



Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLÍCKY SOKOL

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Message from our Supreme President

Michael J. Horvath



In a couple of weeks the Board of Directors will hold its first 2020 Quarterly meeting on March 20-21, 2020 in Wilkes-Barre, PA. This is the first quarterly meeting of the 2020 -2023 term and the Board will hear from the Society's professional advisors who will present their findings for 2019 and recap the results of the past four years. The 2019 results will show that the Society continues to improve and grow.

The Board will use the information the advisors provide to help make decisions on how the Society can continue its upward trend over the next four years, even though the Board knows the Bond markets will continue to have low returns and the Equity markets will continue to be volatile. Also, the Board will develop a plan to guide the Society for the next four years to help it become better and prepare it for the future.

If any member has any questions, recommendations or comments they would like the Board to consider at this meeting please e-mail your concerns to me at mhorvath@slovakcatholicsokol.org.

I want to remind all members they have until March 31, 2020 to submit their 2020 Scholarship applications to the Home Office for processing. Each year the Scholarship Committee looks for ways to make the application process easier for the members. It is not difficult to submit an application, however, if there is something that is missing on the application, it will be disqualified. This is why applying early is important. If there is something missing the applicant will be notified so they can send it in before the deadline. It is the Committee's hope every eligible member will apply for one of the many Slovak Catholic Sokol Scholarships. The Society wants to support your educational endeavors.

The Slovak Catholic Sokol is a Fraternal Benefit Society, to live this; the Society needs to show that it is giving back to its members and community. As you see in the Falcon, there are many activi-

ties Assemblies and Wreaths held over the holidays and in the past few months. This year every Assembly and Wreath should organize an activity so you can show, you are helping your members and are doing something good for your community. The Society would like to hear from more Assemblies and Wreaths on the activities you hold. Do not be bashful, send in the pictures and the article of your activity so it can be shared with the rest of the membership. And, as you have read and see Assemblies and Wreaths have many upcoming activities planned for their members. Hope to see your activity posted in a future issue of the Falcon and E-Newsletter. If you do not receive the E-newsletter call the Home Office to sign you up.

The 74th Slovak Catholic Sokol International Bowling Tournament is set for May 15 & 16, 2020 at AMF Brookgate Lanes in Brook Park, Ohio outside of Cleveland, Ohio, home of Group 5. As in the past the Greek Catholic Union (GCU) will be joining us again this year. Since our two Societies have created a fun fraternal activity that is very successful and competitive and which has grown over the past several years, the two Societies have invited the First Catholic Slovak Union (FCSU) and the National Slovak Society (NSS) to join us this year. We are looking forward to a much more exciting and competitive tournament since there will be two more Slovak Fraternal Societies offering a bowling tournament to their membership this year.

The Forty Days of Lent have begun for us to prepare ourselves for Christ's Resurrection on Easter Sunday; all of us should try to make this Lenten season more meaningful. There is much to be thankful for but there is so much more that we need to do in our lives that can help others who need our help. Make the forty days of Lent a challenge to make a difference in your life for the benefit of others.

By now everyone has heard of the Corona Virus, Covid-19, and is wondering how bad will this virus be? Will it be just a virus that spreads on a limited basis, will it become an epidemic or could it become a pandemic. No one knows for

(Continued on page 10)

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Slovak Catholic Sokol

*From the desk of the Supreme Secretary***TAKE ADVANTAGE OF THESE RATES**

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



Greetings from the Home Office! As we all know, the month of March could be tricky as we could experience 60-degree weather one day and a nor'easter the next! Thus far, our winter here on the east coast has been rather mild, but there



could always be a few surprises upcoming. With daylight savings time on March 8th, let's hope the weather remains mild as we will be able to enjoy more daylight for our outdoor activities.

The month of March here at the Home Office allows us an opportunity to review our past year results and to look forward to our future. The first Quarterly Meeting of the Board of Directors will be held in Wilkes-Barre, PA on March 20th and 21st. 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 2019 results and 2020 projections. I am very pleased to announce that there will be another increase in Surplus! The Home Office and Board of Directors will continue to look for ways to increase our income and minimize our expenses in this volatile environment. In the coming issues of the Falcon, you will have the opportunity to read the reports of 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. In conjunction with our board meeting, we will be joining our local members in Wilkes-Barre, PA at the Wilkes-Barre Penguins game on Saturday, March 21st. We currently have advertising materials up in the Arena and have already hosted a Sales Night at a re-

cent game. If anyone has any interest in joining us on the 21st, please reach out to me at scott@slovakcatholicsokol.org, or give us a call at the Home Office!

March also gives us a reminder that Uncle Sam will be looking for us! I am, of course, speaking about the dreaded Tax Day. I hope that a giant refund will be coming to all our Sokol members! If in fact a refund is coming, have you thought about what you will do with the extra cash? I would like to urge all our members to investigate purchasing something that will secure not only your future, but also the future of your Family. This year, why not invest in a Sokol Annuity?

Our Vantage Collection of annuities offer financial protection and supplies you with the same fraternal benefits that a Legacy Life product would offer. The current rates are extremely competitive and 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, Albert J. Suess, F.I.C., at (855) 874-9179, and we would be glad to assist you. For more information, you can also visit our website, www.slovakcatholicsokol.org.

Until next time, have a wonderful March and God Bless! Zdar Boh!

SOKOL CALENDAR**MONDAY, MARCH 2**

■ **WREATH 22 MEETING** at the Slovak Catholic Sokol Club, 2912 East Carson St., South Side, Pittsburgh, PA beginning at 7 p.m.

■ **ASSEMBLY 16 MEETING** at the Slovak Catholic Sokol Club, 2912 East Carson Street, South Side, Pittsburgh, PA at 7 p.m.

SATURDAY, MARCH 7

■ **68TH FLORIDA SLOVAK DAY** at The Slovak Garden, 3110 Howell Branch Rd., Winter Park, FL; beginning at 1 p.m., luncheon, program, entertainment, \$30.00 at the door; information: tel. 407 677-6894, email: slovakgarden@centurylink.net

SUNDAY, MARCH 8

■ **ANNUAL MEETING OF THE SLOVAK GARDEN**, Winter Park, FL beginning with Mass at 10 a.m., meeting begins at 1 p.m.

SATURDAY, MARCH 14

■ **18TH ANNUAL BLUE & WHITE GALA BENEFIT** for Cleveland's Benedictine High School, at InterContinental Hotel, Cleveland, OH beginning at 6 p.m., for details, visitcbhs.edu or contact Debbie First at first@cbhs.edu

■ **FRATERNAL SOCIETIES OF GREATER PITTSBURGH ANNUAL FRATERNALIST OF THE YEAR DINNER** at Bella Sera Event Villa & Catering, Canonsburg, PA beginning at 7 p.m., for information contact Karen Pintar at kpintar@snpj.com

SUNDAY, MARCH 15

■ **PATRONAL FEAST OF ASSEMBLY 182**, beginning with Slovak Mass at 10:15 a.m., Church of St. John Nepomucene, 66th Street and First Ave., New York, N.Y. program and luncheon to follow at 1 p.m. in the parish social hall.

MARCH 20-21

■ **QUARTERLY MEETING OF THE S.C.S. BOARD OF DIRECTORS** in Wilkes-Barre, PA.

SUNDAY, MARCH 22

■ **GROUP 2 ANNUAL MEETING** at the

(Continued on page 10)

**Find us on Facebook:****Slovak Catholic Sokol Public Group***Get quick updates on the latest events going on in our organization***SLOVAK CATHOLIC FALCON
PUBLICATION DATES**

The next issue of the Slovak Catholic Falcon will be that of April 1, 2020. DEADLINE for all photos and information for this issue will be MARCH 22, 2020.

SALES NIGHT AT THE WILKES-BARRE, PA PENGUINS GAME!



Saturday, February 8 – L to R: Agent, Edward Warkevicz, Supreme President, Michael J. Horvath, Supreme Secretary, Scott T. Pogorelec, F.I.C., Tux the Mascot, Director of Sales, Albert J. Suess, F.I.C.

SLOVAK CATHOLIC SOKOL BOWLING TOURNAMENT

The 74th Annual Slovak Catholic Sokol International Bowling Tournament will be held on Friday and Saturday, May 15th and 16th at the Brookgate Lanes, 14950 Snow Road in Brook Park, Ohio. The GCU Fraternal Society will be joining us again for the 6th straight year along with the First Catholic Slovak Union and National Slovak Society. The bowling application is posted on our web site. **The application deadline is April 13th, 2020.**

The tournament lodging for bowlers and guests will be at the Cleveland Airport Marriott, 4277 West 150th Street Cleveland, OH 44135, tel.: 216-252-5333. The guaranteed rate is \$99.00 for single or double occupancy Friday and Saturday night.

Team events will be bowled on Friday evening, May 15th. The first squad will commence at 5:30 p.m. and the second squad at 8:00 p.m. On Friday evening hospitality food and refreshments will be served at 6:45 p.m. at Brookgate Lanes, allowing time to relax and socialize before or after team bowling. Doubles and Singles events will be bowled on Saturday, May 16th at 9:00 a.m. or 12:30 p.m.

The cost for the 74th 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 16th. 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@slovakcatholicsokol.org, call or text me at my cell phone: 973-647-8551. Fraternally yours, **James C. Matlon** Supreme Director of Sports and Athletics

SOKOL NIGHT!

COME AND JOIN OUR BOARD OF DIRECTORS AT THE
WILKES-BARRE/SCRANTON PENGUINS GAME
ON MARCH 21ST AT 7:05 P.M.

AT THE MOHEGAN SUN ARENA AT CASEY PLAZA!

