

## PAC\_IDC'21 - Report #14

these meetings are to exchange info and talk about projects  
Wednesday – December 4, 2021, 8:00 – 10:27 PM EST

“Small successes build big ones”

We welcome a new participant who joined this meeting: Victor Kiszkiel,  
President of Polonia Technica, Association of Polish American Engineers.

- 1) **A new Ambassador to Poland.** Plan to meet with Mark Brzezinski was presented and discussed. We received info how to contact him. We debated who should be in the team representing Polonia and what specific subjects should be brought up. WEP, media, judicial system were mentioned. Richard reminded us about questions he already sent in August: As US Ambassador to Poland, how will you promote improved relations between Poland and Israel, a country the US strongly supports? Since you are charged with the responsibility for maintaining diplomatic relations and represent the President in matters of foreign policy, can you at this time share with us the main US position with Poland?
- 2) **The Polish Student Association.** Zbyszek approached a group of students from the Fordham University at the recent event in the Pilsudski Institute. They expressed an interest in establishing a cooperation with our organizations.
- 3) **Polish American Museum in Port Washington.** Richard told us about today's visitors, one local and the other from Brazil. They found the museum on the internet and being the 3<sup>rd</sup> generation of Polish Americans, they were interested to see it. For them the most amazing was the room dedicated to recipients of Nobel prize. They were surprised that so many of recipients were Polish born. And Richard was surprised that they did not know that Mikołaj Kopernik and Maria Skłodowska-Curie were Polish. Richard, who is a member of the board and goes to the museum at least ones a week, invited all who could come to the event on Sunday, Dec. 12, at 2 PM. There will be guest speakers and two presentations: the Deputy Ambassador to the UN Mateusz Sakowicz will speak on the historical vehicle finds and rescues of the Polish Military, Government and museum in Poznan, Poland, the Polish Armor Museum. The Second Speaker Retired Colonel Rick Jung, who served two tours of duty at the USMA, West Point. The Colonel's presentation will cover Tadeusz Kosciuszko and West Point during the American Revolution. Also, there will be a dedication of two exhibits by the CMS.
- 4) **How to activate Polonia youth.** Władek is writing an article for Gwiazda Polarna on this subject. He has interesting ideas and promised to share it with us. Ania (daughter of Krzysiek) was a member of Polish Student Club and told us what we could offer to students. Władek pointed out that the most important to be aware of is freedom in making decisions.
- 5) **The elimination of the WEP.** Gienek, our lead person on the subject could not join us tonight. Andrzej told us about the meeting that took place this past Monday. Teofil (a lawyer that helps us) supposed to write a letter. We asked Andrzej to make sure that the letter to minister Anna Schmidt will be written and send.
- 6) **Reason of state for the Polish diaspora.** Victor talked about importance of preparing a definition on this subject. Most Polish Americans have only American citizenship but many have dual. Both groups should feel some obligations to the country of origin.
- 7) **Hearings of mayors of “Free Cities”, Dec.2.** Reactions of Coalition of Polish Americans and President of Polish American Congress were praised. Below are questions prepared by PACT in two days and emailed to all members of the House Subcommittee by Jacek.

NEXT MEETING: as usually, at the first Wednesday of a month: January 5, 2022 at 8 PM EST  
AGENDA will be announced

Sent: Wed, Dec 1, 2021 1:54 pm

Subject: tomorrow's hearings, mayors of "Free Cities" - questions

To members of the Foreign Committee on Europe,

Polish Americans applaud the U.S. Congress' concerns about Poland. However, we notice that the U.S. Congress remained silent about the lack of democracy in Poland when post-communists controlled the country. Many legislators express doubts about the state of Polish democracy, even though Poland is presently governed by a democratically elected and very pro-American coalition.

1) Trzaskowski's recent request for direct funding for the City of Warsaw from the European Union, where Germany exerts decisive political influence while bypassing the Polish government, evokes historical memories of the "Free City of Gdańsk" ([http://nyourpocket.com/gdansk/what-was-the-free-city-of-danzig\\_77251f](http://nyourpocket.com/gdansk/what-was-the-free-city-of-danzig_77251f)). Such recollections carry very ominous historical connotations for Poles and Polish Americans alike.

**QUESTION:** Does Mr. Trzaskowski intend to weaken Poland, creating semi-autonomous city-states patterned after the "Free City of Gdansk" of 1939, as many Poles suspect?

2) Trzaskowski has been accused of gross negligence of mayoral duties during catastrophic environmental disasters when the raw, untreated sewage polluted the Vistula River from Warsaw to the Baltic Sea.

**QUESTION:** Why has Mr. Trzaskowski not resigned in the aftermath of such poorly managed environmental disasters, as he should? Can someone responsible for multiple environmental disasters be genuinely considered an innovative mayor?

3) Every year since his election as the Mayor of Warsaw, Mr. Trzaskowski has actively worked to prevent Poles from having a peaceful Poland's Independence Day parade in the nation's capital.

**QUESTION:** Is such deliberate curtailment of Free Speech and the Right of Assembly Mr. Trzaskowski's idea of "openness and tolerance"?

4) After the Warsaw Uprising of 1944, all one million inhabitants were expelled by the Germans and city burned down with flame throwers. When the Soviet Army walked in in January 1945 and communists started to rebuild Warsaw, all new apartments were reserved for communist officials and fellow travelers. That is why Warsaw remains a city of former communist officialdom.

**QUESTIONS:**

Can you describe your parents' affiliations with the former communist regime in Poland as well as the military dictatorship of general Jaruzelski? How did it affect your election and your rule in Warsaw as mayor?

**QUESTIONS FOR THE SUBCOMMITTEE:**

Why has the Subcommittee chosen as witnesses only mayors from the opposition parties in Poland and Hungary? Both countries have democratically elected governments and are allies of the United States, especially Poland, whose government is the most pro-American in Europe.

Aren't You afraid that these hearings can be construed as interference into Poland and Hungary's internal affairs and political support given to the German ambitions hoping to gain complete control over Central and Eastern Europe? Can programs designed to create divisions within Poland and Hungary and bypass and subvert their national governments be considered genuinely supportive of those countries?

