

ROCZNIK

RYMANOWA ZDROJU



STOWARZYSZENIE PRZYJACIÓŁ RYMANOWA ZDROJU

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SUMMARIES

EDITORIAL

Dear Readers! We are happy to present to you the eight issue of Rymanów Zdrój Almanac. In this issue, already in the first article, we encourage you to go for a walk around the Spa. The nature path will guide tourists to places of interest and through the unique and beautiful wild nature of local forests and meadows. The almanac includes a map with descriptions of the local vistas. Take the almanac with you if you set off for a walk. I strongly recommend this issue of the Almanac to senior citizens and regular visitors of Rymanów Zdrój, who will have the opportunity to stroll along the paths that they still remember from their youth. I am sure that you will find it an interesting and entertaining walk. You will notice how time changes the wild nature and the places you used to know, how many paths seem not to exist

anymore. Yet they do exist- however changed. There is no one to mow the grass in Wołuszowa or Konty anymore, and the boundary strips between pastures either disappeared or became overgrown with weeds and bushes. It will be particularly interesting if two or even three generations of the same family participate in such an excursion, for the eldest may then share with the youngest their memories of the paths which have almost disappeared by now, and the meadows and pastures that seem the same but nobody grows crops there anymore. I encourage making such a journey in time and space. The space changes inevitably and fades away in our memory, sometimes all we are confronted with is an old photo.

*Editor-in -chief
Stefan Stempin*

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„RYMANÓW ZDRÓJ” NATURE PATH

The Rymanów Forestry Management created the nature path in 2000 in the forests surrounding Rymanów Zdrój. It was set to present the interesting items in local environment such as the fauna and flora, geology, histo-

ry and other sites interesting for tourists. They were brought to light in order to bring them to the attention of school students, health resort visitors and tourists.

Anna Węglorz Stempin

THE COLOURS OF NATURE

It is the eight time we meet and this time I decided to focus on the colours of nature. Colours are everywhere. No matter if we see them or not, they are an important part of our lives. They become an integral part of our lives by affecting our mood, emotions and actions, for each colour means a different kind of energy. We like to

be surrounded by the colours that we like, because they make us feel good. However, we may not always choose the surroundings in which we spent our time. That is why we seek contact with nature and its colours in the spare time, in order to feel better, more harmonious and healthier.

*Andrzej Uliasz – „Rymanów Spa” SA
Wacław Mackoś – “Iwonicz Spa” SA*

MEDICINAL WATER INTAKES AND THE GEOLOGICAL STRUCTURE OF THE IWONICZ ZDRÓJ – RYMANÓW ZDRÓJ ANTICLINE

Lecture presented at the national training for Polish mining and geological forces of spa resorts– Rymanów Zdrój – Bóbrka, December 2003.

The paper presents description of the morphology of the area of Iwonicz Zdrój and Rymanów Zdrój, situated in the northeastern part of Beskid Niski mountain range. Further are presented the geology and tectonics of Iwonicz and Rymanów Zdrój anticline, as well as stratigraphy and lithology of the geological layers on the earth

surface and in the profiles of the typical hydro-geological crude oil excavation drillings. The history of the two spa resorts includes the history of the mineral water intakes exploited by the spas in Iwonicz and Rymanów Zdrój. The descriptions and tables provide statistics about the depth of the mineral and medicinal water intakes, their geological resources, physical and chemical characteristics of the water and their application for balneology, spring water production and other purposes.

Sławomir Szczepaniak

RYMANÓW ZDRÓJ AND ITS DISTINCTIVE QUALITIES

The article gives an overview of the spa's history. It presents the medicinal, climatic, ecological and geographical qualities of Rymanów Zdrój. The treatment methods and their application are also described.

Rymanów Zdrój is one of the cleanest and most picturesque sites in our country. It is a tranquil and peaceful

place, which makes it attractive for those many healthy life fanatics. More and more people wish to escape the hum of urban life and the lacklustre colours of city streets, as well as the stress of every day life. Rymanów Zdrój offers a great escape and peace for both the body and the soul.

Józef Rak

THE BESKIDY COURIERS DURING THE NAZI OCCUPATION OF 1939 – 1945

During WWII Rymanów was an important site in the history of resistance movement. Due to proximity of the border, Rymanów was a linking point for many courier routes helping the Polish government in exile to communicate with the resistance movement at home. The first route passed under the secret name of „Jaga”, and was set by the couriers of the „Romek” base in Budapest, which was operating very effectively until mid 1942, when it was split into a return relay route „Kora”. It was then that Rymanów grew in importance, for it not only provided accommodation and a resting-place for couriers setting off for Kraków, Warsaw, or back to Budapest, but

also was the place where mail was exchanged and passed over. This difficult and responsible task was in charge of Józef Rak, the manager of the Potockis estate, who had good relations with Germans and who knew how to soften them. Józef Rak, who now lives in Warsaw, wrote brief memoirs a couple of years ago and sent them to the 54th Scout Team in Sanok, which bears the name of the Beskid Military Action –Polish Home Army Couriers. Mr Rak's memoirs are included in the Almanac; hopefully the readers will find them interesting. We would also like to ask the senior residents of Rymanów, who used to know Mr Rak, to share their memories with us.

Zygmunt Pelczar

DOCTOR OF MEDICINE CZESŁAW PNIK (1934 – 1994)

Czesław Pniak was a medical doctor whose whole life was connected with Rymanów. His early death made it impossible to make the most important dream of his

life come true, namely, to set up a social care centre for the sick and lonely in Rymanów.