Message from our Supreme President
Michael J. Horvath

How are you spending your summer? Some of us already went on vacation in June and many of us will take our summer retreat in July and August. This year the Slovak Catholic Sokol vacation which most Board of Directors adhere to is happening now at the 49th SLET at SUNY Brockport in Brockport, NY.

Every member of our Society should be proud that there will be about 170 participants at the SLET. This is not the largest number of participants, however, it proves members from 8 years of age to close to the half century mark are dedicated to carry on the Slovak Catholic Sokol tradition and compete in this biennial track and field and gymnastic meet. The SLET maintains the Society’s mission to be America’s Greatest Athletic and Fraternal Benefits Society.

I wish to thank all the participants for their willingness to attend the SLET, since there are many more activities available to do these days and to the Group leaders for the time they devoted to the training of the athletes competing this year. Everyone owes a special thank you, to the parents, for taking their children to drilling, track and gymnastic practice and for spending your vacation at the SLET. Thank you to the Supreme Physical Fitness Board for the work you did over the last two year to organize and coordinate the SLET for all to enjoy.

In two weeks, Group, Assembly and Wreath delegates will assemble on August 3, 2019 at the Airport Marriott in Cleveland Ohio where the Slovak Catholic Sokol will hold its 33rd Quadrennial Convention, August 3-7, 2019. Supreme Secretary, Scott T. Pogorelec, F.I.C. and I have worked to organize the Convention to be as perfect as it could. Our goal is for the Convention to run smoothly and on time so all business is done and accomplished and the delegates have enough time to enjoy themselves in the great city of Cleveland, home of Group 5. Brother Pogorelec and I thank all members elected to be delegates and especially those willing to serve on a Convention Committee. Also, we thank the members of the local committees who worked to arrange for us the social events at the hotel and in Cleveland.

(Continued on page 6)
Two weeks ago, we celebrated the 243rd anniversary of our nation’s birth and I hope everyone had a wonderful Holiday with their friends and families. It is always important to look back and reflect on the history surrounding this special day. On July 2, 1776, the Continental Congress partook in a formal session to vote on the Independence of our Nation. The rest of the day and the next were spent debating over the form and content of a declaration drafted by Thomas Jefferson. Not too different than when our Bylaw Committee presents at our Conventions! Several changes were made and the final document was adopted on July 4, 1776. As President of the Congress, John Hancock was the first to sign and on July 8th, the Declaration was first read publicly in Philadelphia. By August 2, 1776, some 50 members of Congress had signed the document and over the next several months, others followed suit. The Declaration of Independence is the most important document in our history and July 4th allows us the opportunity to celebrate and reflect on the meaning of this special day and the men who created it.

July 4th is also a special day for the Slovak Catholic Sokol. It was on that day in 1905 that 46 young Slovak immigrants gathered in Passaic, NJ and decided to form a new organization celebrating Sokol traditions. Just as our American Forefathers had, hope had to permeate through those meetings. Since they wanted to be patriotic Americans and were grateful to the United States for the opportunity to begin a new life, they selected the Fourth of July in 1905, the 129th anniversary of American independence, to enable their dreams to become reality. In addition to our Sokol traditions of good sportsmanship and fraternality, our organization also addressed the need to provide financial security to its members. This year’s Fourth of July, we celebrated the 114th anniversary of our organization’s founding. Many societies have been founded among various immigrant groups, but few have survived and prospered over the years. It is with great pride that we continue to promote the high ideals of fraternality which inspired our organization’s founders 114 years ago. Generations of Sokol members have worked and promoted our great society and today we are financially sound and hope for your continued support.

As our sports season is underway, the youngsters of our organization are currently enjoying the 49th International SLET at beautiful SUNY Brockport in Brockport, NY. This event is our organization’s oldest and most revered sports gathering. I hope all our young people show the great sportsmanship that our founders promoted and I hope all of them have an enjoyable and exciting SLET experience!

Also, in a short two weeks, our Delegates will be meeting in Cleveland, OH for our 39th Quadrennial Convention. Preparations have been made and we are in the final stretch of planning a wonderful event for our Organization. Our delegates should have recently received a package of important Convention materials that I urge everyone to read and bring along with you to Cleveland. Please note that all Convention related materials are on our website, www.slovakcatholicsokol.org, under our Convention Menu.

Finally, I would like to take this time to announce that my wife, Maggie, and I were blessed on June 25th with our 2nd baby boy, Cole William Pogorelec! Mommy, Cole, and big brother Reid are all doing great! We thank everyone for all the heartfelt messages we have received!

Until next time, I hope all our members are enjoying a pleasant and relaxing summer and I hope to see many of you at our upcoming events. Have a wonderful July! Zdar Boh!

From the desk of the Supreme Secretary

A SPECIAL DAY
by Scott T. Pogorelec, F.I.C.

SOKOL CALENDAR

(Continued from page 2)

SOKOL CALENDAR

SATURDAY, SEPTEMBER 28

- 84TH ANNUAL SOKOL DAY hosted by Group 7, “Rev. Joseph Murgas” at Plains Lions Pavilion, Stark St., Plains, Pa. 12 noon to 6 p.m. for information contact Amy Blasco at tel. 570 574-0136 or visit Facebook page “Group 7 Slovak Catholic Sokol.”

- SEPTEMBERFEST hosted by the National Slovak Society at their home office 351 Valley Brook Rd., McMurray, Pa. 11 a.m. to 4 p.m. free admission.

- Sokol Day hosted by Group 7 at Plains Lions Pavilion, Stark Street, Plains, Pa. 12 noon to 6 p.m. For more information contact Amy Blasco at 570-574-0136, or visit Facebook page “Group 7 Slovak Catholic Sokol”.

JOIN THE WALKING PROGRAM TODAY!

For more information contact Katie Swift at katie70@aol.com

ANNOUNCING NEW SOKOL APPAREL

HOODIES, T-SHIRTS AND GOLF SHIRTS are now available on line. Order yours today by simply going to our website slovakcatholicsokol.org and selecting the link “New Sokol Wear”.

Clothing items will be shipped directly to your door!

OUR NEXT ISSUE

In keeping with our monthly publishing schedule of the Slovak Catholic Falcon, the next issue will be that of WEDNESDAY, AUGUST 14. Deadline for all photos and information for this issue will be MONDAY, AUGUST 5.

Find us on Facebook:
Slovak Catholic Sokol Public Group
Get quick updates on the latest events going on in our organization
All is in readiness for this year’s 42nd annual New Jersey Slovak Heritage Festival set for Sunday, September 22nd at the Middlesex County Fair Grounds located 655 Cranbury Road in East Brunswick, NJ. Mass will be celebrated at 10 a.m.

The cultural program begins at 11:30 a.m. Slovak folk ensembles from the area as well as Slovakia will be featured. The first groups to perform will be Slovak School from Queens and Limbrack from New York. Children’s groups from the Slovak School Lipka Academy from Linden, NJ and Domovinka from Clifton, NJ will be featured at 1:30 p.m. At 2:30 p.m. the Limbora Slovak Folk Ensemble of New York will perform. Musick group from Slovaki Ciganiski Diabli will perform at 3:13 p.m. At 4:30 p.m., the comedian Drislak from Slovakia will perform.

