

POLISH HERITAGE

RESOURCE + GUIDE



ZYGMUNT MARIAN (ZIG) MISIAK

CANADIAN AWARD WINNING AUTHOR

OUR GIFT To You!

Commemorating
The 75th Jubilee of the establishment of the WW2,
SPK, Polish Combatants' Association of Brantford, Ontario, Canada
and
Canada's declaration, February 2024, that May be celebrated as
Polish Heritage Month across the country.



THANK YOU

City of Brantford



Canadian Military Heritage Museum, Brantford, Ontario



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Award Winning Canadian Author

Zygmunt Marian (Zig) Misiak

Contributor

Slawek Dobrowolski

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Polish Combatants and VIP guests assembled at the Brant County War Memorial, Brantford, Ontario, 2019



Polish Combatants WW2 stand of Battle Colours



WW2 Polish Cap Badge



WW2 Monte Cassino Medal

We Fought For Your Freedom and Ours - You Fought For Our Freedom and Yours

War of 1812: Soldiers of Polish ancestry, part of De Watteville's Swiss Regiment, fought along side First Nations warriors, militia and British soldiers. Twenty died during the battle of Fort Erie in 1814 and lie buried on the grounds. Their names are listed in the book, War of 1812: Highlighting Native Nations.

WW1: Some 30,000 men and women of Polish descent were given permission by Canada to train at Niagara-on-the-Lake. They eventually joined other Polish units in Europe and fought along side the British, French and Canadians. After WW1 Poland regained its homeland, sovereignty and freedom.

World War II: The Polish-Canadian brotherhood in arms was further strengthened during many battles. The commander of the Polish RAF Squadron 301 and 303, in the Battle of Britain, was Canadian Group Captain John Kent, whom Poles affectionately called 'Johnny Kentowski'. The Polish destroyer ORP *Ślązak*, deployed at Dieppe, saved 95 Canadian soldiers of the Royal Regiment of Canada as they lay trapped on the beach. The Polish 1st Armored Division, attached to the 1st Canadian Army, participated in the Battle of Normandy. Canadian and Polish soldiers helped liberate the Netherlands and Belgium. Thousands of Polish soldiers died capturing Monte Cassino in Italy. Poles fondly remember the 26 pilots of the RCAF who perished over Poland, while flying support missions during the Warsaw Uprising in 1944.

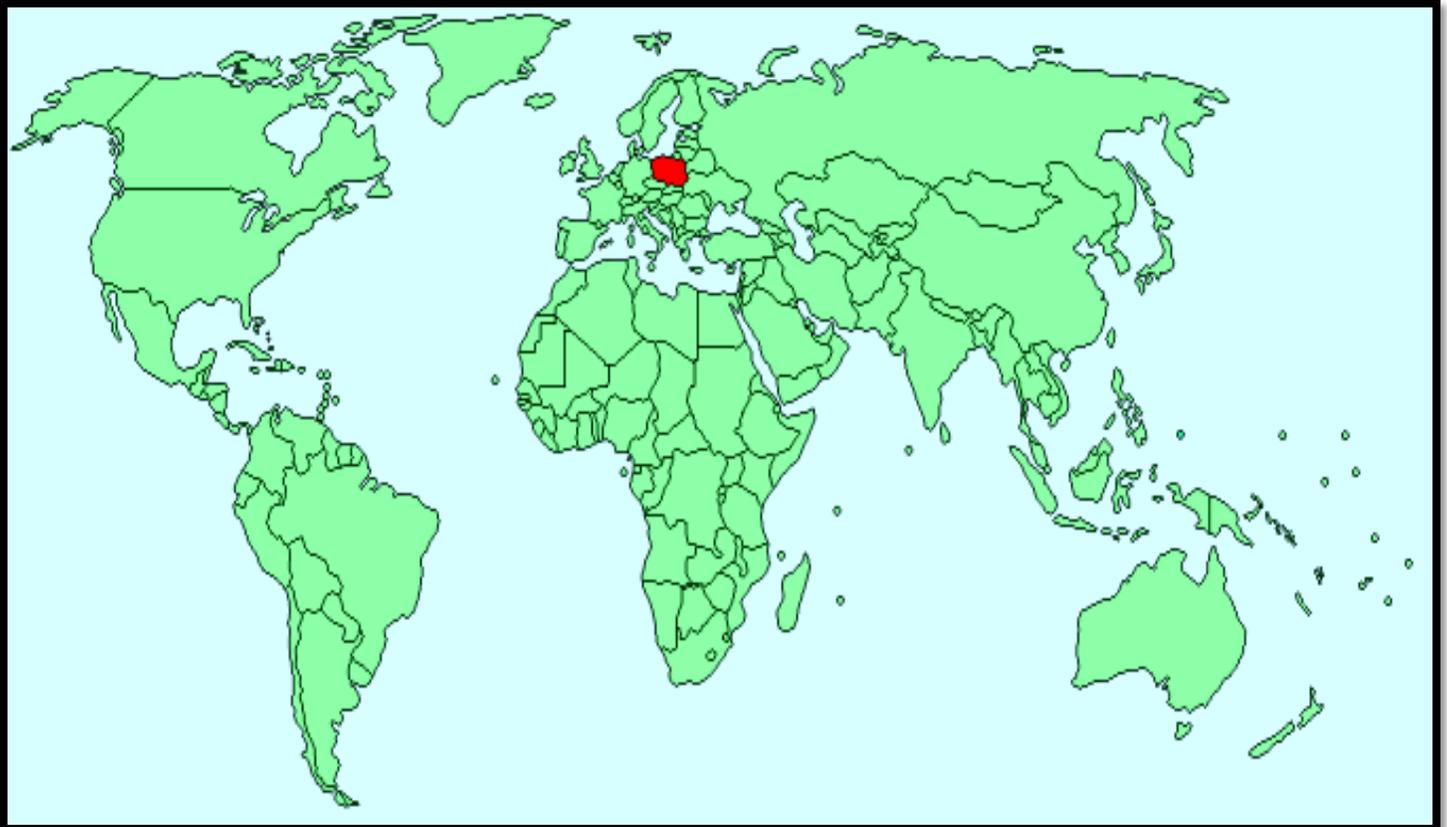


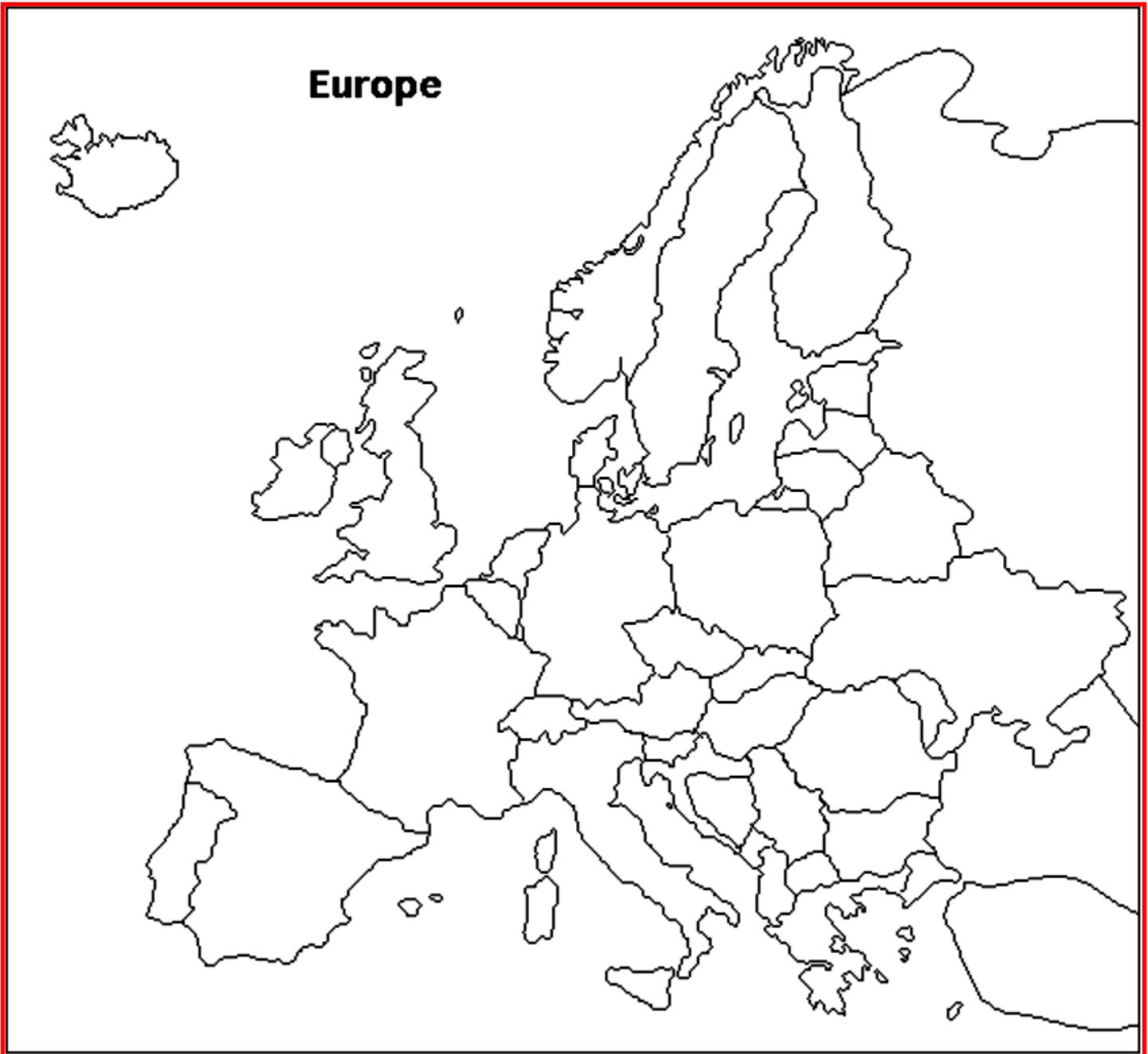
Left: Polish War Monument in Tom Thumb Park located adjacent to the Brant County War Memorial.