Polish American Congress – Long Island Division, Richard Brzozowski, President

Polish American Congress – Michigan Division, Ann Bankowski, President

Polish American Congress – New Jersey Division, Andrzej Burghardt, President

Polish American Congress – North California Division, Dr. Andrzej Prokopczuk, President

Polish American Congress of Southern California, Inc., Edward Wojciech Jeśman, President

Polish Association in Texas, Dallas, TX - Krzysztof J. Gajda, President

Polish American Strategic Initiative, Edward Wojciech Jeśman, President

Jerzy W. Rozalski, Producer (Since 1978)

Polish Varieties Radio (Est. 1930) - WNZK 690 AM.

Dr. Krystyna Zamorska, Polish American Historical Association

### PAC\_IDC'21 - Report #13

these meetings are to exchange info and talk about projects

Wednesday – November 3, 2021, 8:00 – 10:53 PM EST

“Czemu na niego się gniewacie, przecież on nic nie zrobił”

Why are you angry with him, he didn't do anything

- 1) **VPs for American Affairs.** We discussed what would be necessary to make an actual list of those VPs. It is known that the info on the PAC website is outdated. Divisions must be contacted and asked whom they will designate as a liaison to deal with American issues. A newly elected officer to the PAC EC has the will and clear vision how to keep all channels of communication with divisions open. All participants were congratulating and were glad that this choice could mean opening of a new era in the PAC history in which cooperating with the EC will be much easier.
- 2) **Increasing membership in organizations.** Organizing or co-organizing events is the best way to find new members. Those events should not be only political, other ones that will attract a crowd like concerts, historical anniversaries should be considered and worth the effort. Famous “zupki” of Mr. Rich Mazzella in Buffalo was mentioned as an example where hundreds of Polish Americans gather what makes it easy to advertise the local division of the PAC and to sign new members. It was reminded that one of the strength of any organization is the number of their members.
- 3) **Orchard Lake.** Władysław told us about results of the meeting on Nov. 14. There is a light in the tunnel. Father Witek attended the meeting, most likely the next person that will be responsible for this Polish American institution. A member of the EC offered a support, in case it would be needed. The seminar must be saved and Poland should help as a repay for efforts of Polonia that sent 22 thousand volunteers to Haller's army.
- 4) **HR 82.** Edmund participated in our meeting although it was 2 AM in Warsaw. He asked how can we practically use 20 thousand visitors on his Polonia 20/20 Facebook. Should this number be mentioned when petitioning congressmen? Władek suggested to distribute flyers in Polonia stores and parishes about the WEP with the instruction how to contact local legislators. According to Gienek 233 Reps support the HR 82 Bill. Dr. Prokopczuk suggested to find out who is the most critical in submitting this bill for voting. Most likely those are members of Ways and Means Committee. Edmund: there is a subcommittee specifically for the Social Security issues – they must be pressed by Polonia. Gienek shared with a link <https://ssfairness.org/>, to the organization that has the same goal: it fights for the elimination of WEP.
- 5) **HRes 664.** According to the assistant of Rep. Gregory Meeks, we need to convince at least 10 Congressmen that are members of the Committee on Foreign Affairs to become co-sponsors. The best bet is to use constituents for this mission and that is what we (Andrzej, Krzysiek and I) are going to work on. Any help in this matter will be highly appreciated.
- 6) **Poem.** At the end Władek presented his poem which is based on the Polish anthem.
- 7) **PAC\_IDC.** Inter-Divisional Conferences will be continued – my attempt to end them failed.

NEXT MEETING as usually, at the first Wednesday of a month: Dec. 1, at 8 PM EST  
AGENDA will be announced

## PAC\_IDC'21 - Report #12

these meetings are to exchange info and talk about projects

**Wednesday – October 6, 2021, 8:00 – 10:30 PM EST**

“Czemu na niego się gniewacie, przecież on nic nie zrobił”

Why are you angry with him, he didn't do anything

- 1) **WWII Resolution.** Andrzej Burghardt made improvements in the CPA's website to help visitors to contact their legislators with the request for a support of H. Res. 664. He guided during this meeting Andrzej Prokopczuk, MD through all the steps to the final acknowledgment that the message was received by his Rep.
- 2) **Polonia, what is it?** Władysław Bankowski made an amazing discovery. There is no explanation on the internet what this word means. It means that we have another important, interesting and challenging project for PACT. As an example, the website of Chicanos was presented. Preparing information about Polonia living in countries around the world will require cooperation with experts. Whom should we contact was discussed: Dr. Maria Szonert, Wiesław Gołębiowski, Jan Żaryn, IPN, PIAST, PIASA, Polish Students Organizations.
- 3) **Orchard Lake** – Władysław Bankowski described the situation and appealed to create a foundation to save this unique Polish American mission. In Władek's opinion, we should do it as a repay for efforts of Haller's volunteers. We should do everything to keep the Orchard Lake in Polonia's hands.
- 4) **Anti-Polish events.** The importance of gathering info regarding all anti-Polish occurrences was again repeated (this idea was presented a few years ago). Problem is to find a person who would be willing to commit himself to diligently work on keeping the list of those events.
- 5) **Motivating phrases** were presented by Władek. “Walczmy razem, bo w jedności siła -pamiętajmy co nas Wanda nauczyła” Let's fight together because there is strength in unity - let's remember what Wanda taught us. “Nigdy do tyłu, zawsze do przodu, bo jesteśmy dziećmi polskiego narodu” Never backward, always forward, because we are children of the Polish nation” A dollar or more for good causes will not impoverish donors, and will do a lot.
- 6) **Polonia Foundation.** This idea was presented again by Halina Koralewski. Another super project that waits for realization.
- 7) **Election in the Polish American Congress.** Resignation of Prof. Bajdek and of Mr. Pierchalski was discussed. Only known candidate, we know is Dr. Mark Pienkos. The list of candidates has been a secret. Nobody had a clue why.

NEXT MEETING:

as usually, at the first Wednesday of a month: Nov.3, at 8 PM EST

AGENDA will be announced

zk, 9-25-21

## PAC\_IDC'21 - Report #11

**Wednesday – September 1, 2021, 8:00 – 10:30 PM EST**

*“Those who only talk about problems, and do not try to solve them, are becoming problems themselves”*

Participants: Andrzej, Gienek, Gordon, Halina, Herriota Jacek Joniec, Ryszard, Tomek, Zbyszek

Following PAC divisions were represented:

Arizona, California (North), Long Island, Michigan, Missouri, New Jersey, Ohio

None of the EC officers was present

*“Live as if you were to die tomorrow. Learn as if you were to live forever.”*

Mahatma Gandhi

### **1) Participation in PAC\_IDC** was summarized.

During 10 meetings, numerous presidents and reps of PAC divisions met. 3 divisions and officers of the Executive Committee (with one exception) have ignored these meetings.

