

Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLÍCKY SOKOL

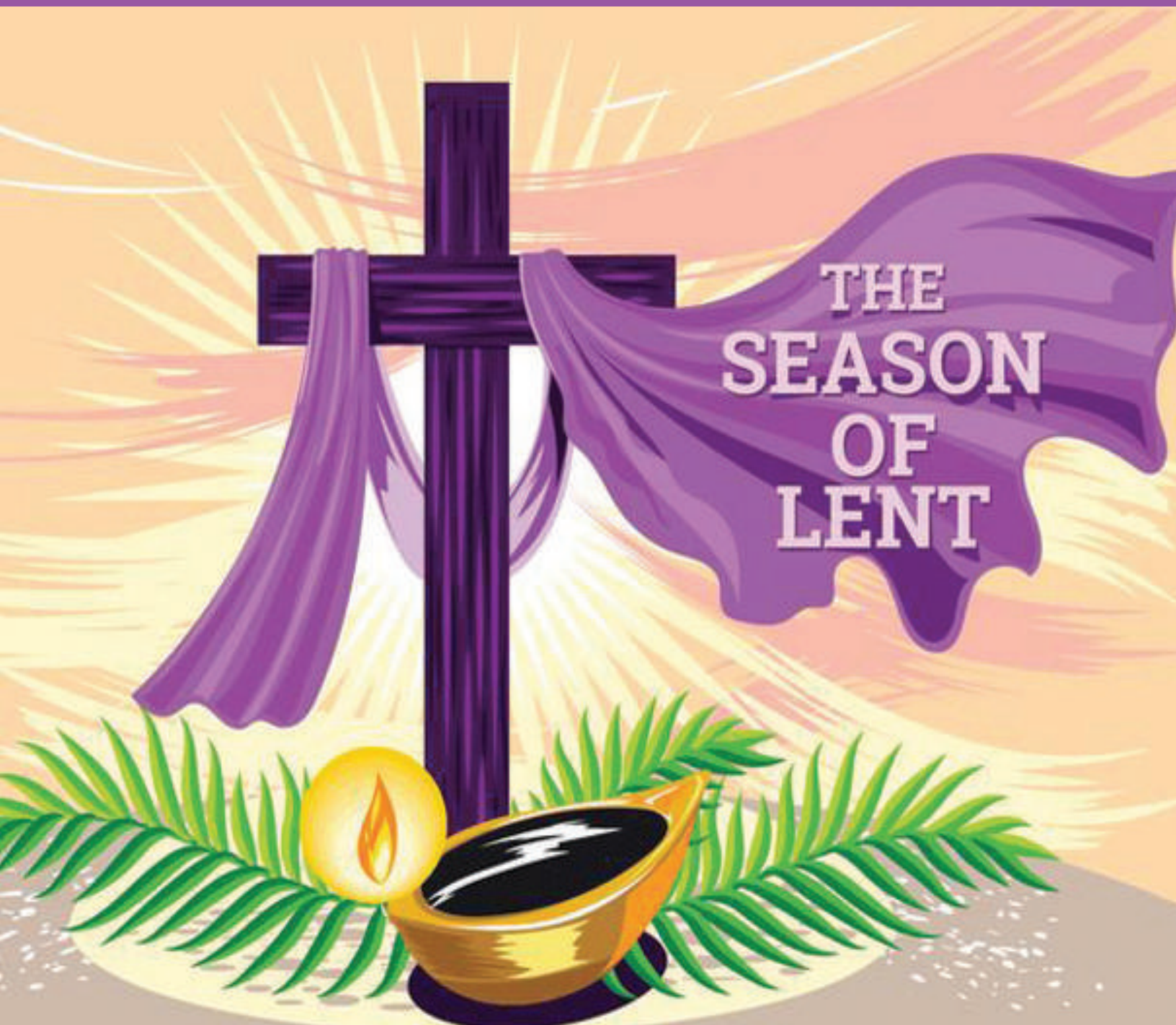
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NUMBER 5125



Message from our Supreme President

Michael J. Horvath

It is "March Madness" time already! March is that month where a lot happens: Mardi Gras, Ash Wednesday and Lent, daylight saving time begins, the spring equinox, the NCAA basketball tournaments, the 1st 2019 quarterly meeting of the Slovak Catholic Sokol Board of Directors, the 2019 Scholarship applications are due and so are the 33rd Convention Delegate forms due. Oh! And, how can I forget Saint Joseph's Day and Saint Patrick's Day



This list makes one be filled with joy and dread at the same time. Joy that we had the time to prepare for Lent with the various celebrations such as the Slovak Pre- Lenten custom of the Fasiangy tradition and Mardi Gras activities to help us gear up for our forty days of lent. We now see the days getting longer and warmer so we can spend more time outside to enjoy the yard work and the other activities of spring. The excitement of the basketball tournaments and the hope of being the first to have a perfect bracket is always fun. Then the big hype St. Patrick's Day, the day everyone wishes they were Slovak. And, Saint Joseph's day! Even though there is not a parade there are special events to mark this day as well. How will your March end, we will just have to wait and see. No matter what there is a lot to do in March.

The events and things you have to remember to do in March that relate to your Society is making sure you return the 33rd

Convention Delegate forms by March 31, 2019. The delegate forms are needed so the planning for the 33rd Convention can begin. It also gives Your Supreme Secretary, Scott T. Pogorelec and me the time needed to select the delegates willing to serve on the various Convention committees and other convention organizing.

March 31, 2019 is also the deadline to send in your scholarship applications and documents. All information is needed to have a completed application. It is important that all the required documents are included with your application. Otherwise, your application will be marked incomplete and will not be reviewed. And, you will miss out on your opportunity of receiving a 2019 Slovak Catholic Sokol Scholarship.

I would like to remind all of the Slovak Catholic Sokol bowlers interested in participating in the 73rd International Bowling Tournament at Noble Manor Lanes in Pittsburgh, PA May 17-18, 2019 to send in your registration forms early. This will help with the planning and assure your bowling time preference.

As you see no matter what is happening there is a lot of planning that goes into everything. I hope you also take the time to plan for the future. March is a good month to do some planning and check your life insurance. If there is needs for additional life insurance call the Home Office or our Director of Sales, Albert J. Suess, Jr., F.I.C. for his assistance. Brother Suess can also give you advice on annuity options if you find that you need this investment option.

With God's Blessings to All!
Zdar Boh!

Slovak Catholic Falcon

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SOKOL CALENDAR



MARCH 22-23

■ Quarterly Meeting of the S.C.S. Board of Directors at the Cleveland Airport Marriot, 4277 W 150th St., Cleveland, OH.

SUN.MARCH 24

■ Group 9 Get-together for officers and delegates elected to attend the upcoming 33rd quadrennial convention at Our Sons, Johnstown, Pa. beginning at 2 p.m.

■ Assembly 182 patronal feast of St. Joseph observance at St. John Nepomucene Church, corner 66th Street and First Avenue,

New York City beginning with Slovak Mass at 10:15 a.m. followed by luncheon and fraternal program in the parish social hall; free of charge for all Sokol members.

■ Annual senior co-ed bowling tournament hosted by Group 1 at Paul's Bowling Academy, 377 Crooks Ave., Paterson, N.J. beginning at 1 p.m.

MON. APRIL 1

■ Wreath 22 meeting at the Slovak Catholic Sokol Club, 2912 East Carson St., South (Continued on page 3)

*From the desk of the Supreme Secretary***SPRING IS COMING**

by Scott T. Pogorelec, F.I.C.



"And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God."
Luke 6:12

Greetings from the Home Office! As



I write this article, we are still in the midst of a cold winter. March always seems to bring some surprises, like unwanted snowstorms! As the beginning of Spring is approaching, we are hoping that Old Man Winter calls it a day.

With our seasonal change to Daylight Savings Time combined with the hopeful warmer temperatures, we will have more hours to enjoy our outdoor activities.

As we observed Ash Wednesday last week, the second week of Lent is upon us. Lent is a special time of prayer, penance, and sacrifice as we prepare for the celebration of Easter. The forty days of Lent commemorate the forty days Jesus spent fasting in the desert where he encountered temptation from the Devil. Lent is time where we reflect and strengthen our relationship with the Lord. I urge all our members to use this valuable time of reflection and be thankful for all that you have.

We kick off our Spring Sokol calendar with the first Quarterly Meeting of the Board of Directors, which will be held at the site of our 33rd Quadrennial Convention, the Cleveland Airport Marriott in Cleveland, OH, on March 22-23. Our Board, which is the highest governing body of our organization between Conventions, will be making the important decisions to ensure our successful future. We will get a chance to hear from our hired professionals who will report on our 2018 results and 2019 projections. In the coming issues, you will have the opportunity to read the reports our Directors, as well as the Official Minutes of the Board of Director's Meeting. I recommend that you take the time to read each report to

acknowledge the time and effort put in by each of our Officers.

As we enjoy the beginning of the new spring season, the date April 15th is also drawing near. That of course is the deadline to file your tax return. I hope that most of our Members will be enjoying a nice refund. If in fact a refund is in order, have you thought what you would do with the extra cash? This year, why not do something that would allow you to secure your future for yourself and your family and make it easier for you to purchase those items down the road. This year, why not invest in a Sokol Annuity?

Our Vantage Collection of annuities offers financial protection and supplies you with the same fraternal benefits as if you had a standard life insurance policy. Our current rates are extremely competitive and are certainly more attractive than any bank CDs currently available. Your investment can grow rapidly since there is no initial service, contract, or premium fees. Every dollar you pay in premium goes directly to your account's cash value and starts earning interest immediately. Another important factor is that our annuity products are tax deferred, meaning your gains are accumulated tax free and only gets taxed upon constructive receipt of the gain. This allows for the growth to be compounded on the portion of earnings and not subjected to investment taxation. As you can see, the benefits of investing in our products are plentiful. So think about using that tax return in one of the smartest ways possible in securing your future and retirement. If you have any questions, give me a call at the Home Office or call our Director of Sales and Marketing, Albert J. Suess, F.I.C., at (855) 874-9179, and we would be glad to assist you.

To all our potential Delegates for the 33rd Quadrennial Convention, please remember to get your delegate forms in by March 31st. If you have any questions, please contact me at the Home Office.

Until next time, have a great March and we will talk soon! Zdar Boh!

SOKOL CALENDAR

(Continued from page 2)

Side, Pittsburgh, Pa. beginning at 7 p.m.

APRIL 1-2

■ Meeting of the national board of the Slovak Catholic Federation at Slovak Catholic Sokol headquarters in Passaic, N.J.

SUN. APRIL 7

■ Annual Spaghetti Dinner hosted by Group 1 at SS. Cyril and Methodius Church Hall, 218 Ackerman Ave., Clifton, N.J. beginning at 4 p.m.; adults \$8.00, seniors \$7.00, children ages 6-12 \$5.00, children under age 6 are welcome free of charge.

SAT. APRIL 13

■ 29th annual Slovak Mass & Easter Customs Breakfast hosted by Prince of Peace Parish at St. Adalbert Church, 160 South 15th St., South Side, Pittsburgh, Pa., 10:45 a.m. Slovak Rosary, Slovak Mass at 11 a.m. with breakfast to follow at the Prince of Peace Parish Center, 81 South 13th St., South Side; free admission, donations welcome; for more information call (412) 657-6364.

SUN. APRIL 14

■ Easter Egg Hunt for children hosted by Assembly 25 and Wreath 15 on the grounds of the Slovak Catholic Sokol Club, Perryopolis, Pa. from 1-3 p.m., prizes, refreshments and a visit by the Easter Bunny.

■ Easter Egg Hunt hosted by Assembly 59 at Hollenback Park in Wilkes-Barre, Pa. beginning at 1 p.m. for reservations call Nancy at tel. 570 860-0752 or Tony at 570 239-9825; deadline for reservations is April 5.

The United Slovak Societies at the American Slovak Club in Lorain, Ohio, announces 2019 scholarship availability to graduating high school seniors who are entering college and are five year members of our local lodges that include; National Slovak Society Assembly 160, Slovak Catholic Sokol Wreath 111, First Catholic Slovak Union #228, First Catholic Slovak Ladies Association Branch #114 and Ladies Pennsylvania Slovak Catholic Union #77. The one-time scholarship application and rules may be obtained by visiting www.americanslovakclub.com. Deadline for completion is May 30, 2019.

