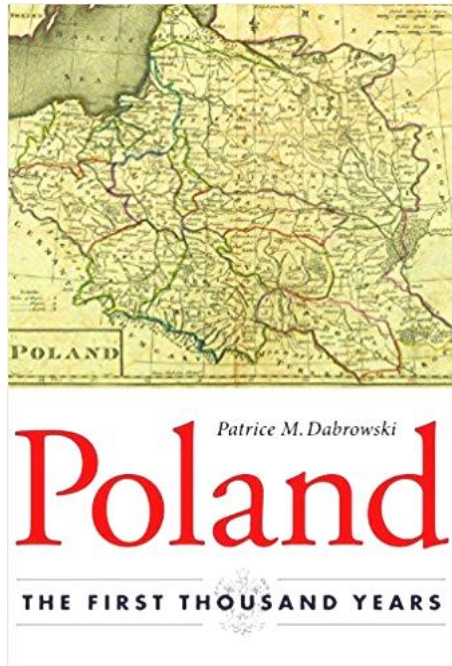


DO YOU KNOW POLAND?



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)

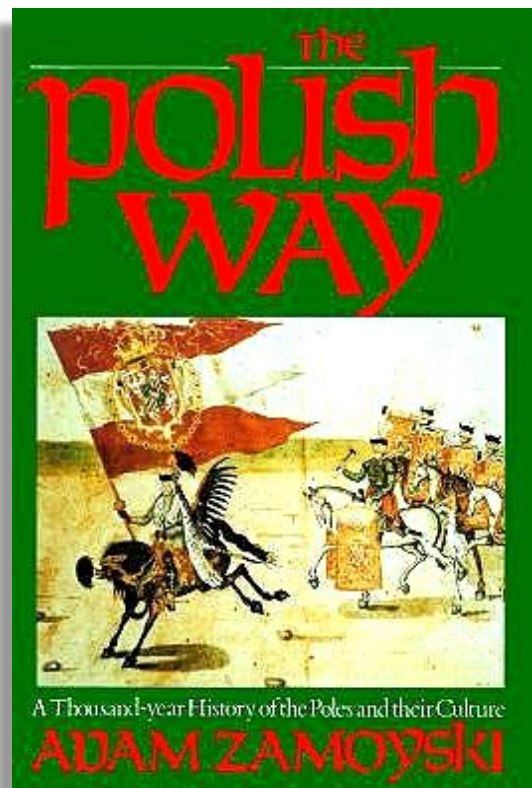
The first of the "modern" studies of Poland, this detailed history in two volumes (*Volume 1: The origins to 1795* and *Volume 2: 1795 to the present*) is also widely viewed as one of the best English-language works on the subject. Davies is widely known as a prolific writer and an expert on Polish and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

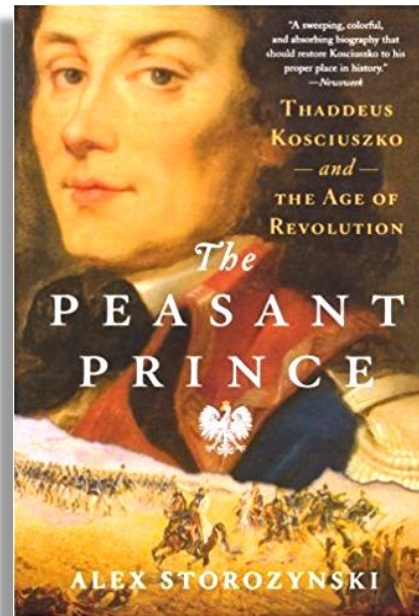
Masterly and captivating work that presents Poland's history with a literary slant and an eye for the audience with prior knowledge of the subject. The book is richly illustrated and includes some maps and a bibliography. Adam Zamoyski has also authored other valued works on Poland (e.g. *The Last Kingdom 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 the forward thinking patriot who fought for America's and Poland's independence at the end of the 18th century.

Alex Storozyński, 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."



Thaddeus Kosciuszko National Memorial

3rd and Pine Streets, Philadelphia, PA 19106

Located close to the Independence National Historical Park, the memorial was established in 1972 in the house where wounded Kosciuszko lived (1797-98) and received many visitors including Thomas Jefferson, who described him "as pure a son of liberty as I have ever known."

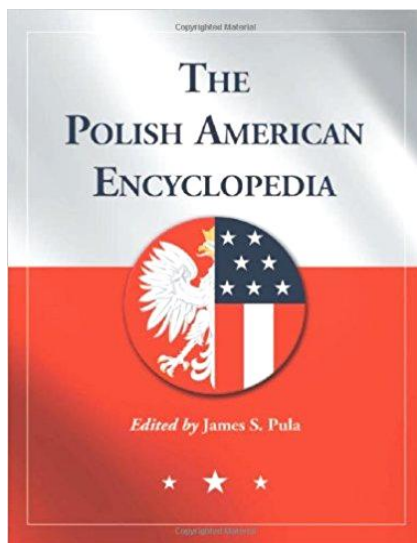
A national hero of Poland, Lithuania, Belarus, and the United States, Kosciuszko's legacy is honored in his name given to countless places, buildings, schools, streets, bridges and monuments erected around the world.