It is worth to remind the 2019 Kuzma / Pienkos' survey, where one of suggestions was the initiation of steady communication among members and between members and the EC. Finally, we have what PAC members requested for, a way to exchange info, where all of us can meet.

### **2) Activities of Arizona division was presented.** Close cooperation with a local Polish Catholic church and school was described. Every year scholarships are granted to eligible Polish students. Stanisław Michalkiewicz is visiting them every a couple of years. Wojciech Cejrowski, who lives in Arizona, is too expensive to organize a meeting with him.

### **3) The request for rescheduling the PAC ND Conference** was ignored by the EC. Only one proposal from PAC-LI for the by-laws' amendment was presented. As far as we know, nobody is interested to run in elections to the EC. Exception is a candidate that already had a position in the EC. It was decided to support him. There was no proposal for a resolution.

### **4) More on how to fight misinformation.** To methods once presented by Stefan, PAC-LI, VP for Polish Affairs, Chair of Committee Education of PAC North California add new proved and effective approach. Here is the summary what Gordon said. Concentrate on a detail you know is wrong and ask "where did you get this message from". If something is not accurate that is the spot to stick our sword. For example, in the letter to Mr. Blinken Secretary of State inaccuracies should be pointed. We have to remember that propaganda is aimed at education. When we meet an opponent, we can challenge him/her by picking a detail and and to talk about accuracy or inaccuracy of that detail.

### **5) Support for HR. 82 – update.**

There will be a couple of versions of letter that will be sent to legislators in support of the bill HR.82. So far, over 60 Polish American organizations have signed the letter. As we know, Mr. Spula refused to sign the letter or to write its own. He likes to rely on telephone calls by PAC members. How many calls were made has not been announced.

### **6) A strong response to the Department of State's** intervention into internal Polish issues was recommended. The Coalition of Polish Americans is going to response. No news what the EC's plans are.

### **7) The reply concerning the proposed flyer for legislators** was received from VP for American Affairs. The flyer and reply were presented and discussed. The suggestion was made to send both on ND Forum.

Polecam wysłuchanie konferencji nt. obrony dobrego imienia Polski i Polaków  
<https://republika-polonia.org/konferencja-srp-2021/>

NEXT MEETING as usually, at the first Wednesday of a month: Oct.6, at 8 PM EST  
AGENDA will be announced

## PAC\_IDC'21 - Report #10

Wednesday – August 4, 2021, 8:00 – 11:47 PM EST

*“Those who only talk about problems, and do not try to solve them, are becoming problems themselves”*

Participants: Andrzej, Gienek, Halina, Krzysiek, Ryszard, Tomek, Walter, Zbyszek

Highlights from the longest meeting so far:

- 1) **Request for rescheduling the PAC National Directors' Conference** prepared by Koralewski on behalf of Walter Golebiewski, was presented. The sentence about Burghardt's warning of the PAC Executive Committee that Worldwide Research on Poles scheduled earlier its conference on the same days, was added. A few National Directors that plan to participate in both events would have to choose which one to attend. After Walter accepted the text, the request was sent at once to ND\_Forum by Koralewski, as Walter has no access to this google group.
- 2) **The Consul General of Republic of Poland** is going to visit Ohio and will meet with leaders of Polonia organizations, Tomek Kački told us. The occasion: John Paul II Polish American Cultural Center will be celebrating 20th anniversary of its founding on Saturday, August 7th 2021. The celebration will be combined with unveiling of monument "Eagles" by late Polish artist Andrzej Pityński. The celebration in Cleveland will be attended by Polish Ambassador to Italy, Anna Maria Anders, U.S., Marcy Kaptur Congresswoman and Consul General of Republic of Poland hon. Adrian Kubicki.
- 3) **Proposal to end Polish American Congress Inter-Divisional Conferences** suggested by Koralewski was rejected by all participants. They argued that PAC\_IDC creates a unique opportunity to meet without restrictions and formalities, between officers of the Executive Committee, Presidents of Divisions, National Directors and ordinary PAC members, to exchange info, share suggestions, discuss current issues, cooperate and talk about their projects.
- 4) **A newly established the Republika Polonia Association**, which brings together patriotic Poles from all over the world, organizes the conference which will take place in September 2021. The leitmotif of the event will be the role of people of Polish origin living outside the country in protecting the good name of Poland and Poles. The Government Plenipotentiary for the Polish Diaspora and Poles Abroad, Jan Dziedziczak, will be one of the honorary guests of the Conference. One of board members of the Association is Walter Gołębiowski. Motto of the Association: Polonia Semper Fidelis.
- 5) **Notes to the info, which received Edmund Lewandowski** from Director Robert Wójcik, are being prepared by Eugeniusz Brzyski. Gienek is our expert if it comes to the Polish retirement law. His contra-arguments have taken 11 pages, so far. It was decided to send Gienek's notes after consultation with a lawyer, to minister Anna Schmidt and director Wójcik and copies to ministers: Jan Dziedziczak and Marlena Małąg.
- 6) **HR. 82** to repeal the WEP – the letter, supporting this bill and S. 1302 signed by 33 organizations including 12 PAC divisions, will be sent soon to all legislators. As we know, Mr. Spula, despite of our persuasion, refused to sign this letter or write its own and discouraged PAC divisions to sign it. He insisted on calling own legislators. So far, we have not been informed how many legislators and which ones were contacted.
- 7) **The text of WWII Resolution** was approved by Rep. Suozzi (proponent of this Resolution) and sent to us after changes were made by members of House Foreign Committee. The Resolution was presented to participants of the meeting and we all worked on improvements proposed by Krzysztof Waz. The Resolution with corrections will be sent back to Suozzi's office.