Throughout the afternoon, colorful exhibits will be featured as well as vendors offering a variety imported Slovak crystal, colorful artifacts and literature. Delicious Slovak culinary specialties along with traditional American picnic favorites will be available throughout the day.

President Donald Trump nominated Michigan native Bridget Brink to be the next ambassador to the Slovak Republic.

Bridget Brink has had 20 years of foreign service and has worked in Tbilisi, Georgia, Uzbekistan and Turkey, Greece and Cyprus. She graduated from Kenyon College and has two master’s degrees from the London School of Economics and Political Science. She speaks Russian, Serbian, and basic Georgian and French, according to the White House.

Brink will replace Ambassador Adam Sterling, who had the position since 2016.
# SLOVAK CATHOLIC SOKOL

## 33rd Quadrennial Convention Schedule

**Cleveland Airport Marriott**  
4277 West 150th St., Cleveland, OH 44135  
(216) 252-5333  
AUGUST 3RD – AUGUST 7TH, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Saturday – August 3rd</th>
<th>Sunday – August 4th</th>
<th>Monday – August 5th</th>
<th>Tuesday – August 6th</th>
<th>Wednesday – August 7th</th>
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<tbody>
<tr>
<td>1:00 p.m. – 5:00 p.m.</td>
<td>Delegates Check-In/Rooms</td>
<td>Breakfast</td>
<td>Convention Morning Session</td>
<td>Breakfast</td>
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<tr>
<td>6:00 p.m. – 8:00 p.m.</td>
<td>Delegates Registration</td>
<td>Late Registration</td>
<td>Mass</td>
<td>Convention Morning Session</td>
<td>Convention Conclusion Session</td>
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<td>Get-Acquainted Reception</td>
<td>Convention Delegate Seating</td>
<td>Lunch</td>
<td>Convention Afternoon Session</td>
<td>County Ballroom (if necessary)</td>
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<td>7:00 a.m. – 8:45 a.m.</td>
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<td>Opening Session-33rd Quadrennial Convention</td>
<td>Bus Transportation to the Cathedral</td>
<td>County Ballroom</td>
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<td>8:00 a.m.</td>
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<td>Convention Delegate Seating</td>
<td>Convention Mass</td>
<td>Convention Office</td>
<td>County Ballroom</td>
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<td>8:45 a.m.</td>
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<td>Convention Delegate Seating</td>
<td>Leave to Return to the Cleveland Airport Marriott</td>
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<td>9:00 a.m. – 11:45 a.m.</td>
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<td>Convention Delegate Seating</td>
<td>Cocktail Reception</td>
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<td>Noon – 1:15 p.m.</td>
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<td>Convention Delegate Seating</td>
<td>Banquet and Program</td>
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(Schedule Subject to Change)
THE 96th ANNUAL SLOVAK DAY AT KENNYWOOD PARK, PA

The 96th Annual Slovak Day will take place Thursday, July 18, 2019 at Kennywood Park, West Mifflin, PA. It will be an exciting day for Americans of Slovak descent to celebrate their heritage with each other while enjoying colorful displays, authentic costumes, a Slovak liturgy, spectacular Slovak Folk Dance performances, scrumptious Slovak food, special children’s activities as well as foot-tapping music for dancing. These combine to build a treasure chest of memories—many to be remembered and still more waiting to be created.

A highlight of Slovak Day is the celebration of the Slovak Liturgy in the Main Pavilion #5 directly behind “Garfield’s Revenge” at 4:00 p.m. The Celebrants will be Catholic priests from the Pittsburgh, Greensburg and Johnstown-Altoona Dioceses. Immediately following will be the vibrant repertoire of Slovak music, songs and dances presented by the “Pittsburgh Area Slovak Folk Ensemble” (PAS) and the “Pittsburgh Slovakians”.

Tantalize your taste buds at the Slovak Kitchen where you will be able to enjoy holubky (stuffed cabbage), haluski (sweet cabbage and noodles), pirohy and kolbasy. Your sweet tooth can be satisfied with the homemade favorite—ceregi and Paska. Enjoy this delicious dinner or ala-carte foods from Slovakia such as Eastern European countries. Items include Christmas ornaments, embroidered aprons, Slovak cookbooks and much more.

In Pavilion #3 you will be able to see a “Slovak Living Museum” prepared by the PAS Jr. and Maly Ensembles. The exhibit will include Slovak heirlooms of folk treasures that show the incredible skill and artistry found in the Slovak villages.

In the Main Pavilion #5 there will be Slovak Cultural Displays provided by the Slovak Fraternals. Also there will be a Slovak Marketplace where one can shop for unique items from Slovakia and other Eastern European countries. Items include Christmas ornaments, embroidered aprons, Slovak cookbooks and much more.

A special youth area will feature activities just for children. The children's program will include games and treats beginning at 12:30 p.m. by the Main Pavilion. Every child participating in these activities will receive a free treat.

From 1 to 4 p.m., one can sit back and enjoy the music or kick up your heels dancing, grab a partner and twirl to traditional Slovak music of the George Batyi Ensemble at the Kitchen Pavilion.

For a day to remember, join all Slovaks on Thursday, July 18, 2019, Kennywood Park. The cost of tickets is $27 for Fun Day General Admission, $16 for those 55 years of age and over, plus a Super Senior Tickets (ages 70+) $12.00. Tickets are available by contacting Sue Ondrejco at (412) 421-1204 or Mary Lou Wagner at (412) 462-1957.

For general information about the 96th Slovak Day contact Chainwoman Mary Lou at (412) 462-1957.

S.C.S Museum Donations for April – June 2019

We are pleased to acknowledge the following donations received during April through June 2019 earmarked for our Slovak Catholic Sokol Museum located at our office in Passaic, NJ. The monies received from these donations fund our annual $1,000 Memorial Scholarships, which assist our young people in their educational endeavors. The number of these scholarships grants is dependent upon the amount of donations received.

<table>
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<tr>
<th>DONATIONS RECEIVED</th>
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<td>In Memory of</td>
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<tr>
<td>Cecelia Regec</td>
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<td>Marian Speicher</td>
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<td>Helen Wassel</td>
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<td>Andrew and Sophie Macurak</td>
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<td>Rosemarie Mondell</td>
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<td>Angelo Capozoli</td>
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<td>Wreath 22, Pittsburgh, PA</td>
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<td>Bud and Patty Brock</td>
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<td>Total donations $140</td>
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Thank you for your generosity,

Dennis J. Zifcak, Supreme Treasurer

FREE ADMISSION – FREE PARKING

Friday, August 23: Family Night
Talent show, live music, Slovak and American food
Saturday & Sunday
August 24 & August 25
Slovak Folk Performers, Live Music
Slovak and American food
children’s area – game tent, rock climbing wall and more
Parish Raffle ($5,000 top prize) 50/50 Raffle
Slovak Mass at 11:30 a.m. on Sunday celebrated by Bishop Jozef Halko from Slovakia
E-mail: parishoffice@saintcyrils.org
Phone: (586) 726-6911

Message from our Supreme President
(Continued from page 2)

As Delegates you have the opportunity to review the Society’s operations and the Board of Director’s activities for the past four years. The Delegates have the privilege of hearing from our professional advisors on their assessment of how the Society has done since the 32nd Convention in 2015. Finally the delegates can make recommendations for the good and betterment of the Society for the next four years and elect the Supreme Assembly to carry out the approved plan.