TICKETS WILL BE PROVIDED AND WE WILL MEET
AT THE BOX OFFICE AT 6:30 P.M.

PLEASE RSVP TO THE HOME OFFICE
SCOTT@SLOVAKCATHOLICSOKOL.ORG

WE LOOK FORWARD TO SEEING YOU THERE!



WILKES-BARRE/SCRANTON
PENGUINS

30th ANNUAL SLOVAK MASS AND EASTER CUSTOMS BREAKFAST

SATURDAY, APRIL 4, 2020

ST. ADALBERT CHURCH, SO. 15TH STREET

10:45 a.m. -- Recitation of Rosary (in Slovak)

11:00 a.m. -- Slovak Mass

12:15 p.m. -- SAMPLE SLOVAK EASTER FOODS

Prince of Peace Parish Center
81 South 13th Street, South Side
Pittsburgh, PA

paska (sweet bread)
kolace (baked goods)
syrek (egg cheese)

klobasy (sausage)
hrin (beets & horseradish)
sunka (ham)

- * Cultural Displays
- * Craft Demonstrations
- * Imported & Handmade gifts
- * Homemade Baked Goods
- * Raffles

FREE ADMISSION

For more information call (412) 657-6364

SUPREME PHYSICAL FITNESS BOARD UPDATES

By John Underation
Supreme Physical Director

Happy New Year to all of my Sokol brothers and sisters! It is hard to believe we have entered the next decade, and with this new decade comes new milestones for our wonderful organization!

The Supreme Physical Fitness Board has just wrapped up its annual meeting, which was held in Pittsburgh, PA over the week-end of January 17-19th. First point of order from the meeting is that I would like to thank Julie Laury and Kathy Watkins for their many years of inspiring the SPFB to do great things for Sokol. It has been a pleasure to work along side the two of you on the board. Another thank you to Kevin Matlon for stepping up and bringing your skills to help out the board over the past couple of years. I would like to welcome Kristin Popik, Janice Matlon and Rob Palchanis to the SPFB, and by what I have seen so far, all three of you will do great things to put your heart and soul out there for the Slovak Catholic Sokol. I am looking forward to the next four years of our time together.



There were lots of ideas and suggestions brought to our board meeting in regards to all of our existing programs, and as well looking at ideas for new and exciting events to offer to the members. What I would like to do is summarize the events discussed (old and new), and what changes are in store over the next 2 years.

1) International Bowling Tournament – Will be held May 15th -16th in Brookpark, OH at the AMF Brookgate Lanes. Lodging will be at the Cleveland Airport Marriott, which is the same location that we held the Quadrennial Convention in 2019. Registration forms are on the SCS website.

2) Bay Village, OH Rib Cook Off – Will be held June 6th in Bay Village, OH which is 10 miles west of Cleveland. For all of the Convention goers that were treated to a multitude of fine “smoked meats”, I am inviting anyone that would like to attend the rib cook off, either as a contestant or just there to enjoy mouth watering smoked ribs. This will be the 8th year of the event, and one of our own. The Smokin Slovaks, is an Underation run team that has won the competition two times. Please reach out to me if you are interested in attending or entering a team: John Underation junderation@sbcglobal.net or my cell phone 330-607-2477. It is a great event with a live band, smoked ribs, sides, drinks and a raffle prizes.

3) International Clinic – Will be held July 16-19th in Kutztown, PA. We are headed back to Kutztown University after a 10 year hiatus, and the campus has improved even more with new housing, facilities and dining. Kutztown will be the site of our 50th anniversary Slet in 2021. More details to follow in the coming months.

4) International Golf Tournament – Will be held August 14-16th in Beaver Falls, PA at Seven Oaks Country Club and Tam O'Shanter Golf Course. These locations are the same as the 2019 tournament, and were well received by all golfers in attendance. More details to come in future issues.

5) Sokol Reunion – The Supreme Physical Fitness Board is looking to bring the Sokol Reunion to Maumee Bay Lodge & Conference Center in Oregon, OH. Maumee Bay is located West of Cleveland and is located right on the shores of Lake Erie. We are

looking at a few Summer 2019 dates so we may enjoy the beautiful sunshine and water sports available at the location. The website is www.maumeebaystateparklodge.com. Stay tuned for dates and details for the reunion.

6) 50th International Slet – Will be held July 14-18th 2021 at Kutztown University. Dust off those old track shoes, because we are coming after as many alumni as we can to participate in this historic event! IMPORTANT SLET UPDATES: New OVER 30 age division in track! Yes, you read that right, over 30 age division. No need to run against those spry 19 year old's anymore, you get to run and throw against the less spry competitors. BONUS: Over 30's get the option of NOT doing team drill, but still have to
(Continued on page 10)



Members of the Supreme Physical Fitness Board (standing l-r) – Supreme President Michael J. Horvath, Supreme Assistant Director of Sports and Athletics Frank P. Laury, member of the SPFB Dusan Dorich, Supreme Director of Sports and Athletics James C. Matlon, member of the SPFB Robert P. Palchanis III, Supreme Assistant Physical Director Martin Degnan, Supreme Physical Director John M. Underation. Seated: Supreme Assistant Physical Directress Nancy Kropolinsky, Supreme Physical Directress Katie Swift, members of the SPFB Janice Matlon and Kristen Popik.



Supreme Secretary Scott T. Pogorelec, F.I.C., Supreme President Michael J. Horvath, Supreme Director of Sports and Athletics James C. Matlon and Supreme Physical Director John M. Underation.

\$63,000 in S.C.S. Scholarship Grants Available to Eligible Members in 2020

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 2020. Previous recipients of Slovak Catholic Sokol scholarship grants may reapply for a 2020 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.

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

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, 2020

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 December 2019, February and March 2020 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 Sokol 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.slovakcatholicsokol.org beginning November 1, 2019.

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

Thoughts from our Supreme Chaplain,
Rev. Andrew S. Hvozdo vic

WHY LENT?



Have you ever wondered what people are talking about when they say they're giving something up for Lent? Do you need help understanding what Lent is and how it relates to Easter?

Lent is the 40 days (not including Sundays) from Ash Wednesday to the Saturday before Easter. Lent is often described as a time of preparation and an opportunity to go deeper with God. This means that it's a time for personal reflection that prepares people's hearts and minds for Good Friday and Easter.

Ash Wednesday is the first day of Lent. You may have noticed people with a smudged, black cross on their foreheads. Those are ashes from the Ash Wednesday service. The ashes symbolize our grief for the things we've done wrong and the resulting division of imperfect people from a perfect God.

Holy Thursday is the day before Good Friday. It commemorates the night before Jesus died, when He shared the Passover meal with His closest friends and followers.

Good Friday is the day Christians remember Jesus' death. The "Good" reflects how Jesus' death was a sacrifice on our behalf so we can receive God's forgiveness for our wrongs, or sins.

Easter Sunday is the joyful celebration of Jesus rising from the dead to give us the opportunity of eternal life. While people still die, Jesus made the way for people to have a relationship with God in this life and to spend eternity with Him in heaven.

The three main things people focus on during Lent are prayer, fasting (abstaining from something to reduce distractions and focus more on God) and giving, or charity.

Prayer during Lent focuses on our need for God's forgiveness. It's also about repenting (turning away from our sins) and receiving God's mercy and love.

Fasting, or giving something up, is a very common practice during Lent. The idea is that giving up something that's a regular part of life, like eating dessert or scrolling through Facebook, can be a reminder of Jesus' sacrifice. That time can also be replaced with more time connecting with God.

Giving money or doing something good for others is a way to respond to God's grace, generosity and love. For example, some people spend time volunteering or donate money they would normally use to buy something, like their morning coffee.

It's important to note that doing these things can never make us earn or deserve Jesus' sacrifice or a relationship with God. People are flawed and will never be good enough for a perfect God. Only Jesus has the power to rescue us from ourselves.

Jesus sacrificed Himself on Good Friday to bear the punishment for all our wrongdoings and offer us forgiveness. He was raised from the dead on Easter Sunday to give us an opportunity to have a relationship with God for eternity.

Spending time during Lent praying, fasting and giving can make Jesus' on Good Friday and His resurrection on Easter even more meaningful.

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, 2020** 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 2020-2021 school year.

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

DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2020. Return completed application to:
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055

Slovak Catholic Sokol Catholic Grade 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, 2020** 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 2020-2021 school year.

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

**DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2020. Return completed application to:
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055**

SOKOL CALENDAR

(Continued from page 3)

Blue Goose Restaurant in Stratford, CT beginning at 12 noon. The cost of the luncheon will be \$29.00. RSVP by March 12 to Al Neudeck, tel. 203-335-0418. Wreath 39 meeting will follow after the Group 2 meeting.

■ **50TH ANNIVERSARY OF THE DEATH OF MSGR. STEPHEN KRASULA** at St. John Nepomucene Church, New York, N.Y. at 10:15 a.m.

SUNDAY, MARCH 29

■ **GROUP 1 SPAGHETTI SUPPER** at SS. Cyril & Methodius Church Hall, 218

Ackerman Ave., Clifton, NJ beginning at 4 p.m.

■ **GROUP 4 MEETING** at the Hales Corners Library, 5885 South 116th Str., Hales Corner, WI. Lunch at 1:15 p.m. Meeting will follow at 2:15 p.m.

SATURDAY, APRIL 4

■ **EASTER EGG HUNT** hosted by Assembly 59 at Hollenback Park in Wilkes-Barre, PA beginning at 1 p.m. Assembly members ages infant through 8 years old are invited to participate. For reservations call Nancy at tel. 570 826-0752 or Tony at 570 239-9825; deadline for reservations is March 14.