NEXT MEETING: as usually, at the first Wednesday of a month: Sept. 1, at 8 PM EST  
AGENDA will be announced

## **PAC\_ IDC'21 - Report #9**

these meetings are to exchange info and talk about projects.  
they are organized by PACT (Polish Americans' Cooperative Teams)  
which mission is simple:  
to strengthen the importance of Polonia (wzmocnić znaczenie Polonii)

### **Wednesday – July 7, 2021, 8:00 – 10:30 PM EST**

these meetings are open to all who care about Polonia, Poland, and US  
*“Those who only talk about problems, and do not try to solve them, are becoming problems themselves”*  
Participants: Andrzej, Ann B., Gienek, Halina, Krzysiek, Ryszard, Stella, Tomek, Władek B., Zbyszek

#### **1) COVID - a new discovery.**

Ms. Magdalena Filcek, our Polish friend, revealed the mechanism of infection by the covid virus. To fight this disease, she proposed to use inexpensive off counter medications.

Her idea was already successfully tested in India. Have you noticed that there is no more alarming news coming from that country? (details under this report and in the attachment)

#### **2) Mr. Spula's email to Z. Koralewski.**

It was suggested to reply in the form that would help Mr. Spula to rethink his approach to the issue of the WEP. Regret was expressed that President of the PAC instead of cooperation chose confrontation.

#### **3) Supporting HR. 82 and S. 1302 (to repeal the WEP).**

So far 33 organizations signed the letter to legislators.

Surprisingly Mr. Spula, not only did not agree to support this action but strongly discouraged the PAC members to form a united front. In his opinion:

- to make a few telephone calls to some congressmen and senators is enough
- a letter to all 535 legislators is redundant and will only confuse them.

#### **4) Reaction to Mr. Cohen's statement on CNN.**

The congressmen on Long Island to whom letters were sent did not answer. Calls were made to their offices reminding them that we expect a reaction. To draw a public attention picketing is considered. Also, PAC-LI plans to meet with those Representatives, including Mr. Meeks and talk, not just about Holocaust revisionism, but also about HR. 82 and other issues important to local Polonia.

#### **5) Writing the Resolution commemorating beginning of WWII,**

to educate legislators about Poland, was proposed by Congressman Suozzi a month ago. The draft of Resolution was finished in cooperation with his assistant and soon should be distributed for consideration in Congress.

If anybody would like to talk to me, feel free to call: 718 – 343-4316

**NEXT MEETING:**

as usually, at the first Wednesday of a month: Aug. 3, at 8 PM EST

**AGENDA** will be announced

Dear Halina and Zbigniew,

I am sending very important information about **DISCOVERY of THE MECHANISM OF PATHOPHYSIOLOGY OF COVID-19.**

Yesterday's medical publication of it: [https://www.medicalandresearch.com/journals/view\\_article/677](https://www.medicalandresearch.com/journals/view_article/677)

**Now we know how to stop the symptoms and save people's lives.**

I have discovered and described the hypothesis and two great doctors one pulmonologist from UAE and second anesthesiologist from Poland - they have checked it carefully, and they applied it in the real world and got amazing results.

**The validity of this hypothesis was confirmed in one of hospitals in the United Arab Emirates and in India by Dr. Mayank Vats - as well as in patients undergoing surgery and mechanically ventilated patients with a history of COVID-19.**

I am enclosing the official protocol from India where using antihistamines (Lewocetyryzyna) on 04/05/2021 by Dr. Mayank Vats (the government adviser) caused a sharp decrease in the number of new severe COVID-19 cases from 09/05/2021 (just after 5 days of adding the antihistamines) and the decrease in the number of deaths from 23/05/2021.

Please read the **medical publication and attached recommendations** from doctors.

**This is a GREAT SUCCESS of POLAND, UAE and India, which could help people all around the world to avoid to develop symptoms and to treat Covid19 now and in the future.**

Please let me know what we could do together to deliver this wonderful message globally.

Yours,

Magdalena Filcek

tel. +48 608 733757

#### **1. "Dear Dr Mayank Vats**

**- Please tell us about your experiences and observations with the administration of antihistamines to COVID patients.**

**Does this therapy reduce the risk of serious complications?"**

Answer:

"First of all I would like to convey my heartfelt gratitude to Ms. Magdalena Filcek.

During the first wave of COVID, we used antihistamines to a very less extent because that time very little was known about the COVID pathophysiology, but as the research evolved and it was known about the role of various types of inflammatory cytokines, histamine, mast cells, interleukin etc. various markers of inflammation. And with the heat hypothesis by Ms. Magdalena Filcek and her extensive research about the role of histamine in the inflammation cascade of COVID, and her regular scientific discussions with me and many eminent doctors and scientists, I started using antihistamine medicine cetirizine regularly in almost all patients and found significant beneficial results in terms of less symptoms like throat irritation, cough, shortness of breath and I would even say faster recovery from COVID during the second wave especially in moderate to severe cases and in fact in all cases may be mild, moderate or severe COVID and without any significant side effects of antihistamines.

In fact I am fortunate enough that Ms Magdalena discussed each and every aspect of these medicines and potential benefits for COVID patients and with her scientific facts and perseverance we used it regularly in almost all patients in India and UAE and found drastic beneficial effects.

I would recommend to conduct proper case control matched studies to prove this hypothesis and facts further so that COVID patients would get faster and better recovery.



It's a great scientific hypothesis by Ms. Magdalena and found to be very effective in real world patients.

I congratulate her for her great hypothesis and hard work, patience and dedication.

This is to further confirm that's India introduced the antihistamines to government official protocols of Covid treatment following hypothesis and experience of Ms. Magdalena Filcek and Dr Mayank Vats. We both together had extensive discussions and literature review including the pathophysiology of covid affecting lung parenchyma and the role of histamine and mast cells as significant mediator of the inflammatory cascade in lung and whole body and how to prevent this cascade with antihistamines and practicality it was found very useful in almost all patients and hence I recommended to government of India to include antihistamines as a part of COVID-19 treatment regime based on the hypothesis and work of Ms. Magdalena Filcek.

She really did a miracle by finding a simple medicine which helped tremendously to COVID patients without any significant side effects.

She deserves honor international organizations for her simple but very effective hypothesis and proven by my practical experience being a COVID frontline doctor.

Thanx and regards

Dr. Mayank Vats

## **2. „Dear Dr Anna Skrzyniarz-Plutecka**

**- According to the theory we are talking about, giving the patient antihistamines can substantially reduce the risk of death. Serious damage from the respirator can also be avoided. Is it true?**

**Did the Doctor manage to confirm it? "**

Answer:

"Antihistamines are probably not a panacea for everything, however, they are definitely worth attention and further research on their use in patients undergoing mechanical ventilation in the ICU and during surgery. One of the pathways presented in the hypothesis of Ms. Magdalena Filcek is the mechanism of histamine release from mast cells in the lungs under the influence of mechanical ventilation.

