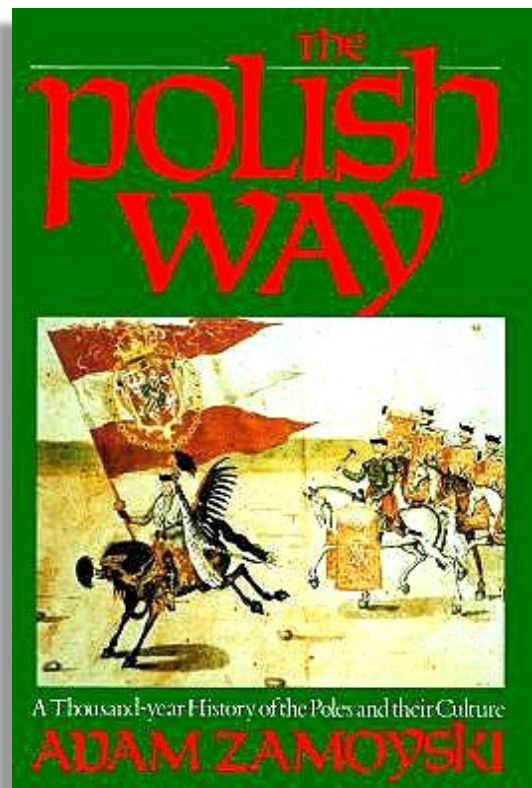
The first of the "modern" studies of Poland, this detailed history in two volumes (*Volume 1: The origins to 1795* and *Volume 2: 1795 to the present*) is also widely viewed as one of the best English-language works on the subject. Davies is widely known as a prolific writer and an expert on Polish and European history.

Norman Davies, Europe: A History (1995) A highly innovative work that gives proper attention to Poland's place in European history. From the review section of *Good Reads* website: "...histories should neither be told as stories or as simply a collection of facts, but something in between: Davies does it to near perfection. The writing is smooth and easily understandable for all."

John Radzilowski, A Traveller's History of Poland (2007, 2nd edition in 2014) Not a travelogue but an outstanding account of Poland's complex history and Poles' invincible spirit. Designed for general audiences, this clearly written and well-organized book includes numerous illustrations, maps, timelines, lists of historical figures, and a gazetteer.

Adam Zamoyski, The Polish Way: A Thousand Year History of the Poles and Their Culture (1993 and later editions)

Masterly and captivating work that presents Poland's history with a literary slant and an eye for the audience with prior knowledge of the subject. The book is richly illustrated and includes some maps and a bibliography. Adam Zamoyski has also authored other valued works on Poland (e.g. *The Last Kingdom of Poland*, *Holy Madness*, *Warsaw 1920 - Lenin's Failed Conquest of Europe*, *The Forgotten Few: The Polish Air Force in World War II*) as well as biographies of Frederic Chopin and Ignacy Jan Paderewski.

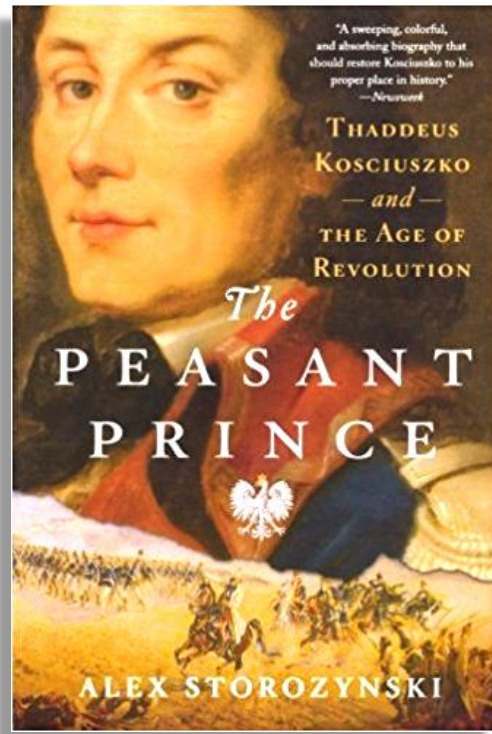


Polish-American History

James Pula, Thaddeus Kosciuszko: The Purest Son of Liberty (1998) An excellent biography of Kosciuszko, the forward thinking patriot who fought for America's and Poland's independence at the end of the 18th century.

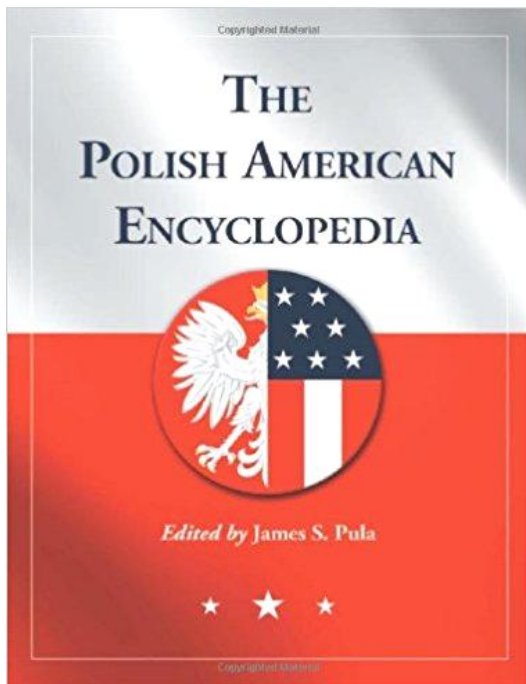
Alex Storzynski, The Peasant Prince: Thaddeus Kosciuszko and the Age of Revolution (2010) A great read about the national hero of two nations. From the reviews on the Amazon website: "... one of the most entertaining, fascinating, and comprehensive nonfiction personal histories I have ever read. It reads as if it was made for the silver screen." and "While it should be mandatory reading for people with interests in Poland, it should also be mandatory for anyone interested in freedom."

Piotr Wandycz, The United States and Poland (1980) An outstanding study of the history of relations between Poland and the United States over the centuries. It is also the very first significant book that brings Polish Americans and Polonia (Polish community in America) into this story.



James Pula (editor), The Polish American Encyclopedia (2011) The very best single volume detailing the story of the Polish migration and settlement experience in America. It covers the ties between Polonia and Poland and the people who are key to this story. The book belongs in every library in the United States and in the home of every Polish American who is interested in learning more about his or her heritage.

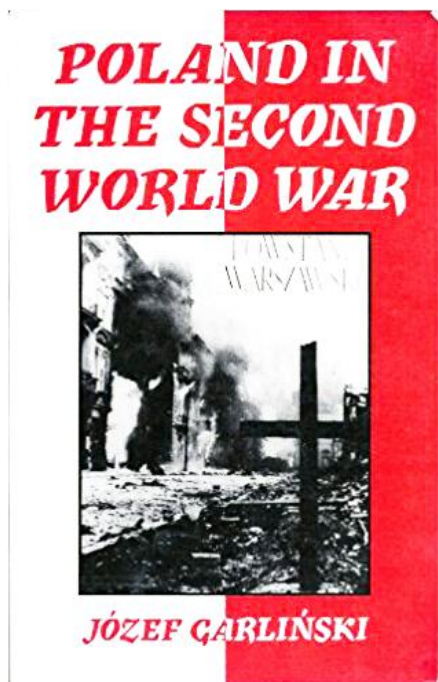
Donald Pienkos, Yesterday, Today, Tomorrow: The Story of the Polish National Alliance (2008) This detailed story of the largest and most significant Polish American organization includes a good discussion of Polonia's role in Poland's liberation from Soviet domination in and after 1989, and its entry into NATO. Dr. Pienkos also wrote the official history of the Polish American Congress, *For Your Freedom Through Ours: Polish American Efforts on Poland's Behalf, 1863-1991* (1991).