With it being two weeks before the Convention I ask all delegates to read what is contained in the Convention tab on the Society’s website and in the Convention packet that was mailed to you. Looking forward to seeing you at the SLET and or the Convention!

This is the Sokol vacation. If you have time to do other things enjoy them with family and friends but where ever your travels take you may everyone have safe travels.

With God’s Blessings to All!
Zdar Boh!
A week-long pilgrimage in Levoca (Presov region), the biggest in Slovakia, marking the feast of the Visitation of Our Lady (July 2) was rounded off on Sunday, July 7 with a central mass celebrated by Cardinal Stanislaw Rylko, the Polish archpriest of the Basilica of St. Mary Major in Rome.

“This place is so close not only to you, pilgrims from throughout Slovakia, but also to those from neighbouring countries, including Hungary and Poland. It’s a place rich in history – the salvation history of God’s people in this country has been written in this place for centuries,” said Rylko in his sermon.

Dating back to the 13th century, the annual Levoca pilgrimage wasn’t discontinued even during four decades of Communist rule in the 20th century.

“We witnessed here an admirable movement of young people in the 1970s and 1980s to demonstrate their fidelity to God and the Church,” said the cardinal, who went on to denounce anti-religious ideologies of current times.

“Times have changed, some anti-religious ideologies have gone, but others have emerged, and are in a sense even more dangerous than the previous ones … Nevertheless, the Madonna of Levoca continues to attract many souls, and you, dear pilgrims, are evidence of this at these times of secularisation on our European continent,” said Rylko.

Pilgrimage spokesman Jozef Lapsansky said that the organizers were caught by surprise to see more pilgrims than expected on Saturday. They kept the priests present busy with confessions without a break from Saturday morning through to Sunday after the central mass, when Lapsansky was speaking to TASR.

“We’ve seen more pilgrims than in past years coming from various parts of Slovakia on foot,” said Lapsansky.

Overall, around 400,000 people attended the pilgrimage at the weekend alone.

Slovakia’s liberal President Zuzana Caputova came to Marian Hill in Levoca on Friday to commemorate the national holiday of Saints Cyril and Methodius.

“I was pleased to be able to commemorate the legacy of Saints Cyril and Methodius at this place among a community of people. I was grateful for the warm welcome, and I wish those attending the Levoca pilgrimage a deep spiritual experience,” she wrote on Facebook.

Mariánska hora, a hill above Levoca, Slovakia, with views over the town and countryside, is the location of the Basilica of the Visitation of the Blessed Virgin Mary (Slovak: Bazilika navštívenia Panny Márie). Built between 1906 and 1922, the church contains an ancient statue of the Virgin which is the objective of pilgrimages.

A chapel has existed in this location since at least the 13th century. It is thought that the location was used as a refuge by townsfolk of Levoca during the Tatar invasions of the time; it may also have been attached to a hospital for sufferers from leprosy. The chapel was enlarged and rebuilt many times, including a Baroque church in 1766. However the increasing number of pilgrims visiting the site necessitated a larger structure. Pope John Paul II, at the request of the local bishop, upgraded the church to a Basilica Minor in 1984, and visited the site himself on July 3, 1995, when about 650,000 pilgrims gathered for the occasion. The annual pilgrimage, on or around 2 July (Feast of the Visitation - still celebrated on the traditional date of 2 July in Slovakia), still draws a very large number of participants.
**Summer Safety Tips**

- Don’t use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- If possible, eliminate stagnant water, such as in bird baths or fish ponds, in your yard. Dump any buckets or tires that may contain standing water. Check that your window screens are tightly fitted and repair any holes to keep bugs out of the house.
- Avoid wearing clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently back it out by scraping it with a credit card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because the sunscreen needs to be reapplied every two hours, but insect repellent should not be reapplied that often.
- Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile, Zika virus, Chikungunya virus and other viruses.
- When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.
- Children should wear hats to protect against ticks when walking in the woods, high grasses or bushes. Check hair and skin for ticks at the end of the day.

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**SUMMER FUN WORDS SEARCH**

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<td>GAMES</td>
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**HAPPY BIRTHDAY TO YOU!!!!**

- Karleigh Richnavsky 7/5
- Andrew John Michel 7/8
- Michael Phillips III 7/12
- Travis Watkins 7/18
- Edye Spangler 7/20
- Ruby Korenoski 7/22
- Andrew Peterson 7/28

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**SEND YOUR BIRTHDAY DATES TO ME**

vp@slovakcatholicsokol.org

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**Provided By Chicken Scratch NY**
ANNOUNCING THE KIDS’ CORNER SUMMER READING PROGRAM!!!!

If you love to read.....this is just the program for you. From June 14th-August 25th keep track of the name and author of each book that you read, and have your parents verify each with a signature. If you are not reading on your own yet, it is perfectly OK to have a parent, grandparent, babysitter....etc. read to you. Try to read books that not only interest you, but challenge you as well. I will need the completed reading lists returned to me no later than September 14th. Include your name, address, Group number and age so that I can recognize you in the paper.

Notice that I have divided the groups based on reading ability....I did this as I anticipate the non-readers to achieve higher book totals as they may have books read to them on a more regular basis. The following is the breakdown of award levels.....keep in mind that those that reach higher levels will receive better prizes.

Do me a favor and highlight your favorite books on the list!!! I love to share the titles with other children....Good luck and have fun reading!!!! Please send your completed reading lists to:

Edward Moeller– 2821 Waterman Avenue, Pittsburgh, PA 15227. If you prefer to do it on-line...you can e-mail it to me at vp@slovakcatholicsokol.org

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**Non-Readers**
- Level 1: 16 books
- Level 2: 24 books
- Level 3: 32 or more books

**Intermediate Readers**
(40+ pages each)
- Level 1: 8 books
- Level 2: 12 books
- Level 3: 16 or more books

**Early Readers** (sounding out most words)
- Level 1: 8 books
- Level 2: 16 books
- Level 3: 24 or more books

**Advanced Readers** (100+ pages each)
- Level 1: 4 books
- Level 2: 8 books
- Level 3: 12 or more books
The Coronation Celebration festival is one of the largest cultural events in Slovakia where you can experience the historical coronation ceremony of the Hungarian kings.