The memory of **Casimir Pulaski** (1745-1779), another Polish-American hero of the American Revolutionary War, is similarly preserved across the United States.

Piotr Wandycz, The United States and Poland (1980) An outstanding study of the history of relations between Poland and the United States. It is also the very first significant book that brings Polish Americans and Polonia (Poles and people of Polish heritage or origin who live outside Poland) 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 the 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 the **Polish Review** (quarterly)
Publishers: Hippocrene Books Publishing Company and Aquila Polonica Publishing.

Poland in World War II

POLAND IN THE SECOND WORLD WAR



JÓZEF GARLIŃSKI

Józef Garliński, Poland in World War II (1985)

A lucid and comprehensive account of the place of Poland in this conflict. The author's other books explore the role of Polish mathematicians in breaking the German "Enigma" code and the resistance movement in the German death 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, an excellent account of the Polish Resistance and the 1944 Warsaw Uprising, as well as a well-balanced treatment of Polish-Jewish relations.

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

From the Amazon website reviews: "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."

Arkady Fiedler, 303 Squadron: The Legendary Battle of Britain Fighter Squadron (2010)

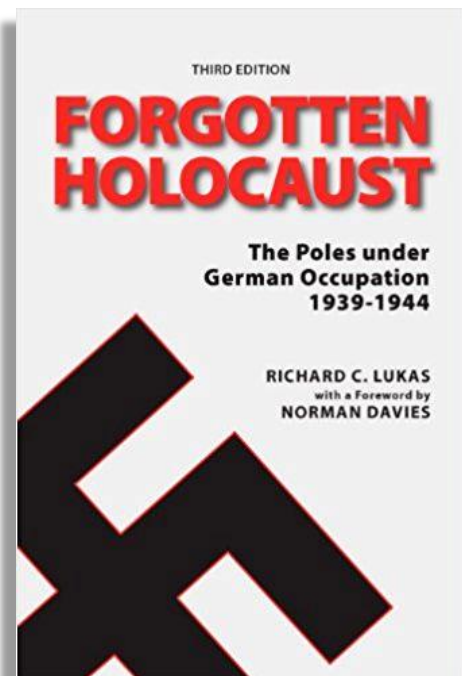
The thrilling story of the Polish fighter pilots whose superb skills and bravery were instrumental in saving England when the powerful German armies already crushed the rest of Europe.

Richard Lukas, Forgotten Holocaust: The Poles under German Occupation 1939-1944 (2017) If you grew up to believe that only Jews suffered at the hands of Nazis, here comes an enlightening account of the barbaric murder of 3 million Polish gentiles by the Germans and their systematic efforts to destroy Polish culture (cultural genocide of Poland). The book features also the story of ŻEGOTA, the only in Europe organization that saved thousands of Jews, and an annotated list of Poles executed by Germans for helping the Jews.

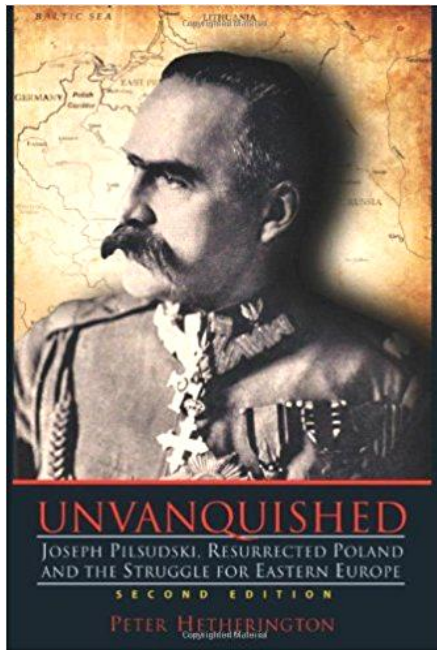
Witold Pilecki, The Auschwitz Volunteer: Beyond Bravery (2012) The unforgettable story written by the Polish officer who volunteered to be taken to Auschwitz, where he produced the first eyewitness accounts of Auschwitz atrocities

Jan Karski, Story of a Secret State: My Report to the World: (2014) The memoir of the famed underground courier for the Polish government-in-exile, who was first to inform the West (fall of 1942) about German Nazi atrocities against Jews taking place in the German-occupied Poland.

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 (1939-1945). Many stories focus on the participation in resistance and efforts to save Jewish countrymen - even though German occupiers punished the helpers and their families by death.



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 Pilsudski's biography (1867-1935) with 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 the foreign rule.

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 Woodrow Wilson including the creation of Polish sovereign statehood as one of the prerequisite peace conditions (*The Fourteen Points*) for ending the World War I. Paderewski later served as Poland's Prime Minister and Minister of Foreign Affairs.