Important Journals and Publishers

Polish American Studies (semi-annual), **Sarmatian Review** (three times a year) and **Polish Review** (quarterly)
Publishers: Hippocrene Books Publishing Company and Aquila Polonica Publishing

Poland in World War II



Józef Garliński, Poland in World War II (1985)

A clear and comprehensive discussion of the place of Poland in this conflict. The author published several other useful books including works on the role of Polish mathematicians in breaking the Nazi German "Enigma" machine code before World War II and on the resistance movement in the German concentration camp in Auschwitz.

Halik Kochanski, The Eagle Unbowed (2012)

An unmatched synthesis of Poland's experience in World War II. The author deftly integrates operational analysis with complex internal politics of Poland's armed forces in exile. Her account of the Polish Resistance and the 1944 Warsaw Uprising is excellent; and her treatment of Polish-Jewish relations is well-balanced.

Kenneth Koskoda, No Greater Ally: The Untold Story of Poland's Forces in World War II (2011)

From the Amazon website: "The story of millions of young men and women who gave everything for freedom and in the final victory lost all. In a cruel twist of history, the monumental struggles of an entire nation have been largely forgotten, and even intentionally obscured."

Richard Lukas, Forgotten Holocaust: The Poles under German Occupation 1939-

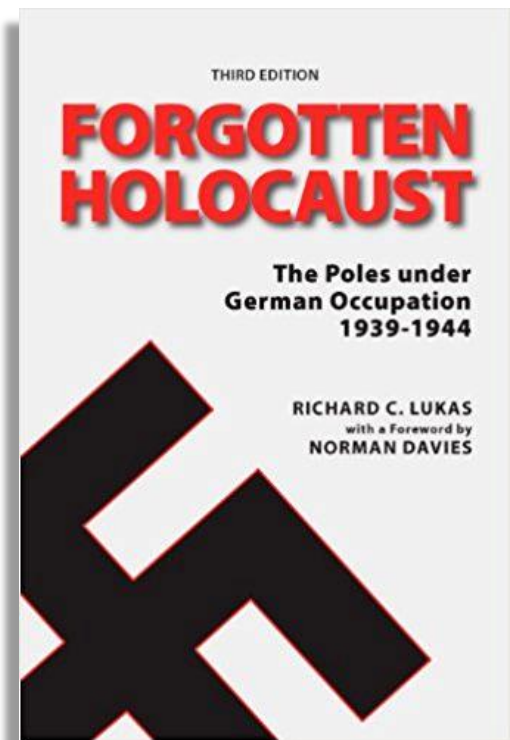
1944 (2017) If you were raised on the belief that only Jews suffered at the hands of the Nazis, you are in for a shock in reading this thorough account of the barbaric murder of 3 million Polish gentiles by the Germans during World War II as well as the cultural genocide of Poland (the systematic German practice of destroying any traces of Polish culture). The book also includes the story of ŻEGOTA, the underground organization that helped to save thousands of Jews, and an annotated list of Poles executed by Germans for helping the Jews.

Richard Lukas, Out of the Inferno: Poles Remember the Holocaust (1989)

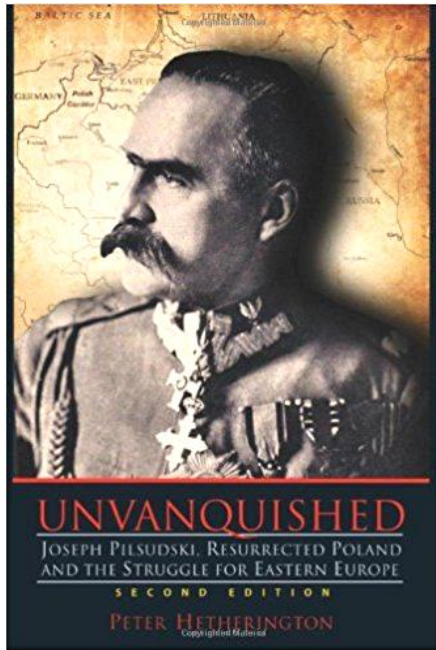
An anthology of gripping recollections of 60 Poles who survived the atrocities of German occupation of Poland in World War II. Many stories focus on participation in resistance and/or efforts to help/ save Jewish countrymen - even though German occupiers punished them by death to the helpers and their families.

Wladyslaw Szpilman, The Pianist (1999)

Personal account of a Polish Jew's survival in Warsaw, 1939-1945. Szpilman's shock and ensuing numbness become ours, so the acts of ordinary kindness or humanity of those who helped him survive take on an aura of miracle.



Miscellaneous Topics



Piotr Wandycz, *The Lands of Partitioned Poland, 1795-1918* (1974) A highly useful study of the Polish lands under foreign rule from the end of the 18th century until 1918. It makes interesting reading for Polish Americans who wish to learn more about their immigrant ancestors' origins and the conditions which led them to leave for America.

Peter Hetherington, *Unvanquished: Joseph Pilsudski, Resurrected Poland and the Struggle for Eastern Europe* (2014) This work expertly combines biography (Pilsudski lived from 1867 to 1935) with the discussion of the larger story of Poland's political experience up to World War II. Pilsudski was arguably the most important of the three main statesmen (Ignacy Paderewski and Roman Dmowski are the others) playing the leading roles in the resurrection of an independent Polish state in 1918, after 123 years under foreign domination.

Adam Zamoyski, *Paderewski* (1982) A captivating biography of the cherished pianist and composer using his worldwide fame to promote the idea of an independent Poland. He is widely credited for his role in the U.S president

including the creation of Polish sovereign statehood as one of the prerequisite peace conditions (*The Fourteen Points*) for ending the World War I. While representing Poland at the Paris Peace Conference (1919), Paderewski also served as Poland's Prime Minister and its Minister of Foreign Affairs.

Piotr Wandycz, *The Price of Freedom* (1992) History of east/central Europe countries that became free of Soviet domination after 1989 (Poland, Hungary, Slovakia and the Czech Republic). Despite obvious differences, these countries remain connected by a certain "similarity of fate" and bonds forged under the rule of the Jagiellonian dynasty kings reigning between the 14th and 16th centuries.

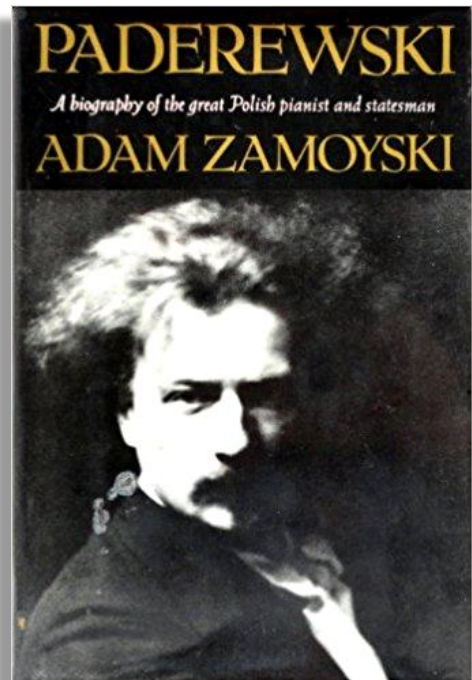
M.B. Biskupski, *Hollywood's War with Poland, 1939-1945* (2010) An indispensable work discussing an important question: Why has the story of Poland (and Polish Americans) received so little or no constructive attention in Hollywood motion pictures? With a persuasive explanation, this book tackles the problem of Poland's low profile and misrepresentation in mass media.