Bratislava, which was one time called Prešporok by Slovaks, Pressburg by Germans and Pozsony by Hungarians, became the coronation city when the Ottoman Turks conquered Hungary and occupied Székesfehérvár, the city that had been the site of previous coronations. At the time Pressburg, as the city was also known in English, was a secure place near the Imperial residential city of Vienna, and so chosen by the Hungarian aristocracy, intellectuals and church dignitaries to be their sanctuary. In 1536, today’s Bratislava was declared the capital of the Kingdom of Hungary. The small town on the Danube boomed over time as it was the administration center of the country, the residence of the King, Archbishop and the Diet of Hungary, and also where the Kings of Hungary were crowned. It was in St. Martin’s Cathedral that ten men were crowned king between 1563 and 1830, along with a reigning queen and seven queen consorts. The first reigning king was Maximilian from the Habsburg Dynasty, while the famous era of coronations came to an end for Bratislava with the crowning of Ferdinand V. The only woman to have ever become queen and rule, and was not the wife of a king, was Maria Theresa, who solemnly accepted the title of Queen of Hungary and was crowned in Bratislava on June 25, 1741.

Bratislava’s streets today have churches and buildings lining them where historical events have taken place and there are still houses along the coronation route and squares existing that have witnessed coronation ceremonies. Part of the original coronation procession route is today marked with brass crowns embedded in the pavement.

In the world there are very few places where coronations have taken place. Reims - Coronation city of the kings of France, Prague - city of coronation of Czech kings, Frankfurt - Coronation city of the emperors of Holy Roman Empire. This includes the coronation city of Bratislava, the capital and coronation city of Hungarian kings, which is the capital of the Slovak Republic at the present time. The coronation period lasted almost 300 years. During this period, the Crown received 18 kings and queens in Bratislava. Among the most important monarch Maria Theresa was crowned on June 25, 1741.

Thousands of people attended a national pilgrimage in honor of Saints Cyril and Methodius in Nitra on Friday, July 5th, a national holiday in Slovakia, to pray at sites visited by the two saints more than eleven centuries ago. Military bishop Frantisek Rabek celebrated the Mass on Svatopluk Square, highlighting the 1,150th anniversary of St. Cyril’s death and St. Methodius’s installation as archbishop of Pannonia and Great Moravia this year.

Saints Cyril and Methodius, who are also called the Apostles of the Slavs, came to Great Moravia in 863 AD. As well as being proselytizers, they also devised the Glagolitic alphabet, the first alphabet used to transcribe the Old Slavonic language. They helped Slovak ancestors through the first great crisis when Great Moravia was facing pressure from the Frankish Empire.

Saints Cyril and Methodius were welcomed to this part of Europe by Prince Rastislav, the ruler of Great Moravia in 862.

The two brothers were born in Thessalonica, in present-day Greece – Cyril in about 827–828 and Methodius about 815–820. Slovakia celebrates the Feast of Saints Cyril and Methodius on July 5.

A statue of the Saints Cyril and Methodius, Apostles to the Slavs, in Nitra.

A statue of the Saints Cyril and Methodius, Apostles to the Slavs, in Nitra.
On May 23, 2019, the Bohemian Lawyers’ Association of Chicago honored Slovak Honorary Consul Rosemary Macko Wisnosky with its Liberty Award at its annual Installation Dinner. Mrs. Wisnosky has served as the Slovak Honorary Consul in Chicago since 2012 and is the first Slovak-American to receive the Liberty Award.

The Bohemian Lawyers’ Association of Chicago has been in existence for over 100 years and includes as its members attorneys of Czech, Slovak, Moravian, Ruthenian, and Silesian ancestry. The Liberty Award is given each year to a distinguished individual in the Chicago area who promotes the interests of the cultural groups represented by the Bohemian Lawyers’ Association. The Award presentation is one of the highlights of the Association’s annual installation dinner at which the new officers of the Association are installed and scholarships are awarded to Chicago area law students.

This year was the Association’s 108th annual installation of officers. In introducing Mrs. Wisnosky, Association member Michael Jordan spoke of the Association’s desire to recognize the important contributions of the Slovak community in Chicago and to expand its outreach to Slovak-American lawyers in the Chicago area to become members of the Association. This message was reinforced by incoming Association President Joseph Kolar in his remarks after being installed as President of the Association.

After receiving the Liberty Award, Mrs. Wisnosky inspired those present with her remarks reflecting on her upbringing as a Slovak-American, her volunteer work as Slovak Honorary Consul and in promoting the Sister City relationship between Nitra, Slovakia and her hometown of Naperville, Illinois, and the dedicated efforts of so many individuals past and present to the creation of an independent Slovakia and a vibrant Slovak-American community in the United States.

The Slovak Catholic Sokol was represented at the dinner by Vice President of Assembly 11, Joseph Seliga, a partner at the international law firm Mayer Brown and member of the Association. Brother Seliga was introduced to the audience as an honored guest representing the Slovak Catholic Sokol and provided greetings to Mrs. Wisnosky on behalf of the organization.

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Dear Mr. Pogorelec,

I am writing to thank you for granting me with the Slovak Catholic Sokol scholarship. I was very happy and appreciative to learn that I was selected as one of the recipients.

I understand how difficult the application process was, from the challenges regarding the Canadian website to the last minute entry, and for that I apologize. As I am currently an Honours Cognitive Science of Language major and plan on graduating this upcoming school year, this was my last attempt at the scholarship, and thankfully I was accepted.

Throughout both terms of my last school year I worked as a volunteer and enjoyed helping people immensely. I hope I might have even more of an ability to help less fortunate individuals with the work I do in the future and in order to do so properly, my education is vital. My pursuits would be far more difficult to attain without the generous support from scholarship sponsors like the Slovak Catholic Sokol. Thank you for enabling this opportunity!

I hope to keep these occurrences in mind and someday hope to give back to the Slovak community. The Sokol has always been a very important part of my life and its generosity has inspired me to try and give back to the community with every chance I get.

Thank you again for giving students a few more steps towards and affordable education.

Sincerely,

Jennifer Glugosh
Zuzana Caputova has been sworn in as Slovakia's first female President. The swearing-in took place before Constitutional Court chair Ivan Fiacan during a ceremonial parliamentary session held in Bratislava on Saturday, June 15.

Caputova gave her first speech in office, saying she does not want to rule from the office but to serve people and Slovakia. “By taking the constitutional oath, I assume all the commitments and obligations of the public service. I haven’t come to rule, I’ve come to serve citizens, inhabitants, Slovakia,” said Caputova, adding that she offers expertise, emotion and a healthy activist interest.

Caputova also claimed allegiance to the pro-European and pro-Atlantic orientation of Slovakia. “As the European Union is our life and value space, the North Atlantic Alliance is our defence and security pillar. As a country, we must do everything we can to maintain and strengthen this space and its pillars,” stressed Caputova.

Caputova is the fifth president in the modern Slovak history. She was elected in March.