Right: St. Josephs Cemetery, Polish War Memorial.

* Canadian Heritage War Museum has dedicated a display in memory of Polish Veterans.

Brantford, Ontario, Canada





Where is Poland?

Europe is the 6th largest continent in the world, by area. Fifty one (51) countries divide the European Continent. There are a few countries that are both in Europe and Asia, called "Transcontinental". They are: Azerbaijan, Georgia, Kazakhstan, Russia and Turkey.

Can you locate and colour the area known as Poland?

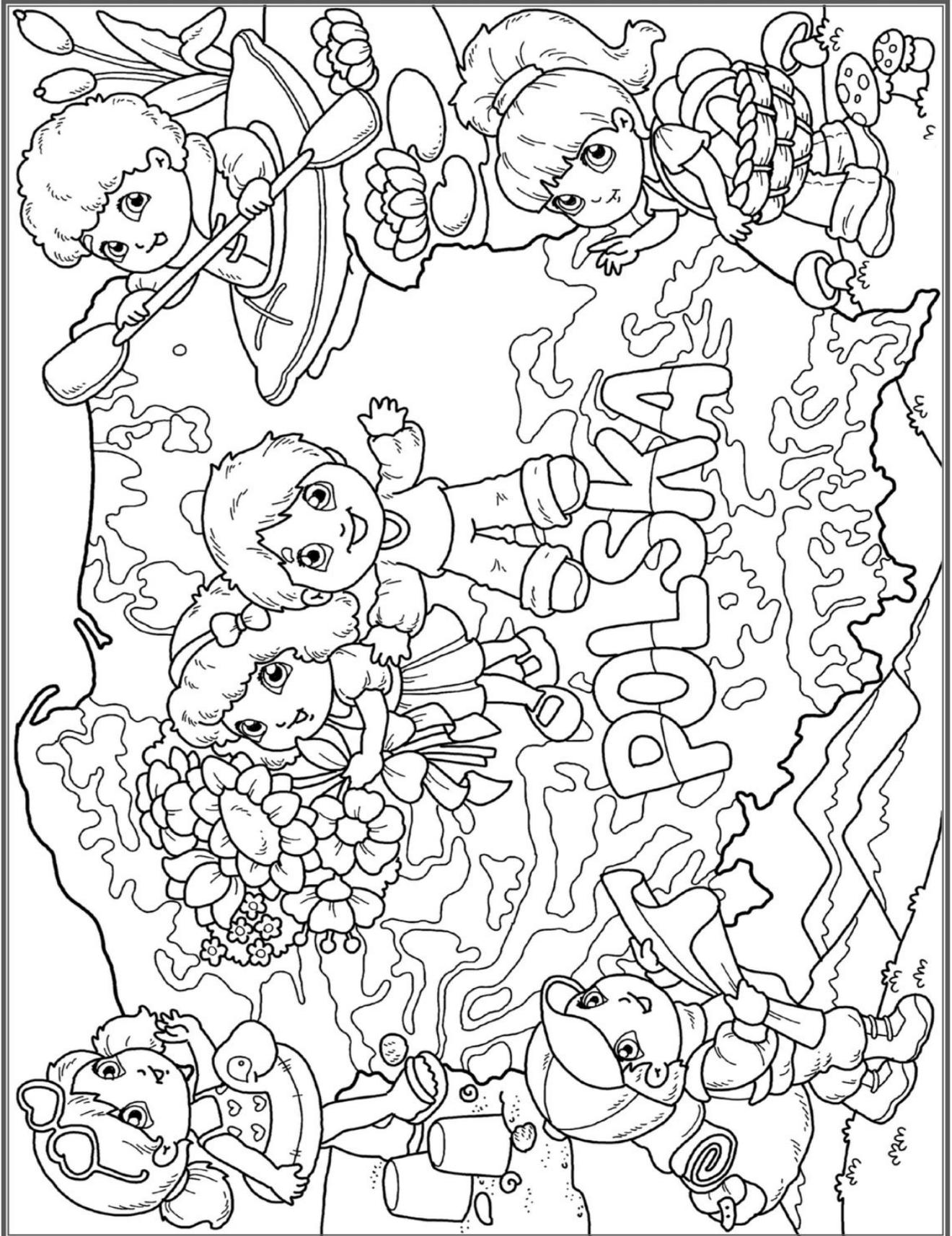
Can you identify, by using different colours, at least four (4) countries bordering Poland?

Can you colour all the bodies of water around Europe with a shade of blue?

Can you name the body of water that Poland has direct access too?

Can you identify the "Transcontinental" countries on the map?

Colouring Activity



For 400 years, before the year 950, all around the world, great empires like the Roman Empire, were in decline and new ones, such as the Mayan Empire, were on the rise and peaking. The following 'timeline' of Poland in fact is a 'timeline' of Europe. This is a great example of 'understanding and knowing the past' in order to understand the present and perhaps, a little window into the future. Current events bear testament to the fact that historic events can morph, be mirrored, and become replicated facsimiles of what happened in the past.

- 950 The Polanie tribe conquers the other Slavic tribes and create a state called Polska (Poland). Sixteen years later Mieszko I, ruler of Poland, founded the Piast dynasty and Poland becomes a Christian kingdom.
- 1241 Mongol raiders from the east invade and ravage Poland defeating a significant European army made up of Christian Knights from the military orders of the Teutonic Knights, the Hospitallers, and the Teplars.

14th Century Timeline

- 1343 Persecuted in Western Europe, the Jews are invited to Poland by King Casimir the Great. Jews from England, France, Germany, and Spain, found refuge in the lands of the Polish-Lithuanian Commonwealth.
- 1364 The University of Krakow (first Polish university) is founded.
- 1386 Polish Queen Jadwiga and Lithuanian Archduke Jogaila are married and unit Catholic Poland and pagan Lithuania into one Catholic kingdom (Lithuania is the last European country to convert to Christianity).

15th Century Timeline

- 1410 The Teutonic Knights are defeated by the Polish-Lithuanian army.
- 1444 The Polish-Hungarian army is defeated by the Ottomans at Varna, and Poland lost Hungary.
- 1490 King Wladyslaw of Poland-Lithuania becomes king of Bohemia and Hungary.

16th Century Timeline

- 1565 Poland and Lithuania are formally united under King Zygmunt/Sigismund, last of the Jagiellonians.
- 1569 The Polish-Lithuanian parliament creates a Royal Republic, in which the king is chosen by the parliament.
- 1579 The Jesuits establish the university of Vilnius, one of the oldest in the world.
- 1596 King Zygmunt/Sigismund III Vasa moves Poland-Lithuania's capital from Krakow to Warsaw.



Polish-Lithuanian
Commonwealth Royal Flag 1587



University of Krakow



The Arms of the Teutonic Order

17th Century Timeline

- 1654 Russia declares war on Poland and captures cities Minsk and Vilna.
- 1655 Sweden invades Poland-Lithuania, 'First Northern War', causing the death of millions, while Russia, Denmark, and the Empire side with Poland-Lithuania.
- 1667 Ukraine is divided along the Dnieper river between Poland-Lithuania and Moscow (treaty of Andruszowo)
- 1683 Vienna, under siege by the Ottomans, is saved by the Polish-Lithuanian army. Forces from the Polish-Lithuanian commonwealth, states within the Holy Roman Empire, and Habsburg territories defeated the Ottoman army severely. 18,000 cavalry surprised the invading hordes and charged down the hills into the ranks of the Ottomans. This so-called 'Mother of all battles', saved the European world from invading armies of the Turkish Ottoman Empire. Sobieski's Polish 'Winged' Hussars were critical in this victory.



