



TRUMPETER

QUARTERLY - AUGUST, 2026

POLISH HERITAGE ASSOCIATION OF MARYLAND



CELEBRATING... AMERICA
*"For Our Freedom
and Yours!"*



"For Our Freedom and Yours"

The famous phrase "For our freedom and yours" originated as an unofficial motto of Poland. It was coined by the Polish historian and political leader Joachim Lelewel during the November Uprising in 1831.

The original, longer version was "In the name of God, for our freedom and yours". It was created to show solidarity with other nations struggling for independence, conveying that the Polish people's fight against oppressive empires was directly linked to the universal fight for human liberty everywhere.

The phrase became an enduring rallying cry used by Polish soldiers, exiles, and resistance fighters in various global conflicts, including the Polish Armed Forces fighting in World War II.

Tadeusz Kościuszko, a Polish and American patriot and hero, fought for American liberty and independence. He was appointed a Colonel in the Engineering Corps of the Continental Army. His highest ideal was freedom. He wasn't able to secure it for Poland, but in America he did succeed. Poland at the time was torn apart by the three superpowers. As of 1795, the third partition left the country nonexistent for the next 123 years.

Kościuszko distinguished himself as an engineer assigned to build and strengthen military fortifications along the Delaware and Hudson Rivers, developing plans for West Point and its Military Academy, and helped to win the strategic Battle of Saratoga which earned French recognition and military assistance for the new nation.



For his contributions, he was promoted by Congress to the rank of General Brigadier and received back pay for his service of \$18,900 and granted 500 acres of land in Columbus, Ohio.

Kościuszko felt strongly about human bondage, suffering, and servitude. His beliefs were formed early in life by ancient philosophers, later by the ideas of the French Enlightenment, the philosophy of John Locke, and the treatment, conditions, and plight of peasants in his own country. Furthermore, while fighting in the Continental Army, he was detailed and befriended an orderly named

'For Our Freedom...'" continued on page 2

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"For Our Freedom and Yours!"

Agrippa Hull, a free-born Black American from Massachusetts, who joined the army at age 18. He was one of the most remarkable and unsung Black Americans of the Revolutionary War era. He served with Kościuszko for four years and two months in Washington's Continental Army. There were 9,000 Black Americans who fought with extraordinary bravery, heroism and dedication in the Revolutionary War. (The military records of Agrippa Hull confirm that he was detailed to Tadeusz Kościuszko.)

Another Black American, Jean Lapierre, served as Kościuszko's aide-de-camp. As a prisoner of war he was exchanged for a British prisoner. After the war ended, he went back with Kościuszko and settled in Biała Podlaska, now Poland. He fought with Kościuszko during the uprising of 1795 against Imperial Russia and the Kingdom of Prussia. While Kościuszko was imprisoned by Catherine



Portrait of Jean Lapierre by Jan Sikorski, 1840.

the Great, Lapierre offered himself to be exchanged for Kościuszko. When Kościuszko was freed and embraced an emigrant life in Europe, Jean Lapierre became an accountant for the Radziwill family.

In America, Kościuszko observed the great injustice and inhumanity experienced by the enslaved while fighting in the Southern Campaign. He considered the words "All

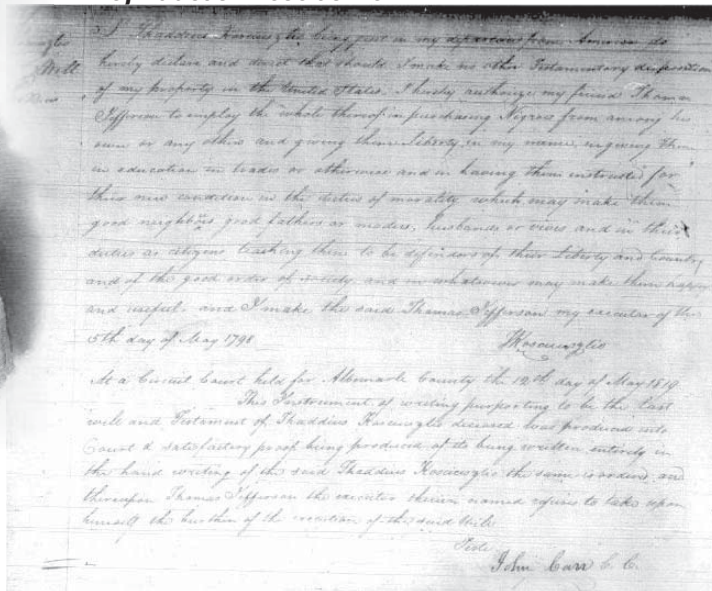
men are created equal" by his friend Thomas Jefferson to be the most important expression of the ideals of democracy. However, the dichotomy between the life of enslaved people and the aspirations of the new nation disappointed him. He bequeathed all his seven years' earnings and land in a will and appointed Thomas Jefferson its executor.