SUPREME PHYSICAL FITNESS BOARD UPDATES

(Continued from page 5)

do individual and the closing ceremonies. JUNIOR BONUS: We will be introducing a co-ed 3 on 3 basketball tournament for the 8-9 and the 10-12 age divisions. After many years of requests, the SPFB has decided to add this event for the Juniors. For parents in attendance, there is a brand new Hampton Inn that just opened in August 2019, which is only about a mile from campus. Lastly, backed to the smoked meats. I can almost guarantee there will be smokers set-up near the dorms, and manned by the famed Supreme Meat Smoking Board. Save the date, and let's make the 50th Slet one for the ages.

I want to personally invite and encourage all of our members to take advantage of our fraternal events, because we are

unique in what we do as an organization. We are reliant on our members participation to ensure that these programs can continue for generations to come. I also encourage anyone who has not signed up on our Slovak Catholic Sokol Facebook page to do so. It is an easy and convenient way to stay connected to events and friends on all levels of the Sokol organization.

Lastly, each SPFB member has been assigned to reach out to Group "influencers" that can ignite that Sokol Spirit locally and on a group level. If anyone would like to have a SPFB member add you to their call list, reach out to me with the previously shared contact information, and I can set you up for regular calls. Have a blessed New Year and I hope to see all of you at some point in the near future.

Message from our Supreme President

(Continued from page 2)

sure, but the signs are, this is not the flu, nor is it like past virus, and only time will tell. Not many of us were alive when the Spanish Flu spread across the globe but the stories and reports that were written tell us how bad it was. The world is better prepared today than it was in 1918 to help identify and control an outbreak and find a cure; however, this all takes time. Let us pray for all those that are affected and for those that have died so far and pray that a vaccine can be developed quickly to protect all so it cannot claim another life.

How we look at life and prepare for what is ahead is different for everyone. Wouldn't it be nice if there were not any surprises in life and all of us just live our

lives to the fullest and then go on to meet our Lord and Savior and leave our loved ones with no financial worries. This as we know is not the case, we are human and the Lord can call us Home at any time. And, as we have seen many times families are left with financial problems. Is now the time we seriously look at our life insurance needs and the financial problems we might be leaving behind for our loved ones to deal with? If you do find you are under insured call our Director of Sales or the Home Office, they can help you plan for the future; a future that will give you and your loved ones the financial security you need.

With God's Blessings to All!
Zdar Boh!

Introducing our newest member



Phoenix Burns, born March 8, 2019, is the daughter of Jerramy and Elizabeth Koval Burns of Wilkes-Barre, PA. She was enrolled as a member of Assembly 59 in Wilkes-Barre, PA.

If You Grew Up in the '50s...

- Pasta had not been invented. It was macaroni or spaghetti.
- Curry was a surname.
- Pizza? Sounds like a leaning tower somewhere.
- Bananas and oranges only appeared at Christmas time.
- All chips were plain.
- A Big Mac was what we wore when it was raining.
- Brown bread was something only poor people ate.
- Tea was made in a teapot using tea leaves and never green.
- Chickens didn't have fingers in those days.
- Healthy food consisted of anything edible.
- Cooking outside was called camping.
- Kebab' was not even a word, never mind a food.
- Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.
- Water came out of the tap.
- The one thing that we never had on at our table in the fifties...was elbows, hats and phones!



50TH ANNIVERSARY OF THE DEATH OF MSGR. STEPHEN J. KRASULA, P.A.

On Sunday, March 22, the 50th anniversary of the death of Monsignor Stephen J. Krasula, P.A., former long-time honorary



protector of the Slovak Catholic Sokol and well-known American Slovak religious leader, will be observed. The commemoration will take place during a special liturgy and program at the Church of St. John Nepomucene located at the corner of East 66th Street and First Avenue in New York City. Msgr. Krasula served as pastor of this parish from 1916 until his retirement in 1968. Principal celebrant and homilist at the Slovak Liturgy will be Msgr. Krasula's succe-

ssor as pastor of the parish, the Rev. Richard D. Baker. A brief program will follow the liturgy.

Msgr. Krasula was born in the village of Namestovo in the region of Orava in northwest Slovakia in 1887. He emigrated to the United States in the fall of 1907 with intentions of studying for the priesthood. In 1908, he entered St. Joseph's Seminary - Dunwoodie in Yonkers, N.Y. with intentions of serving as a priest of the Archdiocese of New York. On June 14, 1914, he was ordained a priest at St. Patrick's Cathedral by Bishop Thomas Cusack. He celebrated his first solemn Mass at the former Most Holy Trinity Church in Yonkers, N.Y. and a second liturgy at the former Sacred Heart Slovak Church in Torrington, Conn. where many of his fellow Slovaks from Orava resided. His first assignment was as associate pastor to the Rev. John J. Kubasek in Yonkers. During this time, he had the opportunity of ministering to the Slovaks in Sleepy Hollow, N.Y.

In 1915, he was assigned to assist the ailing Rev. John Kropac at St. John Nepomucene Church in New York City. Following his death, Father Krasula was installed as pastor of the parish, then located on East 55th Street in Manhattan on March 12, 1916. In 1923, he acquired property at the corner of East 66th Street and First Avenue for a new church. The majestic Romanesque church, along with the school and rectory were blessed and dedicated on the site on Memorial Day in 1925. He immediately promoted various activities of the New York area Slovak community. He promoted the local lodges of all our Slovak Catholic fraternalists. In June 1926, he organized the first Slovak Day on the campus of Fordham University where 25,000 area Slovaks welcomed two of the bishops visiting from Slovakia on their way to the International Eucharistic Congress in Chicago. In September 1927, the parish school opened under the direction of the Sisters of SS. Cyril and Methodius.

In December 1929 New York Cardinal Patrick Hayes announced that Pope Pius XI had named Father Krasula a Papal Chamberlain with the title of Very Reverend Monsignor. He was only the third Slovak priest in America to receive papal honors. He was solemnly invested in February 1930. In 1937, the same Holy Father named him a Domestic Prelate with the title of Right Reverend Monsignor. And finally in September 1963, Pope Paul VI named him to the dignity of Protonotary Apostolic.

Msgr. Krasula served as chairperson of the celebration at St. Patrick's Cathedral commemorating the 11th centenary of the arrival of SS. Cyril and Methodius among the Slovaks in June 1963. He was a strong promoter of the establishment of the Slovak Institute of SS. Cyril and Methodius in Rome, now known as the Pontifical Slovak College of SS. Cyril and Methodius. He participated in its dedication on September 15, 1963 and was introduced to Pope Paul VI as the "patriarch of Slovak priests in America. Upon his return to New York, Cardinal Francis Spellman named him to the highest rank of Monsignor, that of Protonotary Apostolic.

Msgr. Krasula was an active Slovak fraternalist all his life. He is



Well-known Slovak-American cultural, fraternal and civic leader, John A. Holy, seated right, was feted on the occasion of his 98th birthday by members of his family on February 8 in Pompton Plains, NJ. A native of Nova Bana in western Slovakia, he was born there February 8, 1922. He emigrated to the United States in 1949 and settled in the New York area where he immediately became an activist in the American Slovak community. He became our Sokol and served as the financial secretary of our former Assembly 282 in Passaic, NJ for many years. He also served as our organization's underwriter for several years. He likewise joined a number of Slovak organizations. He has been most closely associated with the work of the Slovak League of America, a civic and cultural association of Americans of Slovak ancestry. He served for many years as the organization's national secretary-treasurer. Over the years, there was hardly a Slovak American project which did not have the full support of Brother Holy. He has been an inspiration to generations of American Slovaks. We join his family and friends in extending prayerful best wishes on this milestone in his very fruitful life. May God continue to bless him with good health and determination, on the road to his 100th in just two short years.

SLOVAK CATHOLIC FEDERATION 2021 "DOBRY PASTIER" GOOD SHEPHERD

The Slovak Catholic Federation is accepting articles for its 2021 edition of the "Dobry Pastier" Good Shepherd.

The Good Shepherd is a collection of literary articles submitted by contributing authors on all things Slovak, Catholic, faith, cultural and heritage, the arts, and personal essays or other topics the writer wishes to share with the readers. The Good Shepherd also serves as the only source for contact information for the Church in Slovakia, and those Slovak clergy and religious in the United States, as well as Religious congregations and places of worship. The articles come from authors in the United States, Slovakia and the Slovak Diaspora from around the world.

Anyone wishing to submit an article for publication can submit their articles to Sister Barbara Sable, SSCM, Villa Sacred Heart, Danville, PA 17821 or barbarasable@hotmail.com. The Deadline for submitting an article is December 31, 2020. The articles submitted need to be double spaced typed.

patron of Group I of the Slovak Catholic Sokol and patron of District 16 of the First Catholic Slovak Union. We recall his great legacy of faith, heritage and fraternalism. His pioneering efforts remain a great legacy within the American Slovak community, a half century after his death. May he rest in peace.

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, fraternalism 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 organization 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 regulations 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 coverage. 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 2020 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 recognition 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 indicate 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 bowling 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 between 240 and last season's 2018-2019 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 January 1, 2020. 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, but has competed in the Joint Fraternal Tournament, the most recent 5 year history of Joint Fraternal 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 handicap 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 classification of more handicap. Prize winnings shall be based on the submitted 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 2018-2019 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 January 1, 2020. 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 average 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, but has competed in the Joint Fraternal Tournament, the most recent 5 year history of Joint Fraternal Tournaments will be used. If none of the above apply, the average of 150 for women will be used. Female bowlers with an average 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 substitute rule will be used in the event it is necessary. Average certification 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 success 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 13, 2020

No applications will be
accepted after
April 13, 2020

ENTRY BLANK—74th ANNUAL
A JOINT TOURNAMENT OF SLOVAK CATHOLIC SOKOL, FCSU, NSS & GCU
"USBC MORAL SUPPORT CERTIFIED"
AMF Brookgate Lanes ♦ Brook Park, OH
Friday, May 15 & Saturday, May 16, 2020

No applications will be
accepted after
April 13, 2020

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. 2018-19 _____ 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. 2018-19 _____ 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. 2018-19 _____ 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. 2018-19 _____ 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 15

☐ 5:30 PM ☐ 8 PM

Team Name: _____

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

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

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.