18th Century Timeline

- 1732 The 'Alliance of the Three Black Eagles', Russia, Prussia and Austria entered into a secret alliance in order to control Poland.
- 1772 The anti-Russian movement "Confederation of Bar" is crushed by Russia that partitions one fourth of Poland with Prussia and Austria.
- 1791 The Polish parliament ratifies a democratic constitution.
- 1793 Russia invades Poland again and partitions more of Poland between Russia and Prussia.
- 1794 Polish hero Tadeusz Kosciuszko starts a national uprising for Polish independence, but Russia and Prussia invade the country. (Tadeusz Kosciuszko took part in the American Revolution of 1776 being of great value to General George Washington helping the 'colonies' gain their independence).
- 1795 A third partition divides the whole of Poland between Russia (takes all of Lithuania and Ukraine) and Prussia (takes Warsaw), thereby removing Poland from the map). Thousands of Poles sent to Siberia.



Battle of Racławice, during the Kościuszko Uprising in 1794.



17th century Swedish Flag



Polish Winged Hussars Banner



Napoleon's Imperial Flag

[Rycerze i żołnierze – Husarz (XVI-XVIII wiek)]
Polish 'winged' Hussar

Colouring Activity





Poland Vanishes From World and European Maps for 123 years Partitions in 1772—1793—1795

The Polish-Lithuanian unification into a commonwealth in 1386, created the largest and most powerful state in Europe that lasted over 200 years. Over time, many things contributed to the demise of the Polish-Lithuanian commonwealth such as internal conflict and the rise of other countries in the area leading to wars. There were ongoing efforts to repulse foreign invaders at the same time trying to quickly fix internal problems. The Roman Empire, as other empires, went through similar fates.

Poland made efforts to strengthen itself through reforms introducing a liberal constitution, May 3, 1791, the first freely adopted constitution in Europe. In the light of the French Revolution, 1789-1799, the absolutist monarchs of Prussia, Russia, and Austria were fearful and moved to swiftly stamp out what they regarded as Jacobin ideas in Poland-Lithuania; a threat to their form of ruling.

Poland was absorbed by Russia, Prussia, and Austria removing Poland from the map of Europe and implemented a policy of denationalising Polish citizens, History clearly shows that this did not work.

19th Century Timeline

- 1803 When the Napoleonic Wars began Polish patriots, scattered throughout Europe, found an ally in Napoleon. In 1807 Napoleon defeats Prussia and creates a Duchy of Warsaw.
- 1830 Polish patriots rebel against Russia. Russia reconquers Poland and declares Poland a region of the Russian empire governed by the czar's viceroy.
- 1858 The first wave of Polish immigrants arrived in Canada from the Kashub region of northern Poland. Many made settled in the Renfrew area of eastern Ontario, Canada, notably in the town of Wilno, which is acknowledged as the oldest Polish settlement in Canada.
- 1863 Polish patriots rise up against Russian occupation. Russia forbids the use of the Polish and Lithuanian languages and persecutes the Catholic church.
- 1890 Persecution is intolerable and millions of Poles immigrate to the United States and Canada.

Napoleonic Wars

A fleeting period of hope for the Polish people.

Poland aligned itself with Napoleon because he promised to restore Poland after it was removed from the map of Europe and trisected by Russia, Prussia, and Austria in 1795.

In 1797 Napoleon Bonaparte said, "The partition of Poland was an iniquitous deed that cannot stand. When I have finished the war in Italy, I will lead the French myself, and will force the Russians to re-establish Poland."

Polish forces played a significant role in Napoleon's victories in the Prussian part of Poland. In 1807 Napoleon rewarded the Poles by using conquered lands to establish a small state called the Duchy of Warsaw. After Napoleon's defeat in the east, most of the territory of the Duchy of Warsaw was again occupied by Russia in January 1813. The rest of the Duchy was taken by Prussia.

A large Polish community settled in France in the 19th century. The French government sympathized with Polish rebellions, in 1830 and 1863, against Russia, but did not intervene. Poland and France were allies during the interwar period from 1919 to 1939 and remain so up to the present day.



Coat of Arms of Duchy of Warsaw



20th Century Timeline (1914 to 1934)

- 1914 During WW1, Jozef Pilsudski organized the "Polish Riflemen's League" that fought along side of the Austro Hungarian empire soldiers and against Russia.
- 1917 The USA entered WW1 listing Polish independence as one of the requirements. Russia grants it. Camp Kosciuszko, in Niagara on the Lake, Ontario, Canada, became a training ground for Polish patriots, mostly from the United States. Over 25,000 Poles left there to fight alongside the allies in Europe.
- 1919 At the treaty of Versailles the independence of Poland is recognized by the world powers, however, hostilities between Bolshevik Russia and Poland started as early as 1919. The Bolsheviks pushed the Poles deep into Poland, but were soundly defeated, at the Battle of Warsaw, in August 1920 by Jozef Pilsudski's army.
- 1920 After the defeat of the Soviet army, Poland annexes western Ukraine and western Belarus.
- 1932 & 1934 Poland signs non-aggression acts with Nazi German and Soviet Russia.

The outbreak of World War I and the major subsequent changes to Europe's political map was the moment that Polish activists had long been waiting for. Around two million Polish soldiers, 25,000 trained in Canada, fought on many fronts during World War I, supporting the allied armies, whilst the Polish political elite sought the endorsement of the French-Russian-British alliance for Poland's independence. These political efforts as well as several favourable events (such as revolutions in Russia and Germany) Poland regained its official independence, since 1795, 11th November 1918.

The fighting was not over. The Bolsheviks in Russia, seeing a fragile Poland, a weakened Germany and a vulnerable France, tried to ignite a world-wide revolution. The hardened Polish soldiers crushed the Red Army at the Battle of Warsaw, often referred to the **Miracle on the Vistula**, in 1920.

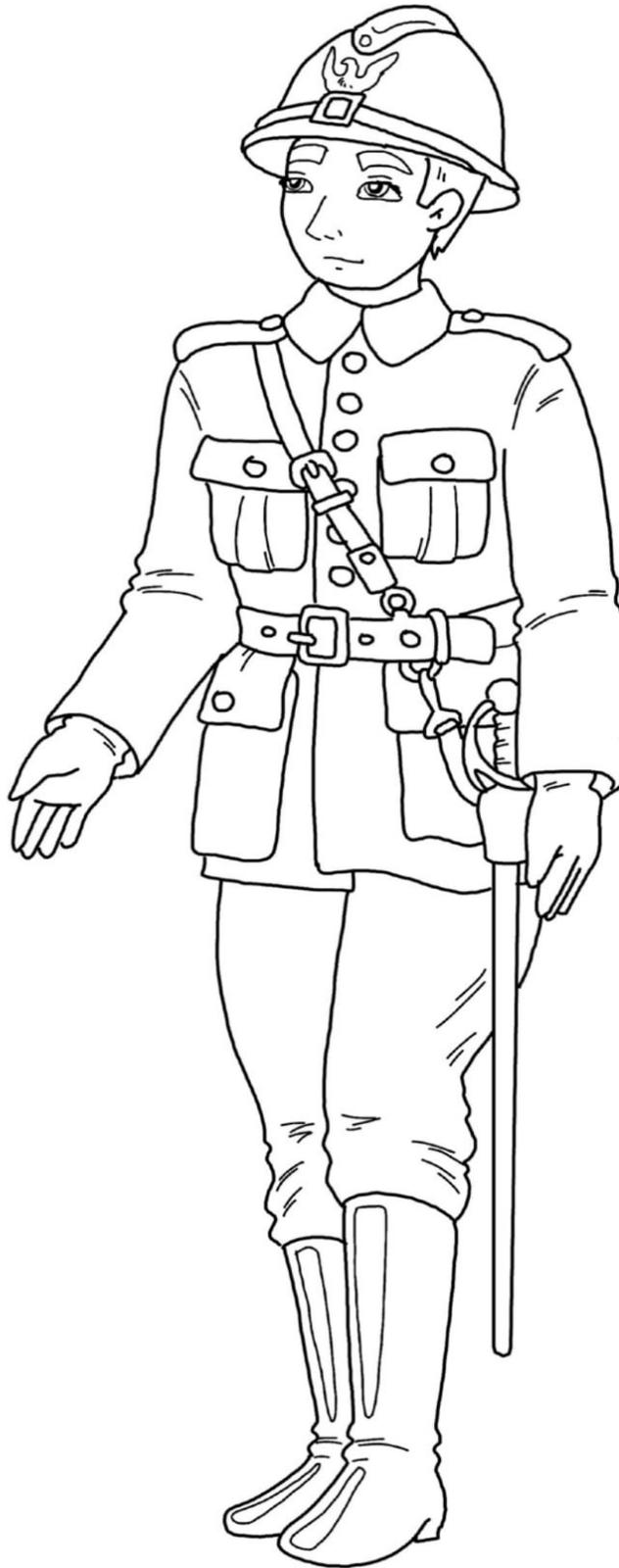
After 10 days of heavy fighting outside Warsaw, the Poles had killed around 20,000 enemy fighters and captured more than 50,000. The Poles lost less than 5,000 of their own soldiers in the battle. This forced communism back to the Russian borders only to be seen again, with a vengeance, in 1939.