In most cases, artificial ventilation is based on the supply of a mixture of gases at room temperature and reduced humidity to the patient's lungs (physiologically, our lungs have a temperature of 37 ° C and 100% humidity). As standard, respirators and anesthesia machines are not equipped with active heat and moisture exchangers, heaters or air humidifiers.

This state of affairs may cause the release of histamine from mast cells in the lungs of patients and, consequently, lead to a histamine-cytokine storm - its result may be bronchospasm and a decrease in saturation, and even damage to the pulmonary parenchyma and barotrauma.

Advance administration of antihistamines can be effective in counteracting this reaction by reducing respiratory complications in mechanically ventilated patients.

A probable and systemic solution to this issue could also be a change in the standards for the equipment of anesthesia machines and ventilators - I mean ventilation based on warm and properly humidified air.

After getting acquainted with the mechanism described by Mrs. Magdalena and deeply analyzing it, I implemented antihistamines for prophylaxis and treatment with very good results, increasing the safety of the ventilated patients procedure both in the Intensive Care Unit and during surgeries.

In my opinion, the hypothesis described by Ms. Magdalena, and in principle thesis, is correct and should inspire the medical community to change the standards of dealing with patients undergoing mechanical ventilation." Dr Anna Skrzyniarz-Plutecka

## PAC\_ IDC'21 - Report #8

**Wednesday – June 2, 2021, 8:00 – 10:44 PM EST**

these meetings are open to all who care about Polonia, Poland, and US

*“Those who only talk about problems, and do not try to solve them, are becoming problems themselves”*

Participants: Andrzej, Andrew N., Gienek, Halina, Krystyna, Mark, Ryszard, Stefan, Stella, Tomek, Władysław B., Walter, Zbyszek

A few new people enriched the meeting – Thank YOU.

During the introduction, Walter presented his project of organizing a conference “The Immigration at the time of Martial Law”. The Conference will be held in the Center of John Paul II, in Clearwater FL, in October. Walter asked those who would like to share with their stories to submit papers. All are invited to participate in this Conference.

If anybody would like to talk to me, feel free to call: 718 – 343-4316

We followed closely prepared earlier Agenda and I used it as a framework for this report.:

- 1) **The CNN interview w/ Rep. Cohen** – discussing the overall plan and finding persons interested to work on:
  - a. The brochure for the US Congress.  
Zbyszek has an idea and began working on its implementation.
  - b. Briefings regarding Polish issues  
Opinion of participants: It could be costly and have a minimum effect.
  - c. Resolution  
This could be done and should be seriously consider, for example in conjunction with the anniversary of the outbreak of WWII.+ action & proposal of Stefan Komar, PAC-LI VP for Polish Affairs

Stefan prepared a detailed rebuke. We had a lengthy discussion without a conclusion, what would be the best way to distribute Stefan’s paper.

Special meetings will be called just to address this issue.

Mark mentioned about a nice conversation w/ Mr. Cohen who however stopped short to apologize for his gross misinformation.

Andrew proposed to meet with Mr. Cohen via Zoom and asked him how he could help to educate other legislators about Poland during WWII.

- 2) **The PAC office in Washington** – opinions and proposals. Andrew from Arizona division proposed a share leasing that is less costly and has other advantages like possibility to obtain a good size of Conference room, if needed.

Richard read the email that reflected the position of Long Island Division (below).

Dear Mr. Frank Spula and Executive Committee,

Your letter of May 21, 2021 once again brings to our attention the “crisis” concerning continued representation of the PAC in Washington DC. Rental of an office has strained PAC’s finances. Nevertheless, PAC presence is essential for successful lobbying and in carrying our mission. The PAC Long Island Division strongly recommends the following to ameliorate the financial situation:

1. The PAC Charitable Foundation (PACCF) should establish a presence in Washington DC and share the cost of rental, operational support and staffing services.  
The PNA should also consider such an opportunity.
2. Invite not for profit organizations in Polonia to use PAC’s lobbying expertise and for a modest fee to promote their concerns.
3. Request the PACCF to establish an income generating fund for the PAC, which is a not-for-profit organization representing Polonia at large.
4. PAC’s VP for Financial Development should obtain bids for professional fund raising.

5. Request annual support from the Polish and Slavic Credit Union. The Polish National Alliance (PNA) no longer supports the PAC.

Our findings:

- The PACCF has a treasury of thirteen to fifteen million dollars.
- During the period 2010 through 2019 PACCF donated \$1, 705,000 to various charities and causes. \$0.0 to PAC.
- The PACCF has a nine-member board, four of which are PAC members. Can we count on their support?
- PAC's president, Frank Spula is not on the PACCF Board but should be a non-voting member.
- Ms. Ania Karwan, member of a 2016 committee to study the relationship between PAC and PACCF made a number of constructive recommendations that have never been implemented.

The above recommendations, comments and observations are meant to be constructive and should not be interpreted as critical of the PAC, PACCF or any members of either organization. Polonia challenges us to be successful. Let's do so.

Sincerely,  
Richard Brzozowski  
National Director and President PAC Long Island Division

3) **Verification of organizations' list** and update on the repeal of the WEP.

Gienek explained in details all aspects concerning retirement of immigrants and appealed to sign petition supporting HR. 82, which can be found on Missouri Division's website: <https://pacmissouri.org/>.

Also, Gienek reminded that organizations' list is continued to be verified and all who are interested are welcome to join this strategically important project.

Edmund's idea, to post the info about aspects of full and proportionally calculated retirement by Polish authorities, on his Facebook side Fundacja Polonia 20/20 has been very successful, in a few days 15 thousand viewers visited his post.

4) **PAC Newsletter** – call for papers.

Richard was invited and delivered a noteworthy speech during the Memorial Day for American Association of War Veterans. Zbyszek encouraged him to send his speech together with some pictures to Mr. Mark Pienkos. Also, Zbyszek reminded all how important is to deliver reports from divisions activities to be published in the PAC Newsletter.

5) **Publishing the Katyń Lesson in the Asystent** for Polish teachers worldwide.