In the will, he asked Jefferson to use the funds to free as many enslaved people as he could, give them land, livestock, tools, and education so they were able to live free and to their best potential in the new republic.

Here is a copy and transcription of Kościuszko's will from

May 5, 1798:

Will of Tadeusz Kościuszko



"5th day of May 1798

I Thaddeus Kościuszko being just in my departure from America do hereby declare and direct that should I make no other testamentary disposition of my property in the United States I hereby authorise my friend Thomas Jefferson to employ the whole thereof in purchasing Negroes from among his own or any others and giving them Liberty in my name, in giving them an education in trades or otherwise and in having them instructed for their new condition in the duties of morality which may make them good neighbours good fathers or mothers, husbands or wives and in their duties as citizens teaching them to be defenders of their Liberty and Country and of the good order of Society and in whatsoever may Make them happy and useful, and I make the said Thomas Jefferson my executor of this.

T. Kościuszko"

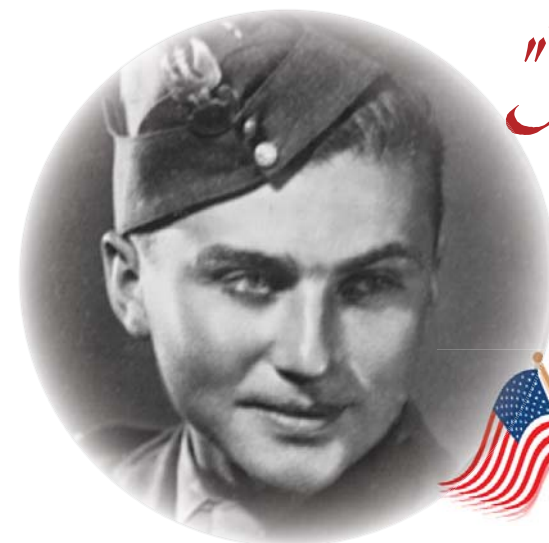
MS (Albemarle County Circuit Court, Charlottesville, on deposit ViU); entirely in Kościuszko's hand; subjoined in hand of John Carr and signed by him is a statement of 12 May 1819 that the will was produced in the Albemarle County Court, determined to be in the hand of Kościuszko, ordered to be recorded.

"Will of Tadeusz Kościuszko, 5 May, 1798," from Founders Online, National Archives.

Thomas Jefferson declined to carry through with his promise and obligation toward his friend. He did not want to find himself in conflict with the plantation owners in Virginia. His own slaves were auctioned after his death and the will's money was squandered as the subsequent executors managed the estate. In 1852, the Supreme Court revoked the will. One may wonder if the course of history would be different if Jefferson had freed his slaves in keeping with the will of Kościuszko? Would we as a nation be farther ahead in social progress today?

Source: Anita Solak, Archives Technician at the National Archives in Washington, DC.

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"For Our Freedom and Yours!"... the 20th Century Version



Stanislaw Edward Mostwin - Polish freedom fighter During World War II he had been a courier for the Polish Government in Exile in London and undertook a dangerous wartime mission when he parachuted into Nazi-occupied Poland.

Obituary By Frederick N. Rasmussen,

The Baltimore Sun, June 4, 2011

Stanislaw Edward Bask Mostwin, a highly decorated World War II Polish freedom fighter whose exploits were worthy of a Hollywood film, died Monday of arrhythmia at his Ruxton home. He was 94.