DOUBLE & SINGLES EVENT—SATURDAY, MAY 16

☐ 9 AM ☐ 12:30 PM ☐ We could bowl Sunday if necessary.

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

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 \$ _____	



KIDS' CORNER "Detský kútik" - - March 2020

Saint Patrick's Day Scramble

Ginger McNugget mixed up his favorite words. Can you help the leprechaun unscramble the words, then put the numbered letters in order to answer the riddle?



1. _ _ _ 7

2. 12 3 5 _ _ _

3. _ _ _ _ 13

4. 6 _ 8 2 _

5. _ 9 _ 4

6. 1 _ _ _ 11 10 _

Where can you always find gold?

1 2 3 4 5 6 7 8 9 10 11 12 13 !

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Shamrock Shakes

Ingredients:

- 2 cups milk
- 2 cups lime sherbet
- 2 ripe bananas
- green food coloring (optional)

Directions:

1. Put the ingredients in a blender (add a bit of green food coloring if you like to make it a brighter green) and blend until frothy.
2. Serve immediately.



KIDS' CORNER "Detský kútik" - - March 2020



Spring Sudoku

Every row, column and mini-grid must contain the letters F L O W E R B U D.
Don't guess - use logic.

		B		E		O		
	U	F	W		O	E	D	
			L		R			
B		E		O		W		U
		U		W		L		
L		W		F		R		B
			O		B			
	E	D	F		W	U	B	
		R		U		F		

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HAPPY BIRTHDAY TO
YOU!!!!

Olivia McLeary 3/6
Taylor Hazelbaker 3/13
Colin Baker 3/17
Tucker Ramognoli 3/18
Annalise Romine 3/19
Danielle Baran 3/21



HAPPY SPRING!



MINUTES OF THE ANNUAL MEETING OF GROUP 17, "REV. FRANCIS SKUTIL"

The annual meeting of Group 17 was held on October 20 in the St. Matthias worship site of Our Lady of Sorrows Parish in Youngstown, Oh. The officers and delegates attended the 11 a.m. Mass celebrated by the Rev. John M. Jerek. The delegates met in the Church Meeting Room where the meeting was called to order. President James Jerek called the meeting to order and asked Sister Edie Babik to offer the opening prayer and Brother Glen Kramer led in the Pledge of Allegiance to the Flag. Following a 20-minute break to enjoy coffee and donuts, President Jerek then began the meeting. He called on Secretary Carol Gonda for the roll call. All were present with the exception of Sister Krakovich, Sister Sue Babik and Brother Ken Hlebovy. He called for the acceptance of the 2018 annual meeting minutes, so moved by Sister Virginia Bartos, seconded by Sister Judy Babik.

Activity reports were then presented. Brother Jerek turned the chair over to the Vice President Glen Kramer. Brother Jerek reported that the majority of his time is spent with duties representing the SCS on the national level and dual levels of the Group and Ohio Fraternal Alliance. He presided over the Group annual meeting and the dinner honoring our 2018 SCS Fraternalist of the Year Edie Babik. He supported the Christmas party although he was not present due to the SCS Board of Directors meeting. He also attended and assisted at the annual Vilia Dinner at the parish in December. He also held various committee meetings during the 33rd quadrennial convention as well as supported the annual Slovakfest of Our Lady of Sorrows Parish. He attended the 73rd annual international bowling tournament and performed duties during the 49th International Slet. He participated in the 33rd quadrennial convention where he was re-elected as Chairperson of Auditors. He also served in various capacities at the annual Mahoning Valley Slovakfest, including the Fraternal Societies Coordinator. He attended and served as H20 Specialist at the 64th International Golf Tournament. He also attended and provided door prizes and souvenirs at the Group 17 Golf Field Day. Brother Kramer called for the president's report to be accepted. So moved. He then returned the chair to Brother Jerek.

Brother Glen Kramer then presented his report as vice president. He indicated that he performed all duties associated with the position and participated in the various SCS international activities. The report was accepted.

The president then called on Sister Carol Gonda to present her report as secretary. She indicated that she participated and assisted at the various Group activities. She sent copies of the minutes to the home office and shared them with a few of the area churches. Her report was accepted.

The president then called on Brother Tom Shirilla for his report as treasurer. He indicated that he performed all duties as per the bylaws. He attended the children's Christmas party where he took pictures and posted them on the Sokol Face Book page. The report was accepted.

The auditors, Brother Ken Hlebovy, and Sisters Mary Olexa and Edie Babik then presented their report. They found all books to be in order. Each attended the various Group activities and the quadrennial convention. Sister Edie Babik expressed thanks and gratitude on her selection as the 2018 SCS Fraternalist of the Year.

Sister Judy Babik then presented her report as the Sports Director. She assisted in the planning for the children's Christmas party as well as the other Group activities. She attended the international golf tournament and was pleased that our Group 17

GROUP ANNUAL MEETINGS

GROUP 2 will host the annual meeting on Sunday, March 22 at 12 noon at Blue Goose Restaurant in Stratford, CT. The choices of the luncheon will be roast sirloin of beef, chicken parmesan, stuffed Florentine and golden scallops, garden salad, rolls, coffee and desert. The cost for the luncheon will be \$29.00. Please come with a check to pay for all the delegates made out to Group 2. RSVP by March 12 to Al Neudeck at 203-335-0418. Please bring your written Wreath and Assembly annual reports and your annual officer report. – *All Neudeck, III, president; Darlene Knapik, Secretary*

GROUP 4 – The meeting will be held on Sunday, March 29, 2020 at the Hales Corners Library located at 5885 South 116th Str., Hales Corners, WI 53130. Lunch and fellowship will be from 1:15-2:00 followed by a 2:15-4:00 meeting. The cost of the lunch is \$15 per delegate. Please have delegate forms and checks sent to Lisa Hoeck at N30W23072 Pineview Circle, Pewaukee, WI 53072 no later than March 20, 2020. – *Lisa Hoeck*

Sokolka Mary Margaret Starr was awarded the Frank S. Petruff Memorial Sports Award. The report was accepted.

Members of the Physical Fitness Board then presented their report. Sister Virginia Bartos, Sister Edie Babik, Sister Sue Babik and Sister Loretta Smith indicated that all attended the various Group activities and assisted as best they could.

The Secretary Carol Gonda read a letter of thanks from the West Side Catholic Center expressing thanks to Group 17 for its support at the quadrennial convention.

Under Old Business, the president indicated that all had an enjoyable time at the 2018 Children's Christmas party and were working diligently on plans for this year's event. He also indicated that no one participated in the Slet. We had no scholarship winners in 2018.

Brother Jerek then called on Brother Kramer to serve as elections chairperson. Due to the resignation of Secretary, Carol Gonda and Auditor, Ken Hlebovy, Sister Loretta Smith nominated Sister Nancy Kropolinsky as secretary, seconded by Patty Gordulic and Brother Kramer nominated Brother Mike Ekoniak to serve as auditor, seconded by Brother Shirilla. Both were elected along with the other officers who were reelected.

President Jerek asked the Physical Fitness Board about plans for the children's Christmas party. They indicated that they were working on it. He encouraged more of our youth to apply for our scholarships in the coming year. He then sent congratulations to the following Sokols: Sister Edie Babik as our 2018 SCS Fraternalist of the Year; Sister Nancy Kropolinsky on her election as Supreme Assistant Physical Directress; Sister Mary Margaret Starr as the Frank S. Petruff Sports Award at the International Golf Tournament; and Brother Jim Jerek on his reelection as Chairperson of Supreme Auditors.

On a motion by Brother Tom Shirilla, seconded by Sister Virginia Bartos, it was agreed to donate \$100 to the Slovak Catholic Sokol Museum in memory of deceased Group 17 members.

With no further business, on a motion by Sister Elaine Kana, seconded by Sister Mary Starr, the annual meeting was adjourned. A closing prayer was offered. Zdar Boh!

Respectfully submitted,
Carol Gonda, Group 17 Secretary

SPRING RECIPES

SPRINGTIME QUICHE

- 8 slices bacon - cooked and crumbled
- 1 cup shredded Swiss cheese
- 1/2 cup chopped onions
- white onion, large
- 1 pound fresh asparagus, trimmed and cut into 1 inch pieces
- 2 cups milk
- 1 cup biscuit baking mix
- 1 cup egg substitute
- 1/4 teaspoon salt 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried parsley



Preheat oven to 400 degrees F. Lightly grease a 9-inch deep dish pie pan. Sprinkle the bacon, cheese, onion and asparagus into pie pan. In a medium bowl, beat together the milk, baking mix, egg substitute, salt, pepper and parsley; beat until smooth. Pour mixture into pie pan. Bake in preheated oven until a knife inserted into center of quiche comes out clean, about 40 minutes.