Polish soldiers entrenched along the Vistula River in 1920. Photo courtesy of Narodowe Archiwum Cyfrowe

[Rycerze i żołnierze – Błękitna Armia Hallera (od 1917)]
Haller's Blue Army WW1

Colouring Activity



20th Century Timeline (1939 to 1999)

- 1939 - 1945 WW2 erupts and the early pact between Germany and Russia disintegrates. A three-pronged attack on Germany is planned. From the south through Italy, from the north D-Day landings, combined with the Russian advance from the east crush Germany. Post WW2 Russia dominated Poland and Poland ends up behind the 'Iron Curtain' throughout the 'Cold War'.
- 1955 The Soviet Union forms the Warsaw Pact to counterbalance NATO with Albania, Bulgaria, Czechoslovakia, East Germany, Hungary, Poland, Rumania.
- 1956 Workers riot in Poznan demanding 'Bread and Freedom' and the police kills 300 of them.
- 1968 Students demonstrate against ongoing Communist suppressive laws and violent police actions.
- 1978 The Polish cardinal Karol Wojtyla becomes Pope John Paul II, he was the first non-Italian Pope in centuries and visits Poland and supports the anti-communist movement.
- 1980 Solidarnosch Party leader, Lech Walesa, leads workers in a strike asking for better wages work conditions.
- 1989 In Poland the Communist Party and Solidarity, the first free elections, agree to share power.
- 1990 Lech Walesa is elected president of Poland. All Soviet troops leave Poland by the end of 1993.
- 1997 A democratic Constitution is ratified by the Polish parliament.
- 1999 Poland joins NATO. Canada was the first country to approve Poland's entrance into NATO.

Hitler's 'blitzkrieg' attack in September 1939 and Stalin's invasion from the East, erased Poland from the map in just 27 days. Tens of thousand of Poles escaped forming armies that fought alongside the allied forces. Polish pilots contributed greatly to the Battle of Britain. Polish soldiers fought in Africa, at Monte Cassino and landed in Europe during D-Day. Poles also broke the 'critical enigma code' as well as organising the biggest underground army in Europe's history – the Home Army.

World War II devastated Poland. Over 5,000,000 inhabitants of pre-war Poland were killed, many of these casualties were the result of the deliberate extermination of Polish Jews during the Holocaust. Warsaw – the capital of the Second Republic – was virtually razed to the ground.



Once again, after only 20 years of regained freedom, Poland is occupied and torn apart.

21st Century Timeline

2004 Poland joins the European Union.

2008 Following Russia's invasion of Georgia, the USA and Poland sign a treaty for a missile defense.

2010 Polish president Lech Kaczynski and 96 Polish officials, on their way for the 70th anniversary of the Russian Katyn massacre memorial, died in a plane crash near the Russian city of Smolensk. During WW2, 1940, Russian soldiers murdered over 22,000 Polish soldiers dumping them in a mass grave.

2014 After Russia seizes Crimea, Poland asks for 10,000 NATO troops to be stationed in Poland. Also, Poland warns NATO of impending Russian threat to the Ukraine.

2015 Andrzej Duda of the right-wing Law & Justice Party wins presidential elections. Jaroslaw Kaczynski's conservative Law and Justice party wins elections and Beata Szydlo becomes prime minister.

Note: Poland has both a prime minister and a president.

2018 Poland celebrated 100 years of renewed independence.

2019 Newest UNESCO sites in Świętokrzyskie, four mines dating from the Neolithic to the Bronze Age.

2020 New Enigma Museum opened in Poznań honoring Polish who broke the code in WW2.

2021 Covid 19 virus effecting Europe and Poland alike creating a myriad of crises.

2022 Russia invades the Ukraine. Millions of refugees are embraced by the Polish people.



Poland joins NATO, (the North American Treaty Organization) in 1999
and the EU, (European Union) in 2004



A Polish European license plate: note the EU circle of stars above PL (Poland)

Unique Polish traditions

Fat Thursday, 'Tłusty Czwartek': The day before Lent, a delicious Polish custom offers everyone a last chance to overindulge on everything sweet such as Pączki, Polish-style doughnuts, and Faworki, known as angel wings, which are crispy pieces of pastry cooked in oil and dusted with powdered sugar.

All Souls Day, 'Zaduszki': Every year on the night of 2nd November, millions of Polish people pay their respects to their late friends and relatives by lighting candles in cemeteries across Poland.

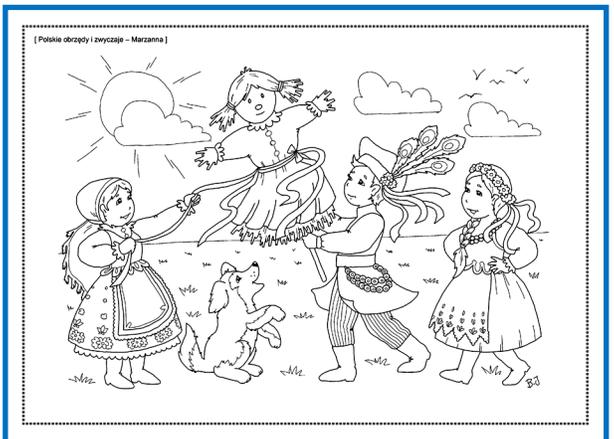
Birthday blessing, 'Sto Lat': No one would dream of wishing their friend just one good year on their birthday. It is a Polish tradition to offer at least a 100 (Sto) years (Lat) of good wishes, and long life.

Open sandwich, 'Kanapki': The open sandwich was created in medieval times. Poles would use a thick slice of bread as a plate and then eat it. The Polish open sandwich will include pretty much whatever you have lying in your fridge – slices of meat, cheese, lettuce, tomato slices, egg, dill, etc.

Leaving an empty chair on Christmas Eve: One explanation is leaving an empty chair for the deceased. Another explanation is rooted when the Virgin Mary went into labour, forcing the family to find shelter. Consequently, Catholic Poles believe one must always be ready to accept an unexpected guest. The last explanation is more recent. In 1863, there was an Polish uprising and those caught rebelling were deported to Siberia. The open chair was there in the hope of their return.

The disappearance of Marzanna: On the first day of spring, Polish people celebrate the departure of winter. On this day, locals create a 'Marzanna' likeness using straw, old clothing and even accessories like a headscarf. They then burn the effigy of her. Marzanna was the goddess who personified winter.

Picking and eating mushrooms collected in the forest: Approximately 30% of Poland is covered with beautiful woodland, and wandering the forest it is one of the most common ways of spending free time outdoors. Parents teach children to recognise if the mushroom is edible or poisonous. Picking mushrooms is a serious pass-time in Poland and Polish mushroom dishes are usually world-class delights.



Pizza with ketchup or garlic sauce: In Poland, this is the most obvious way of eating this very popular dish.

Guests are offered slippers, 'Kapcie': It is customary to remove your shoes at the door. You will be offered a pair of slippers. Some Polish people bring a pair of their own slippers with them. No bare feet, please!

Day two of a Wedding, 'Ślub': A Polish wedding takes two days. The second day is called 'Poprawiny' which can be translated as a 'to correct' or 'improve'. It starts on Sunday around 1 pm and lasts generally until 7 or 8 pm. It is very similar to the first day but less formal.

Christmas Eve - Wigilia (Polish pronunciation: Vee-gee-lee-a)



Polish people, all over the world, are deeply committed to 'Holy Days' with many regional varying customs around the country. Christmas Season is riddled with very old and joyous traditions. The journey exploring them all can be exciting and fun. Some are shared around the world, while others are unique.

TANGERINES AND ORANGES EVERYWHERE: When you smell them you know it is holiday season. Houses are filled with the smell of these fruits and school halls too, because the kids have them for lunch before the Christmas break.

YOU BETTER CLEAN FOR JESUS: Polish houses have to shine, more than normal, when Christmas time comes.

A FISH IN A BATHTUB: One of the Polish Christmas traditions includes eating carp on Christmas Eve. A live carp is kept in the bathtub for few days before it is prepared for Christmas Eve dinner.

MISTLETOE: It is a symbol of life, fertility and prosperity. A kiss under the mistletoe guarantees love and good luck.

MORNING OF DECEMBER 24TH: The whole family was involved in cooking! Fasting until the evening feast.

TRADITIONAL CHRISTMAS EVE – THE TABLE: There are a few Polish Christmas traditions that detail how to setup the Christmas Eve supper table. For example, Poles put a handful of hay under the table cloth. It is a symbol of Jesus' birth, who was born in a manger. Also, it is very important to have one more seat and plate ready for an unexpected guest.

THE FIRST STAR: Tradition says that a family can start the Christmas Eve celebration after the first star is seen in the sky. Usually kids run around and look for the first star. They want to start supper as early as possible so they can open their presents after. The first star symbolizes the Bethlehem Star that led the three kings to the newborn Jesus. Days before December 24th, sometimes weeks, a great deal of preparation takes place. The whole family gets involved with 'Babcia', grandmother, leading the 'team'. She always makes enough food for a small army.



CHRISTMAS EVE SUPPER Christmas Eve is the most important of all Christmas holiday days. Everyone dresses up.

OPWATEK: Before eating Poles share a Christmas wafer first. It is a symbol of unity, forgiveness and Christmas cheer.