Other notable historians and authors

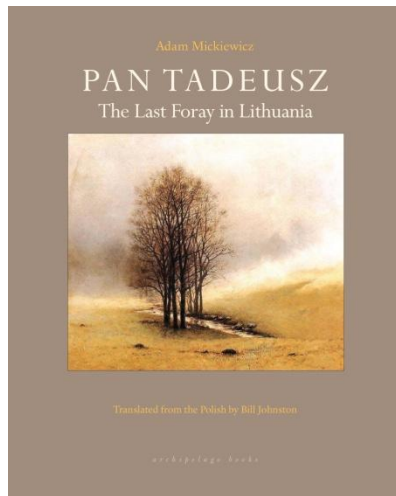
Marian Kamil Dziewanowski - outstanding historian of Poland, Russia and modern Central Europe.

Jan Nowak, Jan Karski, and Stefan Korboński - three post World War II émigrés and authors of outstanding works on Polish themes.

Neal Pease - award winning historian of the Catholic church in 20th century Poland.



Treasures of Polish Literature



Adam Mickiewicz (1798-1855)

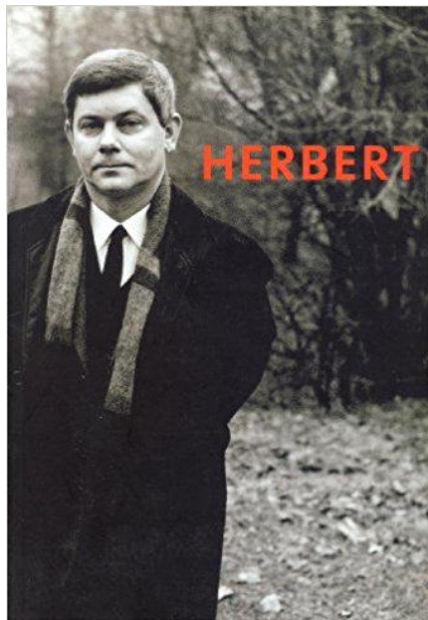
Widely regarded as Poland's National Poet, Mickiewicz wrote during Poland's Romantic Period. He was known chiefly for the poetic drama "*Dziady*" (*Forefathers' Eve*) and the national epic poem "*Pan Tadeusz: The Last Foray in Lithuania*," described on the Amazon website as a "towering achievement of European literature." His poems read beautifully in Polish but the 19th century language and 13-syllable metering pose a challenge in conversion to English. The 2018 translation of "*Pan Tadeusz*" by Bill Johnston, the award-winning translator of Polish literature, is the first, impressive attempt to channel the poem's brilliance into modern English. The extraordinary life story of the poem's author is masterfully described in the biography "*Adam Mickiewicz, The Life of a Romantic*" by Roman Koropecykj (2008).

Henryk Sienkiewicz (1846-1916)

Winner of the 1905 Nobel Prize in Literature, Henryk Sienkiewicz is one of Poland's finest and most prolific authors known for his historical novels. The immense popularity he enjoyed during his lifetime continues to this day in Poland and abroad. He gained the fame internationally with *Quo Vadis*, a book about early Christianity in Rome. His other great masterwork is *The Trilogy*, translated by the Polish American novelist W.S. Kuniczak. In dramatic, even thrilling fashion, its three volumes entitled *With Fire and Sword*, *The Deluge* and *Fire in the Steppe* cover the saga of the wars fought by the Polish-Lithuanian Commonwealth in the 17th century.

Polish Winners of the Nobel Prize in Literature

- 1905 Henryk Sienkiewicz
- 1924 Władysław Reymont
- 1978 Isaac Bashevis Singer (Yiddish)
- 1980 Czesław Miłosz
- 1996 Wisława Szymborska



Zbigniew Herbert (1924-1998)

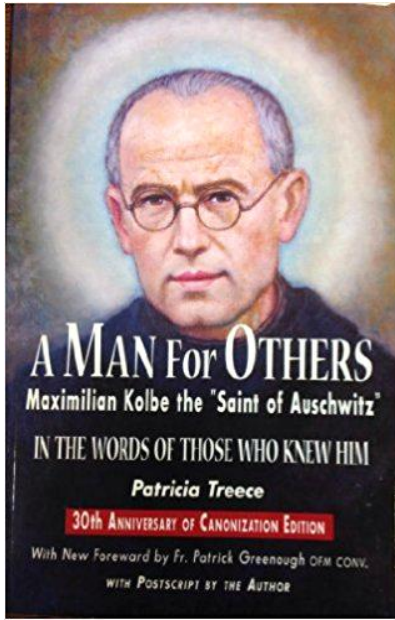
With 2018 declared as the Year of Herbert by the Polish Senate, a tribute is paid to one of the greatest and most translated Polish and European writers of poems, essays and drama of the 20th century. In the opinion of many, he deserved a Nobel Prize for his work focused on human dignity under assault in the chaos of oppressive regimes. Adam Zagajewski's short study "*Zbigniew Herbert, 1924-1998*" with selected poems (some translated by Czesław Miłosz) and essays is a good starting point to become familiar with one of the most admired and respected voices associated with Poland.

Books About Polish Literature

Czesław Miłosz A Survey of Polish Literature (1990) An interesting, informative, if often opinion filled introduction to a vast subject that is nearly unknown among Americans.

Michael Mikos has published an impressive series of anthologies of Polish literature in specific periods ranging from Medieval to Contemporary.

Polish Religious Figures



Saint Maximilian Kolbe (1894-1941) Patricia Treece's book "A Man for Others, Maximilian Kolbe, Saint of Auschwitz in the Words of Those Who Knew Him" is the best biography of the "martyr of charity" who gave his life for another prisoner at the German concentration camp at Auschwitz. With doctorates in philosophy and theology, he was a simple and unassuming man who continued his pastoral work in the midst of horrors of Auschwitz. His inspiring story is told in the word of those who personally knew this scholar, publisher and priest.

Blessed Mary Angela Truszkowska (1825-1899)

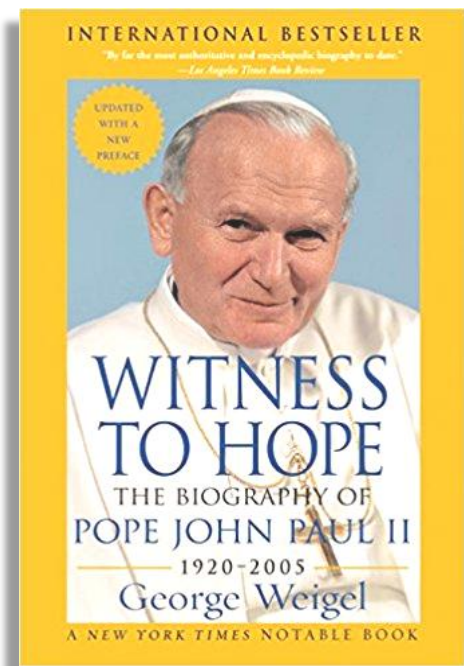
Foundress of the Felician Sisters (Congregation of Sisters of St. Felix of Cantalice Third Order Regular of St. Francis of Assisi). This order, founded in Warsaw in 1855, is dedicated to teaching, caring for and serving those in need (sick, homeless and abandoned). Since the first five Felician sisters arrived to Wisconsin in 1874 and worked primarily with Polish immigrants, the order's presence increased dramatically

in the world. Currently about 1,800 Felician sisters serve various communities across the United States, Canada, Europe and South America.