SIMPLE LEMON HERB CHICKEN

- 2 skinless, boneless chicken breast halves
- 1 lemon
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 pinch dried oregano
- 2 sprigs fresh parsley, for garnish



Cut lemon in half, and squeeze juice from 1/2 lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small skillet over medium low heat. When oil is hot, put chicken in skillet. As you saute chicken, add juice from other 1/2 lemon, pepper to taste, and oregano. Saute for 5 to 10 minutes each side, or until juices run clear. Serve with parsley for garnish.

GARLIC ROASTED POTATOES

- 3 pounds small red or white potatoes
- 1/4 cup good olive oil
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons minced garlic (6 cloves)
- 2 tablespoons minced fresh parsley



Preheat the oven to 400 degrees F. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning. Remove the potatoes from the oven, toss with parsley, season to taste, and serve hot.

STRAWBERRY CRUSH

- 4 cups strawberries, hulled and cut in half
- 1 cup ice cubes
- 1/4 cup whole unblanched almonds
- 1/4 cup sugar
- 3 tablespoons milk
- 2 tablespoons almond-flavored liqueur, such as Amaretto
- 2 teaspoons slivered unblanched almonds, for garnish



FUN FACTS: MARCH

- ✿ March was known as Hlyda, or Lide in Old English, which means 'loud'. This was referring to the March winds, which were considered very noisy.
- ✿ It was on March 15 44BC that Julius Caesar was assassinated in the Senate chamber in Rome – the assassination was led by Marcus Junius Brutus.
- ✿ The flower of March is the daffodil and the birthstone is the aquamarine
- ✿ It was in March 1889 that the Eiffel Tower was officially opened to the public. It was the tallest building in the world for 41 years before being surpassed by the Chrysler Building.
- ✿ Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."
- ✿ It was on 29 March 1886 that Coca-Cola was developed. The original formula included a small amount of cocaine to give the drinker a bit of a buzz.
- ✿ Famous people born in the month of March include Albert Einstein, Vincent Van Gogh, Daniel Craig, Justin Bieber and Bruce Willis.
- ✿ March was originally the first month of the Roman calendar and was named after the Roman god of war, Mars.

GARDENING TIPS FOR THE BEGINNING OF SPRING

Repot houseplants into the next-size containers, then resume fertilization.

Cut back ornamental grasses and any remaining perennial plant debris, and rake beds and borders clean.

Plant new trees and shrubs, but don't fertilize.

Go ahead and fertilize established deciduous and evergreen trees.

As soon as spring-flowering bulbs sprout, apply a quick-release fertilizer.

If necessary, prune rose canes just above outward-facing buds, and fertilize.

Start seeds of annuals indoors by a sunny window or under fluorescent grow lights.

Cut healthy butterfly bushes to 12 inches tall. They'll come back stronger and neater.

Remove all raspberry canes that bore fruit last year and cut the rest back by 25 percent.