Piotr Wandycz, *The Price of Freedom* (1992)

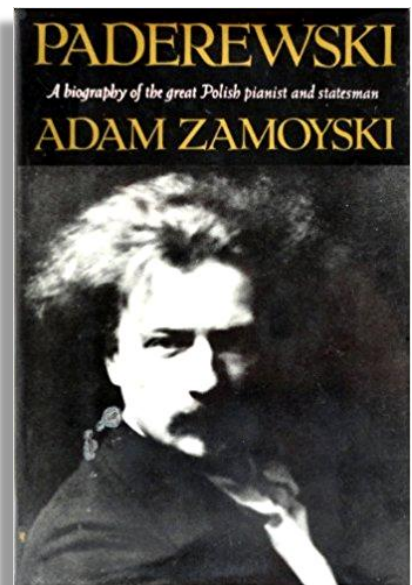
History of east/central Europe countries that became free of Soviet domination after 1989 (Poland, Hungary, Slovakia and the Czech Republic). Despite obvious differences, these countries remain connected by a certain "similarity of fate" and bonds forged under the rule of the Jagiellonian dynasty kings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

Wladyslaw Szpilman, *The Pianist* (1999)

Personal account of a Polish pianist and composer of Jewish descent who survived German occupation of Poland hiding in Warsaw. People who helped him survive included Polish composers Witold Lutosławski and Piotr Perkowski, the violinist Eugenia Umińska, an unknown then German officer and Irena Sendler, famed for saving at least 2,500 Jewish children (see "*Irena's Children*" by Tilar Mazzeo, 2017).

M.B. Biskupski, *Hollywood's War with Poland, 1939-1945* (2010)

An indispensable work probing a puzzling question: Why has the story of Poland (and Polish Americans) received so little or no constructive attention in Hollywood movies? With a persuasive explanation, this book tackles the problem of Poland's low profile and misrepresentation in the media.



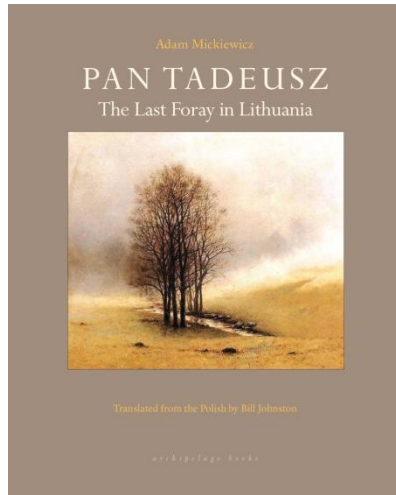
Other notable historians and authors

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

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

Jan Nowak-Jeziorański and **Stefan Korboński** - two post World War II émigrés and authors of salient works on Polish themes. Jan Nowak-Jeziorański worked as the head of the Polish section of Radio Free Europe and as a security advisor to the US presidents Ronald Reagan and Jimmy Carter.

Treasures of Polish Literature



Adam Mickiewicz (1798-1855)

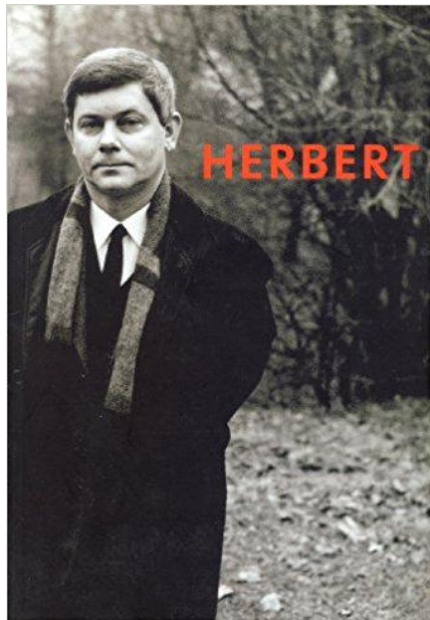
Widely regarded as Poland's National Poet, Mickiewicz wrote during Poland's Romantic Period. He was known chiefly for the poetic drama "*Dziady*" (*Forefathers' Eve*) and the national epic poem "*Pan Tadeusz: The Last Foray in Lithuania*," described on the Amazon website as a "towering achievement of 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 Koropeczyk (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
2018	Olga Tokarczuk



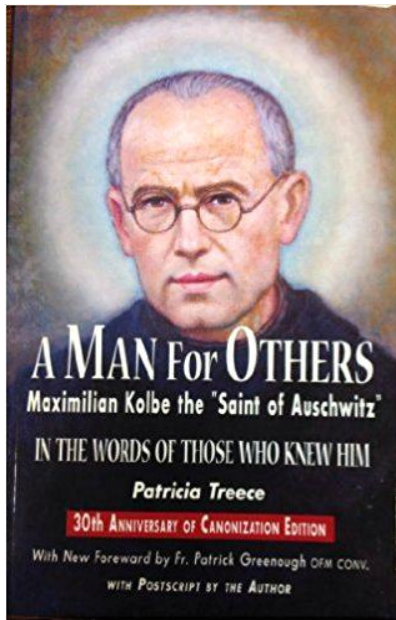
Zbigniew Herbert (1924-1998)

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 Maximillian Kolbe (1894-1941) Patricia Treece's book *"A Man for Others, Maximillian 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 an unassuming man who sheltered Jews in his monastery, refused to sign the *Deutsche Volksliste* and continued his pastoral work in the midst of horrors of Auschwitz. His inspiring story is told in the words of those who personally knew this venerated scholar, missionary and Franciscan friar, canonized in 1982.