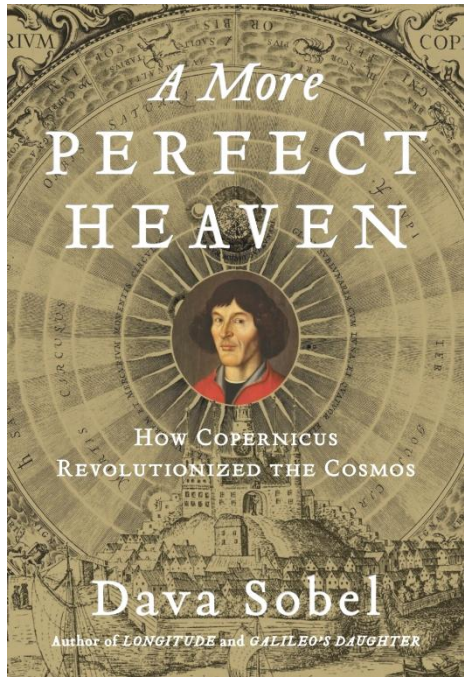
Saint Maria Faustina Kowalska (1905-1938) Known as "the apostle of Divine Mercy", she captured in her "*Diary of Saint Maria Faustina Kowalska: Divine Mercy in My Soul*" the essence of God's Divine Mercy revealed to her during prayers. In tribute to her role in bringing the Divine Mercy devotion to the Church, Pope Francis entrusted the Holy Year 2016 to Saint Faustina and made it the Jubilee of Mercy. Along with Saint John Paul II, a passionate devotee of Divine Mercy, she was a patron saint of 2016 World Youth Day (WYD) in Kraków. Millions of 2016 WYD participants took home St. Faustina's message with the event's theme song "Blessed are the merciful, for they will receive mercy."

Saint John Paul II (1920-2005) "*Witness to Hope: The Biography of Pope John Paul II*" by George Weigel is the authoritative portrayal of a leader whose religious convictions changed the course of history. The story of Karol Wojtyla begins in a small town in Austria-controlled Poland. It takes him through his coming of age in World War II, where he became a priest and resisted the Nazis through acting and the writing of plays promoting Polish culture. Later Wojtyla defined the theological line of battle with communism for the soul of Poland and for all those living under oppressive rule elsewhere.

Saint Stanislaus Kostka (1550-1568) This patron saint of youth, young students and "holy disobedience" was canonized in 1726. Born into Polish nobility, he disobeyed his parents and walked 500 miles from Vienna to Rome to become a Jesuit. He entered the novitiate at the age of 17 but died just 10 months later. Many parishes, seminaries and schools all over the world are named after this young saint. Among them, the St. Stanislaus Kostka church in Chicago is revered as the 'mother church' of all Polish churches in the United States, while another historical church of St. Stanislaus Kostka in Winona, Minnesota had recently elevated its status to the minor basilica (2011).



Polish Giants of Science



Nicolaus Copernicus (1473-1543)

Born Mikołaj Kopernik in Toruń, Poland, he was the Renaissance-era mathematician and astronomer - but also a devout Catholic and ordained canon. His groundbreaking achievement was the heliocentric theory that placed the sun, and not the static earth, at the center of what we now know as the solar system. Described in the book *De revolutionibus orbium coelestium* (On the Revolutions of the Celestial Spheres), his work contradicted Ptolemy's 1400-year-old geocentric model, supported by the Church, and changed forever the view of mankind's place in the universe. The "Copernican Revolution" sparked also a flurry of scientific activities and profoundly influenced many great minds including Galileo and Isaac Newton.

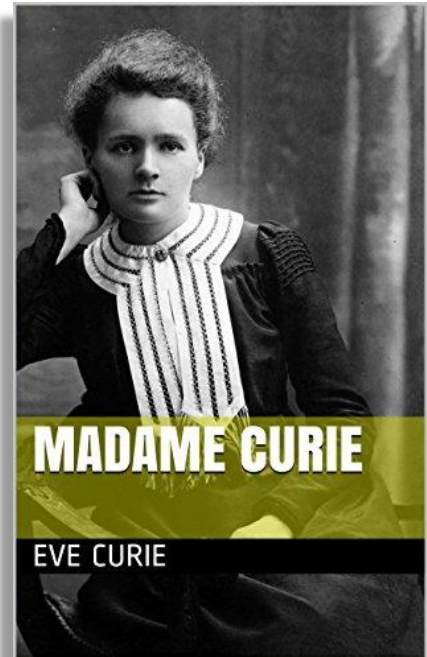
Marie Skłodowska Curie (1867-1934)

One of the greatest scientists of all time, she developed the

theory of radioactivity (the term she devised) and discovered new elements: *polonium* (named after her native country) and *radium*. Her work shook the foundations of physics, enabled the discovery of atom structure and offered means to fight cancer. Despite numerous barriers on her path to success (poverty, social oppression, lack of recognition due to misogyny and xenophobia), she became the first woman ever to win a Nobel Prize, the first woman to receive this prize twice and the first person and only woman to win it in separate disciplines (Physics in 1903 and Chemistry in 1911). Amid the many awards, honors and tributes

received during her lifetime and beyond, her iconic presence in science continues. As recently as

2009, she was voted the "most inspirational woman in science," while in 2018, she topped the BBC list of "women who changed the world."



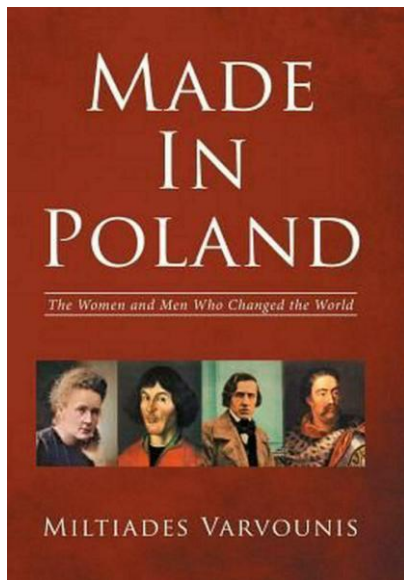
STEFAN BANACH

Remarkable Life,
Brilliant Mathematics

Biographical materials edited by
Emilia Jakimowicz and Adam Miranowicz

Stefan Banach (1892-1945)

One of the world's most important and influential mathematicians of the 20th-century, he founded modern functional analysis, helped develop the theory of topological vector spaces and made many other profound contributions to mathematics. Mostly unknown to the general public, his math is used widely in sciences, industrial processes and technologies we come in contact in our everyday lives (for example, airport scanning or hurricane prediction). Banach was the original member of the famed *Lwów School of Mathematics*. Along with the vibrant communities in Warsaw and Kraków, their members (known collectively as the *Polish School of Mathematics*) made ingenious and widely recognized contributions to the world's science.



Ingenious and Inventive

"**Made In Poland: The Women and Men Who Changed the World**" is an impressive collection of vignettes presenting prominent Poles who made enormous contributions to the Western civilizations. By no means exhaustive, the book is a good one-stop source for information about ground-breaking ideas, discoveries and inventions linked to Poland .

Do you know these Polish contributions to the world's science and technology?