Recalling his years in the underground during World War II, Mr. Mostwin described the experience for the old Sunday Sun Magazine in 1986 as "fantastic, a James Bond life for a young man." He added, "You are defending your home. There is no hesitation, you just have to go and do it. The alternative is not to be yourself." Mr. Mostwin courted capture and probable death when he parachuted into Nazi-occupied Poland on a mission in 1944 to bring relief and assistance to the underground.

"Stanislaw Mostwin was a freedom fighter, a humanitarian and a true patriot for America and Poland. He was also a true friend," Sen. Barbara A. Mikulski said in a statement released Thursday evening. "I admired and respected Stanislaw Mostwin, and I mourn the loss of this dedicated Polish patriot. But his legacy and fighting spirit will live on in Baltimore and Poland," said Senator Mikulski.

The son of an industrialist and diplomat father and a homemaker mother, he was born Stanislaw Edward Niedbal in Poznan, in western Poland. He graduated in 1935 from the Gymnasium of Adam Mickiewicz in Poznan, and for the next year, completed cavalry officers school in Grudziadz.

Mr. Mostwin had completed a Master of Law degree and was scheduled to study at Cambridge University in England when German forces invaded Poland on Sept. 1, 1939.

Mr. Mostwin served on the Western Front with Polish forces during the invasion, and when his homeland surrendered,

he was sent to a military prison camp. Escaping, he made his way through the Balkans to the Middle East, where he joined the Carpathian Uhlan (cavalry) Divisions in Palestine, then under British command. Wounded during the Battle of Tobruk in North Africa, he recovered and volunteered to become a courier for the Polish government in exile in London.

While being trained by British Intelligence for secret missions as a member of an elite group of military and diplomatic couriers who were known as Cichociemni, or "Silent Shadows" – whose motto was "Loyal to the Vow" – he changed his name to Mostwin, Polish for "bridge." "Of the corps of Cichociemni couriers, there were only 29 diplomatic couriers sent back into Poland during the years 1939 to 1945," said his son, Dr. Jacek Mostwin, a urologist who lives in Ruxton.

"Eighteen diplomatic couriers of the 29 survived. Most were sent with specific intelligence information for delegates of the Polish government in exile and the partisan Home Army, and material relief in the form of paper money and gold," said Dr. Mostwin.

Four weeks before D-Day, Mr. Mostwin parachuted into Nazi-occupied Poland on May 11, 1944, with important diplomatic information and carrying 200,000 U.S. dollars of relief money for Polish and Dutch Jews imprisoned there. The night parachute drop landed Mr. Mostwin on the outskirts of Warsaw, where he was hidden in the home of his future wife, Danuta Pietruszewska who was active in the resistance, and her mother, Irena Pietruszewski, who was an officer in the underground Home Army. Their home was a shelter and meeting point for the Polish couriers. The couple, who fell in love, were married in 1944. The couple remained in Warsaw during the infamous Warsaw Ghetto uprising, when the Germans deported to concentration camps or murdered more than 300,000 Jews between July 22 and Sept. 12, 1944.

Recalling his mission to Poland in his wife's 2000 book, "The Third Value," Mr. Mostwin described the morning he was preparing to depart from London when a delegation of Jewish members of the



Continued on page 7

BOTWINKA: THE OTHER BEET SOUP

By Elizabeth Lipinski

One of my favorite things during the summer in Poland is botwinka, a soup made from young beets with the greens still attached. We can have that here in the States, of course, but we don't revere it the way we do barszcz. While it is a spring or summer soup in Poland, I'd argue that botwinka is the perfect early fall soup here in Maryland. As you've probably noticed, those small, young beets with their vibrant greens start appearing again in September. I chop the stems and sauté them with a little onion or leek, adding the chopped greens after the stems have softened a bit. I might add a splash of water for this to braise; then finish with salt and pepper. On its own, it makes a tasty side to dinner. But I forget just how much I love it when we add a few more ingredients, transforming those sweet little beets and greens into the main event.