Zbyszek will work with Vice President of Association of Polish Supplementary Schools, Ms. Renata Jojka to include the Katyń Lesson plan that was prepared with Andrzej and Krzysiek's cooperation.

NEXT MEETING, the first Wednesday of a month: July 7, at 8 PM EST

AGENDA will be announced

My sincere Condolences to Jurek Bogdziewicz on passing of his father

We wish a quick recovery to Mr. John Cebrowski's wife

**PAC\_ IDC'21 - Report #7**

these meetings are to exchange info and talk about projects.  
they are organized by PACT (Polish Americans' Cooperative Teams)  
which mission is simple:  
to strengthen the importance of Polonia (wzmocnić znaczenie Polonii)

**Wednesday – May 5, 2021, 8:00 – 10:49 PM EST**

these meetings are open to all who care about Polonia, Poland, and US

*"those who only talk about problems, and do not try to solve them, are becoming problems themselves"*

Participants: Andrzej, Gienek, John, Halina, Ryszard, Tomek, Władysław B., Zbyszek

- 1) **Support for H.R. 82** – how to reach organizations was discussed, as sending emails does not always work. Władysław suggested sending text messages, as according to him, only 30% addressees open emails. According to Zbyszek's experience emails must be followed by tel. calls. In both cases, tel. numbers are necessary and we do not have them. How and what for the list will be used was explained once again. John C. rightfully noticed that this should be a job for the PAC EC. Gienek shared with the EC his idea and requested to get involved – he was informed that this is not needed. Under this report is Mr. Spula's response.
- 2) **The text of new proposed bills** S.1302 and H.R. 2337 could not be obtained by Tomek and Zbyszek from their representatives.
- 3) **The list of organizations** in Excel that responded would be helpful to compare with the sending list. Those who did not respond should be informed again (Andrzej's proposal).
- 4) **The PAC's intervention to the libel** produced by the New Yorker. Stefan's exchange of emails with John Czop was examined and commented. Stefan's remarks were ignored by Mr. Czop, instead he mentioned other issues.  
Władek noticed that in the text of this letter should have been mentioned that the letter was going to be posted on organizational website and the editorial response would be published.  
Stefan's final statements to John Czop:  
Please stop using this line of reasoning to fend off false accusations against Poland regarding any role in the Holocaust other than as victim. You are doing a disservice to the Polish cause and making the situation WORSE. In no way does this issue take away from all your efforts and contributions on behalf of Polonia.
- 5) **Formatting of the list of organizations** was briefly discussed. Andrzej and Zbyszek will submit a proposal.
- 6) **Possible projects for Dr. Pienkos' team** were discussed (instead of working on Goals and Assignments for the EC, telling them what they should do):
  - a. help in verifications of organizations' lists
  - b. come with a list: why should I be proud of my Polish roots
- 7) **Benefits of knowing another language** was discussed and interesting facts were presented by Władek: bilingual children have 2x faster memory, the structure of their brains is physically rewired.
- 8) **An educational website** was proposed by Zbyszek to be designed in the future specifically where lessons like the Katyn lesson and other educational material could be easily found.

9) **Danger of Communism** was discussed from the personal and scientific point of view. A fear that this system has already been under implementation in America was expressed. Some of descriptions that were articulated:  
thought control is one of the tasks of communism  
(you have to be careful what you say, because you can be punished)  
the communists are treacherous bandits  
police state, looking for hooks, infiltration, denunciations, media propaganda

zk, 5-8-21

the response of PAC President to the idea of Consolidating  
the Existing Polonia Organizations Around Common Goals.

January 28, 2021

Dear Mr. Brzyski,

I received a letter from the Missouri Division, which has caused concern for both me and the Officers of the Polish American Congress.

I appreciate the statistics you provided in your proposal. However, the Confederation that you are proposing to create already exists. For over 75 years, the Polish American Congress has been an umbrella organization representing various groups throughout the United States. The community objectives you suggest are part and parcel of the work that has been, and is continuously being done by the Polish American Congress.

Since its inception, the Polish American Congress has worked in the states where we have members to increase the involvement of the Polish American Community in American Civic Life and political processes. Through our advocacy, we encourage citizens to register to vote, and to cast their votes in local, state, and federal elections. We also work to increase Polish American community engagement in various ways, from participating in community events to being on community boards.

Therefore, your outline of recommendations is redundant as the initiatives you are proposing have already been set in motion for many years.

Too often, our community fails to live by the truism of, "United We Stand, Divided We Fall". Some of us seem to think that the more organizations we have, the stronger we are. But what this really does is cause confusion and feebleness within our community.

The better alternative to your recommendations is put aside our differences and band together in a united front to make our community stronger and more effective.

With Regards,  
Frank J. Spula  
President

before going to  
the 3rd May Academy  
at National Polish Home  
in Glen Cove 2-5-21



## PAC\_ IDC'21 - Report #6

these meetings are to exchange info and talk about projects.  
they are organized by PACT (Polish Americans' Cooperative Teams)  
which mission is simple:  
to strengthen the importance of Polonia (wzmocnić znaczenie Polonii)

### Wednesday – April 7, 2021, 8 – 10:12 PM EST

these meetings are open to all who care about Polonia, Poland, and US  
*“those who only talk about problems, and do not try to solve them, are becoming problems themselves”*  
Participants: Andrzej, Ela B., Gienek, Halina, Jurek B., Tomek, Władysław B., Zbyszek

- 1) Mrs. Ela Baumgartner is going to write the article about the WEP to the PAC Newsletter and presented her explanations and arguments why this law should be terminated.
- 2) Mr. Brzyski proposed to improve communication to look once a day at emails and if an answer is required to reply within 2 days.
- 3) Mr. Jeśman committed himself to send letters to all members of the US Congress when sufficient amount of Polish American organizations will respond.
- 4) The verification of organizations' lists will be continued (Mr. Bogdziewicz, Andrzej B. and Zbyszek K. will work on lists in their states: Florida, NJ and NY). We have to look for more volunteers to get involved.
- 5) The advice for Mr. Gordon: begin with a selection of school districts should be made and next the lesson should be presented as the first struggle for equality in America. Also, in the opinion of participants the lesson plan is too sophisticated and should be rewritten.