Polish scientists gave us the first effective **typhus vaccine** (*Rudolf Wejgl*, early 1930s) and the world's first effective live **polio vaccine** (*Hilary Koprowski*, mid-1950s).

Kazimierz Funk was first to discover several **vitamins** (starting with **B1** in 1912) and revolutionized medicine by identifying vitamins as cure to many diseases.

Ludwik Hirszfeld established current names of **blood groups** (1928) and identified their hereditary nature (enabling use in medicine and forensics). His discovery of the **Rh factor** made it possible to save newborns from the Rh disease.

Kerosene lamp was invented in 1853 by Polish pharmacist and petroleum industry pioneer, *Ignacy Łukasiewicz* . He also build the first **modern oil well** (1854) and one of the world's first **oil refineries** (1856).

Single **crystals of semiconductors** for the microprocessors in our computers are still grown by the "**Chochralski process**" devised in 1915 by Polish chemist, *Jan Chochralski*.

On the other side of Digital Revolution, landmark influence on the design of **computer programming languages** exerted logicians *Alfred Tarski* and his teacher *Stanisław Leśniewski*.

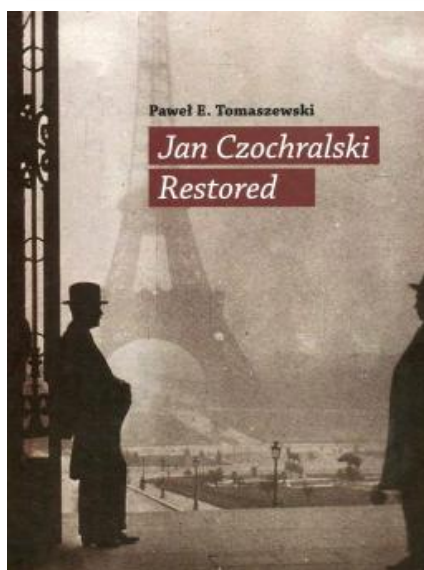
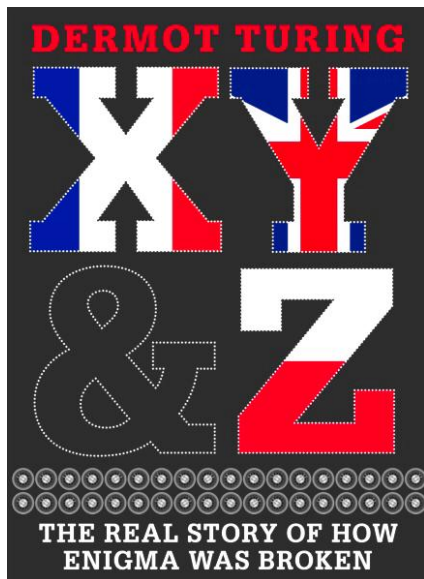
Polish mathematicians (*Marian Rejewski*, *Henryk Zygałski*, *Jerzy Różycki*) made essential contributions to **breaking the Enigma code**, helping to achieve victory in WWII.

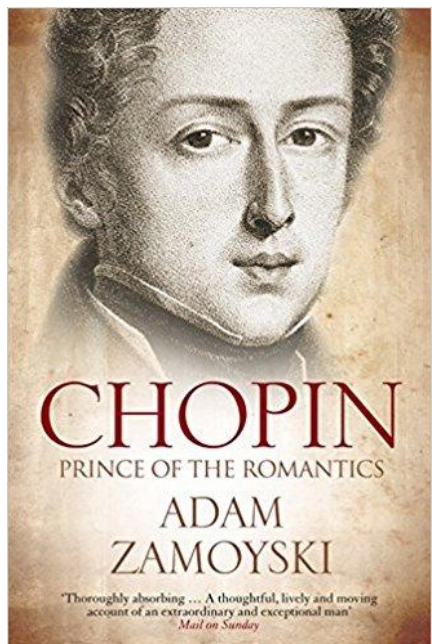
Kazimierz Prószyński patented his first **film camera** in 1894, one year before the Lumière brothers lodged their patent. In 1910, he patented also the self-stabilizing, **compressed air powered camera** that was used widely until late 1920s.

In 1893, *Fr. Kazimierz Żegleń* (priest in St. Stanislaus Kostka Roman Catholic Church in Chicago) developed the first **commercial silk bulletproof vest** in cooperation with the legendary Polish inventor *Jan Szczepanik* (subject of two Mark Twain's articles). Some of Szczepanik's over 50 discoveries are still used today in photography, movie industry and television

During WWII, *Józef Kosacki* **developed portable metal mine detector** used by various armies until the 1991 Gulf War. After working on motors of British Centurion tanks, *Tadeusz Marek* designed three acclaimed "**DB**" **engines for Aston Martin**.

The list above is just a tip of the iceberg on top of which we can place a humble **paper clip** invented by Polish composer and pianist *Józef Hofmann*, with its shape inspired by a treble clef. Hofmann patented over 70 inventions, including a version of **windshield wipers** adopted by the Ford Motor Co.





Polish Music

Fredrick Chopin (1810-1849) Drawing from the folk music of Poland, Chopin's compositions introduced Mazurkas and Polonaises to the ballrooms and salons of Europe, and expressed his Polish identity. Today, a pianists' merit is often judged by his or her mastery of Chopin's music. Artistically he is the giant of Polish music. Adam Zamoyski's **Chopin, Prince of Romantics** (2011) is the best biography of Chopin to date.

Stanislaw Moniuszko (1819-1879) Conductor, teacher and composer inspired by folk and patriotic music of Poland, Moniuszko is called the Father of the Polish National Opera.

Ignacy Paderewski (1860-1941) First an internationally renowned concert pianist and composer, Paderewski later became the newly independent Poland's first Prime Minister and Foreign Minister in 1919 (see p. 5 of this brochure for notes on Zamoyski's excellent biography of Paderewski).

Other noted composers include **Karol Kurpiński** (1785-1857), **Maria Agata Szymanowska** (1789-1831), **Henryk Wieniawski** (1835-1880) and his younger brother **Józef Wieniawski** (1837-1912), viewed as one of Europe's finest musicians of his time.

Karol Szymanowski (1882-1937) The most celebrated and internationally recognized Polish composer of the early 20th century. His diverse compositions included symphonies, ballets, operas, and numerous orchestral and instrumental works that continue to be performed by the most celebrated soloists, choirs and orchestras in the world.

Grazyna Bacewicz (1909-1969) A virtuoso violinist, she was one of the most gifted women composers of the 20th century and the second to have achieved national and international recognition, with Maria Szymanowska being the first in the early 19th century.

The newest crop of world-famous classical composers from Poland include **Witold Lutosławski** (1913-1994), **Henryk Górecki** (1933-2010), **Krzysztof Penderecki** (born 1933) and **Wojciech Kilar** (1932-2013), who was very successful also in composing film music. His best known and award-winning film scores were written for Francis Ford Coppola's *Bram Stoker's Dracula* (1992) and Roman Polanski's *The Pianist* (2002). From Poland comes also a number of internationally acclaimed jazz musicians including Krzysztof Komeda, Tomasz Stańko, Włodek Pawlik, Adam Makowicz, Leszek Możdżer and Michał Urbaniak.