Blessed Mary Angela Truszkowska (1825-1899)

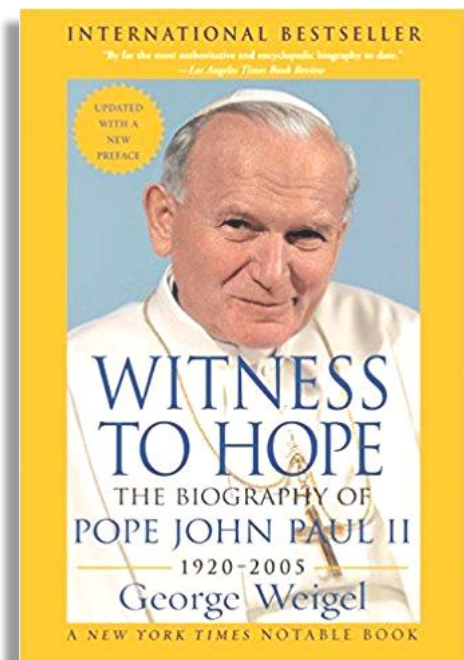
Foundress of the Felician Sisters (Congregation of Sisters of St. Felix of Cantalice Third Order Regular of St. Francis of Assisi). This order, founded in Warsaw in 1855, is dedicated to teaching, caring for and serving those in need (sick, homeless and abandoned). Since the first five Felician sisters 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.

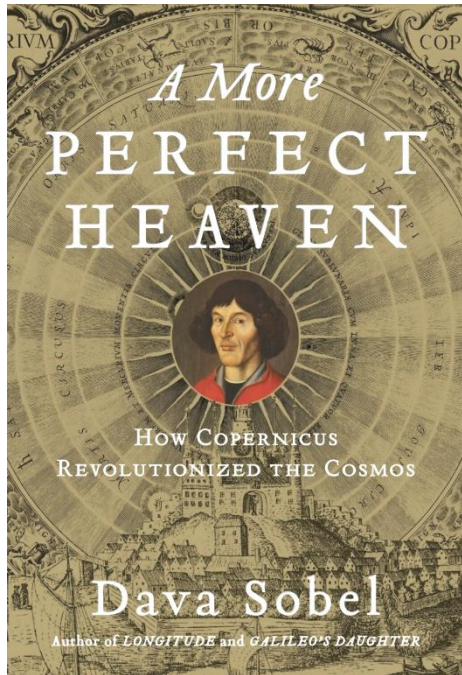
Saint Maria Faustina Kowalska (1905-1938) Known as "the apostle of Divine Mercy", she captured in her *"Diary of Saint Maria Faustina Kowalska: Divine Mercy in My Soul"* the essence of God's Divine Mercy revealed to her during prayers. In tribute to her role in bringing the Divine Mercy devotion to the 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 Wojtyła 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 Wojtyła 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)

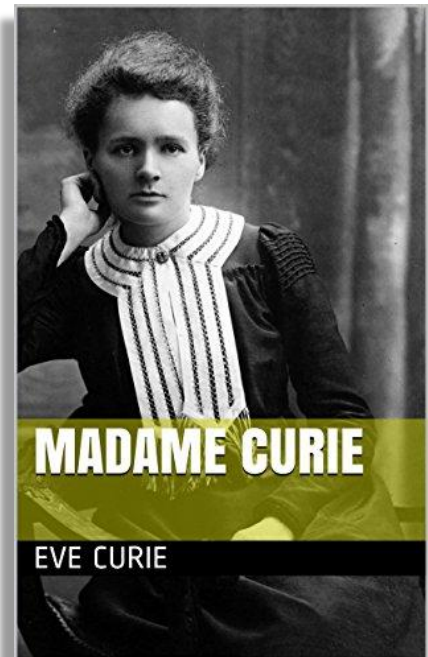
Born Mikołaj Kopernik in Toruń, Poland, he was the Renaissance-era mathematician and astronomer - but also a devout Catholic and ordained canon. His groundbreaking achievement was the heliocentric theory that placed the sun, and not the static earth, at the center of what we now know as the solar system. 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."