EXHIBITIONS COMMEMORATING STEFANIK OPEN IN ROME

Two exhibitions entitled ’Stefanik – Man of Legend’, created by Michal Ksinan, and ‘Milan Rastislav Stefanik: A Slovak Legend in Stone and Bronze’, organized by Pavol Demes with photographs taken by Zdenek Dzurjanin, were opened at the Slovak Cultural Institute in Rome on June 17 to mark the 100th anniversary of General Milan Rastislav Stefanik’s death.

The former exhibition is made up of photographs and artefacts from Stefanik’s life, while the photographs in the latter depict sculptures and busts dedicated to Stefanik.

“The whole day was dedicated to Stefanik and Stefanik’s tradition in Italy,” said Slovak Ambassador to Italy Jan Soth.

In commemoration of the anniversary a wreath was laid on the grave of commander and pilot Giotto Mancinelli-Scotti, who died in an air crash along with Stefanik, at the Verano cemetery in Rome on Monday.

Members of a delegation of the Slovak Generals Club and the M.R. Stefanik Society also laid wreaths in the Basilica of Our Lady, All Angels and Martyrs and on the graves of Italian Marshal Armando Diaz and former Italian Prime Minister Vittorio Emanuel Orlando.

The day of commemoration was concluded with a classical music concert performed by Slovak pianist Jordana Pavlovicova and cellist Eugen Prochac.

The exhibitions will be open to public until September 20, 2019.

[Stefanik was a politician, soldier, diplomat, aviator and astronomer who was instrumental in forming the Czechoslovak legions in the First World War. Along with Tomas Garrigue Masaryk and Edvard Beneš, he was one of the key figures in the emergence of the first Czechoslovak Republic. He was killed in an air accident near Ivan-ka pri Dunaji on May 4, 1919. — ed. note]

KISKA INTRODUCES HIS ‘FOR THE PEOPLE’ PARTY

Now ex-president Andrej Kiska officially introduced his new political party, which will be called “For the People”.

The preparatory committee of his new party so far consists of former MEP Jana Zitnanska, ex-spokesperson of the For a Decent Slovakia initiative Juraj Seliga, former state secretary Maria Kolikova and Michal Luciak, who was Kiska’s adviser for internal politics. The ranks of the party will also be joined by various mayors from across Slovakia.

“We need to get capable and honest people into politics, that’s the cornerstone. As of today the party of Andrej Kiska is no more, however, the For the People party emerges. It’ll be a big, nationwide party, anchored in the regions with all structures. So far we’ve registered 30,000 supporters and in the upcoming days they will all receive an offer to become members of the party,” stated Kiska.

A comprehensive party program will be introduced in September. “Already today our team contains 72 top experts who want to help us to create the program to take the responsibility for the country and manage it.

“We want to address people who are convinced that everyone in Slovakia must be equal. Our aim is to also provide an alternative to those who don’t consider the current opposition as an option,” stated Kiska. “We want to return Slovakia back to the people,” said the ex-president.

The basic priorities of the party are high quality and accessible health care, and legal equality for everyone. “We can’t have thugs mocking us for years, it can’t be that the mob in eastern Slovakia, which the Government has known about for years, was dealt with only after two young people were murdered,” he added.

Kiska clarified that For the People is ready to hold talks on cooperation with the Christian Democratic Movement (KDH), Freedom and Solidarity (SaS), OLaNO, and the Progressive Slovakia (PS)-Together coalition.
RATE OF REGISTERED UNEMPLOYMENT STOOD AT 4.88 PERCENT IN MAY

The rate of registered unemployment in May stood at 4.88 percent, dropping by 0.02 percentage points (p.p.) month-on-month and 0.49 p.p. y-o-y, according to data published by the Labor, Social Affairs and the Family Centre (UPSVR) on Thursday.

The number of jobseekers immediately able to start work stood at 134,124, dropping by 666 in monthly terms and 13,966 y-o-y.

The rate of unemployment calculated from the total number of jobseekers reached 6 percent, falling by 0.05 p.p. m-o-m and 0.58 p.p. y-o-y.

The total number of jobseekers in May was 164,957, which is a drop of 1,299 when compared to April and of 16,537 year-on-year.

Month-on-month drops were registered in four regions, namely in Trencin, Zilina, Banska Bystrica and Kosice regions. The most significant fall was observed in Banska Bystrica region. Bratislava, Trnava, Nitra and Presov regions recorded increases in registered unemployment rates, with Trnava region seeing the most significant of these.

The highest rate of registered unemployment was observed in Presov region, at 8.55 percent. The other two regions that exceeded the average were Banska Bystrica region (6.64 percent) and Kosice region (7.79 percent).

The authorities registered more than 92,100 job vacancies in late May, an increase of 576 when compared to April. Bratislava region had the highest number and Banska Bystrica the least.

FOREIGN AFFAIRS MINISTRY REACTS TO RESOLUTION ADOPTED BY HUNGARIAN PARLIAMENT

The 100th anniversary of the signing of the Treaty of Trianon in 2020 is an opportunity to reflect and to take action, but it shouldn’t serve to “open up old wounds” and for “constantly cultivating historical traumas” that damage mutual trust and good relations between neighbors, the Slovak Foreign Affairs Ministry has stated in reaction to a resolution that the Hungarian Parliament adopted on June 18 in which it declared 2020 a year of national belonging.

The ministry was reacting to the statement that “political, economic, legal and mental problems caused by the treaty remain irresolvable to this day”. It’s of the opinion that the resolution implies a feeling of threat, discrimination and that Hungarian minorities in surrounding countries, including Slovakia, are deprived of their rights. The ministry doesn’t see any reason for such statements, and it noted that members of all minorities in Slovakia are full-fledged citizens. “What we reject, however, is the support for the right to self-determination of ‘national communities’ mentioned in the resolution,” added the ministry.

The ministry stressed that it isn’t questioning the right of any state to assess and commemorate various historical events that countries may view differently. “It’s important that these differences don’t have a negative influence on mutual cooperation today or in the future,” stated the ministry.

The Treaty of Trianon, which defined the border between Hungary and the then Czechoslovakia after the Austro-Hungarian Empire broke up at the end of the First World War, was signed by representatives of the Entente (the UK, the USA, France and Italy) and Hungary in Paris on June 4, 1920. Even though Hungary signed and ratified the document, it’s still viewed as an extremely contentious issue in Hungary. Hungarian MPs decided on May 31, 2010 that the treaty’s signing would be commemorated each year by a remembrance day.

SLOVAKIA FELT HORRORS OF AIR WAR FOR FIRST TIME 75 YEARS AGO

It was 75 years on Sunday, June 16, that the US air force carried out its first bombing raid on Bratislava, which caused major material damage and a considerable number of deaths, TASR has been told by deputy director of the Military History Institute Peter Sumichrast.

After the air raid, which took place on June 16, 1944, Bratislava hospitals treated 585 people, and 717 people were declared missing. Data on the casualties vary. Various sources set the number of those killed at 300, while according to Civil Air Defence of the wartime Slovak republic, the number of deaths exceeded 770.