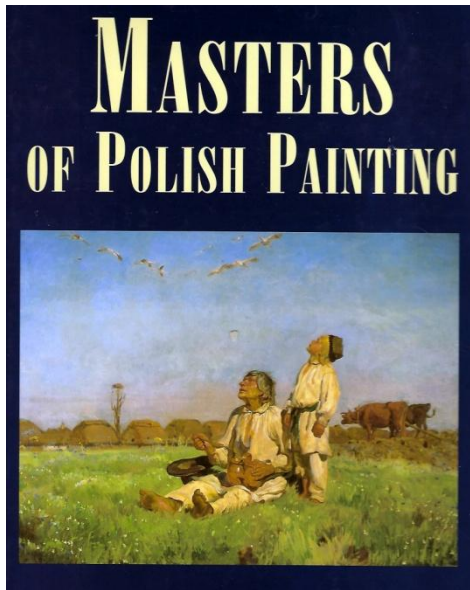
Special Note: In the case of one artist being the inspiration for another; **Korczak Ziolkowski** sculpted a marble bust of Ignacy Paderewski and won first place in the sculpture competition at the 1939 New York World's Fair. This award drew him to the attention of Lakota Sioux Chiefs who asked Ziolkowski to create a sculpture of Crazy Horse in the Black Hills of South Dakota. This work begun in 1947 will take several more generations to complete. When finished, it will be the largest sculpture in the world.

Websites to visit for more information about Polish music of different genres:

Polish Music Center (Thornton School of Music) at the University of Southern California

Visit www.polmic.pl for the extensive updates on current events in Polish music

Check also poloniamusic.com for Polish folk, classical, Christmas, dance and other music



VISUAL ARTS

Jan K Ostrowski: **Masters of Polish Painting (1999)**

An impressive collection presenting over 200 treasures of Polish paintings created during the 19th and 20th century.

Ryszard J. Kluszczyński: **Wielka księga malarstwa polskiego (The Great Book of Polish Painting) (2019)**

Survey of 600 paintings created on Polish soil since Medieval times. Short notes in the book still await English translation, but splendid reproductions of great art speak for themselves.

Stefania Krzysztofowicz-Kozakowska: **Polish Paintings in the Collections Abroad (1999)**

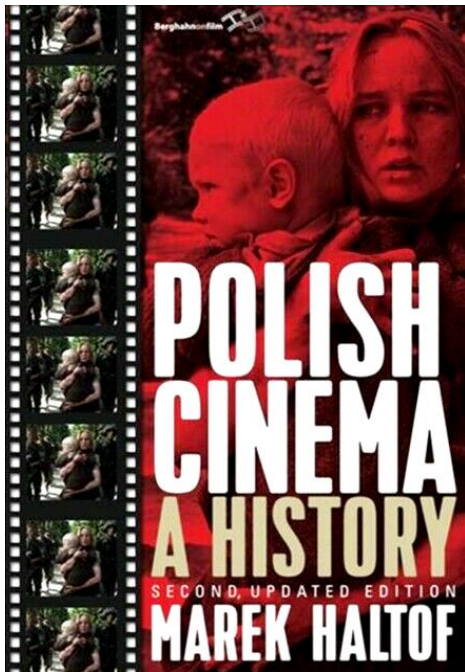
High quality reproductions of Jan Matejko, Artur Grottger, Józef Chełmoński, Jacek Malczewski, Henryk Siemiradzki, Jan Stanisławski, Olga Boznańska and many others.

Dorota Folga-Januszewska, Maria Kurpiak, Lech Majewski: **The Art of Polish Poster (2018)**

Going back to the 16th century, this is the history of the unique phenomenon of "Polish poster art." Benefiting from the rise of Polish graphic design in the 1930s, the readily recognizable art of the Polish Poster School came to the full bloom in the second part of the 20th century (Solidarity movement), affecting also the worldwide developments in graphic design and poster art.

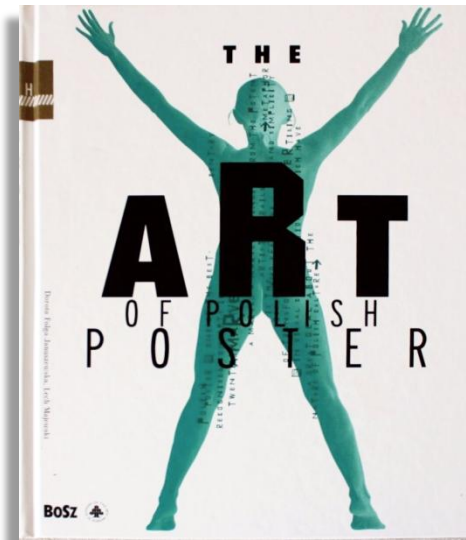
Marek Haltof: **Polish Cinema: A History (2018)**

From the Professor at the Northern Michigan University in Marquette, this thoroughly revised and vastly expanded second edition of the 2002 original. The book takes you back to the 19th century, when *Kazimierz Prószyński* began making short movies with the world's first film camera he patented in 1894.



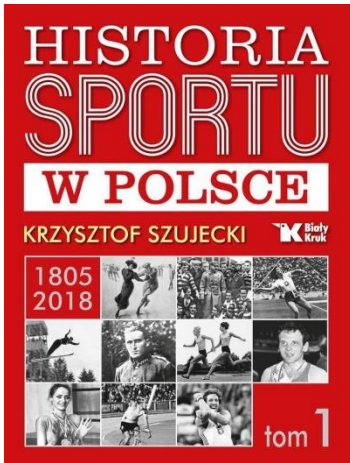
Then it follows the twists and turns of Polish history up to the recent transnational trends, covering also documentaries, television, animation - as well as outstanding film-makers including *Krzysztof Kieślowski*, *Jerzy Skolimowski* i *Andrzej Wajda*.

Two other recent publications by the same author include the **Historical Dictionary of Polish Cinema** (second edition, 2015) and **Screening Auschwitz: Wanda Jakubowska's The Last Stage and the Politics of Commemoration** (2018).



Polish Film Festivals in the US

The **Polish Film Festival in America** in Chicago is the oldest among numerous events showcasing Polish movies (since 1989). Other events include **Seattle Polish Film Festival** (since 1992), **Ann Arbor Polish Film Festival** (since 1993), **Polish Film Festival Los Angeles** (since 2000), **New York Polish Film Festival** (since 2005) and **Polish Film Festival Miami** (since 2018). In Wisconsin, Polish movies are screened by the end of each year in Madison (since 1991).



SPORT AND EXPLORATION

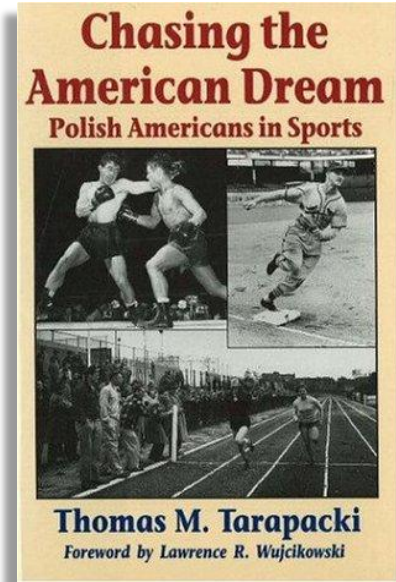
Krzysztof Szujecki, *Historia Sportu w Polsce, Vol.1* (2018)

Poles participate in all sport discipline but among the most popular are soccer (called "football" in Poland), ski jumping, volleyball, basketball, ice hockey, motorcycle speedway and rally. In 2018, the first volume of the much needed book presenting the captivating story of Polish sport engagements has been published. While still waiting for Volume Two, we also hope that this book will become available also in translation.

Thomas M. Tarapacki: *Chasing the American Dream: Polish Americans in Sports* (1995)

An in-depth examination of the impact that Polish Americans' engagement

with sports had on their lives and on Polish American communities.



