



The Forum

of the Chicago Society, Lodge 1450 PNA

Our Second Century of Brotherhood and Service

VOLUME 72

April 2020

NUMBER 4

COMING EVENTS

April General Meeting **CANCELLED**

Monday, May 4, 2020

Board Meeting
Teleconference - 6:00 pm

Sunday, May 10, 2020

FORUM Deadline
Send all articles to
ted.kozelka@gmail.com

Due to the COVID-19 health crisis, all other planned events have been cancelled or re-scheduled to a date to be determined.

What am I still
doing here?



Dear Brothers,

Well, this is a first! I don't believe we have ever canceled a meeting before. Prior to Governor Pritzker announcing that restaurants must be closed, I decided to cancel our meeting for the safety of all our members. It was going to be a fun meeting at brand new venue with a long history and delicious food.

Additionally, Pre-Parade Brunch Chairman Brother Zenon Kurdziel has also cancelled the brunch as we heard the news that the Polish Parade was going to be cancelled. So sad that it happened because this is where Polonia unites under this historic event.

As the Board of Directors met over the phone this past week, we again are announcing that April's General meeting is CANCELLED. It is likely that the May General meeting will be cancelled as well. Looking forward, our Chairman of the Golf Outing, Brother Adam Konopka, and his committee are looking for other possible dates during September due to uncertainty.

In other news, I hear that many individuals are lighting a candle (battery operated is recommended) and placing it in the window for all our first responders. Let's follow their lead and thank the first responders for their bravery and service. This lighting of candles is also in remembrance of one of our greatest Poles, the late St. Pope John Paul II on the 15th anniversary of his passing.

On the bright side of these events, let's not forget the Easter Holiday. We will be away from our families and friends during these rough times, but we can take solace in the time we spend with those closest to us. Maybe it's a sign that we need to realize what is more important than work, or running around getting from point A to point B.

Stay close to the ones you love and care for. Play some family games together. Try to learn something new. Listen to all.

Be safe, be healthy. We will overcome this soon. And we will see each other soon too.

Your truly,

Peter Dykas

PRESIDENT'S MESSAGE





CHICAGO SOCIETY FORUM

A monthly news bulletin for the
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Director of Publications

editor@chicagosocietypna.org

Visit Our Website At

www.chicagosocietypna.org

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EDITOR'S NOTE

There's an old Buddhist curse that goes

something like this: "May you live in

interesting times." Well, I suppose we can all consider ourselves well and truly cursed, because times are definitely interesting.

I want to present the use of this Forum as a means to share information and ideas to help Brother members and their families through this crisis; the likes of which has not been seen within the lifetimes of any of our members (ok, except Brother Ro).

If you have a suggestion, or something you want to share, please send it to me and I will include it in next month's Forum. There might even be an opportunity to do a bi-monthly Forum if there's sufficient feedback.

Please send to ted.kozelka@gmail.com.

To get us started, here's a few suggestions from my household:

1. Avoid the big box grocery stores. Long lines and lots of nervous people in masks are nearly unavoidable. Look for small delis and neighborhood stores. Examples in the Chicago's northwest side include Kordian's Market and Bacik Deli (both Polish, of course).
2. Attend Mass online. Nearly all Parishes are providing some sort of remote/virtual Mass, but with varying degrees of success. I highly recommend St. Juliana's; they have some audio/visual people who know what they are doing!
3. Netflix.
4. Call a friend or relative you haven't spoken with a while. WhatsApp is an easily downloadable program you can use to video chat with anyone anywhere in the world for free.
5. Alcohol—See page 5.
6. Support local restaurants with take-out and/or delivery orders; think of the one's you'll want to patronize when we're allowed to get out of the house.
7. Get everything on your "honey-do" list done. Then you'll have no reason not to attend all the great Society events we'll have for the late summer and fall.
8. Help those furloughed or laid-off. Too many people have lost their livelihoods because of this crisis. If you know of an employment opportunity or need, share it here. More to come on this (I probably need Brother Peter's permission too).
9. Wash.....your.....hands.
10. Pray for the world and light a candle as Brother Peter has suggested.

Helpful Suggestions for the Health Crisis



This can be a tough time and anxiety flare ups and panic attacks are expected to increase. Maintaining a healthy immune response is vital now more than ever and there are many steps you can take to make sure yours is functioning as optimally as possible.

Diet: Although it can be tempting to eat an entire package of Oreo's while binge watching Succession, I encourage you all to try to maintain an eating schedule and keep the sugar and processed foods limited in your diet. Aim for lots of fruits and vegetables of all colors (different colors indicate the presence of different nutrients and antioxidants).

Cook: Take this time to brush up on cooking skills via YouTube videos and consider ordering boxes from Green Chef or Sunbasket (you don't have to worry about not having key ingredients on the shelves at the grocery store and you'll be able to make delicious, healthy home cooked meals).

Hydration: if you are dehydrated, your mucous membranes don't stand a chance at reducing the chances of an invading pathogen being trapped and removed from the body. This is one of our first defenses against illnesses that are passed through respiratory droplets in the air. Aim for 1-2L a day and consider electrolyte supplementation if you are chronically dehydrated.

Herbal teas are also great ways to support your immune system. Specifically, turmeric, echinacea, elderberry and ginger can be helpful.

Exercise: get outside and go for runs or walks. The weather is getting warmer and this is the perfect time to get a run or quick walk in during the afternoon. Obviously, you all should be practicing social distancing when getting outside, but exercise is a health necessity and how many of you manage stress and anxiety, both of which are high right now for all of us.

Don't forget about internet based workout classes or even doing virtual classes through gyms that offer them.