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**SPRING** starts on Friday, March 20, 2020 and ends on Saturday, June 20th 2020. Spring is one of the four seasons that make up the year. It is the intervening period between the coldest time of the year (winter) and the warmest time of the year (summer) and gets its name from the growth of new plants during this time: plants "spring forth".  
 ~~~~~

Place strawberries in an airtight container or plastic bag and leave in the freezer for 1 1/2 hours. Remove strawberries from freezer. Place half of the frozen strawberries in the jar of a blender. Add ice, whole almonds, sugar, milk, and liqueur and as many more strawberries as will fit. Blend until there is enough room to add more strawberries. Add remaining strawberries and blend until smooth and spoonable. Divide among 4 serving dishes. Garnish with slivered almonds and serve immediately.

What's making headlines in our ancestral homeland**News and Views
from Slovakia...****PRESIDENT: SLOVAK ARMY VALUED ABROAD,
PROJECT TRANSPARENCY IS CHALLENGE**

Meeting Slovakia's commitment to invest 2 percent of its GDP in defence by 2024 and the questionable level of transparency of some modernization projects are the biggest challenges faced by the Slovak Armed Forces, said President Zuzana Caputova following a commanders meeting held by Chief-of-General-Staff Daniel Zmeko on Thursday.

Meanwhile, Caputova praised the high esteem in which the Slovak Armed Forces are held abroad and the level of public trust in the military.

The president positively evaluated investment in the military, the halt put to falling army numbers, the renewal of military equipment and the work of soldiers abroad. "Money mustn't go solely on purchases or ongoing activities; it must also be invested in infrastructure and training soldiers," she said. As with the appointment of judges and ambassadors, Caputova wants to pay attention not only to proficiency but also to personal traits when appointing generals.

Defence Minister Peter Gajdos called 2019 a year of the soldier and a historic modernization of the army. He also pointed to an increase in soldiers' pay brought about by a legal amendment approved last year and highlighted the assistance provided by soldiers when tragic events and natural disasters strike.

Zmeko confirmed that the goal of increasing the operational readiness of the army was met successfully last year. However, he admitted that it still hasn't reached the desired level. "We expect to achieve this level if financial resources flow into the armed forces as planned, i.e. in three to four years," he said, adding that organizational changes and communication with the public were important issues for the Slovak army last year as well.

**VLADIMIR MECIAR TO FACE PROSECUTION
OVER HIS 1998 AMNESTIES AGAIN**

A Bratislava Police Corps Regional Directorate investigator has resumed criminal prosecution of former prime minister Vladimir Meciar (1993-98) over the misuse of a public official's powers in the case of his 1998 amnesties, Bratislava police spokesperson Lucia Mihalikova confirmed to TASR on Thursday.

It was TV Markiza that broke the news first on its Wednesday (January 29) evening news show that the criminal prosecution over the issuing of an amnesty on the kidnapping of former president's son Michal Kovac Jr. had been re-initiated already in December 2019.

"More detailed information cannot be provided on the case at this moment," stated Mihalikova, adding that the investigation is still ongoing.

The suspicion of the misuse of a public official's powers is rooted in the issuing of amnesties by Vladimir Meciar on the 1995

kidnapping of Michal Kovac Jr. Once the amnesties were declared null and void about two decades later, the police launched an investigation into the kidnapping in July 2017, but it was subsequently terminated in August due to the statute of limitations. However, the investigation was resumed in October 2017, only to be stopped again by a Bratislava Police Corps Directorate investigator on July 24, 2019.

This didn't sit well with the Prosecutor-General's Office, however, which perused the investigation file and instructed the Bratislava Regional Police Directorate to re-launch the criminal prosecution again and it has resumed in December 2019.

**SLOVAK CARMAKERS MANUFACTURED
OVER 1.1 MN VEHICLES LAST YEAR**

According to data released by the Slovak Automobile Industry Association (ZAP), Slovak carmakers produced over 1.1 million vehicles last year, slightly up from 2018, meaning that Slovakia remains the world leader in terms of car production per capita.

ZAP president Alexander Matusek told media on Friday that the automotive industry's share of Slovakia's total industry reached 49.5 percent, while the export share was 46.6 percent. The automotive industry directly employs over 177,000 people, while generating 275,000 jobs both directly and indirectly. Despite these positives, there's a need to take key measures in order to maintain competitiveness, stressed ZAP representatives.

ZAP officials see basic obstacles to further progress in an acute lack of qualified labour, rapid and unpredictable growth in salary costs, the non-existence of a system for transferring scientific knowledge into practice and a low level of development of alternative propulsion and the preparation of new forms of mobility.

Matusek expressed ZAP's concerns regarding future government steps that could further reduce the industry's competitive-



The Carnival – Fasiangy – is the merriest time of the year. Its origins go back to the pre-Christian era and it belongs among the customs connected with the break of the winter and the spring. The Carnival, starting at Epiphany and ending on Ash Wednesday, comes before the start of Lent. In the past as well as nowadays, it is a time of merriment and feasts. It culminates in the carnival mask ball symbolising the world "upside down" during which the social barriers were neglected. The most ancient masks are those representing various animals, the most frequent being the mask of the bull (bull-human), the goat, the bear and the horse. Carnival time reaches its peak in the last week before Lent when masked groups go singing round the village and they perform various tricks. The symbol of the end of the Carnival is the ceremony called po-chovávanie basy (burying of the bass) on Mardi Gras, during which a real funeral is parodied.

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

ness. The absence of a high-quality social dialogue when setting the minimum wage, direct and indirect increases in employers' costs and the adoption of measures without any compensation all threaten the automotive sector's future, claim ZAP representatives.

A total of 113,863 new officially imported cars of all categories were registered last year, up 1,998 from 2018.

In addition, 68,155 individually imported cars were registered in Slovakia last year. The proportion of new cars vis-a-vis total registration thus reached 59.8 percent.

Meanwhile, the tendency to import very old cars (older than 15 years) persisted in Slovakia in 2019. This has an impact on road safety, emissions levels and the environment.

CHINESE AIRCRAFT PICKED UP HUMANITARIAN AID FROM BRATISLAVA

A Chinese aircraft, Boeing 747-400, that flew to Slovakia to pick up coronavirus-related humanitarian aid took off from the M.R. Stefanik Airport in Bratislava on Friday, February 7. The aircraft landed in Bratislava on Friday morning.

The flight was commercial. It wasn't any humanitarian aid in the sense that the Slovak Republic was collecting medical equipment and sending it to China. Slovakia will also help with a financial contribution.

The Slovak authorities were asked on Wednesday (February 5) to allow a charter flight from Shanghai to land in Bratislava in order to collect several tonnes of medical humanitarian aid related to the Wuhan coronavirus and take it to Beijing. The Transport Ministry granted the permission to land in Bratislava under strict security conditions. Among them was that the crew were not allowed to leave the plane.

2020 NATIONAL BOWLING TOURNAMENT
A JOINT FRATERNAL EVENT FOR
FCSU, GCU, NSS & SCS MEMBERS

BOWLING TOURNAMENT

GREETINGS from **Brookgate Lanes**

14950 SNOW ROAD
BROOK PARK, OH
216-676-4325

2020 NATIONAL BOWLING TOURNAMENT
CLEVELAND, OH
FRIDAY, MAY 15 &
SATURDAY, MAY 16, 2020

LODGING
Cleveland Airport Marriott
4277 West 150th Street
Cleveland, OH 44135

MARRIOTT

YOUNGSTOWN/SPISSKA NOVA VES SISTER CITIES TOUR 2020

If you would like to be a King, Queen, Prince or Princess for four days, then come join Kay and Jim Bench on our 22nd Youngstown/ Spišská Nová Ves Sister Cities Tour of Slovakia from July 10-24, 2020. We will spend the first two days of the tour and the last two days in castles that have been made into hotels. Never before have we done this! For a sneak preview of these castles you can visit the websites of Palace Art Hotel Pezinok at <https://www.palacearthotel.sk/sk/> and the Grand Víglaš at <https://grandviglas.com/>. Both castles are breathtakingly beautiful.

We will be flying from Pittsburgh, PA, to Newark NJ, and then non-stop to Vienna Austria. Our 49 passenger, air-conditioned bus with a rest room will be awaiting us along with our guide Viera and bus driver Arnie.

Talk with the oldest living relative you have and find out where their ancestral village is located. Walk the streets of your ancestral home and visit with relatives.

Castles, churches, kolibas, tour of Vienna, folk performances, rafting on the Dunajec, visiting caves, boating in a cave, visit Hungary for lunch, shop in Poland, see the beauty of the Tatras, see where Janošik (the Slovak Robin Hood) was born, visit Litmanová, Cicmany, Cervený Kamen, Marianska Hora, and many other places too numerous to mention. Get your walking shoes out as we will be walking all over Slovakia.

Space is limited so book your slot now. First come, first served.

Total our Costs (Air fare and Land Arrangements):

\$4,469 per person from Newark (airfare included \$1969)

\$4,269 per person from Pittsburgh (airfare included \$1769)

Adventure international Travel Service, Paul Hudak, Phone 216-228-7171; 800 542-2487. Jim and Kay Bench 428 W. 4th Ave Derry, PA 15627. Cell phones Jim 724-858-5843, Kay 724-771-7900 or e-mail jmbench@yahoo.com or skbench@gmail.com

2020 CONSULAR TOUR OF SLOVAKIA AUGUST 21 – SEPTEMBER 5

Our Sokol and well-known travel specialist, Joseph T. Senko is pleased to announce this year's tour of Slovakia and its neighbors, August 21-September 5. In Slovakia, the tour will visit the historic sites of Kosice, Presov, Bardejov, Levoca, the High Tatras and Bratislava, including a river cruise, a mock wedding, wine tasting and visits to several castles. Special features include private receptions with the U.S. Ambassador to Slovakia, Bridget Brink as well as the Mayor of Presov, Andrea Turcanova. Presov is the sister city of Pittsburgh.

In Prague, capital of the Czech Republic, visits to many historic sites, crossing the famous Charles Bridge, as well as a river cruise will be enjoyed.

In Poland, the tour will visit the famous salt mine, a visit to the site of the Black Madonna, a tour of Auschwitz and the opportunity to shop in Zakopane.