Last summer in Poland, I leaned in hard to try every version I could find. Whether visiting family, dining out, or eating with friends, I alternated between chłodnik and botwinka depending on the weather and mood. I found a few favorites but topping the list was a restaurant in Warsaw: U Wieniawy - Polska Kuchnia Oficerska. A place to be charmed by sophisticated interwar officer's cuisine, it is somehow both traditional and innovative. Unable to decide between hot and cold soup options, I asked our waiter which he preferred. He was fiercely clear: beet soup must be eaten hot. Wonderfully opinionated Poles aside, I'm glad I rolled with his choice that day. My botwinka arrived with a perfectly poached egg floating on top. Until then I'd only ever eaten it with hard boiled eggs - but wow, that was a special touch! Swirling the broken yolk into the steaming, vibrant broth transformed a normally light soup into something luxurious and rich. Chef's kiss.

Back home in Baltimore, a conversation with a local farmer highlighted the difference in seasonal timing. In early September, his tables were filled with young potatoes, but he was only just planting his fall beet crop. Hmm. After a summer spent alternating between visits to farms and działki (family garden escapes) - I realized that I could grow beets myself. Or at least I could try. Spending a few dollars on a gardening experiment that promised to transport me back to Poland with the very first bite felt entirely worth the gamble.

If you happen to miss the planting window for a fall beet harvest, don't worry. Head to your local farmers' market or farm stand in September. Talk to the growers and ask if they would be willing to harvest some young, tender beets with the greens still attached just for you. Even



grocery stores will surprise you from time to time—so keep an eye out, and hope for a little culinary luck!

If you can, ask your family how they make this soup - perhaps how a mother or grandmother prepared it. Keep in mind that while family recipes often feel written in stone, our grandmothers made them using whatever was on hand. Botwinka is deeply forgiving. Onion or leek, depending on what is growing in the garden. Waxy potatoes, preferably. A carrot or two. Parsnip, if you have it and the core isn't woody. Then come the cultural battle lines: Are you a dill or a parsley family? How much sour cream do you stir in? Do you add a splash of vinegar or lemon juice? Personally, I skip the acid entirely.

I can easily picture my great aunt tossing a bone in the pot if she didn't have broth on hand. I usually take a different route, reaching into the freezer for homemade wywar - a veggie broth that easily makes this dish vegan if you cook with oil, drop the egg, and swap the sour cream. I can see my mom adding boiled, smashed potatoes to the bowl and pouring the soup over them, while my aunt in Poland boils them directly in the soup.

Of course, many of us don't have the luxury of asking family members for these kinds of culinary secrets - thank goodness for the internet! If you're looking for a place to start, head over to the Polish Heritage Association of Maryland Facebook page, where we share a recipe only a grandmother could love. As with any traditional soup, the real magic is in how the flavors come together. I accept that it will probably turn out slightly different every time I make it, but I'm always confident it will be tasty.

It's a nod to our history and takes advantage of the seasons just like Polish food culture, only using our local Chesapeake harvest calendar. We're lucky to have a longer growing season. It makes for a lovely, delicate alternative to a traditional Sunday rosół as the weather begins to cool. Smaczno!

HERE, THERE, PHAM is Everywhere !!

AMERICAN COUNCIL FOR POLISH CULTURE 2026 CONVENTION

Submitted by Edith Pula

The American Council for Polish Culture held its annual convention in Philadelphia on August 12-15, 2026. PHAM Treasurer Edith Pula attended as the representative and delegate for PHAM, joining 35 other Polish-American cultural organizations to exchange ideas and network. PHAM member Richard Poremski also attended in his role as Chair of the National Katyn Memorial Foundation.

The three days were packed with sessions that covered the usual administrative items of any organization but focused primarily on sharing information and experiences among members. Highlights included the keynote opening by Krista Butvydas Bard, the Honorary Consul General of Lithuania, and special presentations on "Celebrating Poles in the American Revolution" by Edward Krolikowski and "Ralph Modjeski: Master Bridge Builder" by Peter Obst.