OUR NEXT ISSUE

In keeping with our monthly publishing schedule of the Slovak Catholic Falcon, the next issue will be that of **Wednesday, April 17**. Deadline for all photos and information for this issue will be **Monday, April 8**.



Find us on Facebook
Slovak Catholic Sokol

Slovak Catholic Sokol Bowling Announcement

The 73rd Annual Slovak Catholic Sokol International Bowling Tournament will be held on Friday May 17th and Saturday May 18th, 2019 at the Noble Manor Lanes in Pittsburgh, Pennsylvania. The GCU Fraternal Society will be joining us again for the 5th straight year along with the First Catholic Slovak Union. The bowling application is posted on our web site and in this issue of Slovak Catholic Falcon. **The deadline is April 15th, 2019.**

Bowlers and guests have two hotels to choose from for the 2019 tournament in Pittsburgh, Pennsylvania at a rate of \$99.00 for a Single or Double on Friday and Saturday night.

Pittsburgh Plaza Hotel
401 Holiday Drive
Pittsburgh, PA 15220
412-922-8100

Hampton Inn Greentree
555 Trumbull Drive
Pittsburgh, PA 15205
412-922-0100

Team event will be bowled on Friday May 17th with two squads beginning at 5:30 PM. and the second squad at 8:00 PM. Doubles and Singles events will be bowled on Saturday, May 18th at 9:30 AM or 1:00 PM. On Friday evening hospitality food and refreshments will be served at 7:00 PM at Noble Manor Lanes to allow time to relax and socialize before or after team bowling.

The cost for the 73rd International Bowling Tournament will be the same as last year, \$22.00 per event \$5 for all-events and \$29.00 for the banquet on Saturday May 18th. The total for each bowler participating in team, doubles, singles, all-events and the banquet is \$100.00.

If you have any questions, please send me at email at jmatlon@slovakcatholicssokol.org, call or text me at my cell phone: 973-647-8551.

Fraternally yours,
James C. Matlon
Supreme Director of Sports and Athletics

GROUP 4 ANNUAL MEETING SUNDAY, APRIL 7, 2019

Members of Group 4, Slovak Catholic Sokol, under the Patronage of Bishop Stefan Moyzes, are hereby notified that our **ANNUAL MEETING** will take place on **Sunday, April 7** at Ascension Franklin Hospital Campus located at 10101 S. 27th Street, Franklin, WI 53132.

The meeting will begin promptly at 11:30 a.m., with lunch served at 12:45 for all. The meeting will continue afterward until concluded. Please mail the Group 4 delegation forms and lunch fee of \$15 for all delegates to Lisa Hoeck at N30W23072 Pineview Circle, Pewaukee, WI 53072. All checks should be made payable to the Slovak Catholic Sokol Group 4 specifying Wreath/Assembly by March 17.

Group Officers; please notify me prior to March 17th if you are unable to attend the annual meeting.

All Wreaths and Assemblies are urged to attend this meeting so that we may be able to address your concerns and hear your new ideas.

Zdar Boh!

Julie Ann Dobbs, Group 4 Secretary
5314 Agatha Turn, Racine, WI 53402
Tel.: 1-262-681-1720
Email: jdobbs2@wi.rr.com

In Clifton, N.J. on February 17 Mass & Dinner honors patronal feast of SS. Cyril and Methodius Parish



The pastor, Rev. John T. Connolly and our General Counsel, Attorney John D. Pogorelec, Jr. are shown standing with some of the clergy guests present at the dinner at the Royal Manor in Garfield, N.J. which followed the tri-lingual Mass celebrated in English, Slovak and Spanish.

Thoughts from our Supreme Chaplain, Rev. Andrew S. HvozdoVIC

MY LIFE

Sometimes it's a roller-coaster, Lord: ups and downs, twists and turns and loop-the-loops that frighten me...

Or maybe it's a carousel I can't get off, this merry-go-round madness of dizzy circles, where it seems there's no way forward...



Amusement parks can be fun, Lord, but I really don't want to live in one- and I don't want one living in me...

Slow me down and stop the runaway pace of my thoughts; ease the worries rushing my pulse and calm my anxious heart...

Find me another park, Lord, the kind with fields and ponds and fountains and paths to walk and benches to rest on...

Find me a peaceful place to park my soul, where I can take an easy walk with you or sit with you upon a bench and rest and watch the world go by, at least for a little while...

I'm not asking you to take all my problems away - unless you want to! I'm just asking for a break, a peaceful break so I can clear my head, cleanse my soul, get my bearings and with your help go back to it all refreshed by your grace and ready to face the "amusements" life may bring me...

I know there's a peaceful place, Lord, and I know you're there, waiting for me...

I know there's a path to walk and I know your waiting to guide me on my way...

I know there's a bench to sit on and I know you've saved a place for me, right by your side...

Every roller-coaster slows and eases back to where the ride began: let me step away, Lord, and leave that ride behind...

Every carousel finally stops to let more riders hop on board: help me step off, Lord, and make my way to you...

Amusement parks are fun but I really don't want to live in one and I don't want one living in me...

I want to live in your presence, Lord, close by your side with your Spirit living in me:

I want to live in your peace...

A week's ahead of me, Lord, with all kinds of rides beckoning me aboard: some I can't escape - and some rides in life are tough but where and when I'm able, then with your grace help me find a peaceful park and spend a part of every day with you...

Amen.

Lodge Jottings

WILKES-BARRE, PA Assembly 59

Assembly 59 hosted its annual meeting on Thursday, Feb. 19 at the North End Slovak Citizens Club in Wilkes-Barre, Pa. Tony Rasimus called the meeting to order and asked Supreme President Michael J. Horvath to offer the opening prayer. Minutes of the special meeting held Oct. 4, 2018 were read and approved. The vari-

ous officers reports were presented and accepted.

Discussion followed on upcoming fraternal activities including the traditional Easter Egg Hunt on April 14th, as well as the assembly golf tournament. In addition, discussion on participation in various Group 7 activities including participation in the annual Sokol Day, a Halloween party and a bus trip to New York City.

Our assembly is entitled to a total of 16 delegates at the upcoming 33rd quadrennial convention scheduled for August 3-7 in Cleveland, Oh.

Group 1 Youngsters Enjoy Annual Bowlingfest



Group 1 "Msgr. Stephen Krasula" hosted its 14th annual Sokol Children's Bowlingfest on Sunday, February 17 at the Garden Palace Bowling Lanes in Clifton, N.J. After enjoying the action on the lanes, the youngsters were treated to refreshments. Shown with the youngsters are standing back row, l-r, Group 1 Physical Director Steven M. Pogorelec, Jr., and Group 1 Sports Director Eric Topczij. An enjoyable time was had by all.



Correspondence was read. A donation of \$75.00 was approved for the annual SS. Cyril and Methodius Appeal of the Slovak Catholic Federation.

Elections of officers followed. The following will serve Assembly 59 as officers in 2019: Tony Rasimus, president; Renee Pizzella, secretary; Nancy Fedor, treasurer; and Bill Greytock and Frank Lipski, auditors. The next assembly meeting was scheduled for March 7.

Zdar Boh!
Renee Pizzella
Secretary

IMPORTANT TO ALL TOURNAMENT ENTRANTS **READ CAREFULLY INFORMATION GIVEN BELOW**

RULES AND REGULATIONS OF ANNUAL SLOVAK CATHOLIC SOKOL BOWLING TOURNAMENT

The purpose and aim of our organization in sponsoring annual bowling championships is to promote good sportsmanship, frater-nalism and national interest in the Slovak Catholic Sokol.

As you know, each year the Supreme Assembly, recognizing the great importance of bowling in our organization, donates \$60.00 to the prize fund for each team entry entered in the International Tournament. This financial contribution on the part of our organiza-tion is added to the regular prize fee collected by the bowlers. All prize fees collected will be refunded 100% in prizes.

In order to successfully operate our tournaments, we must have cooperation and exact adherence to all entry rules and regula-tions which govern teams and individuals.

Please read these rules carefully. Do not overlook any detail. Comply with all requests at time entry blank is being filled out and when sending it in with the proper money order, certified check or check. Be sure you have the bowlers affidavits as of all sanctioned league averages for 21 games or more in accordance with our rules governing averages. This will speed up the mailing of prizes after results have been checked. Remember that false information will result in forfeiture of all rights to prizes.

RULES AND REGULATIONS

1. The Slovak Catholic Sokol Championship Tournament is open to all members of our organization, both male and female (no juniors) who are in good standing and have been members for at least (3) three months SPL or (1) one year for all other policies, prior to the date of tournament with a minimum of \$3,000.00 cov-erage. Policy Holders - no Social Members. As mandated by the 2007 Convention, all new members enrolled after January 1, 2008 will require a new minimum of \$5,000.00 of insurance coverage to participate in the 2019 programs.

2a. All members of the competing teams must be members of the same Assembly or Wreath. There is no limit to the number of teams from each Assembly or Wreath.

2b. An Assembly or Wreath not having enough bowlers to make up a team may combine with another Assembly or Wreath to make up a team.

3. Doubles teams may be from any Assembly or Wreath for both Men and Women Divisions.

4. All participants must be certified by the respective Assembly or Wreath Financial Secretary and may enter only once for each division.

5. High Score recognition automatically extended to USBC members. Eligible nonmembers can qualify for high score recog-nition at their option by paying a \$5.00 participation fee. Affiliated membership is \$21.00.

6. There will be at least one prize for each (10) ten entries in each event, and each (20) twenty entries for All-Events for Men and Women.

7. All-Events (optional), shall be handicap. This prize fund is a separate entry (\$5.00) and no tournament expense fee is assessed for this. Only those entrants paying this fee are eligible. Please in-dicate All- Events entries by placing an "X" before names in Team Entry space on Entry Form side.

8. Prize fee will be \$10.00 per bowler per event. Cost of bowl-ing and tournament expenses \$12.00 per bowler per event. Total = \$22.00 per event.

9. No entry money will be returned for any reason.

10. The United States Bowling Congress rules and regulations apply to all bowlers.

11. The Championship in both Men's and Women's Divisions will receive individual championship shirts. In the event of a tie for championship, lowest team handicap will receive shirts, cash prizes will be divided equally.

12a. Handicap (Men) allowed will be 85% of the difference be-tween 240 and last season's 2017-2018 highest sanctioned league average of at least 21 games. Bowlers who have no established average will use their highest sanctioned league average of at least 21 games as of Jan. 1, 2019. A male bowler whose current average of 21 games or more at time of entry is (10) pins or more higher than the previous season's average must use his current average. Male bowlers who have no established average for this year or last year will be listed as 175 average and will be handicapped accordingly. If the bowler does not have a sanctioned average over the last two years, the most recent 5 year history of Sokol tournaments will be used. If none of the above apply, the average of 175 for men will be used. Male bowlers with an average over 240 will receive no handi-cap and will bowl scratch in the tournament.

12b. All participants will be governed by rerating requirements of USBC Rule 319e. Average to be adjusted accordingly. Failure to use the current average shall disqualify score if submitted average is lower than correct average thereby resulting in a lower classifica-tion of more handicap. Prize winnings shall be based on the submit-ted average if it is higher. However corrections in averages may be permitted up to the completion of the first game of a series.

12c. Handicap (Women) allowed will be 85% of the difference between 200 and last season's 2017-2018 highest sanctioned league average of at least 21 games. Bowlers who have no es-tablished average will use their highest sanctioned league average of at least 21 games as of Jan. 1, 2018. A female bowler whose current average of 21 games or more at time of entry is (10) pins or more higher than the previous season's average must use her current average. Female bowlers who have no established aver-age for this year or last year will be listed as 150 average and will be handicapped accordingly. If the bowler does not have a sanctioned average over the last two years, the most recent 5 year history of Sokol tournaments will be used. If none of the above apply, the av-erage of 150 for women will be used. Female bowlers with an aver-age over 200 will receive no handicap and will bowl scratch in the tournament.