Mindfulness: don't forget to take care of your mind as well as your body. Take time to do some meditating on your front porch or, like me and my children did this morning, yoga on the Riverwalk (they really like tree pose)!

If working from home, get up, go for walks, have a virtual Meetup with friends, plan a virtual book club meeting, etc. We are social beings and it is important to maintain relationships with others, if even virtually or from a distance.

Sleep: make sure that you are getting between 7-9 hours of sleep each night. Not enough or too much can make it difficult for your body to fight off illnesses and recover if you do get sick.

Of all of these recommendations, the best way to be sure to avoid getting this strain or COVID-19 and the flu is to distance yourself from others as much as possible and quarantine yourself if you display symptoms.

April Birthdays

The Chicago Society would like to extend to the following brother members, who are celebrating their birthday in April, a warm wish of Sto Lat!



- 05 Matt L Rodriguez**
- 08 Andrew Przybylo**
- 09 Chester Konopka**
- 10 Peter A Dykas**
- 13 Anthony P Kawalkowski**
- 14 Richard F Jakubowski**
- 17 Frederick E Koziol**
- 28 John A Wojciechowski**
- 30 William Przybylski**

Happy Easter!



On behalf of the Chicago Society President and Board, a very Happy Easter and Wesółych Świąt Wielkanocnych!

This Month in Polish History: The April Constitution

The April Constitution of Poland (Polish: Ustawa konstytucyjna 23 IV 1935 or Konstytucja kwietniowa) was the general law passed by the act of the Polish Sejm on 23 April 1935. It introduced in Poland a presidential system with certain elements of authoritarianism.



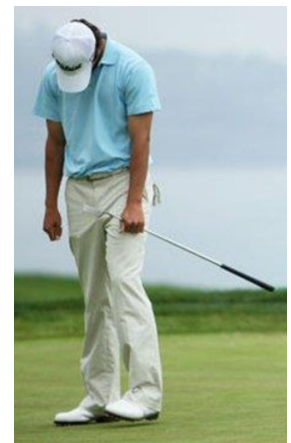
The act introduced the idea that the state is a common good of all the citizens. It also limited the powers of the Sejm and Senate while strengthening the authority of the President of Poland. The President was responsible for choosing the members of the government, which, in turn, was responsible to the parliament. He also had the right to dismiss the parliament before the end of term and named a third of the senators, the commander-in-chief of the Polish Army, and the General Inspector of the Armed Forces.

He also had the right to issue decrees and veto acts passed by the Sejm non-constructively.

Among the most notable features of the new constitution was the president's right to name his successor in the case of war. That was used as the legal base for the existence of the Polish Government in Exile during and after the World War II. The constitution was officially abolished in 1944 by the Soviet-backed communist authorities of Poland, which officially returned to the March Constitution and introduced many laws based on Stalinism. The government-in-exile operated under the April Constitution until December 1990, when it transferred its authority to Lech Walesa after his election as Poland's first noncommunist president in 46 years.

Postponed: 2020 Chicago Society Golf Outing

This year's golf outing has been postponed due to the current health crisis. Brother Adam Konopka will keep us posted regarding new dates.





Given the “stay-at-home” requirement for the State of Illinois, there’s definitely a need for occasional distraction. To that end I’m going to be temporarily including a new section in the Forum called, “The Tasting Room.” The Tasting Room will provide reviews of libations and adult beverages enjoyed by Brother members. Know of a great wine sale? Let me know. New brewery opening? Tell us. Naturally any kind of news combining Polonia and your favorite beverage will get center stage.

This month’s initial review is for a supple red blend hailing from the Tohani vineyard of Romania. Cuvee Nicolae 2014 is a self-described “Dry Red Wine” composed of 1/3 Feteasca Neagra*, 1/3 Pinot Noir, 1/3 Merlot. Clocking in at a moderate but decently euphoria inspiring alcohol content of 13%, this wino starts thick and nearly syrupy in the mouth before quickly transitioning to a surprising dry finish.

Vivino.com rates this bottle a 3.7/5.0.

To be honest, most online reviews for this bottle are in Romanian or Italian; indicating this vintage doesn’t saunter it’s way to our side of the pond all that often.

Primary reason I’m reviewing this wine is because the proprietor at Cardinal Liquors on Milwaukee Ave sold me a case for \$40 cash. Apparently the importer is going out of business, hence the heavy discount. Which brings me to another important philosophical point, fellow Brothers: drink ‘em if you’ve got ‘em.

**Fetească Neagră (English: Black Maiden) is an old pre-phylloxeric variety of Romanian - Moldovan grape, cultivated mainly in several areas in eastern Romania and also in the Republic of Moldova.*

These grapes produce dry, demi-dry or sweet wines, with an alcohol content of 12-14%, a deep red color with ruby shades, and a black currant flavor, which becomes richer and smoother with aging.



2020 Dues Notice

Per our by-laws, the following members have been suspended from membership in the Chicago Society. Dues are to be paid by March 1, 2019. If dues are not paid by April 1, members in arrears are suspended and printed in the April Forum. The suspended member can request reinstatement by letter and a check for dues. Dues can be paid by Paypal or mailing a check to the Financial Secretary, Richard Ciesla at 1808 Weeg Way, Park Ridge, IL 60068-1230. If you need to know the amount of your dues email me at rciesla@sbcglobal.net or call me at 773 -750-3410. This list is of April 6, 2020.

Brian A Bernardoni

Mark Cwiakala

David Marutsky

Tomasz Pawelko

Wojciech Putz

Greg Sarwa

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6348 N. Milwaukee Avenue, #360
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