WHAT HAPPENS AFTER SUPPER?: Carols are sung, the most popular is 'Wśród nocnej ciszy' (the Silence of the Night). All musical instruments in sight are brought out. After singing, the presents are opened. Who delivers the presents depends on the region of Poland. Sometimes it is Little Star, Grandpa Frost, Gwiazdor, Little Angel, Baby Jesus or Saint Nicholas.

ENTERTAINMENT: Families watch movies or play board games. Every year Polish television plays the American movie 'Home Alone' during Christmas. Polish people satirically laugh suggesting that there is no Christmas without this movie.

A CONVERSATION WITH ANIMALS: Polish people believe that Christmas Eve is the only night when the animals can talk. Children get excited and spend much of their time chasing annoyed pets all night long and waiting for them to speak.

THE MIDNIGHT MASS: Churches are full during this event and everybody sings carols. After the midnight mass you are allowed to eat meat and drink alcohol. A popular Polish alcoholic Christmas beverage is mulled wine; spiced red wine.

THE CELEBRATION KEEPS GOING When Poles celebrate it is usually for a few days. December 25th and 26th are more relaxed days compared to the 24th when Poles visit their extended family and have festive dinners together (this time with meat). Some people go to church because special masses are held on these days too.

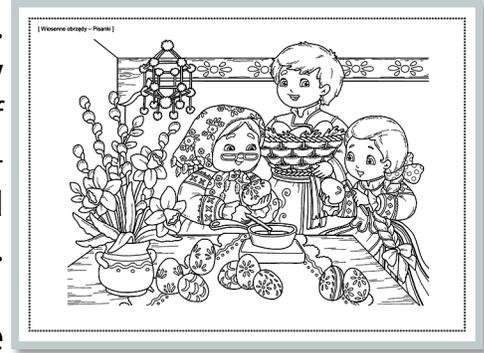
Easter Sunday-Niedziela Wielkanocna

Easter is the oldest and the most important Christian feast in Poland, celebrating the resurrection of Jesus. The traditional Easter greeting is "Wesołego Alleluja" (Joyful Hallelujah, Happy Easter).

It begins on **Good Friday**, and the mood among the devout Catholics is sombre, as the day marks the crucifixion of Jesus Christ.



Saturday is a much happier day. Polish families begin early by meticulously painting dozens of hard-boiled eggs (pisanki ('peace-ahn-keeh')). This tradition is said to be thousands of years old.



Another Saturday activity is the preparation of Easter baskets. Lined with a white linen and decorated with sprigs of boxwood (buzszipan), the baskets contain a sampling of Easter foods: pisanki, sausage or ham, salt and pepper, bread, butter, and a piece of cake and always eggs. They are brought to church to be blessed.

On **Easter Sunday**, some go to church at 6am for the Resurrection mass – a ceremonial service and procession. Homes come alive with families who gather to eat breakfast. Before the meal, in much the same way as for Christmas with the sharing of the opłatek (Christmas wafer), people share wedges of the blessed Easter eggs from the basket.

The numerous traditional Easter delicacies in Poland are surprising, sophisticated and inspired by spring.



The last festive day is **Easter Monday**, also known as Śmigus-Dyngus (Wet Monday). In addition to more food, tradition requires that boys and girls throw water at each other. This apparently started in 966 A.D.

**Zdrowych, Pogodnych Świąt Wielkanocnych, pełnych wiary, nadziei i miłości.
Radosnego, wiosennego nastroju, serdecznych spotkań w gronie rodziny
i wśród przyjaciół, oraz wesołego "Alleluja":)**

Healthy, happy Easter holidays, full of faith, hope and love.
Joyful, spring mood, cordial meetings with family
and among friends, and happy "hallelujah"





A Christmas Eve scene—for colouring.

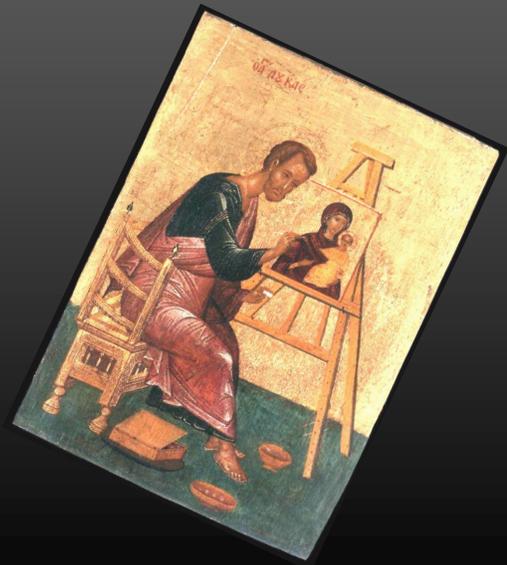
Two Polish children have found the 'Star of Bethlehem'. Now they can sit down with the family for a feast. Notice their traditional Polish clothes, the Christmas tree (drzewko świąteczne), the sheaves of wheat, the mistletoe, the candle in the window, presents, and the winter scene outside.

The Black Madonna of Czestochowa

Polish: Czarna Madonna / Matka Boska Częstochowska



Also known as Our Lady of Jasna Gora is a revered icon of the Virgin Mary. The original painting is in Jasna Gora Monastery in Czestochowa, Poland. It has been there for six centuries. Millions visit every year.



1. St. Luke, legend has it, painted the Black Madonna from life after Jesus' death, upon a cypress board the young Christ had fashioned into a tabletop for the Holy Family's use.
2. The image stayed in Jerusalem until 328, when St. Helena took it to Constantinople. In the 1200s, it came into the possession of Lev I of Galicia, who installed it in his castle in Belz, Ukraine.
3. Not long afterward, when Tatars attacked, Vladislaus hung the icon on the surrounding wall. A fog arose, in which the attackers retreated, but not before one of their arrows scarred the Virgin's neck.
4. In 1382, Vladislaus founded a monastery on Jasna Góra (Bright Hill) near Częstochowa. He had the sacred painting installed in the Church of the Assumption there.
5. In 1430, Hussite raiders tried to steal the painting. Their horses refused to move. They threw down the icon and slashed it. Immediately, they died, went blind, or lost use of the offending hands.
6. In 1655, the Black Madonna was credited with staving off the Swedish siege of the monastery.
7. On August 15, 1920, she was said to have appeared above the Polish defenders at the Battle of the Vistula near Warsaw, heralding or abetting the Russian defeat.
8. The Catholic Church has honored the Black Madonna with four canonical coronations, in 1717, 1910, 1966, and 2005. John Paul II visited the shrine four times leaving a golden rose.

The Virgin Mary's suffering is the essence of the Polish soul, Polish culture, Polish Catholicism, Polish history and of all Polish mothers.

Polish National Anthem

Mazurek Dąbrowskiego

In English known as: 'Poland Is Not Yet Lost'

Adopted again in 1926 post WW1

Józef Rufin Wybicki wrote the lyrics in July 1797, two years after the Third Partition of Poland erased the Polish–Lithuanian Commonwealth from the map of Europe. It was originally meant to boost the morale of Polish soldiers serving under General Jan Henryk Dąbrowski's Polish Legions that served with Napoleon's French Revolutionary Army in the Italian campaigns of the French Revolutionary Wars. In defiance to the occupation of Poland it perpetuated the idea that the nation of Poland had not disappeared as long as the Polish people were still alive and fighting in its name. It became true.

Mazurek Dąbrowskiego

Józef Wybicki

MICHAEL KLEOFAS OGINSKI

There are six lyrics plus refrains. One lyric and refrain is shown below.



*Jeszcze Polska nie umarła,
Kiedy my żyjemy
Co nam obca moc wydarła,
Szablą odbijemy.*

*Poland has not yet perished,
So long as we still live.
What the foreign force has taken from us,
We shall with sabre retrieve.*

*Marsz, marsz, Dąbrowski
Do Polski z ziemi włoski
Za twoim przewodem
Złączym się z narodem.*

Chorus
*March, march, Dąbrowski,
From Italy to Poland.
Under your command
We shall rejoin the nation.*

prze- moc wzię- la, sza- blą od- bie- rze- my. Marsz, marsz, Dą- bro- wski, z zie- mi wło- skiej do

Pol- ski Za two- im prze- wo- dem zła- czym się z na- ro- dem. ro- dem.



Coat of arms of the Polish-Lithuanian Commonwealth.

Did you know?

Baseball was brought to North America by Polish immigrants.

Quite possibly. In 1609 Polish tradesmen arrived in Jamestown, colonial Virginia. One of the games they brought with them was called 'palant'. It was a game played with two teams, a ball and sticks.

What is Poland's official name?

In English; Republic of Poland and in Polish; Rzeczpospolita Polska.

Poland in the Polish language is Polska, which translates to 'the land of the fields'.

Where is Poland located?

When Poland was under Russian control it was considered as part of Eastern Europe. In fact it is located in 'Central' Europe along with Germany, Czech Republic, Austria, Slovakia, Hungary and Switzerland.

What is the capital of Poland?

In English it is called Warsaw. In Polish it is called Warszawa. Pronounced—Var-sha-va.

What is Canada's capital?

Is Poland divided into provinces similarly to Canada?