A very special honor was attending a ceremony at the Thaddeus Kosciuszko National Memorial, where Bogdan Klich, Head of Mission and Chargé d'Affaires of the Polish Embassy, made remarks and laid a wreath. The beautifully restored boarding house is where Kosciuszko stayed for several months in 1797-98 as he recovered from wounds received during a Polish insurrection against Russia, and where he received such luminaries as Benjamin Franklin and Thomas Jefferson. At just 0.02 acres, the house is the smallest unit in the U.S. National Park System. Our group was joined by eight National Park Rangers, who helped manage traffic around the ceremony and showed us the interior exhibits. We capped the day with a dinner at nearby Carpenters' Hall, which was attended by Mr. Klich and his wife, Anna Szymanska-Klich, who proved to be wonderful dinner companions.

After meetings the next day, we visited the Curtis Institute of Music for a recital by mezzo-soprano Christine Boddicker, winner of the ACPC's Marcella Kochańska Sembrich National Vocal Competition and Scholarship. The program included several songs by renowned Polish composers, including Chopin, Moniuszko, and Szymanowski.



The convention wrapped up with a Gala Banquet, opened by a grand Polonez led by Philadelphia's PKM Polish Dance Group and Honoree, Debbie Majka. The banquet also included PHAM member Richard Poremski receiving the well-deserved ACPC Founders' Award in recognition of his years of extraordinary service to



Polonia. ACPC President, Debbie Majka of Philadelphia was honored with a Lifetime Achievement Award.

We benefited from numerous contacts, particularly with representatives of D.C. organizations (PAAA, ACPC, Friends of JPPII), all of whom agreed that more collaboration with Baltimore Polonia is welcome and overdue. Meeting with so many others who share the same passion as we do at PHAM for Polish and Polish-American history and culture was both energizing and educational, and provided ideas that we can harvest for the future.



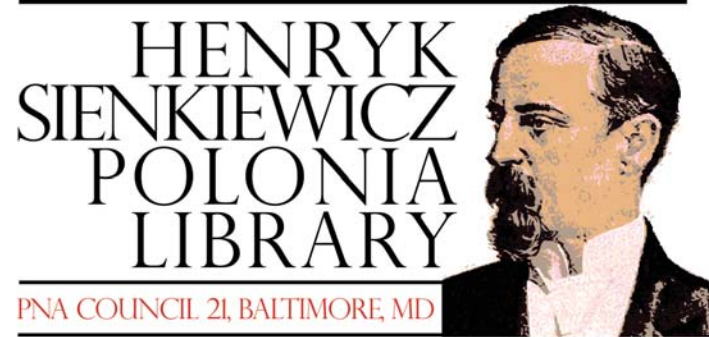
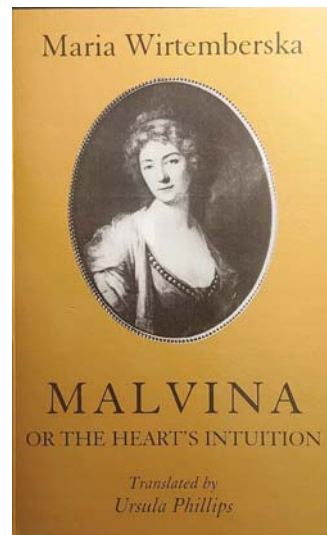
PAGES/STRONY: PHAM BOOK CLUB NOTES AT THE

Welcome back to the Polish Heritage Book Club! We hope that everyone has enjoyed the summer so far.

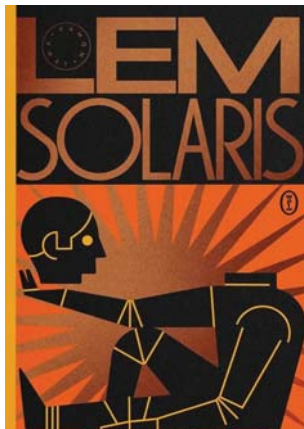
Please join us for the initial discussion of the 2026-2027 reading cycle, when we will address the "first true spy ... novel," *The Secret Agent* (1907), by Polish-born author Joseph Conrad (Józef Teodor Konrad Korzeniowski). This story has also been called "the most brilliant novelistic study of terrorism." The meeting is scheduled for 2 pm on Saturday September 26, so there is still time to read this book. It is appropriate that we will discuss it during the month of the 25th anniversary of 9/11, the most deadly act of terrorism ever on United States soil.