13. Teams wishing to bowl all nine games as Team, Double and Singles in one day or a specific day or time must submit that request at time of entry. (Only if necessary)

14. List team names in order of lineup to bowl. The USBC sub-stitute rule will be used in the event it is necessary. Average certifica-tion must accompany entry form.

15. All teams must bowl according to the published schedule. In order to ensure your choice of schedule time, send entries in early.

16. Bowlers have 48 hours from completion of tournament to notify manager of error in score.

17. Every consideration will be granted to request date/time preferences for out-of-town teams and individual bowlers. The suc-cess of the tournament depends upon all participants.

18. Bowlers need not report information as required by USBC (Rule 319d provision) for tournament prize winnings.

ENTRIES CLOSE
MIDNIGHT, APRIL 15, 2019

No applications will be
accepted after
April 15, 2019

ENTRY BLANK—73rd ANNUAL
A JOINT TOURNAMENT OF SLOVAK CATHOLIC SOKOL, FCSU & GCU
"USBC MORAL SUPPORT CERTIFIED"
Noble Manor Lanes <P> Pittsburgh, PA
Friday, May 17 & Saturday, May 18, 2019

No applications will be
accepted after
April 15, 2019

Please note: Bowling Fees must accompany this application for the bowlers to be registered in the tournament.

BOWLER INFORMATION (LIST CAPTAIN FIRST)	SCS TOURNAMENT INFORMATION
Name: _____ Address: _____ Phone: _____ CERT/POLICY# _____ E-mail: _____	Highest Avg. 2017-18 _____ USBC No. _____ Wreath/Assm No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team <input type="checkbox"/> Singles <input type="checkbox"/> Doubles <input type="checkbox"/> All Events <input type="checkbox"/> Banquet
Name: _____ Address: _____ Phone: _____ CERT/POLICY# _____ E-mail: _____	Highest Avg. 2017-18 _____ USBC No. _____ Wreath/Assm No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team <input type="checkbox"/> Singles <input type="checkbox"/> Doubles <input type="checkbox"/> All Events <input type="checkbox"/> Banquet
Name: _____ Address: _____ Phone: _____ CERT/POLICY# _____ E-mail: _____	Highest Avg. 2017-18 _____ USBC No. _____ Wreath/Assm No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team <input type="checkbox"/> Singles <input type="checkbox"/> Doubles <input type="checkbox"/> All Events <input type="checkbox"/> Banquet
Name: _____ Address: _____ Phone: _____ CERT/POLICY# _____ E-mail: _____	Highest Avg. 2017-18 _____ USBC No. _____ Wreath/Assm No. _____ Team: _____ Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: <input type="checkbox"/> Team <input type="checkbox"/> Singles <input type="checkbox"/> Doubles <input type="checkbox"/> All Events <input type="checkbox"/> Banquet

Please check one: ☐ Men's Application ☐ Women's Application

TEAM EVENT—FRIDAY, MAY 17

☐ 5:30 PM ☐ 8 PM

Team Name: _____

(Please place team bowlers in the order they will be bowling.)

1. _____
2. _____
3. _____
4. _____

DOUBLE & SINGLES EVENT—SATURDAY, MAY 18

☐ 9:30 AM ☐ 1 PM ☐ We could bowl Sunday if necessary.

1. _____
2. _____
1. _____
2. _____

Make Entry Fee payable to: Slovak Catholic Sokol Sports Account

Mail to: James Matlon, 6 Academy Drive East, Whippany, NJ 07981.

BOWLING FEE AS WELL AS ENTRY MONEY MUST ACCOMPANY THIS BLANK.

FORMS MUST BE SUBMITTED WITH COMPLETE INFORMATION.

INCOMPLETE FORMS WILL BE RETURNED TO TEAM CAPTAIN AND MUST BE RESUBMITTED.

Financial Totals for this Application	
Entry Fee for Each Event	
Prize Fee-\$10. ⁰⁰ + Bowling Fee-\$7. ⁵⁰ + Tournament Fee-\$4. ⁵⁰ = \$22. ⁰⁰	
Optional Events	Banquet + Bowling Entry
All Events-\$5. ⁰⁰ Banquet-\$29. ⁰⁰	\$100. ⁰⁰ per person
_____ Singles Event @ \$22 ea. = \$ _____	
_____ Doubles Event @ \$22 ea. = \$ _____	
_____ Team Event @ \$22 ea. = \$ _____	
_____ All Events @ \$5 ea. = \$ _____	
_____ Banquet @ \$29 ea. = \$ _____	
Total Enclosed \$ _____	

Slovak Catholic Sokol Abbot Jerome M. Koval, O.S.B. Memorial High School Grant

As a fraternal benefit, the Slovak Catholic Sokol is pleased to offer \$500.00 grants to one young Sokol or Sokolka in each of our organization's nineteen Groups. These 19 Grants are available to any qualified Sokol member currently attending a Catholic High School.

ELIGIBILITY

A. Applicant must be a member of the Slovak Catholic Sokol in good standing, holding a permanent Life Insurance Certificate in the amount of **not less than \$3,000, and has been a member for at least five years.**

B. One parent must be a S.C.S. member.

C. The principal of the Catholic High School must verify the enrollment of the applicant.

APPLICATION

ALONG WITH THE APPLICATION you must submit a typed or written essay **DOUBLE SPACED** in 100 to 200 words on the following topic:

"WHAT DOES THE SLOVAK CATHOLIC SOKOL MEAN TO ME?" This essay must be submitted along with the application.

This application must be **received** on or before, **March 31, 2019** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @

www.slovakcatholicsokol.org

DISQUALIFICATION

An applicant who neglects to submit or complete any part of these requirements before the established deadline will automatically be disqualified.

ACKNOWLEDGMENT

An acknowledgment of the Grant should be made in writing by the recipient as soon as possible, if you are awarded a Grant.

RETURN OF GRANT

If for any reason the Grant is not used by the recipient, the entire (or portion of) grant not utilized must be returned.



SLOVAK CATHOLIC SOKOL ABBOT JEROME M. KOVAL, O.S.B. MEMORIAL HIGH SCHOOL GRANT APPLICATION

Group # _____ Assembly/Wreath # _____ Name _____

Address _____ City _____

State _____ Zip Code _____ Date of Birth _____ Current Age _____

Home Phone (_____) _____ High School Phone (_____) _____
area code area code

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

Father's name _____ Are you a member? _____

Mother's name _____ Are you a member? _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Are you a previous Slovak Catholic Sokol Scholarship Recipient? _____

(yes/no)

If yes, please indicate Grade School or High School. What year? _____

High School verification (to be completed by High School Principal)

I, _____ Principal of _____
(Principal's signature) (Name of School)

Catholic High School, verify that _____

(Name of student)

is a student at the above school and will be attending _____ Grade in the 2019-2020 school year.

Are you currently participating in Slovak Catholic Sokol Activities? Yes _____ No _____

*Deadline for receipt of this application is **MARCH 31, 2019.** Return completed application to:
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055*

Slovak Catholic Sokol Catholic Grade School School Grants

As a fraternal benefit, the Slovak Catholic Sokol is pleased to offer \$250.00 Grants to our young Sokols and Sokolky in each of our organization's nineteen Groups. Two grants each per Group are available to any qualified Sokol member entering a Catholic Grade School (Grades 2 through 8).

ELIGIBILITY

A. Applicant must be a member of the Slovak Catholic Sokol in good standing, holding a permanent Life Insurance Certificate in the amount of **not less than \$3,000, and has been a member for at least five years.**

B. One parent must be a S.C.S. member.

C. The principal of the Catholic Grade School must verify the enrollment of the applicant.

APPLICATION

This application must be **received** on or before, **March 31, 2019** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @
www.slovakcatholicssokol.org

DISQUALIFICATION

An applicant who neglects to submit or complete any part of these requirements before the established deadline will automatically be disqualified.

ACKNOWLEDGMENT

An acknowledgment of the Grant should be made in writing by the recipient as soon as possible, if you are awarded a Grant.

RETURN OF GRANT

If for any reason the Grant is not used by the recipient, the entire (or portion of) grant not utilized must be returned.

SLOVAK CATHOLIC SOKOL CATHOLIC GRADE SCHOOL GRANT APPLICATION

Group # _____ Assembly/Wreath # _____ Name _____

Address _____ City _____

State _____ Zip Code _____ Date of Birth _____ Current Age _____

Home Phone (_____) _____ School Phone (_____) _____
area code area code

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

Father's name _____ Are you a member? _____

Mother's name _____ Are you a member? _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Are you a previous Slovak Catholic Sokol Scholarship Recipient? _____
(yes/no)

If yes, what year? _____

School verification (to be completed by Grade School Principal)

I, _____
(Principal's signature)

Principal of _____
(Name of School)

Catholic Grade School, verify that _____
(Name of student)

is a student at the above school and will be attending _____ Grade in the 2019-2020 school year.

Are you currently participating in Slovak Catholic Sokol Activities? Yes _____ No _____

*Deadline for receipt of this application is **MARCH 31, 2019.** Return completed application to:
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055*

\$63,000 in S.C.S. Scholarship Grants Available to Eligible Members in 2019

by Edward D. Moeller, *Supreme Vice President*

We are pleased to announce that the Slovak Catholic Sokol will make available a total of \$63,000 in **scholarship grants** to eligible members in 2019. Previous recipients of Slovak Catholic Sokol scholarship grants may reapply for a 2019 grant; however, per Convention mandate - a student may receive a maximum of two (2) Slovak Catholic Sokol scholarship grant awards in each category.



A total of 30 Slovak Catholic Sokol college grants of \$1,000 each, two Theodore and Mary Jane Rich Memorial Scholarships one for a male and female in the amount of \$2,000 each, two Emil Slavik Memorial Scholarships one for a male and female in the amount of \$2,000 each, one The Doctors' Lesko Medical Memorial Scholarship in the amount of \$1,000, one Krista L. Glugosh Memorial Scholarship in the amount of \$1,000, one Yencha Scholarship in the amount of \$1,000 and three Slovak Catholic Sokol (SCS) Memorial Scholarships in the amount of \$1,000.

one for a male and female in the amount of \$2,000 each, one The Doctors' Lesko Medical Memorial Scholarship in the amount of \$1,000, one Krista L. Glugosh Memorial Scholarship in the amount of \$1,000, one Yencha Scholarship in the amount of \$1,000 and three Slovak Catholic Sokol (SCS) Memorial Scholarships in the amount of \$1,000.

With one application you may apply for all college scholarship grants for which you are eligible. Note that only one grant per applicant will be awarded.

College scholarship eligibility requirements:

SLOVAK CATHOLIC SOKOL (a total of 30, \$1,000 grants will be awarded)

- Must have a minimum of \$3,000 permanent Life Insurance Coverage
- Must be a member of the Slovak Catholic Sokol for at least five years.
- Must have completed one semester of undergraduate studies as a FULL TIME student at an accredited college, university or professional school, or be enrolled in a graduate or professional degree program.
- Must have an accumulated grade point average of at least 2.5 or better
- One parent must be a Slovak Catholic Sokol member
- Essay- "How has being a member of the Slovak Catholic Sokol influenced my life?"

THEODORE AND MARY JANE RICH (one male and one female grant in the amount of \$2,000 will be awarded)

- Same requirements as for SCS scholarship AND
- One parent must be of Slovak Ancestry
- Must be majoring in medical curriculum

EMIL SLAVIK (one male and one female grant in the amount of \$2,000 will be awarded)

- Same requirements as for SCS scholarship AND
- Both parents must be members

of the Slovak Catholic Sokol

- Must be majoring in liberal arts, the sciences, pre-law, pre-medical or business curriculum.

THE DOCTORS' LESKO MEDICAL MEMORIAL SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)

- Same requirements as for SCS scholarship AND
- Majoring in Nursing or Medical curriculum
- One parent must be of Slovak Ancestry

KRISTA L. GLUGOSH MEMORIAL SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)

- Same requirements as for SCS scholarship AND
- Majoring in curriculum with a focus in computer graphics, design or layout

THE YENCHA SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)

- Same requirements as for SCS scholarship AND
- Majoring in Liberal Arts Curriculum

Slovak Catholic Sokol Memorial Scholarship (3 grants in the amount of \$1,000 will be awarded to the applicant that best exemplifies the spirit of volunteerism)

- Same requirements as for SCS scholarship
- Essay- "Describe the one volunteer experience that made the biggest personal impact on you- how/why".