It is divided into 16 provinces called 'województwo'. Canada has ten provinces and three territories.

How large is Poland in square km's compared to Canada?

Poland covers an area of 312,696 km². In comparison Canada is 9.98 million km².

Poland is the 9th largest country in Europe. Canada is the 2nd largest country in the world.

What is Poland's population compared to Canada's?

Poland, in 2020, was over 38,000,000. It is the 5th most populous member of the European Union.

Canada's population, in 2020, was also over 38,000,000.

What is Poland's official language?

Polish is a West Slavic language of the Lechitic group, written in the Latin script. Canada has two official languages; English and French.

Is Poland a Democracy?

After its break from Russian, 1991, Poland shifted to a democratic rule known as the Third Polish Republic. Poland has a President and a Prime Minister and an elected body of citizen representatives.

Polish Kashubians (Pomeranians) The Kashubs, a Slavic group that lives southwest of Gdańsk, arrived in Canada in 1858 and now thrive in and around Wilno Ontario.

Why has there been an annual pilgrimage to Niagara-on-the-Lake, Ontario, every June since 1919 ?

Americans and Canadians of Polish descent trained under General Haller at camp Kościuszko, NOTL, in 1917, during WW1. 25 recruits and 1 priest lie buried near Ft. George. Thousands gather at the cemetery every year with a marching parade through the village to honour those fallen men.

Did you know that Brantford's twin city is Ostrów Wielkopolski in Poland?

The oldest known mention of Ostrów comes from a document dated in 1293. Its population is slightly smaller than Brantford's. In 1989, Brantford proclaimed it as an official 'twin city'.



Ostrów Wielkopolska

Coats of Arms



City of Brantford

Did you know?



What is the national flower of Poland?

It's the 'corn poppy'. Canada's national flower is the 'bunchberry'.

What is the national bird of Poland?

It's the 'white-eagle'. The national bird of Canada is the 'gray-jay'.

A woman was once 'King' of Poland.

On October 16, 1384, according to the conventional scholarly consensus, Jadwiga was crowned the 'King of Poland' at the 'Wawel Cathedral' in Kraków. This fact is real and the details are very interesting.

There are 17 Nobel Prize winners with Polish roots.

Marie Skłodowska Curie received 2 in physics, Lech Wałęsa for contributions to peace, Czesław Miłosz for literature and Olga Nawoja Tokarczuk for literature. Just to name a few.

Poland is home to over 1,300 lakes and 24 National Parks.

Białowieża Forest is where the largest herds of Bison, in Europe, exist and the Ancient and Primeval Beech Forests of the Carpathians and Other Regions of Europe are two UNESCO park sites.

What are the most popular given names for a female and male in Poland?

Julia (Julia), Zuzanna (Susan), Zofia (Sophie) and Antoni (Anthony), Jakub (Jacob), Jan (John)

What are the most popular surnames in Poland?

Nowak—203,980, Kowalska / Kowalski—137,98, Wiśniewska / Wiśniewski—109,896.

What is the most popular religion affiliation in Poland?

90% of Poles are Roman Catholic and in fact one TV channel is dedicated just to the Pope.

What country exports the most amber in the world?

You guessed it, Poland. Nearly 60% of all amber in the world comes from Poland.

What's the most populated city in Poland?

It is the capital of Poland, Warsaw, with 1.7 million people. Canada's most populated city is the capital of Ontario, Toronto, with 2.6 million people.

St. Nicholas Day, 'Dzień Świętego Mikołaja', falls on December 6th and starts off the Christmas holidays in Poland. This holiday honors St. Nicholas (Święto Mikołaj), a saintly, dignified figure.

Christmas carols (Kolędy)

They are a big thing in Poland. There are thousands of them. One even nearly became the Polish national anthem. Perhaps the most famous Polish kolęda is Bóg się rodzi (God is born).

How many people with Polish ancestry live outside of Poland?

About 20,000,000. This diaspora is one of the largest in the world and one of the most widely dispersed.

Are 'name days' important? (imieniny (eem-yeh-NEE-nih))

Traditionally these days celebrating 'given names' were more important than birthdays, however, this is changing. My name days for Zygmunt are—Oct 31 and Dec 30.

What sports are popular in Poland?

Soccer (the most popular sport), volleyball, motorcycle and formula one speedway, ski jumping, track and field, tennis, American football, handball, basketball, and combat sport.

Polish Children's Song

Głowa, ramiona, kolana, piety

Głowa, ramiona, kolana oraz piety,
Kolana oraz piety, kolana oraz piety.
Głowa, ramiona, kolana oraz piety,
Oczy, uszy, usta oraz nos!

**English Children's Song**

Head, Shoulders, Knees, Heels

Head, shoulders, knees and heels,
Knees and heels, knees and heels.
Head, shoulders, knees and heels,
Eyes, ears, mouth and nose!

Sung to the tune of "Mary had a little lamb"

A Happy Birthday wish in Polish

"Happy birthday" has no direct translation. It would be "Szczęśliwych urodzin", but it sounds weird.

Poles say: "Wszystkiego najlepszego z okazji urodzin!"

This means "Best wishes to you due to your birthday!"
or "Sto lat!" that means "I wish you one hundred years of living!".

**Polish Birthday Song**

Also sung for weddings and anniversaries to express good wishes, good health and long life to a person(s).

Sto lat, sto lat, niech żyje, żyje nam	100 years, 100 years, may (s)he live, may (s)he live
Sto lat, sto lat, niech żyje, żyje nam /	100 years, 100 years, may (s)he live, may (s)he live
Jeszcze raz, jeszcze raz, niech żyje, żyje nam	Once again, once again, may (s)he live, may (s)he live
Niech żyje nam!	May (s)he live!

This is the shortened version as others can have two more verses.

Fun with Polish words

Dziewięćsetdziewięćdziesięciodziewięćnarodowościowego

This is the longest Polish word containing **54 letters**.

A rough translation is: "of nine-hundred and ninety-nine nationalities"

English	Polish	Pronounced
Yes	Tak	Tahk
Cheers	Na Zdrowie	Nas-dro-v-yea
Hello or good day	Dzień dobry	Jine Dobree
Please	Proszę	Proshe
Thank you	Dziękuję	Jen-koo-yea
I don't understand	Nie rozumiem	Nie ro-zoo-me-em
What is your name?	Jak masz na imię?	Yak-mash-na-im-yea
Sorry	Przepraszam	Psheh-pra-shaam
How are you?	Jak się masz?	Yak-shee-mashh
I love you	Kocham cię	Ko-ham-chi-yea
Do you speak English?	Czy mówisz po angielsku?	Ch-movish-po-angee elskew
Happy Birthday	Wszystkiego najlepszego	Wshust-key-a-go-ni-lep-shea-go
Computer	Komputer	Kom-phoo-ter
School	Szkoła	Shk-o-wha
Hockey	Hokej	Hok-ee

Answers to page quizzes 43 and 44

A14 B1 C12 D17 E4 F5 G2 H3 I9 J11
K19 L8 M18 N13 O10 P16 Q15 R7 S6

Polish Idioms

(Idiom: is a phrase or expression that presents a figurative, non-literal meaning attached to the phrase.)

English	Meaning	Polish
Not my circus, not my monkeys.	Not my problem.	Nie mój cyrk, nie moje małpy.
He has a snake in their pocket.	He is cheap or stingy.	On ma węża w kieszeni.
Speak straight from the bridge.	Telling it like it is.	Mówić prosto z mostu.
Clear as the sun.	It's easy to understand	Jasne jak słońce

Words in Polish and English that look and sound the same but have completely different meanings.

	English meaning	Polish meaning
But	<u>A conjunction</u>	Shoe
Jest	Joke	Third person singular
Pan	Used for cooking	A man
Most	<u>A superlative word</u>	Bridge
Brat	Misbehaved	Brother
Windy	Describes weather	Plural for elevator
Herb	Used in cooking	Coat of Arms
Prom	A special school event	A ferry



Poles are well-known for their exceptional hospitality.



An old saying has it that 'a guest at home is like having God at home'. Polish customs can be very tricky! Here are some tips.

Be on time. Your host will have been working on the meal all day and it 'will' be ready when you arrive. Handshakes, hugs and kisses are normal.

Eating starts when everybody takes a seat at the table and the host says 'Smacznego!' ('enjoy your meal!').

NO politics or religion. Poles love intelligent jokes. Your hosts will love to hear about your country and your life adventures. They will be delighted to tell you about Poland. After the meal you will be offered a smörgåsbord of **desserts and more drinks.**

Say 'Thank you' or 'Dziękuję,' when leaving the table. You will be offered seconds and thirds and likely a 'take-home' package later.

Poles love to sing and often bring out assorted instruments to play. Children are always very much a part of all social gatherings.

It will be very hard to leave. Your hosts will be in a joyous mood and want you to stay longer. Goodbyes begin inside, at the front door, out to your car and followed up by a phone call. Lots of hugs and kisses.



Being a guest in Poland should be on your 'bucket list' of things to do.