We are not requiring any specific edition of this work, as long as it is unabridged and authentic. Claire Pula has suggested Penguin as one authoritative edition.

Since the May issue of the *Trumpeter* was published, we have read and talked about *Malvina*, or *The Heart's Intuition*, by Maria Wirtemberska, considered to be the first "modern" novel published in Poland. Wirtemberska has been compared with her contemporary, the British author Jane Austen, and Wirtemberska's *Malvina* has been compared with Austen's *Sense and Sensibility*. This book explores the inner psychology of its main character and surprises the reader with a neat little plot twist at the end.



We have a varied slate of selections planned for the coming Fall and early Winter. In October, we will feature a few short stories by Stefan Zeromski, including "Forebodings" and "The Stronger Sex." Then, in November, we will examine the seminal 1961 science fiction creation titled *Solaris*, by Stanislaw Lem. In December, we will sample some winter poetry by Czeslaw Milosz, Wislawa Szymborska, and possibly others. And we will ring in the New Year in January with Slawomir Mrozek's play called *Tango*.



To participate in any of these upcoming meetings, please email RecordingSecretaryPHAM@gmail.com during the week prior to request the Zoom link, and please check the webpage for any future changes to the schedule (phaofmd.org/pham-book-club).



The founder and moderator of the Book Club, Dr. Dorothy Pula Strohecker, is a Conrad scholar, having both written her dissertation on this author and presented at many conferences about him. Book Club members read a wide variety of works related to Poland and Polonia.

"For Our Freedom and Yours!"... the 20th Century Version

Continued from page 3

Polish National Council came to wish him Godspeed.

"In the moment the delegates entered the room. Their faces filled with emotion and radiant with hope, they placed their trembling hands upon my arms. Their lips, moving in silent prayer, revealed the enormity of their feelings," he wrote. "I will never forget this image, their lowered tearful eyes, as they prayed for me and for the successful accomplishment of my mission." Mr. Mostwin said the sun suddenly filled the room with early-morning spring light. "The oldest of the delegates, his face wet with tears, gently touched my hand. He whispered, 'This is a sign of good fortune, Sir, a sign of good fortune. May the light of this sun protect and guide you safely,'" he wrote. "'May it be a sign of life and love. May it lead you along this perilous journey and protect you from danger.'"

With the Russian occupation of Poland at the end of the war, Mr. Mostwin realized he would be arrested by the Communists for having been an officer and a courier of the Polish government in exile, a political organization that had been denied any role in the establishment of a postwar Poland and whose members were being purged. In December of 1945, facing arrest by the secret police, he escaped with his family to England.

In England, under auspices of the Polish Resettlement Corps, he completed engineering training and in 1951 immigrated to the U.S. with his wife and son. He settled in Baltimore where he worked at several textile companies as an engineer and designer. He also attended George Washington University Law School. Mr. Mostwin and his wife Danuta were very active in working on behalf of their homeland. Mr. Mostwin

was an active member of the Polish National Democratic Committee in Washington, a cofounder of the Polish Heritage Association of Maryland, and national director of the Polish American Congress. In 1975 he was a cofounder and later vice-president of the North American Study Center for Polish Affairs (STUDIUM), an academic think tank that examined Polish political affairs from the U.S. perspective. He was a strong advocate for the Polish-Jewish dialogue and was chairman of the STUDIUM Committee on Polish-Jewish dialogue, establishing the Janusz Korczak Literary Award for children's literature.

Honors bestowed on Mr. Mostwin:
Silver Cross Virtuti Militari, Cross of Valor (2 times), 1939; Cross of Valor (for defense of Tobrouk), 1942; King's Medal for Courage in Cause of Freedom (for mission to help Jews in Poland), British Government, 1948; War Medal; African Star; Italian Star; Defense Medal; Polish Home Army Cross; Polish Army Medal.