National Polish American Sports Hall of Fame

2975 E. Maple St., Troy, Michigan

The NPASHF was established to recognize and preserve outstanding achievement by individuals of Polish Heritage in sports. Among the hundreds of inductees are:

Basketball: **Mike Krzyzewski**, Duke University Head Coach

Baseball: **Stan Musial, Carl Yastremski, and Joe and Phil Niekro** (winners of 539 MLB games)

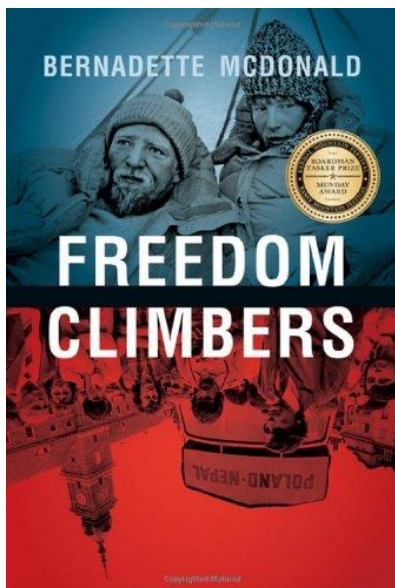
Football: **Mike Ditka, Johnny Lujack, Bob Skoronski, and Zeke Bratkowski**

Motorsports: **Alan Kulwicki and Brad Keselowski**

Bernadette McDonald, *Freedom Climbers: The Golden Age of Polish Climbing (Legends and Lore)* (2013)

From the award winning author comes the story of breath-taking exploits of Polish mountaineers in the Himalayas. Closed for decades behind the "Iron Curtain," they pursued dreams of liberty and freedom by taking on the biggest challenges. They climbed new routes - some so difficult that nobody would repeat them - and turned to winter conquests of 14 peaks with

elevations higher than 8,000 meters. Becoming the first winter summiteers on 10 of those mountains earned Polish climbers the name of "Ice Warriors." McDonald's newer book is entitled *Art of Freedom: The Life and Climbs of Voytek Kurtyka* (2017).



EXPLORERS AND TRAVELLERS

A long list of brave Poles who explored the furthest reaches of the world include: *Paweł Edmund Strzelecki* (Australia), *Henryk Arctowski* (Antarctica), *Jan Czekanowski* (Africa), *Kazimierz Nowak* (Sahara), *Maurycy Beniowski* (Madagascar), *Krzysztof Arciszewski* (South America) and *Jan Czerski* (Siberia).

Arkady Fiedler is one of the most remarkable travelers of the 20th century. He wrote over 30 books (translated into 23 languages) but is best known for the "303 Squadron" about the heroic Polish pilots fighting in the Battle of Britain. Recently, *Jacek Pałkiewicz* has gained international recognition for the indisputable determination of the source of the Amazon River (1996) and his survival skills expertise.

Dances of Poland

National dances of Poland have strong roots in folk dances, described expertly in the book *Polish Folk Dances and Songs: Step by Step Guide* by Milwaukee's own **Ada Dziewanowska**, who was the Artistic Director and Choreographer of the **Syrena Polish Folk Dance Ensemble of Milwaukee**.

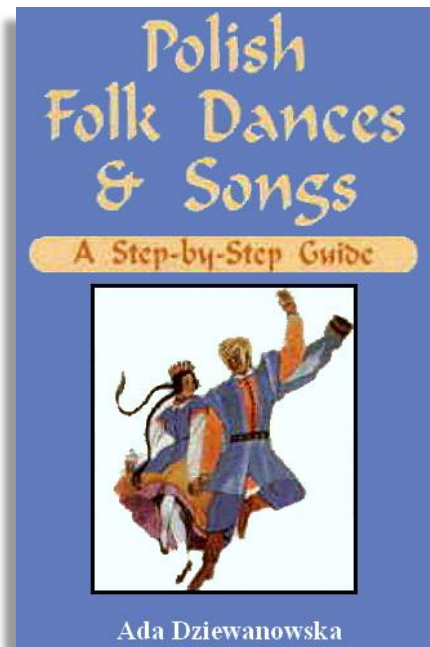
Five dances are historically recognized as Poland's national dances including the **Polonez (Polonaise)**, **Mazur (Mazurka)**, **Krakowiak**, **Oberek** and **Kujawiak**. Contrary to popular beliefs, the Polka is not one of them (it originated in Bohemia), although its name is derived from the word meaning a Polish female.

The stately **Polonez (Polonaise)** is performed at a walking pace to its own style of music. It originated as the folk dance called "pacer" or "walker" but took on its formal identity after it was introduced to the French royal court in the 17th century. The dance quickly became popular on other European courts and many of the world's top composers wrote music in the Polonaise style. To name a few, they included Johann Sebastian Bach, Georg Philipp Telemann, Wolfgang Amadeus Mozart, and of course, Frédéric Chopin.

Mazur (Mazurka) is a lively dance that probably came from the Mazowsze region of east-central Poland and transitioned into the stylized dance that gained popularity around the world. In Poland it is done either in the form close to its folk roots or in the stylized form exemplified by two mazurkas from Stanisław Moniuszko's operas *Halka* and *The Haunted Manor (Straszny Dwór)*. In a variety of styles and tempos, the dance is still revered in Cape Verde Islands, Cuba, Curaçao, France, Philippines and Portugal. Its slower versions remain popular in Belgium, Netherlands, Brazil and French Caribbeans. In classical music, the best known are the 69 mazurkas of Frédéric Chopin, while the ballet lovers enjoy mazurkas from Léo Delibes' *Coppélia* and Tchaikovsky's *Swan Lake*, *Eugene Onegin* and *Sleeping Beauty*.



Wikimedia Commons, by Felouch Kotek [CC BY-SA 4.0]

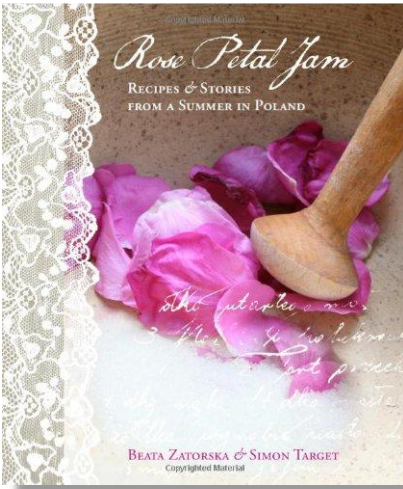


Krakowiak is also fast paced but in contrast to the polonez and mazurka, it came from the Kraków region in south-central Poland. It is a syncopated dance done in moving group formations (as pictured to the left). It has also some renditions in Chopin's music but the popularity it once enjoyed in ballrooms of Vienna and Paris has since waned.

The fastest of Polish national dances is **Oberek**, performed with constant turns and many jumps and lifts. On the other hand **kujawiak** is the slowest of Polish dances. Its name derives from Kujawy, the region of its origin located just west of Mazowsze, where oberek and mazurka come from.

Scores of other dances are enjoyed in Poland but most of them are localized to specific regions (for example, the highlander dances from Tatra Mountains or Kashubian dances from north-central Poland).

POLISH CUISINE



Beata Zatorska, Rose Petal Jam: Recipes and Stories from a Summer in Poland (2011)

Unique combination of a travelogue, memoir and cookbook with over 60 recipes and beautiful photographs of Poland.