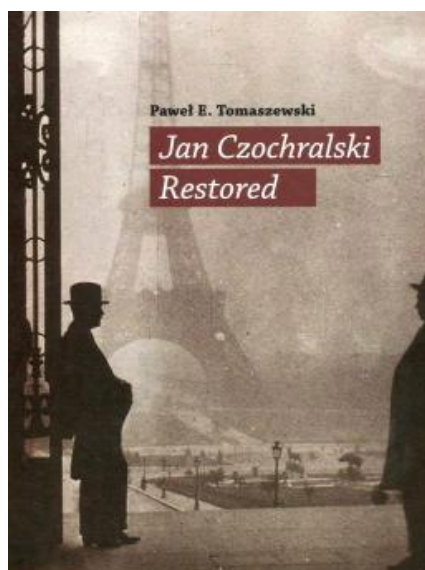
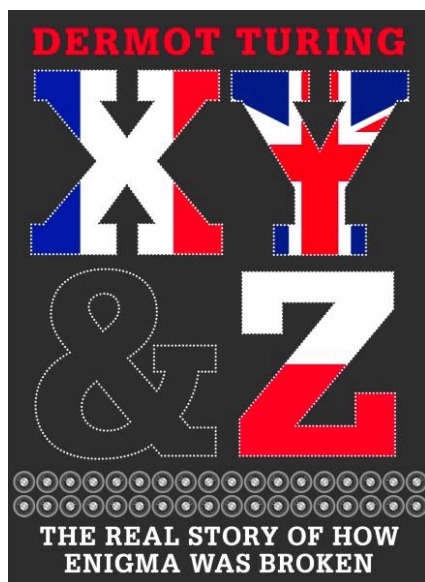
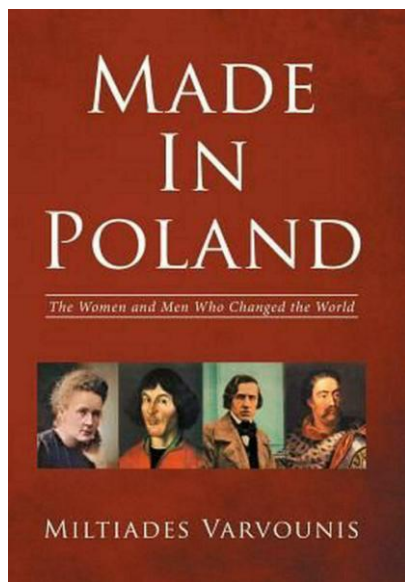


STEFAN BANACH
Remarkable Life,
Brilliant Mathematics

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 with in our everyday lives (e.g., airport scanning or hurricane prediction). Banach was the original member of the famed *Lwów School of Mathematics*. Along with the vibrant math 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 Weigl*, 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 their use in medicine and forensics). His discovery of the **Rh factor** made it possible to save newborns from the Rh disease.

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

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.

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.

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

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*.

During WWII, *Józef Kosacki* developed the first **portable metal mine detector** (known as the **Polish Mine Detector**) used by various armies until the 1991 Gulf War. After working on motors of British Centurion tanks, *Tadeusz Marek* designed three of the 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

Fryderyk Chopin (1810-1849) The virtuoso pianist and the greatest of Polish composers, his musical genius earned him the unique worldwide fame and immense popularity that lasts until today. He expressed his Polish identity in compositions drawing inspiration from the folk music of Poland. Zamoyski's **Chopin, Prince of the Romantics** (2011) is his best biography to date.

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

Ignacy Paderewski (1860-1941) An internationally renowned concert pianist and composer, Paderewski was the newly independent Poland's first Prime Minister in 1919 (see Zamoyski's biography of Paderewski on p. 5 of this booklet).

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.

CHOPIN EVENTS in the United States

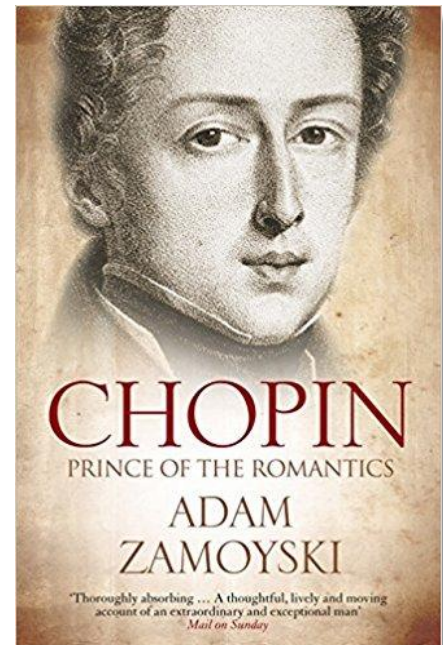
Among numerous Chopin competitions in the United States (including the established in 1949 annual *Kosciuszko Foundation Chopin Piano Competition*), the biggest is the *National Chopin Competition* held every 5 years by the Chopin Foundation of the United States (since 1975).

Besides competitions, Chicago's **Chopin In the City** festival presents his music in many different styles: classical, jazz, world and avant-garde.

were written for the Coppola's *Bram Stoker's Dracula* (1992) and Roman Polanski's *The Pianist* (2002).

