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Ungeheuer-Mietelska was born on July 19, 1932 in Lvov, Poland (now L'viv, Ukraine).

Father Leopold Ungeheuer, born in 1903 was a boy scout leader, who attended but did not graduate from engineering school (Polytechnic). He volunteered in the first World War and after the war. He worked at an engineering office.

Mother, born in 1905. Sister, born in 1927.

The whole family was passionate about scouting. They were idealists. They had many Jewish neighbors, were friendly with them, not antisemitic

On the first day of the war, September 1, 1939, father was inducted into the Polish army. Bombing and alarms began, one day 300 bombs fell. On September 17th he returned and told his family. He said, "We were not able to win, we were helpless."

During the Russian occupation life became hard, there were shortages of money and coal. Her hands were often frostbitten. Cockroaches were everywhere.

She describes going to a private, Polish catholic school and listening to communist propaganda, including poems to Stalin.

In July 1940 her father was arrested and taken to the Brigitka prison. He spent about a year there, most likely because of his work for the underground. The authorities put a member of the NKWD (Internal Ministry, secret police) in one of the rooms in their apartment. He was a Jew, she remembers him fondly who helped with sending packages to prison for her father. At the end of the occupation, in June of 1941, the NKWD (Interior Ministry, secret police) were killing the prisoners but her father was able to escape. He witnessed the Russians burning the Brigitka prison.

She describes her first communion performed in a great secret because it was forbidden by the Russians. It took place outside Lviv, with the lights out.

Father became sick and died of kidney tuberculosis.

She describes scouting as the idea of providing a noble education. Her father wrote an instruction book about scouting and received a medal.

She reminisces about two janitors in her apartment building who were hiding five Jews and she witnessed when the Gestapo came and took the Jews and the janitors away. She saw many people wearing the star of David.

She left Lvov for Krakow with her mother and stepfather right after the liberation in July 1944. She was unable to answer more questions about the Jews, explaining that she was a young child at that time.