Rose Wysocki, Perfect Pierogi Recipes (2013)

Fifty one recipes for 10 different pierogi doughs (traditional and contemporary), 15 savory fillings, 6 sweet fillings, 5 types of toppings, 9 compound butters and 6 delicious sauces.

Peter Zeranski, Laura Zeranski, Polish Classic Recipes (Pelican's Classics Series) (2011)

Organized by course, the book features recipes for everything from appetizers to sweets, including the iconic hunter's stew and barszcz -- as well as signature desserts such as honey cake, poppy seed rolls and chocolate mazurka.



Zuza Zak, Polska: New Polish Cooking (2016)

A young food writer presents a new, fresh look on Polish food including lavishly photographed snacks, party foods, soups, preserves, breads, fish, meat & poultry dishes, salads, and desserts - all with notes on the geographical, historical and economic context.

Danuta Zamojska-Hutchins, Cooking the Polish way (2002) Introduces the land, culture, and cuisine of Poland with numerous recipes and information on health cooking (low-fat, vegetarian), holiday traditions and festivals.

Peter Zeranski, Laura Zeranski, Polish Classic Desserts (Pelican's Classics Series) (2013) Poland's sweetest traditions: from simple cookies to special treats such as pączki, babas, mazurkas, torts, chrust (known also as angel wings) and szarlotka (apple cake).

Marianna Dvorak, Authentic Polish cooking: 150 mouthwatering recipes, from old-country staples to exquisite modern cuisine (2012)

An impressive collection of one hundred fifty Polish recipes, including kielbasa shish kebabs, potato dumplings, beef tripe soup, cucumber salad, and Polish doughnuts.

Anne Applebaum, Danielle Crittenden, Bogdan Biały, Dorota Biały, From a Polish country house kitchen: 90 recipes for the ultimate comfort food (2012) A beguiling cookbook with over 90 recipes for classic and contemporary Polish foods with over 150 splendid photographs illuminating Poland's vibrant food culture.



Polish Collections in Museums and Libraries

Polish Museum of America

984 N. Milwaukee Ave., Chicago, Illinois

A museum dedicated to collecting, preserving, interpreting, and showcasing materials that chronicle Polish history and the Polish American experience. The museum houses a library and an art gallery, with sections highlighting prominent Poles. Among the library holdings are personal effects and correspondence of Kosciuszko, Paderewski, and St. John Paul II. The library holdings include also maps, oral histories, films and musical recordings.

University of Wisconsin-Madison Memorial Library

728 State St, Madison, WI 53706

The library holds an impressive amount of Poland-related publication within its **Slavic & Eastern European Studies Collection**. The Polish Collection was started in the 1930s by **Witold Doroszewski** (a distinguished Polish linguist and lexicographer) and **Józef Birkenmajer** (Polish Slavist, poet, translator and literature historian). Its extensive holdings include a collection of **Polish Solidarity materials**.

University of Wisconsin-Milwaukee Golda Meir Library

2311 E Hartford Ave, Milwaukee, WI 53211

The library houses the **Roman Kwasniewski photo collection**. He was a professional photographer who created an archive of over 32,000 images taken primarily in Polish American neighborhoods between the World Wars. It shows photos of street scenes, local businesses, buildings, sports teams and church and social groups. The library also houses many Poland-related maps in its **American Geographical Society Collection**.



Polish Cultural Institute & Museum, Winona MN

102 Liberty St, Winona, MN 55987

The mission of the Polish Cultural Institute and Museum is to collect, preserve, exhibit, interpret and disseminate the heritage of the Kashubian Polish Culture. The first floor of the Museum contains exhibits and other materials related to Polish immigrant life in Winona and the surrounding areas. The second floor is devoted to artifacts recovered from churches in the Diocese of Winona, including the Basilica of Saint Stanislaus Kostka.

Museums in Poland

There are hundreds of incredible museums in Poland that are a must to see whether you are a casual traveler, art lover or history buff. Our three selections include:

The National Museum of Warsaw - one of the largest museums in Poland with an immense collection of Polish paintings dating back to the 16th century, foreign paintings (Italian, French, Flemish, Dutch, German and Russian), oriental art, applied art and numismatics. The museum is one of the **National Museum of Poland** branches located in Kraków, Gdańsk, Wrocław, Szczecin, Kielce, Łowicz, Zakopane and so on.

Rynek Underground - state of the art exhibit situated underneath Kraków's **Sukiennice**, the Renaissance Cloth Hall, a central point of the main market square declared in 1978 as one of the first UNESCO World Heritage Sites. Above the ground level merchant space, the upper story houses a gallery of the 19th century Polish painting. The underground museum features remains of medieval constructions, workshops and aqueducts as well as hundreds of holograms and 3D models truthfully recreating the atmosphere of medieval Kraków.

Ulma Family Museum of Poles Saving Jews in World War II (Markowa, Podkarpackie) - tells the story of Joseph Ulma, his pregnant wife and their six children ranging in age from 2 to 8, all executed by Germans when they discovered that the family was harboring Jews on their farm. What happened to the Ulma family illustrates the larger picture of over 1,000 Poles killed in the Podkarpackie region for helping and sheltering the area Jews. Thousands of similar atrocities have been documented in other parts of Poland.

Organizations Promoting Knowledge and Appreciation of Polish Heritage



The Polish Heritage Alliance of Wisconsin sponsors the annual Polish Fest in Milwaukee and operates the Polish Center of Wisconsin. The Center provides a beautiful venue for cultural events and houses a library maintained by Polanki (see below) and featuring a collection of books, magazines and films in Polish and English language.

Polanki, the Polish Women's Cultural Club of Milwaukee, Wisconsin

Founded in 1953, the group is dedicated to preserving and sharing Polish culture. Through a strong relationship with the Polish Heritage Alliance of Wisconsin, Polanki members operate a library and gift shop located in the Polish Center, hosts an impressive booth during the annual Polish Fest in Milwaukee, and offers several scholarships to promote and encourage Polish-related studies.

Polish Heritage Society Serving Northeastern Wisconsin

Hosts cultural and holiday events in the Green Bay area. Publishes a bimonthly newsletter covering news from Poland and Polonia (Polish -American communities around the world).

Polonia Sport Club - Franklin, Wisconsin

Known for its soccer programs held on its own fields, It also hosts social and cultural events for its members and the public.

The Polish Heritage Awareness Society of Central Wisconsin

Serving Central Wisconsin's Polish community from Stevens Point, this organization sponsors Dozynki, a fall harvest festival, based on festivals still observed in Poland. It also sponsors Dozynki scholarships given to area students.

The Polish Heritage Club of Wisconsin-Madison

Serves Americans of Polish ancestry in sharing the history and culture of Poland and America. It sponsors several well-attended events (Spring Festival, Christmas Bazaar, Wigilia) in the Madison area and offers scholarships to students residing in Wisconsin and interested in Polish studies and culture.

The Polish Studies Committee of the UW-Milwaukee

A source of knowledge on Poland and Polish American subjects. Contact Dr. Donald Pienkos at dpienkos@uwm.edu.

The Polish American Congress - Wisconsin Division

The Polish American Congress was formed in 1944 in support of Poland's freedom and independence. It seeks involvement of Polish Americans in the civic affairs of the United States, and the sharing of knowledge of Poland's rich history and culture. The Wisconsin Division has always been one of its most active units.

*This booklet was compiled by Irena Frączek, Dr. Donald Pienkos and David Rydzewski.
Its printing was sponsored by members of the Wisconsin Division of the Polish American Congress.*

Visit our website at <http://pacwisconsin.com>