The King's Medal for Courage in the Cause of Freedom is a British decoration instituted on August 23, 1945. It was awarded exclusively to foreign nationals (primarily civilians and resistance members in occupied Europe) who risked their lives during World War II to help Allied personnel escape, evade capture, or supply vital intelligence



Zapraszamy!

The Polish Heritage Association of Maryland cordially invites you to our commemoration of General Kazimierz Pulaski, at 2:00pm on Sunday, October 18, at Patterson Park. The Pulaski Monument is located near the intersections of Eastern and Linwood Avenues. A festival-like reception with light fare, exhibits, and more will follow at the Polish Home Club, 512 S. Broadway to honor Pulaski, America 250 and the Poles who helped our independence, and Polish-American Heritage Month. Please join us!

The Baltimore City Historical Society will award its 2026 History Honors at a public ceremony on October 10, 2026 from 1-4 pm at Lovely Lane United Methodist Church 2200 St. Paul St., Baltimore, MD 21218.

Tom Hollowak, a long-time PHAM member who passed away July 2025, will receive the Society's posthumous award. The History Honors are awarded to people who have expanded historical knowledge of Baltimore, led improvements to our civic life, or left enriching legacies here. Attendees will be able to purchase Tom's book, *Picking, Packing, & Shucking - the Migrant Experience of Baltimore's Polish Community*, at the event.

This is a free public event and all are welcome to attend!



UPCOMING EVENTS

MARK YOUR CALENDARS! MEMBERS ARE ENCOURAGED TO COME AND HELP PHAM IN PROMOTING POLISH CULTURE.

- **September 26 and 27**, Polish Fall Festival, Holy Rosary Church, Baltimore
- **October 5 and 6**, Fell's Point Fun Festival, Fell's Point, Baltimore
- **October 11**, Beanpickers'/Polish Heritage month Dance, Polish Home Club, Baltimore
- **October 10**, Orchard Cellars Meadery Polish Heritage Month event, Middletown
- **October 10**, Baltimore History Honors Awards, Lovely Lane United Methodist Church, 1-4 pm
- **October 18**, PHAM Pulaski Day commemoration and Polish Heritage Month celebration, Patterson Park and Polish Home Club, Baltimore
- **November 7**, Maryland Public Television Holiday Market, Owings Mills
- **November 11**, Butchers' Hill "Shop and Schmooze" Arts Market, St. Andrew's Church Lombard Street, Baltimore
- **November 21**, Polish Christmas Market, Polish Home Club, Baltimore

The Polish Heritage Association of Maryland is on track to expand our programming while growing our membership in 2026, reviving awareness of the Polish Diaspora in Baltimore and throughout Maryland, with events that are accessible and appealing to the public. In order to expand the scope of existing events, and add in new ones, we need your help.

Your donation of some time to help us out in the months ahead would be greatly appreciated. Even just a few hours can make a big difference.

Please email phaofmd@gmail.com with the subject VOLUNTEERS.



~MEMBERSHIP~

PHAM welcomes all people, from all backgrounds, young and old, who wish to share in this cultural legacy and to learn more about Polish culture, history and traditions.

- ~ Cultural & educational programs in history, music, art & film
- ~ Learning about Polish Americans' contributions to America
- ~ Meetings followed by good food & fellowship where you can hear and speak the Polish language
- ~ Monthly Book Club get-togethers
- ~ Receiving the Association's newsletter, *the Trumpeter*

Your membership is a vote for our mission to promote Polish culture, arts, music, literature, traditions, and more. It's called "Polskość" ("Polishness") - all the things that make us proud to be Polish and Polish-American.

Go to <https://www.phaofmd.org/membership>

Witamy!

Polish Heritage Association of Maryland is pleased to welcome welcome
Zbigniew Jamroz
who has recently renewed his membership.

TRUMPETER STAFF

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Contributors: Elizabeth Lipinski, Edith Puła, Dorothy Tassone, Carla Hazard Tomaszewski

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The editor reserves the right to edit material for content and available space.

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