



**Polish  
American  
Association**

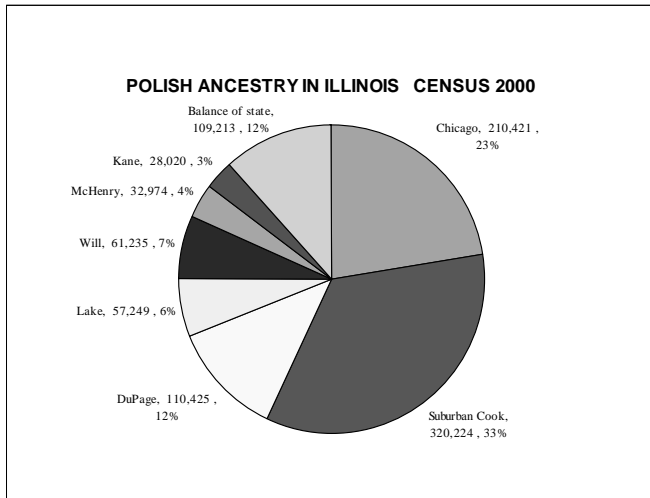
**Serving Polonia Since 1922**

# The Link

Volume XXI, Number 1, February 2004

## Snapshots from Census 2000 . . .

During the past several months, the Polish American Association has been gathering and reviewing detailed data from Census 2000 pertaining to the Polish community in Illinois, in an effort to better serve the diverse needs of the Polish community. Here is a snapshot look at the Polish population.



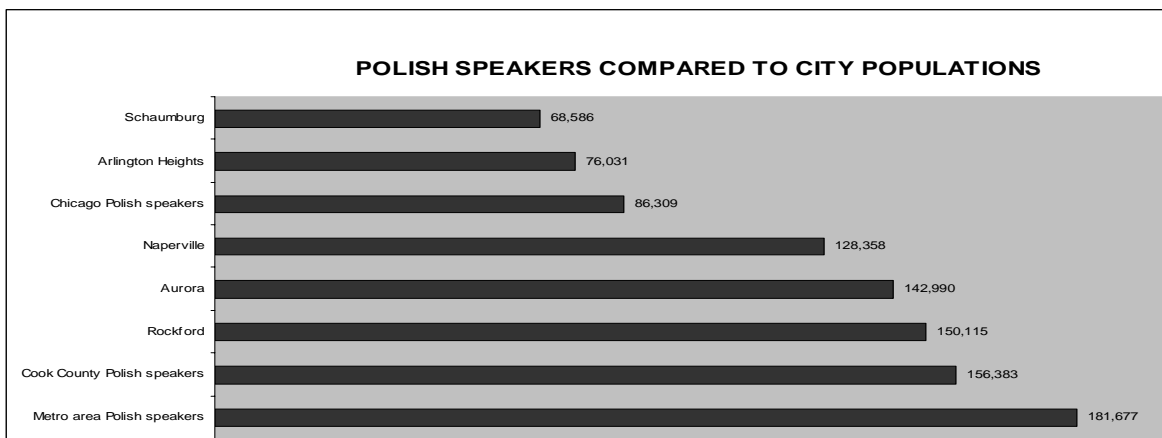
### CHANGE IN POLISH IMMIGRANT POPULATION, 1990-2000

	2000	1990	Pct change
<b>Metro Chicago</b>	138,570	83,130	67%
<b>Chicago</b>	69,501	52,669	32%
<b>Suburban</b>	69,069	30,461	127%
Portage Park - Chicago	12,894	6,262	106%
Dunning - Chicago	8,387	2,412	248%
Avondale - Chicago	4,740	7,022	(-33%)
Garfield Ridge - Chicago	4,329	1,692	156%
Jefferson Park - Chicago	3,106	1,473	111%
Burbank	2,904	708	310%
Elmwood Park	2,747	452	508%
Archer Heights - Chicago	2,707	1,809	50%
Des Plaines	2,634	767	243%
Niles	2,239	1,272	76%
Norridge	1,986	709	180%
Mount Prospect	1,956	685	186%
O'Hare - Chicago	1,850	478	287%
Montclare - Chicago	1,786	672	166%
River Grove	1,655	345	380%
West Lawn - Chicago	1,624	786	107%
Harwood Heights	1,549	567	173%

■ While the total number of US born claiming Polish ancestry declined by 86,539, this loss was partially offset by 56,580 new immigrants from Poland between 1990 and 2000.

■ There has been a substantial shift of Polish-Americans out of Cook County into the collar counties, especially Will and McHenry counties.

■ The Chicago communities with the largest growth in the Polish immigrant populations, on the Northwest side, Portage Park and on the Southwest side, Garfield Ridge, are also the two communities where PAA's offices are located.