“The flight of the American bombers began shortly before six o’clock, when four-engine B-24 Liberator bombers began taking off from Lecce air base in southern Italy,” said Sumichrast.

The main target of the raid was the Apollo oil refinery by the Danube River, which contributed as much as 1.3 percent of Germany’s supplies. According to American intelligence, it ranked among the top ten oil producers in Central Europe.

The mass American formation consisted of 168 bombers, of which more than 150 after four hours in the air attacked the Bratislava refinery, the Winter Harbour and the General M.R. Stefanik Bridge over the Danube River. For the first time in World War II, Slovakia’s civilian population felt for themselves the horrors of an air war. According to historical records, the first wave of bombers dropped their deadly load at 11 minutes past 10.

“American pilots dropped on Bratislava a total of 369 tons of bombs, which, in addition to the Apollo refinery, hit the Winter Harbour, where they sank 15 boats, the building of today’s Slovak National Museum by the Danube River as well as other buildings in the broader city centre and the borough of Petržalka,” said Sumichrast.
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 Website 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

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The Assembly/Wreath-
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Stephen J. Kubasek, Jr., laid to rest at 75 in his native, Yonkers, N.Y.

Stephen Joseph Kubasek, Jr. passed away peacefully on June 9 at his home in Yonkers, N.Y. following a brief illness. He was 75.

He was born in Yonkers, December 29, 1943 to Stephen J. Kubasek, Sr. and the former Marion Grace. In 1984, he married the love of his life, Joanne Christie and shared their love for over 35 years.

Steve graduated from the former Most Holy Trinity School and Yonkers High School. He received a B.A. degree in Political Science from St. Procopius College in Lisle, Ill., now Illinois Benedictine University. As a youth, he joined the Boy Scouts of America and remained active all his life.

He was an active member of the former Most Holy Trinity Parish all his life until its closing in August 2015. His late uncle, the Rev. John J. Kubasek was pastor of the Slovak parish from 1912 until his death in 1950. Steve became the volunteer facility manager of the Parish Hall in 1997. In recent years, he has been a member of the parish of St. Anthony in the Nepera Park section of Yonkers.

Steve was an active fraternalist all his life. He was our Sokol of Assembly 219 since childhood. At the time of his death, he was serving as president of the Holy Trinity Society, Branch 41 of the First Catholic Slovak Union. This society, established in 1891, the oldest Slovak society in the State of New York founded Most Holy Trinity Parish in 1894. He also enjoyed membership in Branch 2 of the First Catholic Slovak Ladies Association. He was a life member of the Slovak League of America and enjoyed membership in local Slavic groups as well.

For 19 years, he was employed by the County of Westchester and was active in local politics. He served on the Yonkers City Council from 1974 until 1985, serving three years as Republican Majority Leader. In 2005, he retired from the Greenburgh Water Department where he worked for 16 years. Through his efforts, numerous projects were successfully completed in Yonkers, including Trinity Plaza, the Kubasek-Trinity Manor for seniors, the Milan R. Stefanik Park, the monument honoring Major Jan Ladislav Polerecky, a Slovak who fought in the Revolutionary War, the Pulaski Crossway among others. Throughout his life, he was a mover and shaker and a positive force for good in the community.

Family, friends and fellow fraternalists paid their final respects to Brother Kubasek at the Duchynski-Cherko Funeral Home. The concelebrated Mass of Christian Burial was celebrated on June 13 at the former Most Holy Trinity Church, now St. Mary’s Syro-Malankara rite Catholic church with the Rev. George N.Oonnoony as principal celebrant. Concelebrating was the Rev. Anthony J. Pleho. Eulogies were presented at the conclusion of the liturgy by retired Police Lieutenant Thomas Drexel, Honorary Supreme Officer Daniel F. Tanzone, Jack Kubasek, brother of the deceased as well as Brother Steve’s daughters, GraceAnn and Emily. Civic officials in attendance were headed by Yonkers Mayor Michael Spano. Interment followed at St. Joseph’s Cemetery.

May our brother Steve, who so beautifully mirrored our Cyrilo-Methodian heritage of faith as well as the high ideals of the fraternal benefit system, now rest in peace. He was a credit to the American Slovak community and will be sorely missed.
### Event Results Division 2: WOMEN -- Handicap Result

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Joseph Sestak – a candidate for the Democratic presidential nomination has Slovak roots

Joseph Sestak, a former Navy admiral and congressman from Pennsylvania, announced that he is running for president in 2020. With an announcement on his website, he became the 24th Democratic candidate running for president.

Joseph Sestak, a native of Pennsylvania, was elected to Congress in 2006, defeating a 10-term incumbent. He served in the military from 1974 to 2005, finishing as a three-star Navy admiral. He commanded an aircraft carrier battle group that conducted combat operations in Afghanistan and Iraq; served as President Clinton’s director for defense policy on the National Security Council in the White House; and served as the deputy chief of naval operations for warfare requirements.

Joseph Sestak came to America from the Slovak village of Dolné Lovice in 1922.
**Easy Summer Recipes**

**LEMON-DILL ORZO PASTA SALAD**
Zest of 1 lemon
2 tablespoons lemon juice
2 teaspoons Dijon mustard
1 medium shallot, grated
5 tablespoons extra-virgin olive oil
4 tablespoons fresh dill, chopped
1 cup Kalamata olives, pitted and sliced
2 medium cucumbers, mostly peeled, cut in half lengthwise, seeded and sliced
6 ounces feta cheese, crumbled

Cook the orzo in abundantly salted water according to package instructions or to your taste. Drain and transfer to a large salad bowl. Meanwhile, make lemon-dill vinaigrette to dress the salad: combine lemon zest and juice, mustard, and grated shallot in a medium bowl. Whisk everything together with a few pinches of salt and freshly ground black pepper. Slowly add the olive oil while whisking, then stir in the chopped dill. Taste and adjust as needed. Pour the vinaigrette over the still-warm pasta and toss. Allow to cool to room temperature, then add the olives and cucumbers. Scatter the crumbled feta cheese over the top and serve.

**FRUIT SALSA**
1/3 cup peeled and finely chopped mandarin oranges
1 large or 2 medium kiwi fruit, peeled and finely chopped
1/2 cup drained crushed pineapple (not in syrup)
1 cup finely chopped hulled strawberries (see headnote)
1/4 cup seeded, finely chopped yellow bell pepper
1/2 ounce (1 tablespoon) chia seeds
1 tablespoon fresh lemon juice
Cinnamom Tortilla Crisps, for serving

Combine the mandarin oranges, kiwi fruit, pineapple, strawberries, bell pepper, chia seeds and lemon juice in a mixing bowl, stirring until well incorporated. Cover and refrigerate until ready to serve.

To make the tortilla crisps, cut two 8-inch flour tortillas into a total of 16 wedges. Arrange on a baking sheet, then use 1 tablespoon melted, unsalted butter to brush their top sides. Sprinkle with a mixture of 2 tablespoons sugar and 1 teaspoon ground cinnamon. Bake in a 350-degree oven for 5 to 10 minutes, until the tortillas are crisp and lightly browned.