**Next meeting:** Wednesday, May 5, 2021 at 8 PM EST

#### AGENDA:

- 1) The verification of organizations' list and respondents to the appeal concerning HR 82.
- 2) New legislation proposals regarding the WEP
- 3) The Katyń Lesson
- 4) The Armenian Genocide and Srebrenica Genocide versa the PAC EC's position on the Katyń Massacre.
- 5) Celebrations of the 230<sup>th</sup> anniversary of The May 3<sup>rd</sup> Constitution (1791 – 2021)
- 6) The new mission of Dr. Pienkos' team.
- 7) An opinion on the PAC EC' letter written by Stefan Komar, PAC-LI VP for Polish Affairs:  
**Subject: Not the best response to the anti-Polish article in The New Yorker**  
*I have two serious issues with the letter sent to The New Yorker. The statement that Nazi Germany did not want a collaborative state is misleading to the extent that I think it can be considered incorrect. Hitler wanted Poland to join in an anti-Soviet alliance which Poland refused to do. Nazi Germany at various times sought collaboration from individuals' underground units, and also from the Polish Underground, but was rebuffed time and time again. This statement also falsely suggests that Poland sought to collaborate with Nazi Germany, but a collaborative Polish state did not happen because Nazi Germany would not have it. No, a collaborative Polish state did not happen because Poles opposed Nazi Germany wholeheartedly. The letter writes of a surrender by Poland. Poland did NOT surrender. The government, along with troops left the country to continue the fight from abroad, while an underground state and military was created in German occupied Poland. Before the Polish American Congress sends a letter, it should make sure it is historically accurate, not misleading, and does not minimize the defiance of both the Polish nation or state towards the invading and occupying Germans. This specific issue has been raised before with Mr. Czop and it is hard to understand why the PAC continues to use these questionable themes in official correspondence.*

## PAC\_ IDC'21 - Report #5

These Meetings are to exchange info and ideas + initiate projects.  
They are organized by PACT (Polish Americans' Cooperative Teams) which mission is to strengthen the importance of Polonia (wzmocnić znaczenie Polonii)

**Wednesday – March 3, 2021, 8 – 10:21 PM EST**

these meetings are open to all who care about Polonia, Poland, and US

*“those who only talk about problems, and do not try to solve them, are becoming problems themselves”*

I am glad that these meetings began to attract more and more valuable people.  
We talked about projects, new and in progress, how to make them successful.

- 1) To implement **Mr. Brzyski's project “cooperation between organizations”**, a team was formed: Andrzej Burghardt, Wojciech Jeśman, Tom Kącki.
  - a) The first assignment for this team is to write a letter, within the week, supporting the legislation intended to eliminate WEP. The issue of reducing social security through WEP for public workers is of the concern for many groups in the US including Polish community. Eugeniusz feels that it is a good problem to start, around which organizations can be united.
  - b) A huge undertaking to prepare a list of hundreds of Polish American organizations, was already done by Wojtek.
  - c) Next step will be the task to contact those over 600 organizations and find out which are interested in joining the network. For that step, more persons will be needed.
- 2) **Mr. Jeśman mentioned about his new initiative: Media Project** and its potential to reach a wide audience.
- 3) **Mr. Pienkos' PAC Newsletter was shown**, with an emphasis on articles describing specific projects, particularly: America council for Polish Culture (by Raymond & Cecilia Glembocki), School Curriculum – Request for comments (North California PAC Division, Mr. Gordon Black), POLISH PEOPLE, PLACES AND THINGS IN THE U.S.A. (by Robert Strybel), NATIONAL POLISH AMERICAN SPORTS HALL OF FAME.
- 4) **Mr. Burghardt presented Katyn lesson** prepared during PACT meetings. Constructive discussion followed how and where should be distributed.

I am very thankful to participants of this meeting for taking the time from their busy lives and contributing with their ideas, as well as their willingness to help and work on two projects: cooperation between organizations and dissemination of Katyn lesson.

**Next meeting:** Wednesday, April 7, 2021 at 8 PM EST

AGENDA: will be announced

zk, 3-4-21

## PAC\_ IDC'21 - Report #4

These Meetings are to exchange info and ideas + initiate projects  
They are organized by PACT (Polish Americans' Cooperative Teams) which mission is  
to strengthen the importance of Polonia (wzmocnić znaczenie Polonii)

**Wednesday – February 3, 2021 7 – 10:21 PM EST**

38 persons were invited:

Presidents of all PAC divisions + members of PAC EC + guests  
these meetings are open to all who care about Polonia, Poland and US

*“those who only talk about problems, and do not try to solve them, are becoming problems themselves”*

Many issues were addressed. Here are some of them:

- 1) What public and politicians know about the last year Katyn Resolution proposed by the US Senate last year? - It would be interesting to find out. An article on this subject will be released at the proper time.
- 2) A reintroduction of the Katyn Resolution – what should be done first.
- 3) The answer of President Spula to Mr. Brzeski - maintaining the status quo was strongly expressed. The answer was supported interestingly only by three Executive Officers: Mary Anzelmo, Debby Majka and Mark Pienkos. No National Director was thanking Mr. Spula.
- 4) Coordination of organizations around common goals - steps were proposed and discussed:
  - a) making the list of organizations,
  - b) contacting leaders and explaining the idea,
  - c) creating a communication network with those who are interested in cooperation,
  - d) forming expert/executive teams
- 5) Possibility of elimination of WEP by newly introduced H.R.82 (last year #141) in the 116<sup>th</sup> Congress – how Polonia could and should get involved.
- 6) Where to find info about issues concerning retirement – Mr. Brzeski recommended to visit Missouri PAC's website. On the PAC-LI is the condensed guide that should be very useful for Polonia.
- 7) “Karta Polaka” – how it works was presented by Mr. Brzeski.

### **Reminder:**

THESE MEETINGS ARE OPEN TO ALL WHO CARE ABOUT POLONIA, POLAND AND US  
**if you wish to continue to receive these reports please write to me:**

“I am interested in PAC IDC reports, I would like to receive them.