The process of applying for any of the above college level scholarships is completely on-line. Applications and instructions are **ONLY** available on our website @ www.slovakcatholicsokol.org

Questions regarding the Slovak Catholic Sokol Scholarship Program may be directed to:

Edward D. Moeller

Supreme Vice-President

Chairperson of the Scholarship Committee

vp@slovakcatholicsokol.org

(412)881-3506

DEADLINE FOR SUBMISSION OF ALL SCHOLARSHIP APPLICATIONS IS MARCH 31, 2019

In addition to our college grant program, we make available 18 Catholic High School Grants in the amount of \$500 each as well as 36 Catholic Grade School Grants in the amount of \$250 each. Please find these scholarship applications and directives in each of the next issues of the Falcon.

SLOVAK CATHOLIC SOKOL COLLEGE SCHOLARSHIP – TIPS FOR SUCCESS

I just wanted to take a moment to highlight the recent changes made to the Slovak Catholic College Scholarship Program. We will continue to use a completely on-line process as we have had few issues with the process over the past several seasons. With the help of our technical webmaster, we have redesigned the application process and you should find it to be much more user friendly. You will find the on-line application on our website at www.slovak-catholicsokol.org beginning November 1, 2018.

To be best prepared for this process a successful applicant should:

- Review the application on-line for required content and gather prior to beginning to complete the form
- Be prepared to attach both your essay (in PDF or Word format) and a color head and shoulders picture of yourself (in .jpeg format).

Please note, you may want to print a copy for your records prior to submitting. All applicants will receive automatic confirmation that their e-mail has been received.

It really isn't that difficult to qualify for one of our many college scholarships. With now four years of the new College Scholarship Application process behind us, it is clear that there are a few ways to assure that your application will be reviewed.

1. ANSWER ALL QUESTIONS ON THE APPLICATION.

For example- if something does not apply to you- say N/A. If you are fully independent from your parents- as in, you are not claimed by them on their tax return, you should indicate that in the space asking for total parent income. Leaving this blank does not tell the whole story.

2. INCLUDE ALL REQUIREMENTS

FOR THE APPLICATION- i.e. photo; transcript; essay
Start the process for requesting your transcript NOW. I have found that sometimes this is the hold up for some applicants.

- **Transcripts-** please note that "official transcript" means that you have requested it from your University or College and that it has been sent directly to me in a sealed envelope. We have not been as strict in the past on this issue, but began holding each applicant to this requirement last season and will continue to do so moving forward.

3. SUBMIT ALL REQUIRED ELEMENTS PRIOR TO THE DEADLINE.

The application is clear and I just want to prevent a waste of your time and energy.

Failure to include/complete any of the above items will result in the application being disqualified. To be honest, it is not easy for our committee when we need to disqualify applicants for simple yet important missing requirements.

Lastly, apply for all college scholarships for which you qualify in order to give yourself the best chance at receiving something. There were several applicants who limited themselves to a particular scholarship. Competition was fierce for the larger \$ scholarships, but there seems to be more opportunity with the other scholarship offerings.

Not every applicant receives a scholarship every time they apply. If you have not received one in the past, I encourage you to apply again this year. Before submitting your application- take some time to review the bullet points above in order to assure that your application will be included for consideration. Good luck and Zdar Boh! – **Edward D. Moeller**, *Supreme Vice President; Chairperson of the Scholarship Committee*

SKS 2020 COMMITTEE MEETING January 31, 2019 – Conference Call

The meeting was called to order at 5:30 EST by chairperson Julie Ann Dobbs. Sister Dobbs opened with a prayer, followed by the Pledge of Allegiance led by committee member and Supreme Secretary Scott Pogorelec. All committee members were in attendance.

Sister Dobbs, Brother Pogorelec and Supreme President Michael Horvath provided an update regarding the reaction and input of the Board of Directors following their presentation at the December meeting. Support was received from the Board of Directors regarding the draft bylaw proposal with minimal feedback. The group discussed a plan for finalizing our recommendations. Sister Dobbs will pursue sharing the final copy with the team and seek attestation for approval from each of the committee members. The final bylaw proposal will then be posted to the convention website. Sister Dobbs will write an article for the March issue of the Falcon to alert members of their opportunity to review and provide comment.

In preparation for this meeting, Sister Dobbs shared a draft plan for presenting the work of this committee at our upcoming convention. Rich discussion ensued regarding this topic which will ultimately influence the final product. The hope would be that all committee members would be present for the convention to help with dissemination of our findings. Sister Cindy Walkowiak asked whether committee members were invited to convention automatically, or whether they had to come as delegates from their Wreath/Assembly. Brother Horvath indicated that while it would be optimal for all committee members to attend, they would have to be elected by their Wreath/Assembly to come as a delegate.

The committee moved on to a discussion regarding the request to provide recommendation for Board of Director salaries. Salary information was collected for comparison organizations when it was available, and this, along with other data findings would provide the basis for a potential recommendation. Committee members were then assigned a board position to review and prepare to discuss salary recommendation, including rationale, for our next meeting.

Sister Dobbs proposed that our next meeting be held via conference call on February 27, 2019.

Sister Dobbs thanked everyone for their participation and preparation. Brother Michael offered a closing prayer. The meeting was concluded at 7 pm EST.

February 27, 2019 – Conference Call

The meeting was called to order at 5:30 EST by chairperson Julie Ann Dobbs. Sister Dobbs opened with a prayer, followed by the Pledge of Allegiance led by committee member David Matlon. All committee members except Kevin Conway, who was excused, were in attendance.

The minutes from our January 31st meeting and action items were reviewed. Sister Dobbs created an attestation that was completed by the members of this team, indicating approval of our final bylaw proposal. She will work with Supreme Secretary Scott Pogorelec to post committee minutes and the bylaw proposal to the convention website and will submit an article for publication in the March Falcon providing direction to our members.

The discussion moved toward recommendations for Board of Director salaries. Committee members presented their proposal based on their assigned role. Each position was reviewed with consideration for job duties/responsibilities and compared with other organizations like roles. Committee member consensus was gained for all roles. A proposal will be provided by this committee to the convention Salary

(Continued on page 15)



KIDS' CORNER "Detský kútik"

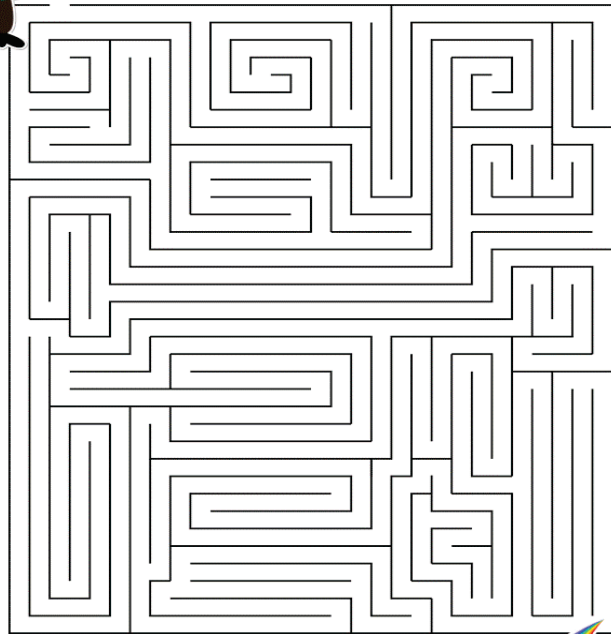
March, 2019

Saint Patrick's Day Word Search

V	G	D	H	V	C	T	Z	K	Q	W	P	V	A	R
X	Z	L	U	S	I	F	O	S	Y	O	C	Q	D	Q
Y	C	E	Q	B	P	A	N	O	T	B	N	B	R	Z
L	E	P	E	H	L	A	H	O	Q	N	J	V	A	K
N	L	R	U	K	K	I	F	S	E	I	X	C	C	O
A	T	E	J	E	C	G	N	E	I	A	M	I	L	I
N	I	C	S	X	O	I	R	P	Y	R	R	T	U	D
F	C	H	M	L	N	G	R	V	R	T	I	N	A	S
A	A	A	D	J	S	I	H	E	A	H	E	I	N	N
N	T	U	X	Z	M	D	F	P	M	W	P	A	V	L
N	D	N	E	G	E	L	W	N	B	I	U	S	U	P
N	T	J	W	W	K	L	Q	U	C	H	L	Y	U	P
J	B	Q	A	P	F	Z	O	K	U	N	Q	O	J	X
I	W	I	N	B	I	R	E	L	A	N	D	G	S	Y
J	D	C	K	C	O	R	M	A	H	S	Y	B	Z	X



Happy Saint Patrick's Day



celtic	dublin	green
ireland	irish	legend
leprechaun	limerick	patrick
potofgold	rainbow	saint
shamrock	snakes	

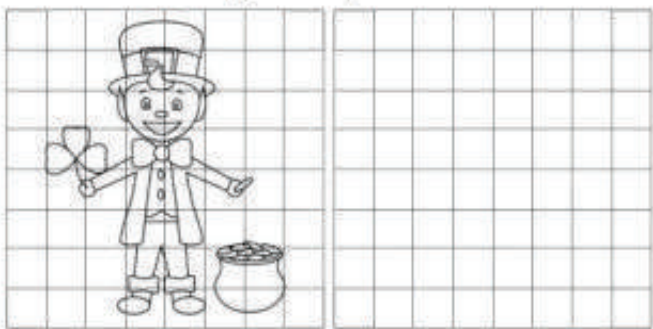


Help Ginger McNugget find his way to the pot of gold.



Copyright © 2014 puzzles-to-print.com. All rights reserved.

Copy the Leprechaun



Copy the picture using the grid lines as a guide. You might find it easier to copy one square at a time. Count the squares carefully!

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KIDS' CORNER "Detský kútik"

March, 2019

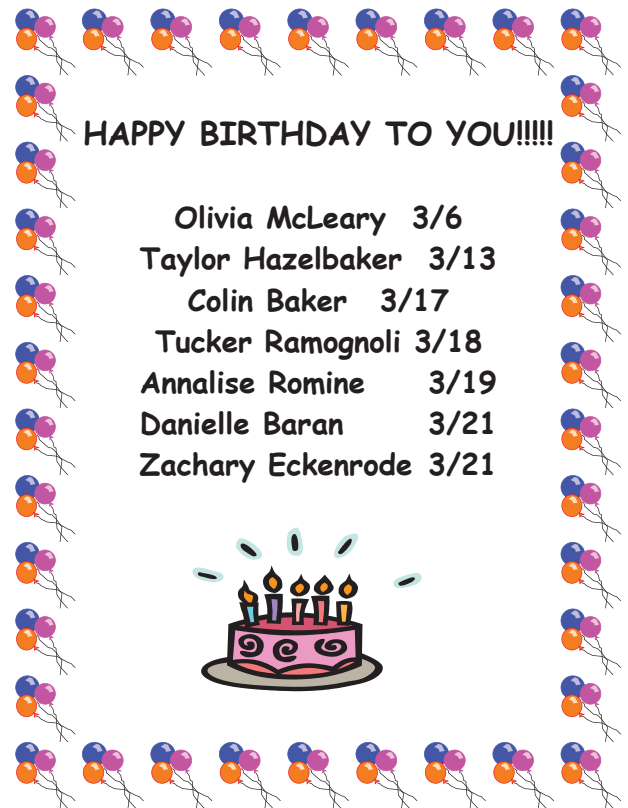
Who was St. Patrick?

- St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. But for all his celebrity, his life remains somewhat of a mystery.
- It is known that St. Patrick was born in Britain to wealthy parents near the end of the fourth century. He is believed to have died on March 17, around 460 A.D.
- At the age of sixteen, Patrick was taken prisoner by a group of Irish raiders who were attacking his family's estate. They transported him to Ireland where he spent six years in captivity.