■ Polish speakers in the Metro area number 181,677 people. If Polish speakers lived in one area, they would comprise the second largest city in Illinois.

■ 932,996 persons residing in Illinois claim Polish ancestry.

## *PAA's Teen Development Program Expands Services...*

Life for any teenager can become overwhelming. Add to this normal teenage angst the move to a different country, where you don't yet speak the language or have any close friends, and these vulnerable teens can become susceptible to negative influences.

That's why since 1995 PAA has offered a youth program designed to help immigrant children adjust to life in the U.S. The program focuses on enhancing self-esteem, strengthening social and leadership skills, as well as substance abuse prevention and living a healthy lifestyle.

Thanks to a grant from the Benjamin B. Green-Field Foundation, PAA has expanded the program's offerings, and is able to serve more Chicago and suburban teens at our North and South Side offices. Through weekly workshops, group discussions and team building games, the teenage participants work with the program staff to focus on issues such as cultural diversity, gang awareness, drug and alcohol abuse prevention, and building healthy relationships with family and peers.

Additionally, the program coordinator is available for one-on-one sessions that allow teenagers to explore complex

personal issues in a confidential and supportive setting. Through a series of theater workshops, presented by a volunteer actress, the youth participants also have been introduced to exercises and games that help them to express their ideas and emotions and have found support and friendship in a cooperative



**A mural recently painted by the participants of PAA's Teen Development Program at our Southside office. The teens planned and painted the mural that adorns their meeting space.**

environment. Under the guidance of program staff, teens plan and implement activities and events, including group art projects, field trips, and most recently a group performance in a youth talent show and the recording of a CD. The program helps Polish youth gain the emotional strength and stability to help make this new country feel like home.

"We have our 'own' place where we can always find someone to talk to about our problems and concerns. It (the program) encourages us to do something with our lives so we could create a better community," says Anna, who arrived in the U.S. with her family two years ago. Sixteen-year-old Peter says, "We learn how to manage our lives so we could make good decisions for the future. There's always someone who helps us with our problems."

## *Bridging the Communications Gap Between Parents and Children...*

Many parents often feel helpless when it comes to dealing with their adolescent children. Their once happy homes and manageable relationships with their kids suddenly become turbulent and unpredictable. Sometimes they even feel they don't know their own children anymore.

PAA's counseling staff saw many parents over the years grappling with these issues, which are exacerbated in immigrant children as they try to adjust to life in a new country during the already difficult teenage years.

In response PAA's counseling staff began offering parents a communications lifeline with their children in the form of Parenting Education Seminars. This program, which began five years ago, is the first and only one of

its kind in the Polish language in the Chicago area. The course lasts seven weeks and instructs parents in a different approach to child rearing. The seminars are based on a highly respected model centered around two books "How to Talk So Kids Will Listen & Listen So Kids Will Talk" and "Liberated Parents, Liberated Children: Your Guide to a Happier Family."

Parents learn the skills needed to really listen and better recognize their children's needs, deal with inappropriate behavior in a more effective way, and reduce the tension in their home. They practice skills for acknowledging, accepting, and dealing with their children's feelings; engaging cooperation; encouraging responsible behavior and

self-reliance; enabling children to see themselves differently; new ways to praise; as well as alternatives to punishment.

These seminars are open to all Polish-speaking parents who wish to improve their parenting skills. Additionally, PAA's program accepts parents who are referred by the court system or the Department of Children and Family Services.

The parents who participate and put to use what they've learned are always impressed with the dramatic improvements in their communication with their children. "I've learned to accept the individuality of my children. I've learned to discipline my children without hurting them. I've learned to raise my children through encouragement," said one mother.

*"We make a living by what we get, but we make a life by what we give."--Winston Churchill*

## *From The Chairman...*

*While we all await the warmth and beauty of spring, we savor the wonderful holiday memories of times spent with our families and friends, the festive looks and smells that tingle our senses and make our holidays magical, and the joy created by gifts received and given.*

*Not everyone is blessed with these wonderful memories. In fact, the difficult obstacles in the lives of numerous PAA clients prevent them from approaching the holiday season with a sense of hope. However, this holiday season through their kindness, compassion and generosity some special people have lifted the hearts and spirits of many whose lives are especially difficult.*

*PAA is so grateful to all of its supporters, however I'd like to thank some especially wonderful individuals and companies. Our deepest gratitude goes to Edward and Jane Bleka and Quantum Foods. Thanks to their incredible generosity, PAA once again has a vehicle to transport tons of food each week to its food pantry and its homeless day shelter. PAA's homeless clients have a means to travel the more than 20 miles daily to and from their night shelter during the cold winter months. Additionally this van is used for many other programs.*