**Next meeting:** Wednesday, March 3, 2021 at 8 PM EST

### AGENDA:

- 1) PowerPoint presentation of the English version of the Katyn Lesson
- 2) The article about the US Congress Resolution Katyn 2020
- 3) A list of Polish American organizations (work in progress)

zk, 2-7-21



### **PAC\_ IDC'21 - Report #3**

These Meetings are to exchange info and ideas + initiate projects  
They are organized by PACT (Polish Americans' Cooperative Teams) which mission is  
to strengthen the importance of Polonia (wzmocnić znaczenie Polonii)

**Saturday – January 9, 2021 3 – 6:28 PM EST**

33 persons were invited:

Presidents of all PAC divisions + members of PAC EC + guests  
these meetings are open to all who care about Polonia, Poland and US

*“Those who only talk about problems, and do not try to solve them, are becoming problems themselves”*

The most important issues raised during this meeting:

- 1) All agreed that lecture about Katyń will help reinforce Polish identity. It must be translated. Both Polish and English versions we should send to teachers' organizations not just in the US.
- 2) We talked about cooperation with PIAST Institute.
- 3) Mr. Brzyski presented the idea to identify Polonia organizations, making their list and establishing communication channels with them.
- 4) Mr. Cebrowski recommended to contact Krzysztof Gajda and to invite him to our meetings.
- 5) Dr. Prokopczuk will send to Zbyszek a list from persons interested in our activities.
- 6) Mr. Brzyski talked about retirement issues (double taxation and WEP) that concerns thousands of Poles.

#### **Reminder:**

THESE MEETINGS ARE OPEN TO ALL WHO CARE ABOUT POLONIA, POLAND AND US  
if you wish to continue to receive these reports, please write to me:

I want to get PAC IDC reports.

**Next meeting:** Wednesday, February 3, 2021 at 7 PM EST

#### **AGENDA:**

- 6) presentation of the Katyn Synopsis for teachers  
(proposal of this project was born during our 2<sup>nd</sup> meeting!)
- 7) article Katyn Resolution 2020
- 8) preparing a list of Polish American organization (idea presented at 3<sup>rd</sup> meeting)
- 9) catching carbon dioxide (prize for an inventor: \$100 millions)

. zk, 2-1-21

## **PAC\_IDC'20 - Report #2**

These Meetings are to exchange info and ideas + to supervise the implementation of chosen projects

organized by PACT which mission is

to strengthen the importance of Polonia (wzmocnić znaczenie Polonii)

**Saturday - December 12, 2020 3 – 6:28 PM EST**

invitations were sent to all PAC divisions + PAC leadership + guests (33 persons)

these meetings are open to all who care about Polonia, Poland and US

*"nie lekajcie się..."*

St. John Paul II

We had an interesting exchange on the Katyń Resolution + issues of the great concern for PAC members + the PACT's emergence and its goals. The conversation was so absorbing that we had hard time to finish it.

### **Following actions were proposed:**

- 1) a talk to Senator Menendez about details concerning rewriting the Katyń Resolution,
- 2) finding persons who are eager to be involved in socio-political matters and convince them to participate in IDCs,
- 3) a visit to the Senator of Ohio,
- 4) participants of the IDC will receive the contact list,
- 5) propose to the PAC EC to write a separate Resolution "concerning communists crimes committed on their citizens around the world" and remove this phrase from the Katyń Resolution which supposed to be dedicated to the 80th anniversary of genocide of Polish POWs murdered by Soviets - these things cannot not be mixed together.
- 6) those who want to work on implementations of projects will be encouraged to join Thursdays PACT's meetings.

Attached are answers to the PAC Administrator, Ms. Klara Wiśniewska.

**Next meeting:** Saturday, January 9, 2021 at 3 PM EST  
AGENDA will be announced.

. zk, 12-13-20





Każda ulica udekorowana pawimi piórami ze zdjęciami zabytków jako zwornik  
– tu widok na Sukiennice od strony ul. Szewskiej



szopka na pl. św. Ducha, w ciągu tygodnia brak turystów, ulice puste tylko czasem tubylcy  
z lewej teatr im. Juliusza Słowackiego

## **PAC\_IDC'20 - Report #1**

These Meetings are to exchange info and ideas + work on implementation of plans organized by PACT which mission is to strengthen the importance of Polonia ([wzmocnić znaczenie Polonii](#))  
**Saturday - November 14, 2020 3 – 5:38 PM EST**

invitations were sent to representatives of all PAC divisions + PAC leadership.  
24 Presidents and divisions' representatives accepted the invitation  
these meetings will be open to all who care about Polonia, Poland and US  
"If there is no way, make one"

**The goal of this Conference:** was to present the history of the 2020 Katyń Resolution and answer any questions participants would have.

Moderator, Mr. Andrzej Burghardt summarized over 17 pages of e-mails and short reports that were amassed on this issue. He did in-depth presentation of all the most important info and documents within an hour.

The main problem, as all know, with the Senate version of the Resolution is that the clause with naming the Katyń Massacre as a genocide was removed and the paragraph below was introduced:

**“Whereas the Katyn Massacre fits into a larger pattern of Communist governments around the world persecuting their citizens and denying their people freedom, which has resulted in the deaths of up to 100,000,000 people since the Russian Revolution of 1917.”**

Polish POWs were not Soviet citizens – all participants understood it and supported a correction, there was no need to present arguments.

Andrzej's presentation had following sections:

1. Purpose of Resolution
2. Search for sponsors in US Congress
3. Struggle for the historical truth
4. Attempts to convince the PAC EC to join our efforts

After the presentation comments, opinions and ideas were exchanged.  
It was suggested:

- 1) to send special thanks to Sonja
- 2) to prepare a questionnaire for parents and students of Polish Saturdays Schools concerning the Katyń Resolution
- 3) to write an article about history of the 2020Katytyń Resolution and distribute to Polish Media for publication
- 4) to invite to the next meeting PAC'S VP for Polish Affairs
- 5) to write a short summary from each meeting and distribute to all invited

All participants agreed that we should meet every month and continue to invite PAC Division Presidents and PAC leadership.

**Next meeting:** Saturday December 12 at 3 PM EST  
AGENDA will be announced.

> this report can be distributed among your members and friends <

. zk, 11-15 -20



cold morning, 2 weeks ago - my roommates from room #9, here we are parting, there are going to Kozi Wierch I am going to Zawrat



I walked through Zawrat Pass to Hala  $\wedge$  Gąsienicowa at the top of Zawratowa Turnia, there is a mountain goat there the pass is in a little bit to the right looking from the goat to the bottom of picture there is a pole with signs and man in blue pants standing by to help you find it, I marked it



Alex, Ada i Dominika climbed Kozi Wierch, the color of the sky was incredible