History of the Holiday

- Today, St. Patrick's Day is celebrated by people of all backgrounds in the United States, Canada, and Australia. Although North America is home to the largest productions, St. Patrick's Day has been celebrated in other locations far from Ireland, including Japan, Singapore, and Russia.
- In modern-day Ireland, St. Patrick's Day has traditionally been a religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government began a national campaign to use St. Patrick's Day as an opportunity to drive tourism and showcase Ireland to the rest of the world. Last year, close to one million people took part in Ireland's St. Patrick's Festival in Dublin, a multi-day celebration featuring parades, concerts, outdoor theater productions, and fireworks shows.



What's making headlines in our ancestral homeland**News and Views
from Slovakia...****POMPEO: RELATIONSHIP BETWEEN SLOVAKIA
AND USA BUILT ON COMMON VALUES**

The relationship between Slovakia and the USA has been built on common values that need to be protected, said US Secretary of State Mike Pompeo in his speech at the Gate of Freedom memorial at the foot of Devin Castle on Tuesday, February 12, adding that the USA is ready to serve as a friend, partner and ally of Slovakia in the decades ahead.

The head of US diplomacy met representatives of the Confederation of Political Prisoners at the memorial and praised their courage. "Memorials like the one I'm standing by right now ensure that we don't forget what's at stake," said Pompeo, adding that it's a tremendous honour for him to pay tribute to the memory of more than 400 people who lost their lives trying to flee Communism. "They knew that to run away meant to risk their lives, but in spite of that, they tried to do it. That's the human desire for freedom," he said.

Pompeo also mentioned his experience with the Iron Curtain, when, as a young soldier, he patrolled the border with Czechoslovakia. He approved of Slovakia's decision to join the community of transatlantic democracies after the fall of Communism. "Slovakia has never been more independent and more prosperous than today," he said. He warned, however, of forces that threaten common values on which the American-Slovak friendship partly stand, mentioning Russian aggression that "undermines freedom on this continent" and China, which "suppresses human rights and is increasing its influence abroad".

The head of US diplomacy also met President Andrej Kiska, Prime Minister Peter Pellegrini (Smer-SD) and Foreign Affairs Minister Miroslav Lajcak (a Smer-SD nominee).

**FIFTEEN ASTRONAUTS TO MARK SLOVAK
COLLEAGUE'S ANNIVERSARY IN BRATISLAVA**

Fifteen European astronauts met in Bratislava in February at an international event to mark the 20th anniversary of the first flight into space by a Slovak, Ivan Bella.

Then 34-year-old Bella took off into space on February 20, 1999 from the Baikonur Cosmodrome on board the Soyuz TM-29 spacecraft for the Stefanik Space Mission along with Russian cosmonaut Viktor Mihailovic Afanasiev and French astronaut Jean-Pierre Haignere. Two days later they docked with the Mir orbital space station, where Bella carried out scientific research in six areas. He returned to Earth on February 28 along with Russian cosmonaut Gennady Padalka. The two successfully landed in Kazakhstan.

"Many astronauts and cosmonauts that I met at that time haven't been to Slovakia, and there was no chance to thank them for actively participating in the successful mission 20 years ago. They've been presenting Slovakia for 20 years as a developed country with which they performed a successful space flight including significant scientific programmes," said Bella. "That's why I've decided it's time

to organize such a meeting, and the 20th anniversary of my space flight is a great opportunity to do so," said Bella, who also served as Slovakia's military attaché in Moscow and Kiev in the past.

Bella invited to Bratislava, for example, Afanasiev, Haignere and the first Czechoslovak cosmonaut Vladimir Remek, along with Miroslaw Hermaszewski (Poland), Franz Viehbock (Austria), Bertalan Farkas (Hungary), Dumitru Dorin Prunariu (Romania) and Georgi Ivanov Ivanov (Bulgaria).

The event was held under the auspices of President Andrej Kiska, Prime Minister Peter Pellegrini (Smer-SD) and Defence Minister Peter Gajdos (SNS). A ceremonial dinner was held following the guests' arrival in Bratislava on February 19. A scientific conference called '20 Years On – Opportunities for Slovakia's Involvement in ESA [European Space Agency] Projects' was held on the next day.



Nitra is a city in western Slovakia, situated at the foot of Zobor Mountain in the valley of the river Nitra. With a population of about 79 534, it is the fifth-largest city in Slovakia. Nitra is also one of the oldest cities in Slovakia. The first mention of Nitra dates back to the 9th century. It is situated on seven hills on both sides of the river Nitra. Because of its strategic geographic location. Nitra was first time mentioned in 871 - 873 AD in the document "Conversio Bagoariorum et Carantanorum" and is known as the place where the first Christian church was built in the year 828 on the present-day Slovak territory. Cyril and Methodius, the co-patron saints of Europe, preached here and in 880 the first Slavic diocese was established here. During the Great Moravian Empire one of the largest settlements in Central Europe, it remained an important centre of commerce until the late Habsburg Empire. The old town and the castle which was the largest one in Slovakia, introduce us to the local history; scores of sacred monuments reflect the Christian history. Nitra is the seat of various institutions, universities, theatres and museums and a well-known location of fairs as well as a modern centre of industries.

*Selected stories are provided by TASR
– the Slovak Republic's official News Agency.*

BOOK YOUR ROOM(S) FOR THE 2019 SLET NOW!

As you are making your plans for attending this year's 2019 Slet at Suny Brockport University in New York, make sure that you book your rooms now. The rooms are ready for you to reserve for 4 days and 4 nights – July 17-21 at the beautiful Hampton Inn Brockport, Econo Lodge and the Dollinger's Inn & Suite hotels. It is so easy to reserve your room. Just call and reserve your room under the Slovak Catholic Sokol. There are only 40 rooms between the three hotel, so book early.

Here is some information on the Hampton Inn Brockport.

- *Hotel rating: a wonderful 9.1
- *Phone number: 1-585-391-6747
- *Address: **Hampton Inn Brockport**
4873 Lake Road Brockport, NY 14420, USA
- *10 rooms blocked under Slovak Catholic Sokol until June 1st. Call to make your reservations today.
- *Rate: \$128 plus tax for Wednesday/Saturday nights.
- * Rooms come with a king bed
- *FREE: breakfast, WiFi, toiletries, cable TV, cancellation-no repayment needed, parking
- *The hotel has: an **indoor pool, fitness center**, 24 hour business center
- *It is **only minutes away** from Suny Brockport University

THINGS TO DO AROUND THE HAMPTON INN BROCKPORT

- *It is 22 minutes drive from Greater Rochester International Airport.
- *It is approximately 13 miles from Hamlin Beach State Park on Lake Ontario.
- *It is a 20 minute drive from the hotel to downtown Rochester (shopping and dining)
- *It is 19 miles away from the National Museum of Play
- *Minutes away from the Victorian Village on the Erie Canal
- *Minutes away from the Brockport Community Museum – Museum without walls
- *Visit the Sweden Town Park for a great place to have a picnic, play a pick up baseball or soccer game, or just walk the walking trails. Included are skate park, playground, pavilion and restrooms.

There are also two other hotels within the same area. Rooms are not locked in so if you choose to use either of these hotels, please call early for room availabilities, pricing, and amenities. Here are the names and phone numbers of the other hotels that are in close proximity to the Suny Brockport University as well.

***Econo Lodge Brockport:**

- Hotel rating 6.3 Pleasant
- Phone Number: 1- 585- 637- 3157
- 6575 4th Section Rd. Brockport, NY 14420
- *20 rooms held under Slovak Catholic Sokol until July 1. Call to make your reservations today.
- *Pricing: 2 Q beds \$84.99 plus tax for Wed./Thurs. nights and \$94.99 plus tax for Fri./Sat. nights.
- * minutes away for Brockport University
- * no pool, free breakfast and WiFi, non-smoking rooms

***Dollinger's Inn & Suites:**

- Hotel rating 9.3 Wonderful
- 4908 Lake Rd. S Brockport, NY 14420
- Phone Number: 585-391-8147

GROUP 7 "REV. JOSEPH MURGAS" UPCOMING EVENTS

Friday, March 15th – 6:30 p.m. – Slet participant pizza party at North End Slovak Citizens Club in Wilkes-Barre, PA. At 7 p.m. there will also be a Group officers meeting. All members and officers are welcome to attend.

Sunday, March 24th – 11 a.m. – Mass for living and deceased members of Group 7 at St. Robert Bellarmine Parish, 133 W Division in Wilkes-Barre, PA. All members are welcome to attend.

Saturday, April 6th – Bus trip to Washington DC – Cherry blossom festival. Leaving the North End Slovak Citizens Club at 7a.m. and leaving DC at 7 p.m. \$45 per person. Snacks, water and soda included. All Group 7 members and family are welcome. Reservations and payments by March 21st.

Saturday, May 4th – Wise Crackers Comedy club at Mohegan Sun Pocono. Show starts at 9 p.m., \$20 per person, basket raffle will be held after the show.

Please contact any group officers for the upcoming events or visit our Facebook page "Group 7 Slovak Catholic Sokol". Or contact Amy Blasco at 570-574-0136.

S.K.S. 2020 COMMITTEE MEETING

(Continued from page 11)

and Compensation Committee for their consideration.

Sister Dobbs noted that the final work of this committee will be to prepare a presentation for the convention. She will send out a draft and asked that the members provide feedback, thoughts and ideas via email. Sister Dobbs will compile the feedback and create a plan for content delivery to be presented to our committee in draft form at our next meeting. The committee suggested a late April/early May timeframe for our next conference call.

Sister Dobbs thanked everyone for their participation and preparation. Brother Michael offered a closing prayer. The meeting was concluded at 6:15 pm EST.

Respectfully submitted,

Julie A. Dobbs

Chairperson- SKS 2020 Committee

We invite you to send any questions or concerns to our committee at SKS2020@slovakcatholicsokol.org

Pricing: All rooms reserved have 2 double beds

Wed/Thurs \$109 per night Fri/Sat \$119 per nights plus tax

*10 rooms blocked under Slovak Catholic Sokol until June 1st. Call to make your reservations today.

*minutes away from Brockport University

*no pool, free breakfast and WiFi, non-smoking rooms, pet friendly, small fitness, refrigerator, microwave

This is a fantastic event that you won't want to miss. Everyone enjoys watching their child, as well as his/her teammates, compete for the International Slet Flag. There are so many memories that are made throughout the course of the week. Don't miss out. Book your rooms early and enjoy your vacation.

See You There,

Julie Laury

Supreme Physical Fitness Board Member

THE SOKOL WIN - WIN LEAD PROGRAM BENEFITING MEMBERS

Program Runs - August 1, 2018 to July 31, 2019

The Slovak Catholic Sokol for over 113 years has provided our members with sound financial protection and outstanding fraternal benefits. The Society is introducing a program that will benefit our existing and potential members.

As a proud existing member of the SOKOL it is quite easy to expound upon and share the qualities of membership. Not everyone is born a salesman or comfortable selling life insurance or annuities. Today, we have qualified life insurance and annuity representatives that can assist our existing and potential members in selecting the financial protection to help protect their future.

THE PROCESS

Share with a relative or a friend the qualities of membership with the SOKOL. Our fraternal programs, benefits and financial products (life insurance & Annuities).

Complete and submit the MEMBERSHIP REFERRAL CARD to the Sales Office.

An Authorized SOKOL Agent will contact and provide professional advice to place the individual into the right solution.

If your referral purchases a SOKOL Life Insurance or Annuity you earn \$10.00. In addition, for every qualified referral, your name is entered in the \$50 gift card semi-annual drawing and the end of campaign's grand prize of \$250.

AVAILABILITY

A supply of SOKOL WIN - WIN Lead Cards will be available to all Assembly/Wreath Presidents for distribution.

Assembly/Wreath Presidents and other Assembly/Wreath Officers are asked to distribute SOKOL WIN - WIN Lead Cards to existing Members who want to recommend someone to become an insured Benefit Member.

Making it easy - SOKOL WIN - WIN Lead Cards are available for completion and submitting on the SOKOL Web Site www.slovakcatholicsokol.org

Mail completed Referral Lead Cards to the Sales & Marketing Office.