Musical Instruments unique to Poland



Devil's Fiddle



Vessel Flute



Burczybas Drum



Hurdy-Gurdy Organistrum



Ligawka Horn



Pedal Accordion

Photos: Museum of Folk Musical Instruments in Szydłowiec, Kielce, Poland

Breakfast, Lunch, Dinner and Snacks in between—Polish Kielbasa / Sausage

Fresh, lean, kielbasa, in all its forms, can be made into countless mouth-watering goodies. Sauerkraut and kielbasa are an amazing mix. Dice it, slice it, peel it, fry it, bake it, BBQ it.....wear it around your neck, its all good.

Sandwiches, on burger or hotdog buns, casseroles, in soup, with eggs, in salads, with pierogi, potatoes, and as always (for me) break off a piece and put mustard or horseradish on it and just eat it as you would a chocolate bar. **Warning:** Too much Polish Kielbasa is not healthy for you.



There are 100's of ways to eat pickled Polish herring.

'Śledzie marynowane'

My favorite is right out of the jar.



What famous Polish foods are made from Potatoes?

What was once a 'peasants' food is now quite a treat.

Pierogi—pronounced, Pih-roh-ghee

Fillings include; potato, cheese, quark, sauerkraut, ground meat, edible mushrooms, or assorted seasonal fresh fruit. Pierogi are often served with a topping of sour cream, fried onions, or both. I know it is not right but I sprinkle a tiny bit of brown sugar on top.



It is not 'pierogis'.

'Pierogi' is singular and plural.



Kopytka—pronounced, Ko-pit-ka

Literally meaning 'little hooves', these 'Polish Potato Dumplings' are made with mashed potatoes, flour and egg. The dumplings are made perfect served with garlic, onion, mushrooms and bacon!

Placki Ziemniaczane—pronounced, Pat-ski Gem-nia-cha-nyeh

'Polish Potato Pancakes' are shallow-fried pancakes of grated potato, flour or matzo meal, and a binder such as egg or applesauce are a part of the Polish family's heritage. Usually served with sour cream and onions but anything can go on them you want.

Other than the traditional sour cream I sometimes top my placki with apple sauce, honey, or a jam but



never ever ketchup.





Mazurka (*Mazur* or *Mazurek* in Polish) characterized by the stamping of feet and clicking of heels.



Krakowiak or *Cracovienne* is a fast and very lively dance from the region of Kraków and Lesser Poland.



Polonaise, originated in Poland, was introduced in the 17th century in French courts, and was very popular throughout Europe. The rhythm of the music is slow to moderate.



Kujawiak is a Polish folk dance from the region of Kujawy in central Poland.

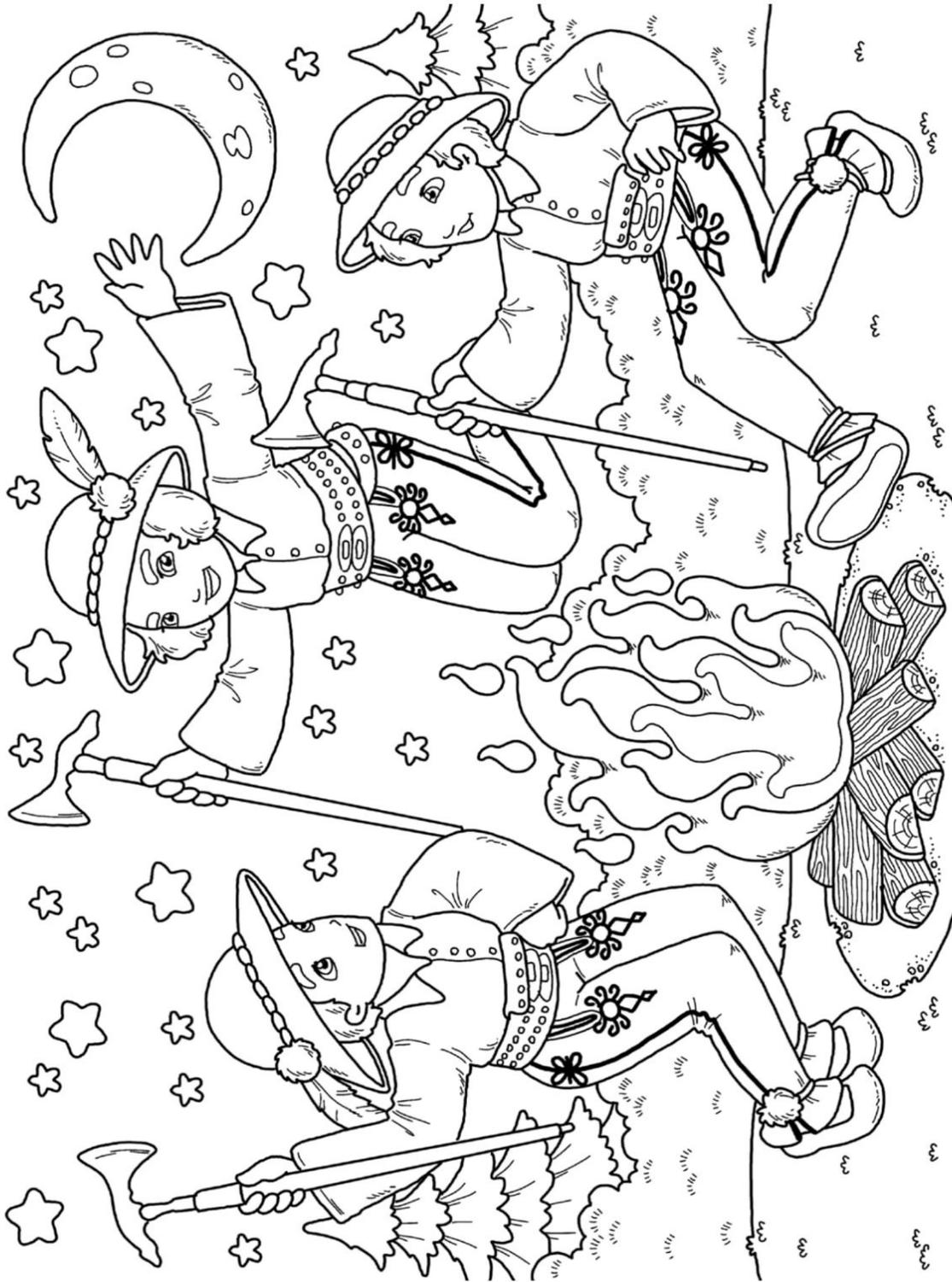


Oberek is derived from 'obracać się' which in Polish means 'to spin'. It consists of many dance lifts and jumps.

[Stroje ludowe – Strój Górali Beskidu Śląskiego]



Colouring Activity—Dancing by the fire with 'Shephard's Axes'



[Górale – Taniec z ciupagami przy ognisku]

Polish Trivia

1. The Polish and Canadian flags are both red and white.
2. The Polish white colour represents the hope for peace by all the people of Poland. The red colour symbolizes the many struggles for freedom over the centuries. Remember: white side up.



The Canadian colours, red and white, can be traced back through France and England. England-red, France-white.

1. Walter Gretzky's mother was Polish. His father, though born in Belarus, is likely of Polish descent.
2. People of Polish descent have been on this continent since the 17th century. Poles have had alliances with Canada, then called Lower Canada, as far back as the War of 1812.
3. Niagara-on-the-Lake's St. Vincent de Paul Cemetery, was designated by the Canadian government as sovereign Polish territory. The Canadian, American, French and Polish flags fly over this sight. You will be very surprised as to why Haller's Blue Army (Haller's Błękitna Armia) was named that way.
4. AGE Smith, Jay Silverheels (aka Tonto) father, was one of the officers training Polish soldiers at Niagara during WW1. AGE Smith was from the Grand River Six Nations Territory. He went overseas with the Polish troops, was wounded, and received the 'Order of the Black Star' from Poland.
5. Canada's 2016 census states that 1,200,000 people acknowledging Polish ancestry live in Canada.
6. Poland borders seven other countries. The countries that border Poland are Russia, Germany, Ukraine, Lithuania, Slovakia, Belarus and the Czech Republic.
7. The 'white-tailed eagle' is the national bird of Poland. It represents the country's strength, solidarity, and courage in the face of adversity. The 'bald eagle', in the Haudenosaunee (Six Nations) culture, as it sits on the Great Tree of Peace, is the symbol of 'protection' and a connection with the Creator. The Americans also have the 'eagle' as a national symbol.