*Thanks to the generosity of the parishioners of St. Constance Parish and the members of the Chicago Society of the P.N.A, many disadvantaged children received Christmas presents. Thanks to Jewel-Osco our homeless clients enjoyed delicious meals on Thanksgiving and Christmas; our food pantry clients received a gift certificate for ham; and several poor families received clothing to keep them warm during the blustery winter. The employees of Peoples Energy donated many cartons of nonperishable food to our food pantry and day shelter. Eighth-grade students from Our Lady of Victory School collected and distributed food to our food pantry clients before Thanksgiving. The parishioners of St. Richard Church donated to our Southwest side office food for needy families and gifts for their children.*

*There are countless people in need throughout Chicago. I am heartened that so many chose to help the poor PAA serves during the holidays. As we all know, the need is present throughout the year. As you think about all that you are grateful for and all you have been blessed with in your life, remember those who live each day without love, hope and sometimes the basic necessities*

*Mitchell J. Wiet*

The Link is a publication of the  
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## *PAA Honors Kazimiera Bober at Its Annual Gala...*

The Polish American Association honored Kazimiera Bober, President of Kasia's Deli, Inc., at its Annual Gala & Benefit Auction on Saturday, November 8.

Kazimiera "Kasia" Bober was presented PAA's 2003 Presidential Award at this year's festivities for quietly lending her support each year to dozens of organizations and worthy causes. A true jewel of the Polish community, her neighborhood and beyond, Kasia's generosity reaches many doorsteps. Grateful for the personal and business success she has achieved as founder and president of Kasia's Deli, Kasia stresses the importance of giving back to the community through her actions.

More than 400 guests were in attendance at the Annual Gala, PAA's largest fundraising event of the year, which benefits the organization's 31 programs and more than 3500 clients who seek its help each month.



**Award recipient Kazimiera Bober with Polish American Association Board Chairman Mitchell Wiet.**

## *Miracle Fund ...*

Recently several people have hosted parties to celebrate a birthday. The invitation asked for "no gifts, no flowers please." Donations to PAA would be welcome.

If you wish to honor someone on any occasion such as Mother's Day, an anniversary, birthday or other special celebration, please consider giving a gift that helps make miracles happen. We gladly will acknowledge your special gift to your special person.

## *Literacy Tutors Needed...*

Volunteers for Polish Adult Literacy Program needed. Participate in a rewarding community service opportunity by helping Polish adults prepare for English proficiency exams and more. Flexible hours, weekends, opportunities on Chicago's North and South sides. Training and materials provided.

On the North side, please call Ursula at 773/282-1122 ext.408, on the South side please call Iwona at 773/767-7773 ext.201.

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## Polish American Association