The Assembly/Wreath that has the largest number of new Members referred through this program will be awarded \$500 and will receive recognition in the FALCON, on the SOKOL website and the 2019 National Convention.

SLOVAK CATHOLIC SOKOL - Member Referral Card

Name: _____

Address: _____

Phone: ____ - ____ - ____ Email: _____

Gender: ☐ Male ☐ Female Age: ____ Date of Birth: ____ / ____ / ____

RECOMMENDER INFORMATION Assembly/Wreath: ____ Email: _____

Name: _____ Phone: ____ - ____ - ____

Interest:

☐ Life Insurance

☐ Annuity

EVERYONE WHO WINS!

The New Member

*(Financial
Protection &
Fraternal Benefits)*

The Recommender

(\$10 - \$50 - \$250)

**The
Assembly/Wreath-**

(\$500)

**New Members +
New Sales = Fiscal
Strength**

Slovak Catholic SOKOL

Sales & Marketing

2403 Sidney Street

Suite 200

Pittsburgh, PA 15203

855-874-9179

sales@slovakcatholicsokol.org

www.slovakcatholicsokol.org

2019 Fraternalist of the Year Program celebrates volunteerism and outreach

Life insurance and annuity benefits are offered by both commercial insurance companies and fraternal benefit societies. Both commercial and fraternal entities provide financial protection. A fraternal, such as ours, provides much more than financial security. Fraternals provide an important extra benefit not found in commercial suppliers - that of service and outreach to the community. Fraternals have been doing that for more than a 150 years.

The first American fraternals were founded at the time of the Civil War. Since then Fraternals and their members have supported and sustained countless churches, educational and cultural institutions. Fraternals from their earliest years have made a difference in the lives of countless individuals in communities across the United States and Canada. For generations, fraternalists have been movers and shakers in their communities who champion many noble causes. They beautifully mirror the high ideals of the fraternal benefit system. Since 1905, members of the Slovak Catholic Sokol have been among them.

Since 1985, our organization has taken the time to salute an individual member who champions a spirit of caring and sharing by honoring them with our Fraternalist of the Year designation. Each year we ask our members to recommend an individual member who in their eyes reflects the vibrant spirit of Sokol fraternalism and outreach at its best. Such individuals serve as role models and mentors. They often do so quietly and without much acclaim. Well, now is the opportunity for an Assembly, Wreath, Group or individual member to take the time and nominate an individual member for recognition as our 2019 Slovak Catholic Sokol Fraternalist of the Year. So at your next lodge or Group gathering selecting a candidate for our Fraternalist of the Year program should be on the meeting agenda.

This year's honoree will be presented with an appropriate plaque along with a gift of \$200 as a small token of our gratitude for his or her efforts in promoting Slovak Catholic Sokol fraternalism and outreach. The presentation of the Fraternalist of the Year plaque will take place at a dinner hosted by our organization for the honoree's family and friends.

A special nomination form is available from the home office. Contact Daniel F. Tanzone who coordinates the program at tel 800 886-7656. A recent photo of the nominee should be included along with the completed nomination form. Deadline for receipt of the completed nomination form at the home office is Monday, July 8, 2019.

GROUP 5 SEMI-ANNUAL MEETING AND BOWLING TOURNAMENT

Group 5 announces their semi-annual meeting followed by the group bowling tournament on Sunday, April 7, 2019 at the American Slovak Club located at 2915 Broadway Ave. in Lorain, Ohio. The event is hosted by Wreath 111. The meeting will start at 10:30 a.m. No registration is required. Officers and members should attend to be briefed on our upcoming activities and events. Any questions contact President Kathy Figard 330-336-4172.

Bowling will follow at 12:30 p.m.. Contact Sports Director James Underation for bowling and meal reservations. This is a 4-person team event but if you don't have a complete team, James will work to pair you up. His contact info is Junderfam@gmail.com.

Karen Hutnick
Group 5 Secretary

WALKING PROGRAM

The Walking Program had a very successful year! We walked a total of 75787.55 Miles. Great job to all! This year was filled with several changes for many of our walkers. I am always happy to receive updates from each one of you. I love hearing about the trips you have taken, the different or new trails you have experienced and the different successes you have had during the year. Thank you again for all of your support and well wishes. The Swift family has had another move. As most of you know, we have moved to Germany and we have had such a great time so far. Experiencing new traditions and being able to travel has been amazing. But, moving so far was a struggle this time. The two older children are to the age where they understood that a move meant leaving family and friends. Technology is great and has allowed us to keep in touch with everyone a lot easier. The six-hour time difference has made it challenging but we always find a way. As true military kids, they are adjusting and embracing the new challenges they face every day. As my Marine husband stays true to Semper Paratus, we stay true to Semper Gumby and are Always Flexible to new things.

The Waking Program has gained 6 new walkers!! Welcome to our little family! Bob and Judy Nist, Frank and Julie Laury, Dusan Dorich and Theresa Valko. We are excited to have you in our group and are excited to see your results. Remember to have your family and friends join so you are able to support each other locally as well. Group 5, Wreath 111, has a large group. Michele Mager has taken over as their leader for success. Thanks Michele!

Remember there is no age requirement to be in the walking program. All are welcome.

I hope you have all had a great start to your 2019 goals. Here are just a few reminders: Remember to Stay Safe while you are walking. Always remember sunscreen. If you are going on a trail by yourself, please inform someone when you start and finish. If you walk at night, remember to use reflecting bands or device. Keep up the great work! Zdar Boh,

Katie Swift, Supreme Assistant Physical Directress

SLOVAKIA RECOGNIZES WORK OF AMERICANS



Slovakia's Ambassador to the United States, Ivan Korcok, center, presented gold medals from Slovakia's Foreign Minister Miroslav Lajcak to two Americans for their efforts in promoting U.S.-Slovak ties. Ambassador Korcok is shown with former U.S. Ambassador to Slovakia, Theodore Russell and Honorary Slovak Consul in Pittsburgh, Joseph T. Senko who were honored for their efforts in establishing Friends of Slovakia which promotes numerous U.S.-Slovak civic and cultural programs. Ambassador Russell, the first U.S. Ambassador to Slovakia, was the Founding Chairman of the organization and Mr. Senko is its current chairman. Brother Senko is our Sokol of Assembly 16 in Pittsburgh. Our congratulations go out to both for their efforts in promoting joint U.S.-Slovak activities.

MINUTES OF THE 2019 SUPREME PHYSICAL FITNESS BOARD MEETING

JANUARY 18TH-JANUARY 20TH, 2019 – HOMEWOOD SUITES, PITTSBURGH, PA

FIRST SESSION, FRIDAY, JANUARY 18, 2019

The first session was called to order by Supreme Director of Sports and Athletics James Matlon. Brother Matlon welcomed the Supreme Physical Fitness Board Members and offered congratulations to them for the following events and accomplishments: Supreme Assistant Director of Sports, Frank Laury and Supreme Physical Fitness Board Member Julie Laury on the birth of their granddaughter Joelle Rose Laury, Supreme Fitness Board Member Nancy Kropolinsky's mother, Edith Babik for being voted as fraternalist of the year, Supreme President Michael Horvath on his retirement, and to Supreme Physical Fitness Board Member Kevin Matlon on graduating in December with a Doctorate in Physical Therapy.

Opening prayer was proclaimed by Supreme Physical Fitness Board Member Nancy Kropolinsky.

Pledge of Allegiance was led by Supreme Physical Fitness Board Member Marty Degnan.

Roll call was taken by Supreme Assistant Director of Sports and Athletics Frank Laury. All members of the Supreme Physical Fitness Board were present.

Welcome Remarks:

Welcome remarks were given by the following members:

Supreme Secretary Scott Pogorelec welcomed everyone and relayed the support of the Board of Directors for the efforts of the Supreme Physical Fitness Board. Scott encouraged all to continue generating ideas and activities to promote member involvement. He also commended the board members for all that they have done in the past four years.

Supreme President Michael Horvath gave his greetings and welcomed all board members. He noted the Supreme Physical Fitness Board's organizational skills and how smoothly the past years' events ran. He emphasized the pride the board should have for a job well done.

Supreme Physical Director John Underation commented upon the leadership of the board and encouraged all to draw from past experiences for the upcoming Slet. He reiterated Brother Horvath's comments about how well the past years' events went, especially the Clinic.

Supreme Physical Directress Kathy Watkins echoed the previous comments stating how well the events of the past four years have gone and to carry that experience forward to help make this year's Slet the best yet.

Supreme Director of Sports and Athletics James Matlon spoke about bringing our passion to the local Assemblies and Wreaths in order to generate involvement in our fraternal activities. Brother Jim also acknowledged and asked to keep in prayers the passing of past Supreme Officers: Frank E Macey former Supreme Director of Sports and Athletics, Richard A Hudak, past Assistant Supreme Physical Director, and Honorary Officer, Andrew "Butch" Hvozdic, father of Reverend Andrew Hvozdic, our Supreme Chaplain.

Supreme Directress Kathy Watkins presented the information from last year's Clinic and the number of participants. She stated that there were no complaints this year and the participants said that they enjoyed the Clinic, especially the nightly activities. She discussed the yearly activity report shown below.

2018 Annual Activity Report

Tournaments/Activities	# of Participants
Bowling	35
Golf	113
Walking Program	100
Sokol Reunion	25
Clinic	32 participants 12 SPFB / BOD members

2018 Additional Activities

Group 1 – spaghetti dinner, youth bowling, group bowling

Group 3 – Slovak/Polish buffet dinner, Oktoberfest

Group 4 – 100th Anniversary Dinner, Halloween Party, Children's Christmas Party, St. Nick Breakfast

Group 5 – local golf tournament, children's Christmas party, reverse raffle

Group 7 – golf tournament, children's Christmas party, Group 7 reunion, Sokol Day, Comedy Club Night, Join Hands Day, bus trip to NYC, March for Life

Group 14 – Halloween Party, Christmas Party, bowling party, spaghetti lunch, comedy night and Pitt football nights.

Group 17 – Slovak Day Festival, Group Golf Outing, Fraternalist of the Year Dinner, Children's Christmas Party

Group 19 – local bowling, local golf, Communion breakfast, Bazaar, Christmas party

***If a group is not listed above, either the group had no additional activities or no information was received when it was requested.

Tentative 2019 Slet Numbers

	Jr. Girls	Jr. Boys	Sr. Women	Sr. Men
Group 1	1	1	2	2
Group 3	5	4	15	12
Group 4	7	5	12	4
Group 5	5	7	5	8
Group 7	2		7	1
Group 11			2	2
Group 14	15	6	15	4
Group 17			1	
Group 19		3	9	6

OLD BUSINESS:

Review of the 2018 Clinic.

Supreme Directress Kathy Watkins and Supreme Physical Director John Underation reviewed information from the 2018 Clinic. The comments from the participants were read and discussed. The board members discussed how to accommodate the ideas.

The minutes from last year's meeting were reviewed and approved.

A motion to close the first session was made by Supreme Physical Director John Underation and seconded by Supreme Physical Fitness Board Member Julie Laury.

SECOND SESSION, SATURDAY, JANUARY 19TH

Supreme Director of Sports and Athletics James Matlon called the second session to order at 9:00 am.

Opening Prayer was said by Supreme Physical Fitness Board

Member Kevin Matlon.

Slet Assignments:

The 49th International Slet will be held once again at SUNY Brockport, July 17-21, 2019.

Supreme Physical Director John Underation discussed the contract with Brockport and that plans will be finalized at a later date. Brother John will be in communication to make sure that all points in the contract are met.

Slet assignments will be finalized on the conference call in May.

It was decided as per the vote at the clinic by the Directors, Directresses, and their assistants, that scoring for team drilling will use all four judges scores and take the average of them to determine places. At the previous Slets, the high scores and low scores were dropped and the middle two were averaged for the team scoring. The judges will discuss their scores after each set of drills and they will be informed that the scores should not be more than 15 points apart. If the differences are greater than 15 points, a detailed discussion will take place between the judges.

The board discussed bringing in a guest speaker at the Slet for either the opening or closing ceremony. Brother John will work on securing a speaker.