Bald Eagle



White-tailed Eagle

Polish Trivia



9. Polish dumplings are the best in the world. This is according to a census taken in Poland.
10. Jagiellonian University, in Kraków, was founded by King Casimir III the Great in 1364. It is the second oldest University in Europe. The first one was founded in Prague sixteen years before.
11. Castle of the Teutonic Order, in Malbork, is a UNESCO site and the largest in the world, by land area.
12. The Wieliczka Salt Mine, is over 800 years old. It is 135 metres (440 feet) below the ground, located in the town of Wieliczka, southern Poland, also a UNESCO site.
13. Vodka was really invented in Poland as early as 1405, at which time it was used as medicine. Around 260 millions liters of vodka are produced in Poland each year.
14. Europe's heaviest animals, the Bison (600kg), still thrive in the Białowieża Primeval Forest in Poland – the last primaeval forest in Europe.
15. "Piwnica Swidnicka", in Wrocław is the oldest restaurant in Europe. It was opened all the way back in 1275 and you can still enjoy a delicious meal there today.
16. Upside-down-house, in the tiny Polish village of Szymbark, is the first of its kind in the world. You have to enter the house through the attic windows and can stroll through the furnished interior, reminiscent of Communist Poland during the 1970s to symbolise how the Communist rule turned life upside down in Poland.
17. The Old Town in Warsaw you see today is not completely original. During WW2, in 1944, Warsaw was excessively heavily bombed and intentionally pulverized by Nazi Germany. The Poles rebuilt their city after the war using the detailed paintings of Bernardo Bellotto. The Old Town of Warsaw now looks as it did in the 14th century. It is a testament to the incredible strength and resilience of the Polish people.

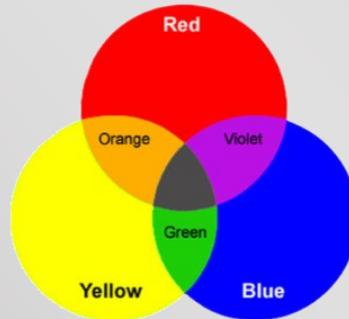




There are 32 letters in the Polish alphabet.

There are 26 letters in the Canadian alphabet.

a, ą, b, c, ć, d, e, ę, f, g, h, i, j, k, l, ł, m, n, ó, o, ó, p, (q), r, s, ś, t, u, (v), w, (x), y, z, ź, ż.
Letters q, v and x do not exist in the Polish language but only used in 'loanwords'.



Colors (colours) — Kolory

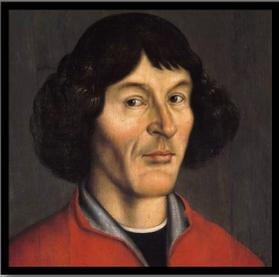
English	Polish	Pronunciation
Red	Czerwony	Chair-vo-nay
Yellow	Żółty	zhoh-tay
Blue	Niebieski	Nyeh-byee-es-kee
Orange	Pomarańczowy	Po-mar-an-cho-vay
Purple	Purpurowy	Purp-uh-rrovy
Green	Zielony	Zhielony



English	Polish	Pronunciation
1 One	Jeden	ye-den
2 Two	Dwa	(dva)
3 Three	Trzy	(tshih)
4 Four	Cztery	(chte-rih)
5 Five	Pięć	(pyen'ch')
6 Six	Sześć	(shesh'ch)
7 Seven	Siedem	(sh'ye-dem)
8 Eight	Osiem	(o-sh'yem)
9 Nine	Dziewięć	(d'ye-vyen'ch)



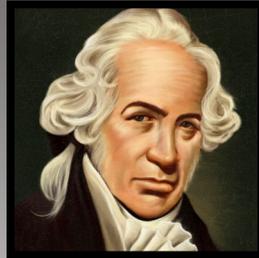
English	Polish	Pronunciation
Square	Kwadrat	Kva-drat
Triangle	Trójkąt	Troy-kont
Circle	Okrąg	O-kroon-gh
Oval	Owalny	O-val-knee
Hexagon	Sześciokąt	Shezz-ch-kont
Rectangle	Prostokąt	Pro-sto-kont
Pentagon	Pięciokąt	Pyench-o-kont



1.



2.



3.



4.



5.



6.



7.



8.



9.



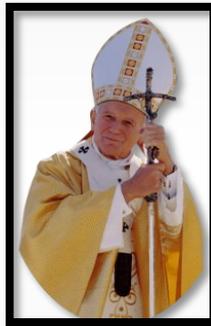
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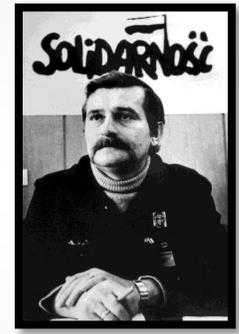
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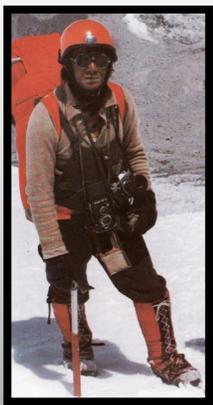
13.



14.



15.



16.



17.



18.



19.

Have fun matching the numbers with the names on the opposite page.

Answers on page 29

Some of the world's most famous Polish People



- A) 1384—**Jadwiga** was the first female monarch of the Kingdom of Poland.
- B) 1514—**Nicolaus Copernicus** told us that the earth revolved around the sun.
- C) 1541—**Stanisław Samostrzelnik**, Śt. Stanisław was the first Polish-born saint.
- D) 1746—**Andrzej Tadeusz Kościuszko**, a hero, an engineer, statesman, and military leader.
- E) 1776—**Kazimierz Michał Pułaski** was a key figure in George Washington's army and known as the 'the father of the American cavalry.'
- F) 1830—**Fryderyk Chopin** invented the concept of instrumental ballade; a master pianist.
- G) 1903—**Maria Skłodowska Curie** was the first to receive two Nobel Peace Prizes. She discovered radium and polonium for use in radiation in medicine.
- H) 1709—**Daniel Fahrenheit** invented a temperature scale known as the Fahrenheit scale.
- I) 1929—**Popeye** is said to be based on a man of Polish descent living in Illinois Ohio.
- J) 1930—**Saint Maria Faustyna Kowalska** of the Blessed Sacrament, canonized April, 2000.
- K) 1939—**General Władysław Sikorski**, was the commander-in-chief of the Polish Army and Prime Minister of the Polish government in exile.
- L) 1940—**General Stanisław Haller's** Blue Army, joined in the defeat of the Soviets in 1920.
- M) 1944—**Wojtek** the Polish Soldier Bear was with the Polish troops at Monte Cassino, 1944.
- N) 1978—**Cardinal Karol Józef Wojtyła** became the first non-Italian pontiff since 1523 known as Pope John Paul II. He was the second longest serving Pope; 26 years.
- O) 1978—**Mirosław Hermaszewski** became the first Pole in space.
- P) 1987—**Józef Jerzy Kukuczka** became the second man to climb all fourteen 'eight-thousanders' mountains in the world.
- Q) 1990—**Lech Wałęsa**, in 1980, became the leader of Solidarity (Solidarność) and the first democratically elected President of Poland since 1926.
- R) 2020—**Robert Lewandowski**, captain of the Polish National soccer team. He has been named the Best FIFA men's soccer player for 2020 and 2021.
- S) 2021—**Walter** the most famous father of any athlete (hockey player) in the world, and **Wayne Gretzky**, an NHL hockey legend.



Zygmunt (Zig) Misiak arrived in Canada, as a WW2 Polish baby refugee, with his parents, Stanislaus and Zina Misiak in 1950. Zig is a highly respected, award-winning Canadian author of First Nations books and educational resources. He has received multiple awards, not all listed here, for his work and contributions, including two Governor-General's Awards:

Queen Elizabeth II Diamond Jubilee Medal
Sovereign's Medal
Lieutenant Governor's Ontario Heritage Award for Lifetime Achievement
Gold Medal of the Polish Army - 1st Degree
Canadian Polish Congress Award of Merit
Polish Combatants' Bronze Cross
Shining Star Award
George and Olive Seibel Award
Inductee: Ancaster High School Hall of Distinction
Canadian Aboriginal Veterans Association Medallion

As a child, often on his own, Zig became very curious about the children he had seen "across the bridge" at the nearby residential school in Brantford, Ontario. Then, as an adult, he embraced and cultivated interest and enduring relationships with his neighbours and friends, the Haudenosaunee, the Grand River Six Nations People.

Zig Misiak, became a well-known historical re-enactor who has travelled thousands of miles across Eastern Canada and the United States, participating in the re-enacting of major historical events from the French and Indian Wars, American Revolution, to the War of 1812. He also served six years in the Canadian Army, Royal Hamilton Light Infantry (RHLI).

He is now recognized as an authority and a legend for his knowledge, understanding, and commitment to authenticity, as well as the strong friendships he has developed. He has studied and travelled to the very places he has written about in his many books. Zig has a deep love and respect for Indigenous People, recognizing that in spite of the many difficult challenges they have faced, they have remained true to their treaties. As Zig says, **"We must know them."**



9 Clans of the Six Nations (Haudenosaunee / Iroquois)



First Nations Resource Collection & other books by Zig Misiak

www.canadianauthoreducation.com





Racławice Panorama (Panorama Racławicka) is a monumental (15 × 114 meters) cycloramic painting depicting the Battle of Racławice, during the Kościuszko Uprising in 1794. A UNESCO site.



Royal Castle, 1619, in Warsaw (Zamek Królewski), destroyed by Nazi's in WW2. Now completely rebuilt—UNESCO site.



Białowieża Forest is home to the largest free-roaming population of



Tatra mountains are the highest mountain range in the Carpathian Mountains between Slovakia and Poland.