The salsa can be refrigerated or frozen for up to 1 day; if you plan to make it more than 6 hours in advance, do not stir in the strawberries until just before serving.

**GRILLED CHICKEN CAESAR SALAD RECIPE**
For the grilled chicken:
1/4 cup olive oil
Zest of one lemon
2 cloves garlic, finely minced
1/2 teaspoon salt
1/2 teaspoon fresh ground black pepper
1 pound boneless skinless chicken thighs

For the grilled croutons:
2 tablespoons olive oil
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon fresh ground black pepper
1 loaf crusty baguette, cut into slices about 1/2-inch thick

To assemble:
4 heads romaine lettuce hearts
Heaping 1/2 cup (2 ounces) Parmesan, thinly shaved
Fresh cracked black pepper
1/2 cup Caesar dressing, store-bought or homemade, or more as needed

In a medium bowl, whisk together the olive oil, lemon zest, garlic, salt, and pepper. Add the chicken and toss to coat. Marinate in the refrigerator, covered, for at least 20 minutes and up to 24 hours.

Combine the olive oil, garlic, salt, and pepper to a small bowl. Use a pastry brush to coat each side of the bread. Set aside on a tray.

Preheat your grill to high heat to around 500°F with two zones for direct and indirect grilling. Grill the slices of bread over direct high heat for 2 minutes on each side. Remove from the grill and set aside while grilling the chicken. Grill the chicken for 5 minutes on one side without disturbing, then flip and move the chicken to the cooler side of the grill. Cook 3 to 5 minutes or until internal temperature reaches 165°F.

Tear the romaine hearts into bite sized pieces and toss with the dressing in a large bowl. Divide the greens between plates and top with the grilled chicken, shaved Parmesan, grilled croutons. Finish with freshly cracked black pepper.

**COLD PEA SALAD RECIPE**
16-ounces frozen petite peas (do not thaw)
6 ounces smokehouse almonds
1/2 cup chopped green onions
8 ounces chopped water chestnuts

**MARINATED GRILLED SHRIMP**
3 cloves garlic, minced
1/3 cup olive oil
Extra Light Tasting Olive Oil
1/4 cup tomato sauce
2 tablespoons red wine vinegar
2 tablespoons chopped fresh basil
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
2 pounds fresh shrimp, peeled and deveined skewers

In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

Salt and freshly ground pepper to taste
Remove the excess salt and chop the almonds: In a fine-mesh strainer under cold running water, rinse the almonds to remove the excess salt. Spread between 2 paper towel layers and pat dry. Spread on a cutting board, and coarsely chop with a large knife. Combine the salad ingredients: In a large bowl, whisk the mayonnaise, curry powder, salt, and pepper until smooth. Add the peas, scallions, and water chestnuts to the bowl. Gently fold the salad into the mayonnaise dressing. Taste and add more salt and pepper, if you like. Refrigerate until ready to serve. Add the almonds: Just before serving, stir in the chopped almonds.

**IT’S SUMMER TIME**
COOKING WHOLE CHICKEN BREASTS

If you buy a plain, boneless, skinless chicken breast at the meat counter, it’s not uncommon for the piece to tip the scales at three-quarters of a pound, or 12 ounces. Trying to cook a behemoth like that is difficult—by the time the middle is fully done, the outside tends to be dry.

The solution: Slice it lengthwise to produce two flatter chicken cutlets. This is far easier than trying to pound a chicken breast flat with a meat mallet, which will mash it to a pulp.

Whether you’re cooking the chicken breast on the grill, in a pan, or in the oven, seasoning is a must. While Kosher salt and fresh ground black pepper are the bare minimum—in most cases you’ll also want to coat the breast in olive oil first so that the seasonings stick—there are many other flavoring possibilities. Try garlic powder, onion powder, lemon pepper, paprika, even dried herbs like basil or oregano. Don’t go overboard, though. One or two of the above, in addition to salt and pepper, is probably enough.

Chicken breasts are naturally lean, which means there isn’t much room for error when it comes to overcooking them. Couple that with a healthy, yet disproportionate fear of serving undercooked chicken and the result is, all too often, dry chicken.

It’s important to cook chicken breasts all the way through. The proper internal temperature for chicken breasts is 165°F, but remember carryover cooking means that it’ll likely hit at least 170°F by the time you cut into it. And if the center is 170°F, the outer parts are even hotter. An instant-read thermometer can help, but it’s a crude tool at best since it requires you to poke holes into the chicken. Better is to check that the juices run clear rather than pink. When they’re clear, it’s done.

The best way to avoid overcooking a chicken breast is to cook it for as short a time as possible. When you start with cold chicken breast straight from the fridge, it’s going to take longer for the middle to heat all the way through. Instead, leave your chicken breasts at room temperature for 30 minutes before they go in the pan.

If you cut into your chicken breasts the moment they come off the grill or pan, you’re going to lose a lot of juices. The solution: Wait five minutes before cutting into your chicken breasts, and those juices will stay inside the meat where they belong.

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Summer Vacation Safety

Make copies of all of your credit cards, important identification information, including your medical insurance cards, and your traveler’s checks. Take one copy with you (pack it separately from the cards themselves) and leave one copy at home.

Take only a little cash with you. Bring most of your money in the form of traveler’s checks or plan to use your credit cards while on vacation.

Never put your home address on your luggage tags. Write your phone number instead.

Never post your travel plans on social networks such as Facebook, MySpace or Twitter.

Have your mail held at the post office and your newspaper delivery put on hold or ask a family member, a trusted friend or neighbor to pick those items up for you.

Set automatic timers to turn your lights and a radio on and off.

Only take the cash you need for the day with you. Leave the rest, and all other valuables, locked in the hotel or motel safe.

Never display large amounts of cash when making a purchase. The money you keep with you should be in small denominations.

When you check into your room, make a mental note of the locations of the stairs and fire exits.

If you are taking any medications, check with your doctor or pharmacist to make sure that they do not cause photosensitivity, which makes you more susceptible to skin damage from the ultraviolet light of the sun.

Healthy Summer Drink Recipes

Strawberry-Banana Smoothies
4 cups sliced fresh strawberries
1 medium banana, sliced
1 (6 ounce) container vanilla low-fat yogurt
1 cup ice cubes
1 kiwi fruit, peeled and sliced (optional)

In a blender, combine strawberries, banana, and yogurt; cover and blend until smooth. With blender running, add ice cubes, one at a time, through hole in the lid; blend until smooth. If desired, garnish with kiwi fruit; serve immediately.

Berry Mango Slush
1½ cups berry-flavored carbonated water, chilled
1½ cups crushed ice
1 cup sliced fresh strawberries
½ cup chopped peeled mango
2 tablespoons lime juice

In a blender, combine carbonated water, crushed ice, strawberries, mango, and lime juice. Cover and blend until slushy. Pour into chilled glasses. Serve immediately.