A full-day tour of Vienna will include a visit to Schunbrunn Palace.

The total price of the tour is \$4,500 per person, based on double occupancy, including round trip airfare from Pittsburgh, two meals daily, four star hotels, free admission to all sites, air conditioned bus with professional English-speaking guide and more. For a detailed copy of the daily itinerary contact Joe Senko at jtsenko@aol.com or tel. 212 956-6000.



OBITUARIES

ROSEMARIE MONDEL, PITTSBURGH SOKOLKA LAID TO REST AT 86

Rosemarie Mondell of South Side, Pittsburgh, PA passed away peacefully on December 3, 2018. She was 86.

A native of Pittsburgh's South Side, Rosemarie was born there April 19, 1932, daughter of the late a late Joseph A. Zamiska and the former Mary A. Grega. She was the wife of the late John E. Mondell, longtime custodian at the former St. Matthew's Slovak Catholic Church on Pittsburgh's historic South Side. She was the loving sister of the late Charles(Carl/Chuck)Zamiska, sister to Veronica Moeller(Clifford, Sr.), Mary Ann Matey(Brian Kovaly) and Joann Chelkis(Allan). She was also the sister-in-law of Bernadette Jakkic.



Rosemarie was a long-time member of Slovak Catholic Sokol, Wreath 22 and a previous officer and member of the local lodge of the First Catholic Slovak Union. She was employed at all three newspapers in Pittsburgh, The Sun Telegraph, The Post Gazette and The Pittsburgh Press until her retirement.

Sister Rosemarie will be missed by her family and friends, including her nieces, nephews, as well as great nieces and nephews. She is the loving godmother of Supreme Vice President Edward D. Moeller and sister-in-law of our 2019 Slovak Catholic Sokol Fraternalist of the Year, Clifford A. Moeller, Sr.

Until we meet again, rest in peace, dear sister. Zdar Boh!

SISTER FLORENCE MARCIN, SS.C.M. DEVOTED CIRILITE LAID TO REST

Sister Florence Marcin (formerly Sister M. Hilary) went home to the Lord on January 28, 2020, at Emmanuel Center in Danville. Sister Florence was born on April 11, 1926, in Swoyersville, PA, the beloved daughter of the late John and Mary (Olejnik) Marcin. She graduated from Holy Trinity Parochial School and Swoyersville High School. Her call to the Lord was profound and at a very young age, she chose to enter the novitiate of the Sisters of Saints Cyril and Methodius in Danville on January 9, 1944. She was received as a novice with the name Sister M. Hilary on August 16th of that year. Sister was professed on August 13, 1946, a very blessed day in her life and in the many lives she touched in over 70 years of loving service.



Sister Florence received a B.S. in education from Marywood College (now University), Scranton, PA, an M.S. in English from DePaul University, Chicago, IL, and a B.S. in nursing from Cornell University, New York. She also studied at Bloomsburg University, PA. Her first teaching assignments were in the primary grades in Perth Amboy, NJ, Bridgeport, CT, and Charleston, SC. Later she taught grades four through eight in Charleston, SC, Philadelphia, PA, Phoenixville, PA and Chicago, IL. She also served as superior and principal for six years.

During these years, she guided, taught and shared her many gifts with children. After receiving her R.N., Sister Florence spent the rest of her life in ministry as a nurse at Maria Joseph and Maria Hall, caring for others. Later, she worked in Medical Records and performed clerical duties before embarking on the ministry of prayer and hospitality at Maria Hall throughout her later years.

In addition to her parents, she was preceded in death by her sister Mary B. Marcin, brother, John Marcin, niece, Nicole Marcin and sisters-in-law, Catherine Marcin and Ryoko Marcin. Lovingly known as Flossie to her brothers and sisters, she is survived by brothers, Joseph G. Marcin of Swoyersville, PA; Vincent Marcin and wife Tricia of Noxen, PA; Mark Marcin and wife Bonnie of Swoyersville, PA; and sister Ann Cencetti and husband Dino of Whitesboro, NY. She is also survived by many beloved nieces and nephews, cousins, dear friends and all of her Sisters in Community.

Transferal and recitation of the Rosary took place on Feb 1 at Maria Hall in Danville followed by a Wake Service. A Mass of Christian Burial was celebrated at Maria Hall by Maria Hall chaplain Reverend Gerard Heintzelman. Burial was in the Sisters' cemetery.

Donations in memory of Sister Florence can be made to the Sisters of Saints Cyril and Methodius, Villa Sacred Heart, Danville, PA 17821. – **Sister Barbara Sable**

In Memoriam JANUARY 2020

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 11	Donald H. Heberlein, Liberty, IL	86	January 25, 2019
Assembly 16	James T. Farrell, Pittsburgh, PA	71	December 23, 2019
Assembly 16	Ronald Bercik, Cranberry Twp. PA	76	January 20, 2020
Assembly 25	Frederick J. Katrinak, Mc.Keesport, PA	70	January 24, 2020
Assembly 36	Shong Y. Xiong, Clinton Twp., MI	71	December 15, 2019
Assembly 48	George A. Dobrowsky, Warminster, PA	67	December 28, 2019
Assembly 48	William Augustine, Maple Shade, NJ	65	January 23, 2020
Assembly 59	Anna Molitoris, Wilkes-Barre, PA	70	October 30, 2019
Assembly 59	Anna M. Miscavage, Gouldsboro, PA	98	December 30, 2019
Assembly 59	Rose Pribula, Plains, PA	94	October 16, 2019
Assembly 136	Robert Johnson, Belleville, NJ	92	June 10, 2019
Assembly 162	John Richard Beres, Toms River, NJ	87	November 2, 2019
Assembly 162	Sylvia Krisanda, Toms River, NJ	87	January 14, 2020
Assembly 167	Elizabeth Pagac, Akron, OH	94	January 12, 2020
Assembly 179	Walter E. Spielman, Las Vegas, NV	87	January 1, 2020
Assembly 235	Sandra L. Stoss, Exeter, PA	64	January 9, 2020
Assembly 295	Donna Marie Kochis, West Mifflin, PA	53	October 23, 2019
Assembly 312	Theresa Kubasek, Wilmington, DE	84	December 4, 2019
Wreath 15	Bertha E. Long, Monroeville, PA	95	January 15, 2020
Wreath 34	Margaret Hujo, Fairfield Park, OH	94	December 30, 2019
Wreath 34	Thomas Sedlak, Cleveland, OH	67	November 14, 2019
Wreath 81	Jane Soltau, Ann Arbor, MI	76	July 25, 2019
Wreath 81	Helen Maginot, Mnster, IN	86	December 9, 2019
Wreath 85	Jeannette Buranovsky, Carnegie, PA	71	October 30, 2019
Wreath 85	Nancy A. Sopko, Baden, PA	79	January 5, 2020
Wreath 93	Johanna Bouche, Oconomowoc, WI	87	December 20, 2019
Wreath 93	Rollin E. Wilder, Waukesha, WI	92	December 21, 2019
Wreath 153	Albert J. Matia, Cumming, GA	89	January 3, 2020
Wreath 153	Joseph Bachraty, Williamsville, NY	89	December 29, 2019
Wreath 153	Robert A. Rusnak, Olmsted Falls, OH	74	January 20, 2020
Wreath 155	Georgianna M. Talley, Oxford, PA	80	December 12, 2019
Wreath 157	Peter Coniglio, Nesquehoning, PA	88	January 3, 2020

THE PASSING OF THE REV. GEORGE M. FRANKO IN YOUNGSTOWN, OHIO AT 95

Michael J. Kopanic, Jr.

The University of Maryland Global Campus

The Slovak American community of Youngstown, OH lost one of its finest clergy, the Rev. George M. Franko on January 31 at Hospice of the Valley with his family by his side.

He was born December 8, 1924 in the Briar Hill section of Youngstown, the youngest of nine children born to Slovak immigrant parents, Joseph J. and Suzanna Ferenac Franko. Father was educated at SS. Cyril and Methodius School, Youngstown, Ursuline High School, Sacred Heart Seminary, Detroit, and St. Mary's Seminary, Cleveland. He was ordained a priest for the Youngstown Diocese on April 29, 1950 at the Cathedral of St. Columba. He celebrated his first solemn Mass at SS. Cyril and Methodius Church, the mother of the Slovak parishes in the Youngstown Diocese. He served the Lord and the Diocese faithfully during the nearly 70 years that followed. In 1950, he was appointed to St. John the Baptist Parish in Campbell, OH and became the parochial vicar at Holy Name of Jesus Parish in Youngstown in 1951. Twelve years later, he became pastor at St. Ambrose Parish, Garrettsville for three years and then St. Joseph Parish, Newton Falls for two years. He returned to Holy Name of Jesus as pastor in 1968 where he remained until his retirement in 1989.



Father Franko remained active after retirement assisting where pastors were ill. He served as administrator at St. Matthias, Youngstown, St. Elizabeth, Campbell and Holy Trinity, Struthers. He was a regular contributor to The Good Shepherd (Dobry Pastier) the annual publication of the Slovak Catholic Federation and wrote homilies for the Homiletic and Pastoral Review.

He was an active Slovak fraternalist all his life. He served as chaplain of Group 17 of the Slovak Catholic Sokol. He was notary and defender of the bond of the Diocesan Tribunal, ethics instructor at St. Elizabeth's School of Nursing, member of the Central Committee of the First Synod of the diocese, member of the Priests' Senate and a member of the Diocesan Financial Advisory Board.

Father had a life-long love of the Slovak language, culture and history which he generously shared with others. He traveled to Slovakia numerous times and encouraged others to embrace their Slovak heritage.

Father Franko is survived by his nieces and nephews, Dr. Steven (Carol) Kalavsky, Kathleen (Ken) Murr, Susan Franko and Joseph (Marilyn) Franko; 14 great-nieces and great-nephews; and 24 great-great-nieces and nephews.

A Mass of Christian burial was celebrated on February 5 at Holy Name of Jesus Church, a component of Our Lady of Sorrows Parish in Youngstown.

On a personal note, Father Franko spoke with me on several occasions and knew my grandparents well, as they were parishioners at Holy Name of Jesus. He spoke with me after a Slovak Mass in 2013 and told me he remembered well my "baba" and "dzedo" as they attended daily Masses at 6 a.m. When my own dear father was nearing his final months of life, Father sent me information about Slovak funeral customs and hymns that assisted me in writing my articles. And I am sure, he prayed for him and my ancestors, as he remains in my prayers - Pan Boh Zaplat! - (The Lord God will repay you!)

MINUTES OF WREATH 54 ANNUAL MEETING

The meeting was held at Magic Tree, Boardman, Ohio on January 26, 2020.

Call to Order and Welcome: President Edith Babik

Opening Prayer: President Edith Babik

Pledge of Allegiance: Judy Babik

Roll Call of Officers and Members: Loretta Smith, Sergeant of Arms, Judy Babik, Auditor, Virginia Bartos, Vice President, Ruth Troxil, Wreath 54 Member, Elaine Kana, Auditor, Edith Babik, President, Linda Hruska, Wreath 54 Member, Nancy Kropolinsky, Recording Secretary, Mary Olexa, Financial Secretary, Carol Gonda, Treasurer.

Acceptance of 2019 Annual Meeting Minutes: Judy Babik made a motion to accept minutes. Mary Olexa seconded.

Activity Reports

Financial Secretary: Mary Olexa reported four changes in insurance to active, five changed to death claims, five changed to death pending and three were surrendered, from 7/1/2019 to 12/31/2019. Mary Olexa reported 1094 members. Report accepted by Loretta Smith second by Linda Frank.

Treasurer: Carol Gonda reported on financial status of the Wreath. Report accepted by Ruth Troxil, seconded by Edith Babik.

Communications: Letter of thanks from the West Side Catholic Charities for donation during the Convention.

Old Business

Christmas Party: Judy Babik thanked Wreath 54 for the donation. All had a great time. 16 children from Wreaths 54 and 107 attended the party. Reimbursement is pending verification.

New Business