*Resources for Changing Lives*

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## Thank You

...to **Dr. Izabela Roman** for generously hosting an event in her home to benefit PAA . . . all those who made PAA's 2003 Gala & Benefit Auction honoring Kazimiera Bober a success, and those who supported the Musical Interlude at the home of Dr. Roman, and those who made generous donations to the Miracle Fund, especially: **Allstate Insurance, Archdiocese of Chicago, Archer Gold Jewelry, Bank One, Stanislaw Bernacki, The Hon. Joseph Berrios, Jane & Edward Bleka, Walter Block, Kazimiera Bober, Dawn Bode, Sheri & Dan Boho, Lilian Bogusz, Robert Bronisz, Grazyna Buda, Paula Buttel, Chicago Society, P.N.A., Maria Chlanda, Zbigniew Cianciara, John Cina & Dov Taylor, Commonwealth Edison Co., Construction Laborers' Union, Continental Windows, Barbara & Roman Cooper, Cukierski & Kowal, L.L.C., Craig Dean, Camille Einoder, Michael Faron, First Security Federal Savings Bank, Four Season's Farm Polish Delicatessen, Committeeman Terry Gabinski, Garden Fresh Market, Francis Gembala, Richard Griseto, Donald Gutowski, Hankewych & Associates, Inc., Christopher Hill, Hinshaw & Culbertson, HNG Electric, Inc., Dorothy Holden, Holy Innocents Church, Holy Trinity High School, I-Mar Corporation, Integra Communications Inc., International Channel, Natasha & Michael Isaacs, Jessica Jagielnik, Waclaw Jakubowicz, Jewel-Osco, Susan & Stanley Jozefiak, Kasia's Deli, Inc., Nancy Kaszak, Dr. Louis Keith, Dorota & Jerzy Kenar, Rev. Richard Klajbor, Helen Koutnik, John Koutnik, Judy & Roger Kovack, Linda Kuczma, Christopher Kurczaba, Walter Kurczewski, Dr. Henry & Michelle Kurzydowski, Labe Bank, LaSalle Bank, Lawnware Products Inc., Legion of Young Polish Women, Geraldine & Harold Lichterman, Noreen & Chester Lizak, Christine & Jerome Long, Ewa & Ignac Longosz, LOT Polish Airlines, Felix Lyczko, The Hon. Thaddeus Machnik, Thaddeus Makarewicz, Malec & Sons Funeral Homes, Lorraine Maloy, Grazyna & Marek Maneykowski, Ted Martin & Barbara Swider, Matco Travel, Marilyn Mazewski, Anna & Edward Mazur, MBB Enterprises of Chicago, McMaster-Carr Supply Co., Bozena & John McLees, Lucyna Migala & Frank Cizon, Lidia & Frank Modugno, Ronald Nawrocki, Leo Niemiec, Sue & Omar Odland, Orest Olchowij, Barbara & Ken Olendzki, PAC Charitable Fund, William A. Panek, Most Rev. Thomas Paprocki, Robert Paszczak, Michael Payette, Francis Pearman, Peoples Energy, Cynthia Piech, Pine Dental Care, Polish American Medical Society, Polish American Police Association, Polish Museum of America, Polish Roman Catholic Union of America, Polish Women's Alliance of America, Polish Women's Civic Club, Inc., Karen Popowski, PROGRESSIVE Driving Schools, Andrew Przybylo, Kasha & Mario Puharich, Quantum Foods, Inc., Rafalo Construction Co., John Raitt, Resurrection Health Care, Dr. Izabela Roman, St. Helen Parish, St. Joseph Church, SBC, SEIU Local 1, Rev. Edmund Siedlecki, Arnold Siegel, Alice Siorek, Jerry Smulik, Dr. Mark & Anna Sobor, Walter L. Sojka Funeral Home, Jeanne Sowa & Craig Mitchell, Lester Sraga, Florence Stach, Super Low Food, Zofia Szczepanik, Trammell Crow Company-Woodfield Financial Centre, Barbara Truszkowski D.D.S., The White Eagle, Frances & Mitchell Wiet, Bryanna & Paul Wilczynski, Joan & Ernest Wish, WLS-TV, Kathleen Wytmar, Raymond Zmaczynski, Bozena & Arie Zweig . . . to all those who generously donated their time, services, and gift items for the silent auction and grand raffle at our Annual Gala: Alan Krashesky, Jewel-Osco, Oak Mill Bakery, The Zagata Ensemble, Liliana Augustynski, Ashley Boho, Kristienne Hanah, Agnieszka Lipowicz, Archer Gold Jewelry, Baltika, Inc., Bank One Commercial Banking, Chef Michael Baruch, Sheri & Dan Boho, Blue Man Group, Briar Street Theatre, CDW Corporation, Chicago Cubs, Chicago Magazine, Chicago Marriott Downtown, Barbara & Gerry Cukierkis, Camille Einoder, Carol Fox & Associates, Inc., Natasha Isaacs, Jessica Jagielnik, Kane County Cougars Baseball Club, Teddie Kossof Salon & Spa, Jeffrey Kroll, Late Nite Catechism, Lawry's The Prime Rib, Grazyna Maneykowski, James Conroyd Martin, Café Matou, Motorola, Northlight Theatre, Oak Mill Bakery, Most Rev. Thomas Paprocki, Robert Paszczak, The Peninsula Chicago, Christopher Radko Starad, Inc., Dr. Izabela Roman, Royal George Theatre, Scoozy Restaurant, The Second City, The Second City e.t.c., Settimana Café, John G. Shedd Aquarium, Southwest Airlines, Stawski Distributing Inc., Steppenwolf Theater, Dawn & Larry Szumski, Truefitt & Hill, Vital Fitness, W.E. O'Neil Construction Co., Fran & Mitch Wiet, Joan & Ernest Wish, Kathleen Wytmar, Bozena & Arie Zweig . . . all those mentioned in the Chairman's letter who helped make the Holiday's more special for PAA's clients. . . to **Dan Brown at Parkway Metal Products** for the generous donation of computer monitors and a copier...to **Thomas Pikarski of Gordon & Pikarski and Gerald Cukierski of Cukierski & Kowal** for providing pro bono services...to the foundations and corporations that provide support for our programs: **Alphawood Foundation, Blowitz-Ridgeway Foundation, Catholic Charities, Chicago Tribune Charities, Circle of Service Foundation, Inc., The Chicago Community Foundation, The Heritage Foundation of First Security Federal Bank, Home Depot, William G. McGowan Charitable Fund, Inc., Kraft Employee Fund, Sara Lee Corporation, UPS Foundation, Inc., and United Way of Chicago . . . and to all those not mentioned here, but who have given to PAA in time, money or prayers, Dziękujemy bardzo!****