From Poland come many internationally acclaimed jazz musicians including Krzysztof Komeda, Adam Makowicz, Zbigniew Namysłowski, Tomasz Stańko, Zbigniew Seifert, Michał Urbaniak, Leszek Moździer, Włodek Pawlik (2014 Grammy winner), Urszula Dudziak, Grażyna Auguścik and many more.

Special Note It was the bust of Ignacy Paderewski that won its author, **Korczak Ziolkowski (1908-1982)**, the first place in sculpture competition at the 1939 World's Fair in New York and prompted the Lakota Sioux Chief, Henry Standing Bear, to invite Ziolkowski to create the Crazy Horse memorial. In 1947, the work began in the Black Hills of South Dakota and while still in progress, the monument is the world's largest mountain carving (open to visitors).

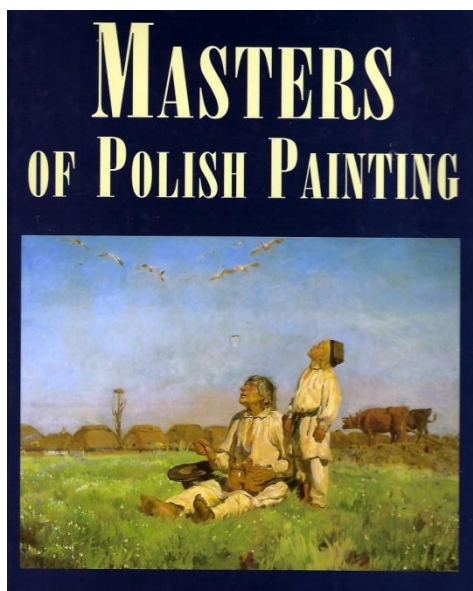


Grazyna Bacewicz (1909-1969) One of the most gifted women composers and violinist of the 20th century, she was the second to achieve national and international recognition (after the 19th century pianist and composer, Maria Szymanowska).

The newest crop of Polish world-famous classical composers include **Witold Lutosławski (1913-1994)**, **Andrzej Panufnik (1913-1997)**, **Henryk Górecki (1933-2010)**, **Krzysztof Penderecki (born 1933)** and **Wojciech Kilar (1932-2013)**, who was also successful in composing film music. His best known scores

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 updates on current events in Polish music and poloniamusic.com for Polish folk, classical and other genres.



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)

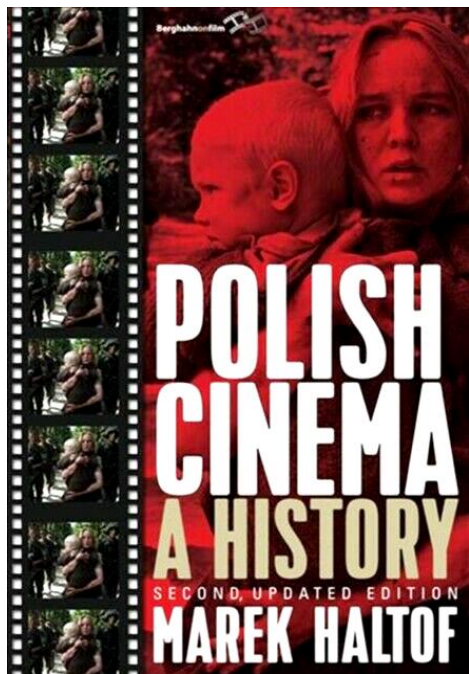
High quality reproductions of Jan Matejko, Artur Grottger, Józef Chełmoński, Jacek Malczewski, Henryk Siemiradzki, Jan Stanisławski, Olga Boznańska and many others.

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.

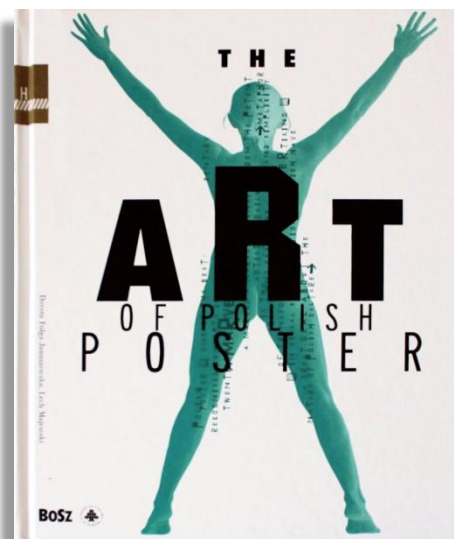
Marek Haltof: Polish Cinema: A History (2018)

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.



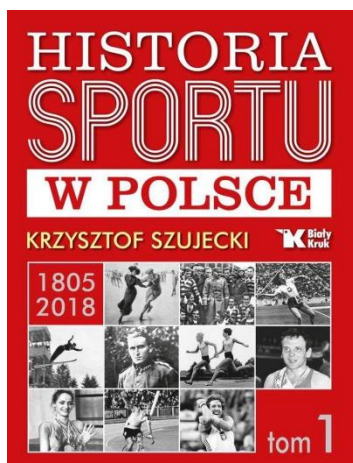
Then it follows the twists and turns of Polish film history up to the recent transnational trends, covering full-length movies, documentaries, television and animation - as well as the outstanding film-makers including *Krzysztof Kieślowski*, *Jerzy Skolimowski* and *Andrzej Wajda*.