There was a discussion about Facebook live streaming events at the Slet. It was agreed upon that there will be live streaming. Assignment for the individual who will live stream will be determined in March, at the Board of Directors Meeting.

In order to promote the Slet, the board decided that posters will be made to put in the Sokol clubs and local churches. Brother Frank will work on posters. Brother John will be ordering feather flags to place around Brockport, New York to promote the International Slet.

A discussion was held on evening activities at the Slet. For those not participating in the volleyball there will be a movie night. Along with the movie, there will be corn hole tournament for the 12 and under participants. It was decided that we will use the same company for the dance on Saturday evening and also have the photo booth, like the previous Slet. Sister Katie will contact the DJ. The Slet schedule will be posted in the Falcon, on the Website, and on Facebook within the coming months.

Presentation of Committee Reports:

Sports Program/Communication

The 73rd International Bowling Tournament will be held at Noble Manor Lanes in Pittsburgh, Pennsylvania May 17-18, 2019.

Rocky Gap Reunion will be held from May 31-June 2, 2019. Sister Nancy and Brother John will coordinate activities.

The 49th International Slet will be held at SUNY Brockport in Brockport, New York from July 17-21, 2019.

The 64th International Golf Tournament will be held at Seven Oaks Country Club and Black Hawk Golf Course in Beaver Falls, Pennsylvania on August 16-18, 2019.

Supreme Director of Sports and Athletics James Matlon assigned the SPFB members to events for 2019. Supreme Physical Fitness Board Members Nancy Kropolinsky and Frank Laury will work the Bowling Tournament. Supreme Physical Fitness Board Member Katie Swift or Assistant Physical Director Dusan Dorich will work the Golf Tournament.

The yearly refrigerator magnets detailing 2019 events will be

mailed to members who attended previous year's events as well as all Group Presidents. Sister Kathy created and ordered magnets and mailings were sorted and addressed by the Supreme Physical Fitness Board.

Review of 2018 Falcon Articles:

Assistant Physical Director Dusan Dorich reported that all SFPB members did complete their required articles for the 2018 year.

Brother Dorich then assigned the 2019 articles as follows:

January-Frank Laury
February-Julie Laury
March-Kevin Matlon
April-Katie Swift
May-John Underation
June-Nancy Kropolinsky
July- Dusan Dorich
August- Kathleen Watkins
September-Julie Laury
October-Martin Degnan
November-Katie Swift
December-Frank Laury

New Business:

The Board discussed the Win Win Campaign and ideas to generate new members. The SPFB turned in a total of 15 cards in 2018.

A lively discussion was led by Assistant Physical Directress Katie Swift on how to reactivate inactive groups and to generate more interest from the 20-30 year old members. It was discussed that the SPFB needs to be more accessible to local groups and assemblies.

Supreme Assistant Director of Sports and Athletics Frank Laury proposed finding a new location for a Sokol Family/Reunion weekend next year. Brother Laury suggested Maumee Bay as a possible new location. Maumee Bay would be an ideal location for families, young children as well as young adults.

A discussion was held about a marketing campaign to help promote additional members. It was suggested to create a video highlighting yearly fraternal activities and sporting events. Supreme President Mike Horvath assured the Supreme Physical Fitness Board this will be discussed at the Board of Directors meeting in March.

The following are the 2019 Physical Fitness Board Recommendations:

1. The prize allotment for the International Bowling Tournament is \$60.00 per team (\$30.00/team, \$20.00/double, and \$10.00/single). No increase.
2. The banquet and souvenir allotment for the International Bowling Tournaments not to exceed \$30.00 per participant. No increase.
3. The banquet, prize money and souvenir allotment for the International Golf Tournament not to exceed \$50.00 per participant. No increase.
4. An allotment of \$2,000.00 is made towards the Walking Program for all related mailings, certificates and prizes. No increase.
5. An allotment not to exceed \$1000.00 to purchase props for the 2019 International Slet for both male and female drillers. No increase

(Continued on page 21)

SPRING

✿ The first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness. The term vernal is Latin for “spring” and equinox is Latin for “equal night”.

✿ In spring, the Earth’s axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather.

✿ Before Spring was called Spring, it was called Lent in Old English. Starting in the 14th century, that time of year was called “springing time”—a reference to plants “springing” from the ground. In the 15th century this got shortened to “spring-time,” and then further shortened in the 16th century to just “spring.”

✿ As it stays light for longer in spring, birds know it is time to find a mate. They do this by singing to each other.

✿ Holidays that occur in spring include Easter, Passover, April Fool’s Day, Earth Day, Arbor Day, Mother’s Day, Father’s Day, Cinco De Mayo, and Holi (festival of colors in India).

✿ On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness.

✿ Spring fever is a term applied to several sets of physical and psychological symptoms associated with the arrival of spring. Experts say the body’s makeup changes due to different diets, hormone production, temperature and increased light.

✿ Spring almost always arrives on March 20 or 21, but sometimes on the 19th. The reason the equinoxes and solstices don’t always come on the same day is that Earth doesn’t circle the sun in exactly 365 days.

✿ Some Baltic and Slavic countries burn an effigy of winter as a way to welcome spring. Every year on the first day of spring, people gather to burn an effigy and throw it in the river to bid winter farewell.



The tradition of burning or drowning an effigy of Morena to celebrate the end of winter is a folk custom that still survives in Slovakia. The rite involves preparing an effigy in female clothing, and either setting it on fire or drowning in a river (or both) on the first day of spring. This ritual represents the end of the dark days of winter, the victory over death, and the welcoming of the spring rebirth.

Spring Fruit Tart

Ingredients

- 1 pkg. (16.5 oz.) refrigerated sugar cookie bar dough
- 1 pkg. (8 oz.) cream cheese, at room temperature
- 1/3 cup granulated sugar
- 1/2 teaspoon vanilla extract
- 1 1/2 cups fruit (raspberries, sliced mango, kiwifruit and/or bananas)

Instructions

Preheat oven to 325° F. Grease bottom and side of 9-inch fluted tart pan with removable bottom. Place whole bar of dough in prepared pan. Allow to soften for 5 to 10 minutes. Using fingertips, pat dough gently to cover bottom and side of tart pan. Bake for 22 to 25 minutes or until lightly golden and wooden pick inserted in center comes out clean. Cool completely in pan on wire rack. Beat cream cheese, sugar and vanilla extract in small mixer bowl until smooth. Spread evenly over cooled cookie crust to within 1/2 inch of edge. Arrange fruit as desired on top of cream cheese mixture. Refrigerate for 1 hour. Remove rim of pan; slice into wedges.



Tortilla Spring Rolls

Ingredients

- 6 - flour tortillas
- 1 - onion
- 1 each - green, yellow, red bell pepper
- 3 small - mushrooms
- 1 cup - grated cheese
- 2 tbsp - coriander
- 2 tbsp - oil
- Salt as required
- 2 tsp - green chillies
- 2 pods - garlic



Instructions

Heat 2 tbsp of oil in a skillet, add the onions and fry till they are soft. Add the finely chopped bell peppers, mushrooms, garlic and green chillies along with required amount of salt. Fry this for about 6 mins in medium flame and till dry. Spread out the tortillas and spoon the filling carefully while still warm. Add the grated cheese and chopped coriander on top. Roll up the tortillas and cut them into bite sized pieces. Place these rolls in an oven proof dish and bake it at 350F for about 20 mins till the tortillas crisp up and the cheese has fully melted thus sealing the rolls well.

EARLY SPRING GARDENING TIPS

PREP THE BEDS – Remove winter mulch or, if well composted, work into the top layer of the soil. Work in some leaf mold or well-rotted manure, too.

PRUNE – Spring is the time to trim fruit trees if you didn’t prune in winter. Prune before buds begin to break into bloom or you’ll stress the tree and get a tiny crop (or possibly none).

DIVIDE PERENNIALS – Before plants have begun spring growth is a good time to divide many perennials.

PLANT VEGGIES – Hardy vegetables, such as onions, potatoes, artichokes, and some lettuces, should be planted now. See what other veggies do best in cool weather.

Fellow Slovak Catholic Sokol Member-

As Chairperson of the SKS2020 Committee, I am pleased to share that we have prepared a Bylaw Proposal for the 33rd Slovak Catholic Sokol Convention planned for August 3-7, 2019 in Cleveland, OH. You will find the minutes from our collective meetings, along with the Final SKS2020 Bylaw Proposal on our website under Convention Menu at www.slovakcatholicsokol.org



We invite you to review the proposed changes and provide feedback if you are so inclined. Please send questions or concerns to: [redacted] with subject line- **ATTN SKS2020 Committee.**

For context- I am providing some talking points that have previously been shared with our Group Presidents.

SKS 2020 Committee- Talking Points

Who- Committee membership limited by 2015 New Motions committee/Convention to no more than 1 per group and no additional Supreme Officers or employees of the home office.

Chairperson- Julie Dobbs – Group 4

Members-

- Group 1- Scott Pogorelec, Supreme Secretary
- Group 3- Kevin Conway, Group President
- Group 5- Kathy Figard, Group President
- Group 7- Michael Horvath- Supreme President
- Group 11- David Matlon
- Group 14- Cindy Walkowiak

****although the intent was for 9 members- specifically 3 Group Presidents and 3 at large members- our small pool of interested candidates conflicted with other limiting criteria.***

What- asked specifically to address our organizations governance, and make recommendation regarding board membership, roles, structure, job description and salaries for 2020.

How- the committee began meeting in June 2017 and to date have had 11 conference calls and 2 in- person committee meetings, both in alignment with Board of Director meetings.

- Benchmarked current state with other fraternal
 - o 7 in total- 2 larger, 4 of like size, 1 smaller
 - o Chose several intentionally due to past anecdotal comparisons
 - o Collected information specific to Board of Director composition, role and job description, voting/non-voting, elected/hired/appointed, term length/limits and salary as able.

- Investigated NAIC requirements regarding governance
- Discussed our current governance/status with AFA leaders, our SCS actuary and financial consultants
- Interviewed current BOD members related to their role and opportunities for the future
- Challenged each other and current BOD members regarding typical controversial arguments and respectfully discerned future recommendations to clean up job descriptions, role expectations and tighten up governance.
- Presented our final recommendation to the Board of Directors at their December 2018 meeting. Gained consensus support for our Bylaw Proposal.

Thank you in advance for your thoughtful review.

Fraternally yours,

Julie Dobbs

Honorary Supreme Officer

Chairperson SKS2020 Committee

MINUTES OF THE SUPREME PHYSICAL FITNESS BOARD MEETING

(Continued from page 19)

6. An allotment of \$250.00 is provided to the Supreme Director of Sports and Athletics for office supplies. No increase.
7. Recommend an allotment not to exceed \$15.00 per participant for a souvenir at the Slet.
8. Recommend that a \$50.00 per diem per day be provided to all Physical Directors, Physical Directresses and Sports Directors and \$30.00 per diem per day for Assistant Physical Directors and Directresses at the 2019 International Slet. The group officers must abide by all the rules in qualification for the Slet as established by the Supreme Physical Fitness Board. No increase.
9. Recommend that any group with 25 or more male or female participants at the 2019 Slet may assign one qualified chaperone to be considered as a Slet participant. (One Chaperone/25 male participants, One Chaperone/25 female participants)
10. Recommend a minimum of two chaperones chosen by the Supreme Physical Fitness Board attend the 2019 Slet.
11. Recommend that two additional workers help the Supreme Physical Fitness Board at the 2019 Slet.
12. Recommend that the entire Board of Directors attend the Saturday Exhibition at the 2019 Slet.
13. Recommend that four Slovak Catholic Sokol member drill judges be considered as participants and receive \$75.00 daily per diem.
14. We are requesting four external drill judges based on past practices.
15. Recommend an allotment of \$30.00 per person for the Sokol Reunion at Rocky Gap Casino and Resort, June 2019.

Each member added their closing remarks discussing what a joy it has been working with each other for the last 4 years.

A motion to adjourn the meeting was made by Supreme Physical Fitness Board Member Nancy Kropolinsky and seconded by Supreme Physical Fitness Board Member, Kevin Matlon.