Linda Hruska made a motion to conduct election of officers every two years with new election to occur 2021. Current officers will remain in effect for another year. Loretta Smith seconded motion and all agreed.

2020 Activities: Nancy Kropolinsky, Assistant Supreme Physical Directress reported on ideas generated from the Supreme Physical Fitness Board. She encouraged all to join Facebook and refer to the monthly publication to keep updated on events.

Judy Babik is looking into to planning a spring activity and asked Wreath 54 for a donation.

New Motions: Judy Babik made a motion to offer a Wreath 54 Casino trip as a fund raiser. She will select a committee to look into a day trip in the spring 2020. Recommendation to accept the motion made by Nancy Kropolinsky, seconded by Mary Olexa.

Next Meeting Date: To be determined.

Adjournment: Virginia Bartos made a motion to adjourn the meeting. Seconded by Judy Babik.

Nancy Kropolinsky

Wreath 54 Recording Secretary

SCHOLARSHIPS AVAILABLE FOR NEW ENGLAND MEMBERS

The New England Fraternal Alliance, which represents fraternalists in the six New England states, will offer scholarship grants to deserving students in 2020. Two \$1,000 grants will be available to full time students in their sophomore, junior and senior years in college or graduate school. Awards are payable directly to the recipients. For additional information on these grants, contact Daniel Michalak, chairman of the scholarship committee, 53 Barberry Lane, Meriden, CT 06451-2601. Any member of a Sokol Assembly or Wreath in New England may apply for these grants.

NATO BUDE VYUŽÍVAŤ KOMUNIKAČNÉ TECHNOLOGIE OD SLOVÁKOV

Severoatlantická aliancia (NATO) bude v operáciách využívať komunikačné technológie od Slovákov. Spoločnosť Aliter Technologies vyhrala súťaž na dodávku informačných a komunikačných technológií pre systém Communications Gateway Shelters v NATO Communication and Information Agency. Zákazka má hodnotu 5,5 milióna eur. Informoval o tom generálny riaditeľ Aliter Technologies Peter Dostál.

Systém Communications Gateway Shelters slúži na podporu úloh velenia a riadenia na strategickej úrovni NATO a nasadzuje sa do operácií na podporu mnohonárodných spoločných operačných zoskupení Aliancie.

“Pre našu spoločnosť je česť, že môžeme aj my prispieť k napĺňaniu cieľov zabezpečenia kolektívnej obrany členských štátov vrátane Slovenska,” uviedol Dostál.

Aliter Technologies je technologická spoločnosť, ktorá sa zaoberá riešeniami na podporu krízového riadenia vojenského a nevojenského charakteru, IKT infraštruktúrou a bezpečnosťou.

S NATO už má podpísaných viac ako dve desiatky kontraktov. Je dodávateľom aj pre veľké nadnárodné spoločnosti v oblasti obranného a bezpečnostného priemyslu a silové rezorty doma a v zahraničí. – Zdroj: SITA

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Do úradu nastúpil nový riaditeľ, o ktorom je známe, že je prísny. Keď prechádzal kanceláriou, videl muža, ktorý nič nerobil a opieral sa o stenu. Riaditeľ chcel názorne ukázať, ako bude zaobchádzať s takými zamestnancami. Pristúpil k mužovi s opýtal sa ho: “Aký je tvoj plat?” Muž naňho prekvapene pozrel a odpovedal: “3.000 mesačne”. Riaditeľ vytiahol peňaženku, podal mu 1.500 dolárov a zakríčal: “Tu máš dvojťždňovú výplatu a viac sa tu neukazuj!” Muž zoberal peniaze a odišiel. Riaditeľ mal dobrý pocit, ako všetkým ukázať, že v žiadnom prípade nebude tolerovať lenivých zamestnancov a opýtal sa: “Môže mi niekto povedať čo tu ten človek robil?” Jeden zo zamestnancov mu odpovie: “Doviezol nám pizzu....”

KRÁTKE SPRÁVY ZO SLOVENSKA



Podľa štatistík rôznych organizácií na Slovensku zomiera v dôsledku znečisteného ovzdušia päť tisíc ľudí ročne. Štúdiá Inštitútu pre environmentálnu politiku na Ministerstve životného prostredia SR uvádza, že koncentrácia oxidu dusičitého NO₂ na Slovensku je najhoršia spomedzi krajín Európskej únie. Najhoršia situácia je v Banskej Bystrici a v Prešove, nasledujú Košice, Žilina a Nitra.

Rast cien nehnuteľností dosiahol v minulom roku na Slovensku svoje maximum, bol najrýchlejší od roku 2008. Vyplýva to zo zverejnených údajov Národnej banky Slovenska. Priemerná cena bývania na Slovensku vzrástla vlni oproti roku 2018 o 7,5 percenta, čo je spomínaný rekord od roku 2008, keď sa k vrcholu blížila ekonomická kríza. Ide o výraznejší rast ako v roku 2018, kedy priemerná cena bývania vzrástla medziročne o 5,5 percenta. Ako upozornili analytici centrálnej banky, rýchlejšie než v predchádzajúcom roku rástla vlni priemerná cena bytov (8,5 % oproti 8 %) aj priemerná cena domov (5,1 % oproti 3,3 %).

Závod Volkswagenu Slovakia v Martine získal nový projekt spojený s elektromobilitou. Podnik potvrdil, že výroba diferenciálu pre plne elektrické modely smeruje na Slovensko. Celkovo sa preinvestuje viac ako 30 miliónov eur. Výroba dôležitého zariadenia pre elektromobily je významná, lebo martinskému závodu zabezpečí konkurencieschopnosť a umožní udržať viacero pracovných miest.

Kúpele v Piešťanoch lákajú čoraz viac turistov zo zahraničia. V dôsledku rastúceho dopytu oznámila izraelská letecká spoločnosť Ophir Tours otvorenie sezónnej linky zo vzdialeného Tel Avivu na letisko Piešťany. Nové spojenie má byť prevádzkované od mája do septembra. Záujemcovia by si mali môcť objednať i komplexný kúpeľný balíček s ubytovaním a procedúrami spojený aj s návštevou Piešťan či Bratislavy.

V Českej republike bolo v minulom roku zamestnaných 201 952 obyvateľov Slovenska, čiže prvýkrát v histórii počet Slovákov zamestnaných v krajine prekročil hranicu 200 tisíc. Od roku 2004, kedy Česko a Slovensko vstúpili do Európskej únie, sa počet Slovákov zamestnaných v ČR približne strojnásobil a od roku 2010 sa zdvojnásobil. V rámci občanov krajín Európskej únie pracujúcich v ČR sú obyvatelia Slovenska najpočetnejšou skupinou.

Slovenská ekonomika pod vplyvom zahraničia pokračuje v pomalšom výkone, ale stále napreduje. Jej rast dosiahne v tomto roku 2,2 %, teda porovnateľne s 2,3 % v 2019. Ochladenie je citelné najmä v exportne orientovanom priemysle, kým trh práce stále odoláva. Oživenie v nasledujúcich rokoch vyvrcholí so záverom čerpania eurofondov tretieho programového obdobia v roku 2023. Vyplýva to z komentára k aktuálnej makroekonomickej prognóze z dielne Inštitútu finančnej politiky (IFP). Nepriaznivý vývoj zahraničného dopytu sa premietol predovšetkým do slovenského exportne orientovaného priemyslu. Pri historicky nízkej nezamestnanosti si zamestnanci na mzdách polepšili najviac od roku 2008. V miňaní však domácnosti ostali opatrnejšie a dodatočné príjmy sa prejavili do rekordných úspor.

ZDRAVÉ AVOKÁDO

Pred 40 rokmi ešte nikto nepoznal avokádo - dnes patrí k najobľúbenejším druhom exotického ovocia. Nielenže výborne chutí, obsahuje tiež veľa kvalitných rastlinných tukov.

Hoci obsahuje okolo 30 percent tuku, patrí k potravinám, ktoré zoštíhľujú. Avokádo totiž obsahuje enzým lipázu, ktorý telu pomáha odbúravať tuky. Niektoré štúdie dokonca dospeli k záveru, že lipáza môže zabrániť ukladaniu tuku v tele.



Tuk v avokáde pozostáva z mononenasýtených mastných kyselín alebo omega-3-mastných kyselín, ktoré majú mimoriadne priaznivý vplyv na srdce a krvný obeh a môžu, okrem iného, znižovať hladinu cholesterolu.

Pri strese a nervozite môže avokádo účinne pomôcť, pretože v dužine sa nachádza veľké množstvo lecitínu a vitamínov skupiny B.

Na ovocie obsahuje so svojimi 30 miligramami relatívne veľkú porciu horčíka. Minerálna látka podporuje tvorbu svalového tkaniva, pomáha proti kŕčom a podporuje správnu funkciu nervov.

Aj niektorí zubári odporúčajú konzumáciu avokáda ako prevenciu pred zápalmi ďasien. Látka v avokáde blokuje sekréciu enzýmu, ktorý je zodpovedný za rozklad ďasnového tkaniva.

Obsahuje 1,3 mg vitamínu E. Patrí k potravinám, ktoré chránia naše bunky pred vplyvmi škodlivých voľných radikálov a tým aj pred predčasným starnutím pokožky. Ak jete avokádo pravidelne, môžete zabrániť predčasným príznakom starnutia, ako sú vrásky, ale aj onkologickým ochoreniam.

Dve látky v avokáde pomáhajú namáhaným očiám a zabezpečujú dobrý zrak. Na jednej strane obsahuje ovocie fytochemický luteín, ktorý ovplyvňuje oči pred škodlivým UV žiarením, obsahuje však aj cenný vitamín A (12 mg).

Odborníci odhadujú, že na stromoch do výšky 20 metrov rastie okolo 400 rôznych druhov avokáda. Môžu sa výrazne líšiť farbou, tvarom a hmotnosťou. Niektoré sorty vážia napríklad 200–400 gramov, iné aj 2 kg.

V závislosti od odrody môže byť šupka avokáda čierna, tmavozelená alebo hnedočervená. Pozor, nie vždy má avokádo typický hruškovitý tvar – niektoré sorty pripomínajú skôr jablko alebo slivku.

Tuniakový šalát s avokádom

1 konzerva tuniaka, 1 avokádo, 1 uhorka, 1 červená cibula, šťava z polovice citróna, čerstvá pažitka alebo zelený petržlen, štipka mletého čierneho korenia, štipka soli

Tuniaka zbaveného šťavy rozdrvíme vidličkou. Pridáme nakrájané avokádo, nakrájanú uhorku, na drobno nasekanú cibuľku a všetko dôkladne premiešame. Dochutíme šťavou z citróna, čerstvou pažitkou alebo petržlenom, osolíme a okoreníme.

Avokádová pomazánka

1 avokádo, ½ menšej cibule, 1 lyžica gréckeho jogurtu, štipka soli, čierne korenie, 1 malá lyžička citrónovej šťavy

Avokádo rozmačkať vidličkou, pridať na jemno nakrájanú cibuľu, jogurt, korenie, soľ a citrónovú šťavu. Zľahka premiešať.

FAŠIANGY NA SLOVENSKU



Fašiangy je obdobie od Troch kráľov až do polnoci pred škaredou – Popolcovou stredou. Potom nasleduje 40 dňový pôst až do Veľkého piatku. Je to prechodné obdobie medzi zimou a jarou.

Oslavy fašiangov sa regionálne líšili, aj keď sa vyskytovali aj spoločné črty. Napríklad v regióne Liptov a v obci Čičmany sa varila praženica, na ktorú bola pozvaná celá dedina. Mládenci najprv týždeň pred zábavou chodili po dedine a pozývali dievčatá, ale aj starších. Pri tejto obchôdzke nezabudli zozbierať vajčka a slaninu. Praženicu väčšinou pripravovala richtárka, potom sa začínala zábava, na ktorej boli aj pražené šišky, karamel, závin, huspenina a ďalšie miestne špeciality. V Honte bolo zvykom robiť pálenku. Chlapci chodili po dedine a vyberali zrnú, taktiež spojené s obchôdzkami za dievčatami a pýtaním slaniny, klobásky a niekde im dali aj údené mäso. Všetko sa odnieslo na priadky, kde dievčatá pripravili pohostenie. Fašiangy sa končili v utorok o polnoci.

Fašiangy v meste robili remeselnícke cechy. Teda skôr sa tu konali zábavy, ktorých hlavnými organizátormi boli tovariši. Väčšinou sa konali v dome majstra, pretože tu sa víťali noví tovariši, ktorým bolo poskytnuté krátkodobé ubytovanie. V tomto období sa zvykli stávať z učňov tovariši. Museli však uspieť v rôznych skúškach. Napríklad v Kežmarku bolo typické kúpanie v studenej a potom teplej vode, nosenie na žrdi atď. Jednotlivé cechy konali sprievody a snažili sa o čo najväčšiu atraktivnosť. Mlynári behali na chodúľoch, debnári krútili nad hlavami obručami a podobne. Remeselnícke fašiangové zvyky zanikli pred 1. svetovou vojnou.

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182. zbor Slovenského katolíckeho sokola usporiada oslavu svojho patróna sv. Jozefa v nedeľu 15. marca v kostole sv. Jána Nepomuckého na rohu East 66th Street a First Avenue, Manhattan, NY. Slovenská svätá omša bude o 10.15 hodine dopoludnia. Po omši bude v kostolnej hale nasledovať spoločenský program a obed. Usporiadatelia pozývajú členov 168. venca, aby sa na podujatí zúčastnili.

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