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 disciplines 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

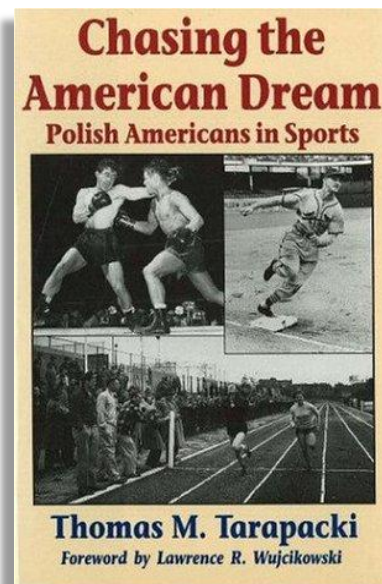
The NPASHF was established to recognize and preserve outstanding achievement by individuals of Polish Heritage in sports. Among the hundreds of inductees are:

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**

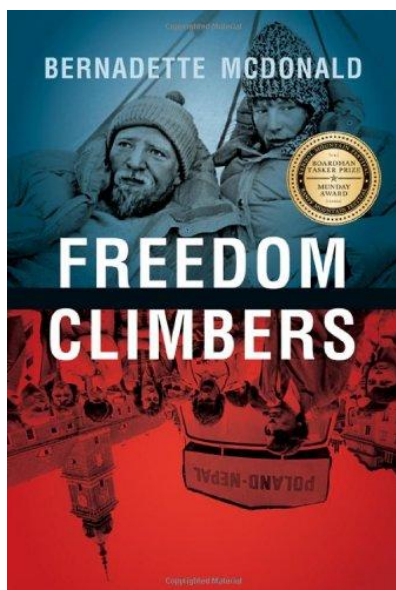
Motorsports: **Alan Kulwicki** and **Brad Keselowski**



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 for many years was the Artistic Director and Choreographer of the **Syrena Polish Folk Dance Ensemble of Milwaukee**.

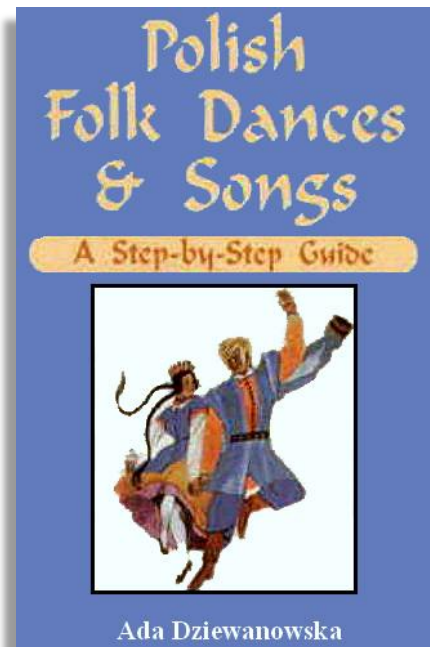
Five dances are historically recognized as Poland's national dances including the **Polonez (Polonaise)**, **Mazur (Mazurka)**, **Krakowiak**, **Oberek** and **Kujawiak**. Contrary to popular beliefs, the Polka is not one of them (it originated in Bohemia), although its name is derived from the Czech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

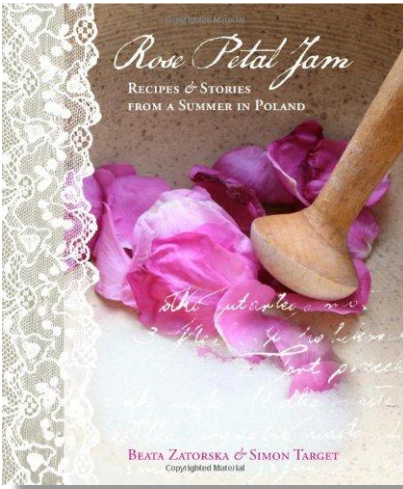


Krakowiak is also fast paced but in contrast to the polonez and mazurka, it came from the Kraków region in south-central Poland. It is a syncopated dance done in moving group formations (as pictured to the left). It has also some renditions in Chopin's music but the popularity it once enjoyed in ballrooms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



Marianna Dvorak, Authentic Polish cooking: 120 mouthwatering recipes, from old-country staples to exquisite modern cuisine (2016)

An impressive collection of one hundred twenty 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.



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.

Anna Hurning, Polish Your Kitchen: A Book of Memories, Christmas Edition (2019)

Thirty traditional Polish recipes served during Christmas Eve and Christmas Day in Poland (compiled with help of the author's Polish grandma).

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).