SLOVENSKÁ POŠTA VYDALA ZNÁMKU S PODOBIZŇOU MICHAELA STRANKA

Slovenská pošta vydala 1. marca poštovú známku s podobizňou Michaela Stranka. Rodák z obce Jarabina je zvečnený na fotografii Joea Rosenthala, zachytávajúcej jeden z kľúčových okamihov ťažkej bitky o pacifický ostrov Iwódžima (Iwo Jima) na prelome februára a marca 1945.

Znáмка "Osobnosti: Michael Strank (1919 - 1945)" má nominálnu hodnotu jedno euro. Ústredným motívom na poštovej známke je portrét Michaela Stranka. Súčasne s poštovou známku vydali aj obálku prvého dňa s dátumom 1. marca 2019 a domicilom obce Jarabina.



Medzi rokmi 1880 až 1938 odišiel zo Slovenska do Spojených štátov amerických približne jeden milión obyvateľov. Uplatnili sa najmä v banskom a oceliarskom priemysle. Mnohí z nich sa už

v prvej, ale najmä v neskorších generáciách, výrazne zapísali do dejín USA. Jedným z nich, o ktorom sa dlho v rodnej vlasti nevedelo, bol aj Michal Strenk (Michael Strank).

Michal Strenk sa narodil v rusínskej obci Jarabina v okrese Stará Ľubovňa 10. novembra 1919. Ako šesťročný sa vysťahoval s rodičmi do Pensylvánie, kde jeho otec pracoval v oceliarni. Slúžil v americkej námornej pechote.

Počas vylodovania na ostrov Iwódžima velil čate špeciálnych síl námornej pechoty a po dobytí hlavnej výšiny na ostrove, kopca Suribači, sa 23. februára 1945 zúčastnil na druhom vztyčovaní americkej zástavy, symbolizujúcej ovládnutie bojiska.

Michal Strenk zahynul 1. marca 1945 v pokračujúcich bojoch na ostrove. Seržant Strenk nebol v čase svojho pôsobenia v americkej armáde formálnym občanom USA. Certifikát o udelení občianstva dostali jeho príbuzní od imigračného úradu až 29. júla 2008. - TASR

V BANSKOŠTIAVNICKOM STAROM ZÁMKU BUDÚ NAKRÚČAŤ DRAKULU

Priestory banskoštiavnického Starého zámku sa v prvej polovici marca 2019 zmenia na filmové kulisy. Britskí filmári tam budú nakrúčať trojdielny celovečerný televízny film Dracula. Vo filme diváci uvidia aj historickú Banskú Štiavnicu, Oravský hrad aj Zuberec.

Film je projektom britskej televízie BBC 1 a Netflix a jeho producentom je spoločnosť Hartwood Films. Vzniká v kooperácii umelcov z Veľkej Británie a spolupracuje na ňom aj slovenská spoločnosť Spectral spol. s r.o.

Za slovenskú stranu sa do výroby filmu zapojili viacerí profesionáli z oblasti produkcie, špeciálnych efektov, osvetľovacej techniky, kamerového štábu, výpravy, kaskadérov a epizódno-komparného obsadenia. Natáčať sa bude aj na Oravskom hrade, kde sa nakrúcala aj prvá čiernobiela verzia filmu Dracula z roku 1922, a tiež v Zuberci.

Filmový štáb, ktorý bude nakrúčať na Slovensku, je zložený z britských a slovenských filmárov.

NEZAMESTNANOSŤ NA SLOVENSKU STÚPLA

Miera evidovanej nezamestnanosti na Slovensku dosiahla v januári tohto roka úroveň 5,26 percenta. V porovnaní s decembrom 2018, keď bola 5,04 percenta, vzrástla o 0,22 percentuálneho bodu. Medziročne sa znížila o 0,62 percentuálneho bodu. Vyplýva to z najnovších údajov zverejnených Ústredím práce, sociálnych vecí a rodiny SR.

Stav disponibilných uchádzačov o zamestnanie dosiahol ku koncu januára 144.230 osôb. Medzimesačne stav vzrástol o 6032 osôb, medziročne sa znížil o 18.845, čo je o 11,56 percent osôb menej. V januári 2019 bol medzimesačný nárast miery evidovanej nezamestnanosti zaznamenaný vo všetkých krajoch, najvýraznejší bol v Prešovskom kraji. Ku koncu januára bolo na úradoch práce voľných 80.596 pracovných miest. Medzimesačne počet voľných miest vzrástol o 7066. Najviac pracovných miest bolo v Bratislavskom kraji, najmenej ich bolo v Banskobystrickom kraji.



Nad obcou Viglaš neďaleko Zvolena stála dlhé desaťročia zrúcanina kaštieľa. Hoci pretrvala mnohé katastrofy, druhá svetová vojna sa jej stala osudným. Starobylý zámok zostal v troskách od roku 1945, keď ho vypálili a zničili počas oslobodzovacích bojov. Obec ho predala súkromnému investorovi za jednu korunu, pretože na jeho komplexnú obnovu nemala peniaze. Dovtedy sa jej podarilo z eurofondov zrekonštruovať baštu, vstupnú vežu a časť hradieb. Nový majiteľ však pamiatku zachránil. Z ruín vyrástol štvorhviezdičkový kongresový hotel v stredovekom štýle. Zámok, ktorý je národnou kultúrnou pamiatkou, obnovili podľa dobových záznamov a nákresov z archívov v Budapešti. Okrem kongresovej sály v modernom štýle všetky ostatné časti takpovediac dýchajú históriou. Pri rekonštrukcii bol použitý aj pôvodný materiál zo zrúcanín, zachované pozostatky sú zakomponované do stavby.

NAHRAĎTE SOĽ BYLINKAMI

Pri varení často pridávame soľ, cukor alebo dochucovanie zmesi aby pokrm chutil výraznejšie. Aby bolo vaše jedlo zdravšie aj menej kalorické, vyskúšajte dochutiť jedlo bylinkami.

Čerstvé bylinky pridajte do hrnca pri konci varenia. Petržlen je klasická bylinka, ktorou dochutíte pokrmy tradičnej kuchyne. Bazalka má všestranné využitie pre jedlá stredomorskej kuchyne a koriander sa hodí pre všetko ázijské.

Sušené bylinky pridajte do hrca na začiatku varenia. Je lepšie, ak si počas sezóny vysušíte vlastné bylinky, prípadne si namixujete aj vlastné bylinkové zmesi, pretože v tých kupovaných je zvyčajne pridaná aj soľ navyše. Okrem sušenia môžete čerstvé bylinky aj mraziť, v malých kockách spolu s olejom či vodou ich potom zmrazené pridáte rovno do jedla.

Ak máte radi výrazné chute, horčicové semiačka, ktoré dodajú rybám aj mäsu skvelú pikantnú chuť. Dávajte však naozaj jemne, najskôr horčicové semiačka len testujte, ich ostrá chuť môže prekvapíť.

Aj obyčajná citrónová šťava dodá pokrmom špecifickú chuť, ktorú už nepotrebuje vylepšovať ďalšími prísadami. Oproti octu je jemnejšia, do pokrmov ju však pridávajte po kvapkách, kým odhadnete vlastnú mieru.

Sušené huby dodajú jedlu chuť výraznejšiu než huby čerstvé. Stačí trocha sušených húb do omáčky, polievky alebo napríklad aj do fašírky či k dusenému mäsu a žiadne iné dochucovadlá už nepotrebovať nebudete.

KÚTIK HUMORU

Na hraničnom priechode sa pýta muž colníka:

- Je možné vyvážať zlato do Francúzska?
- Áno, ale len v primeranom množstve - odpovie colník.
- A stodesať kilogramov je primerané množstvo?
- Tak to určite nie!
- V tom prípade - obráti sa muž k manželke - zlato moje, zostávaš doma.

VEĽKONOČNÉ RAŇAJKY V PITTSBURGH, PA

V sobotu 13. apríla bude vo farnosti Knieža Pokoja v Pittsburgh, PA veľkonočné podujatie, ktoré farnosť usporiada už 29 rokov. Slovenská sv. omša bude v St. Adalbert Church, 160 South 15th Street. O 10.45 dopoludnia začne modlitba slovenského sv. ručenca a omša začne o 11.00 hodine. Po omši budú v Prince of Peace Parish Center (81 South 13th Street) podávané veľkonočné raňajky (šunka, paska, syr, klobása a vajíčka). Vstup je bezplatný, usporiadatelia však budú vďační za finančné dary.

Účastníci podujatia budú mať možnosť si prezrieť výstavu o ľudových tradíciách na Slovensku. Na predaj budú výrobky dovezené zo Slovenska a ručné práce. Atrakciou bude aj ukážka pletenia palmových listov a maľovanie veľkonočných vajec. Na predaj budú makové a orechové koláče, palacinky a pečivo.

Blížšie informácie: Connie Zatek, telefónne číslo: 412-657-6364.

ACH, TÁ NAŠA SLOVENČINA!

Štylistka i priateľka... - *aktuality.sk*

...dezerty len z 2 ingrediencií. - *recepty.sk*

Súťaž Office roka ... - *trend.sk*

Prvý elektrický carsharing... - *tasr.sk*

...prezidentskú live debatu... - *trend.sk*

Dôležité beauty pravidlá - *diva.sk*

Ceny bývania v Bratislave atakujú historické rekordy - *trend.sk*

Vyprázaný osúch s cesnakovým dipom... - *varecha.sk*

Diskont priťahuje mileniálov. - *trend.sk*

Domáci fastfoodový reťazec Regal Burger expanduje. - *trend.sk*

...svojím lookom očividne podala na mamu. ... sviežo pôsobiaci street look. ... v oblasti módy a stylingu... - *diva.sk*

Ako robiť gastroeventy v hoteli? - *trend.sk*

Home office ako najlepší benefit. - *trend.sk*

Najlepší britský song... - *diva.sk*

Sledujte briefing Petra Pellegriniho... - *hn.sk*

...ale aj za dokonalý time management. - *sme.sk*

KRÁTKE SPRÁVY ZO SLOVENSKA



Rok 2019 je Rokom Milana Rastislava Štefánika. Na návrh Ministerstva kultúry (MK) SR to počas rokovania vo februári schválila vláda SR. Tento rok 4. mája uplynú 100 rokov od tragickej smrti M. R. Štefánika neďaleko Ivanky pri Dunaji, na 21. júla 2020 zasa pripadá 140. výročie jeho narodenia v Košariskách pri Brezovej pod Bradlom. Osobnosť Štefánika si pripomenie aj Slovenská pošta, ktorá má 3. mája 2019 vydať známku Československé légie a M. R. Štefánika.

Podiel zahraničných študentov na vysokých školách na Slovensku dlhodoobo stúpa. V roku 2017 to bolo o zhruba 900 študentov zo zahraničia viac ako v predošlom roku. Aktuálne tvoria vyše osem percent všetkých vysokoškolákov v krajine. Najrýchlejšie na slovenských vysokých školách pribúdajú Ukrajinci, najväčší pokles bol zaznamenaný v prípade študentov z Česka a Grécka. Najviac zahraničných študentov hostí Univerzita Komenského v Bratislave, celkovo tam študuje okolo tritisíc študentov z 80 krajín sveta.

Z pohľadu ekonomiky sa Slovensku darí, zaostáva však v oblastiach kľúčových pre budúci rast. Tvrdí to Európska komisia (EK) v Správe o Slovensku 2019. Vyzdvihla vysoký hospodársky rast či nízku nezamestnanosť. Výzvami však podľa EK zostávajú napríklad regionálne rozdiely, kvalita verejných inštitúcií, vzdelávanie, veda a výskum.

Posledný februárový deň priniesol popri viacerých nameraných rekordných teplotách aj absolútne najvyššiu dennú teplotu nameranú na Slovensku počas zimného obdobia. Na staniciach v Hurbanove a v Žihárce na južnom Slovensku vystúpila ortuť teplomera až na 20,6 stupňa C, čo je vôbec najvyššia nameraná teplota v zimnom období, teda od začiatku decembra do konca februára. Padol tak rekord 20,3 stupňa C z 22. februára 2016, ktorý zaznamenali na bratislavskom letisku.



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