Just Peachy Smoothies
2 cups sliced fresh peaches, nectarines, and/or apricots
1 cup fat-free milk
1 (6 ounce) container peach fat-free yogurt with no-calorie sweetener
1 cup small ice cubes or crushed ice

In a blender, combine fruit, milk, and yogurt. Cover and blend until smooth. Gradually add ice through hole in lid, blending until almost smooth. If desired, garnish each serving with fresh fruit.

Variation: Fruit Smoothie Pops: Prepare smoothie mixture as directed through Step 1. Omit ice. Pour mixture into 14 compartments of freezer pop molds. Freeze for 4 to 6 hours or until firm (or for up to 1 week). Makes 14 pops.

Tropical Fruit Smoothies
1 (6 ounce) container apricot-mango, orange-mango, pina colada, or pineapple fat-free yogurt with artificial sweetener
1 cup fat-free milk
1 cup sliced fresh banana
1 cup sliced fresh mango or refrigerated mango slices
1 cup small ice cubes or crushed ice

Sliced mango, lime wedges, or pineapple wedges (optional).

In a blender, combine yogurt, milk, banana, and the 1 cup mango. Cover and blend until smooth. Add ice; cover and blend until smooth. If desired, garnish with additional mango slices or lime or pineapple wedges.

MELON DRINK
1 melon (cold)
6 mint leaves

Cut the melon in half and take away the seeds. Peel it and put the pulp in a blender.

Wash the mint leaves. Add it in the blender.

Mix until it gets liquid.

Serve it cold possibly!

History of the Trencin Castle goes back to the age of the Roman Empire, testified by the inscription telling about the victory of the II. Roman legion at Laugaricio (the Latin name of Trencin) in 179 AD. The oldest building is a stone rotunda, plausibly founded in the Great Moravian period. In the midst of the 13th century the castle was the seat of the Baron Jakab Cseszneky, who was King Béla IV’s swordbearer. Later in the 13-14th century, the castle became the residence of Matthew III Csák, the legendary “Lord of the river Váh and the Tatra Mountains”. He gave name to the Matúš Tower, a keep dominating both the castle silhouette as well as that of the town. The water well is connected to the legend of the Turkish prince Omar and his great love for the beautiful Fatima, whom he had to redeem by digging a well in the rock.
ACH, TÁ NAŠA SLOVENČINA!

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BYLINKY UZDRAVUJÚ

PRVÁ SLOVENSKÁ PREZIDENTKA ZUZANA ČAPUTOVÁ SA UJALA ÚRADU

Predseda Národnej rady Slovenskej republiky Andrej Danko otvoril 15. júna slávnostnú schôdzu parlamentu, na ktoré Zuzana Čaputová zložila prezidentský slub a ujala sa funkcie prezidentky SR.

Na inaugureácii boli prítomní okrem rodiny aj najvyšší ústavní činitelia, doslúchajúci prezident Andrej Kiska, šef parlamentu Danko, premiér Peter Pellegrini a šéf Ústavného súdu Ivan Fiačan. Tiež bývalí prezidenti Rudolf Schuster a Ivan Gašparovič či poslanci NR SR.

Zuzana Čaputová zložila do rúk predsedu Ústavného súdu SR Ivana Fiačana ústavou predpísaný slub a ujala sa funkcie slovenskej prezidentky.

Prezidentka SR Zuzana Čaputová nechce z úradu vládnut, ale slúžiť ľuďom a Slovensku. Povedala to vo svojom inauguračnom prejave po tom, čo na slávnostnej schôdzi Národnej rady SR zložila ústavou predpísaný slub a ujala sa funkcie.


Na snímke počas inaugureácie sú (zľava): odstupujúci prezident Andrej Kiska, prezidentka SR Zuzana Čaputová, predseda NR SR Andrej Danko a predseda Ústavného súdu SR Ivan Fiačan. Foto: TASR

PRÁVA SLOVENSKÁ PREZIDENTKA ZUZANA ČAPUTOVÁ NA SLÁVNOSTNÉ MESAČNÍ TÝM


NAJTEPLEJŠÍ JÚN NA SLOVENSKU V HISTÓRIÍ MERANÍ

Tohtoročný jún bol historicky najteplejším júnom v histórii meteorologických meraní na Slovensku. Potvrdzujú to nie len hodnoty priemerných teploty vzduchu, ale v mnohých meteorologických stanicajach aj extrémne vysoké počty letných dní.


Úrad verejného zdravotníctva SR zverejnil údaje Svetovej zdravotníckej organizácie, ktorá označila obezitu za najväčší zdravotný problém na celom svete a varuje pred globálnou epidémiou. Odhaduje sa, že až 155 miliónov detí a adolescentov na svete má nadváhu alebo je obéznych a že v roku 2030 bude na Slovensku obézna až tretina obyvateľstva. Na Slovensku trpí nadváhou 45 % žien a vyše 60 % mužov.


Dospelí žiadatelia o azyl majú počas konania podľa zákona nárok na vreckové 40 centov denne, ak sú ubytovaní v jednom z pobytných táborov Migračného úradu Ministerstva vnútra SR. Suma sa môže navyšovať na 1,20 eur denne, keď žiadateľ v tábore pomáha s údržbou, alebo opravami. V tábore majú k dispozícii stravu trikrát denne - raňajky, obed, suchú večeru a základný hygienický balíček. Ministerstvo im tiež prepláca kurz slovenčiny a náklady na nevyhnutnú zdravotnú starostlivosť. Keď žiadateľovi uznajú azyl, alebo doplnkovú ochranu, poskytne mu štát jednorazový príspevok vo výške 1,5 násobku životného minima (v súčasnosti cca. 307 eur, v minulom roku ho získalo 5 ľudí). Po tomto príspevku má nárok len na sociálne dávky v rovnakej výške, ako občania SR.

Nedostatok ľudí na trhu práce privádza na Slovensko čoraz viac cudzincov. Počet pracovníkov z členských Európskej únie a tretích krajín, ktorých evidujú slovenské úrady práce v máji prekročil rekordný počet 72-tisíc osôb.


Na Lomnickom štíte dosiahla v pondelok 1. júla najvyššia denná teplota vzduchu 19,5 stupňa Celzia, čo je rekord nielen pre prvý júlový deň, ale všeobec najvyššia hodnota v histórii meraní, aká na tomto mieste zaznamenali. Tak teplo na Lomnickom štíte ešte nebolo, odkedy je v prevádzke tamošia meteorologická stanica, teda od roku 1940. Doteraz bol najteplejším prvým júlovým dňom na Lomnickom štíte 1. júl 1987, keď nameraná 19,7 stupňa Celzia.
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ANNUITY RATES
EFFECTIVE DATE: JULY 1, 2019

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SINGLE PREMIUM IMMEDIATE ANNUITY – SPIA
10 YEARS OR MORE  3.50%
5 THROUGH 9 YEARS  2.75%

NO LONGER OFFERED EFFECTIVE: AUGUST 31, 2011

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