Polish Collections in Museums and Libraries

Polish-American Museum 16 Bellevue Avenue, Port Washington, New York 11050

The museum features paintings, historical artifacts, folk art, old maps, war memorabilia and collection of military stories of Poles and Polish Americans. Extensive archives include various forms of materials from the Polish Institute of Arts and Sciences of America, Polish National Alliance, Polish Roman Catholic Union of America and Polish Falcons of America.

Polish Museum of America

984 N. Milwaukee Ave., Chicago, Illinois 60642

The museum houses a variety of materials that chronicle Polish history and Polish American experience. Among its holdings are personal effects and correspondence of Kościuszko, Paderewski and St. John Paul II.

The Kosciuszko Foundation Gallery

15 E 65th St, New York, NY

The gallery comprises paintings by Jan Matejko, Józef Chełmoński, Jacek Malczewski, Wojciech Kossak, Piotr Styka, Józef Brandt and others.

Wisconsin Historical Society

816 State Street, Madison, WI 53706

The society owns the complete series of various Polish-American newspapers and journals such as *Zgoda* (1881-2004), *Rolnik* (1881-1960), *Kurier Polski* (1888-1962), *Gwiazda Polarna* (1908-2004) and *Nowiny Polskie* (1908-1949).

Józef Piłsudski Institute of America

138 Greenpoint Ave, Brooklyn, NY 11222

An archive, museum and research center devoted to the study of modern Polish history.

University of Wisconsin-Milwaukee

Golda Meir Library 2311 E Hartford Ave, Milwaukee, WI 53211

The library houses the **Roman Kwasniewski photo collection** containing over 32,000 images taken primarily in Milwaukee's Polish American neighborhoods between the World Wars. The library also has many Poland-related maps in its **American Geographical Society Collection**.

University of Wisconsin-Madison Memorial Library 728 State St, Madison, WI 53706

The library's holds an impressive number of Polish publications in its **Polish Collection** established in the 1930s by Witold Doroszewski (renowned Polish linguist) and Józef Birkenmajer (Polish Slavist and poet). The library holdings include the original **Polish Solidarity materials** published underground.

Orchard Lake Schools (The Polish Mission) 3535 Commerce Rd., Orchard Lake, MI 48324

The mission houses an Art Gallery (including paintings of Jan Matejko, Jacek Malczewski and Julian Fałat) and Polish & Rare Book Room, while its museum features permanent exhibits showcasing the First Polish Armored Division, the Polish Army Second Corps and the Polish Air Force.

Polish Cultural Institute & Museum, Winona MN 102 Liberty St, Winona, MN 55987

The museum exhibits historical artifacts of the Kashubian Polish culture and Polish immigrant life - some 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 oldest and largest museums in Poland with an immense collection of Polish and foreign paintings dating back to the 16th century, numismatics and oriental and applied art. The museum is one of the **National Museum of Poland** branches located in Kraków, Gdańsk, Wrocław, Szczecin, Zakopane, Poznań, Szczecin, Kielce and Łódź.

Rynek Underground - state of the art museum recreating the atmosphere of medieval Kraków. It is located underneath Kraków's **Sukiennice**, the Renaissance Cloth Hall declared in 1978 as one of the first UNESCO World Heritage Sites.

Ulma Family Museum of Poles Saving Jews in World War II (Markowa, Podkarpacie) - tells the story of Joseph Ulma, his pregnant wife and their six children (aged from 2 to 8), all executed by Germans for sheltering Jews on their farm. The Ulma's sacrifice illustrates the larger picture of over 1,000 Poles killed in the Podkarpacie region for helping the area Jews. Thousands of similar atrocities have been documented all over 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).

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 operates a library and gift shop located in the Polish Center of Wisconsin, hosts an impressive booth during the annual Polish Fest in Milwaukee, and offers several scholarships to promote and encourage Polish-related studies.

The Polish Heritage Awareness Society of Central Wisconsin

Serving Central Wisconsin's Polish community from the Stevens Point area, this organization sponsors the Stevens Point Dożynki Harvest Festival and Dożynki Scholarships awarded to the eligible 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.

Polish Heritage Society of Northeastern Wisconsin

This organization hosts cultural events in the Green Bay area and publishes a bimonthly newspaper covering news from Poland and American Polonia.

The Polish Studies Committee of University of Wisconsin-Milwaukee

A source of knowledge on Poland and Polish American topics through lectures and organization of conferences, exhibitions and film presentations. Contact Dr. Donald Pienkos at dpienkos@uwm.edu.

The Polish Heritage Travel Guide to USA & Canada

This 1992 book by Jacek Gałązka and Albert Juszcak is currently being revised and expanded under the editorship of Ewa Barczyk of the UW-Milwaukee Polish Studies Committee and the Polish American Historical Association. The book is expected to become available in 2020.

Polonia Sport Club in Franklin, WI

Located in 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 American Congress - Wisconsin Division

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

There are many other organizations in the United States aiming to cultivate the Polish Heritage. Hopefully this booklet will inspire readers to seek them out and get involved in their activities.

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

*Its printing is sponsored by the Polish Heritage Club of Wisconsin-Madison
Visit our website at <https://www.phcwi-madison.org>*