May all your prayers be answered and may you feel the Lord’s presence near you... not only for Easter, but always.

Happy Easter!

POŽEHNANÉ VEĽKONOČNÉ SVIATKY!
Our 2020 Lenten journey is almost completed. During the past 40 days of Lent we reflected on our lives, what we can do to help others and how to improve our lives, both spiritually and physically. The completion of our Lenten journey ends on the most Holiest of days, Easter Sunday, “Vielkonocna nedel’a.”

The joys of preparing for Easter Sunday, although very hectic, are special to us Slovaks because of our culture and heritage. Preparing our Easter foods and getting our Easter Baskets blessed for our Easter morning breakfast or dinner, are our special customs. And, I hope they will continue to live on.

However, it is the Holy Week services that are the customs that rise above the all rest, from Holy Thursday, through Good Friday, then Holy Saturday and finally Easter that are most important.

How you prepare and celebrate Easter depends on your individual Slovak customs. Let us remember Christ’s resurrection is the real reason for Easter and our eternal salvation. “Pan Ježiš Kristus vstal z mrtvych, Radujme sa!” Christ is risen, Let us rejoice and be glad!

The Board of Directors of the Slovak Catholic Sokol held its first 2020 Quarterly meeting on Friday, March 20, and Saturday, March 21 via conference call. This was the first time maybe in the history of the Society that March’s meeting, often referred to as the annual meeting, was held via a conference call instead of the normal in person face-to-face meeting.

Plans were in place for the normal in person meeting until it became clear a change had to be made on how the meeting would be held. Your Supreme Secretary, Scott T. Pogorelec, F.I.C. and I decided in mid-February to change the format of the March meeting because we saw there was a problem, the Coronavirus outbreak was on the horizon and that it would only get worse. We made the decision to hold the meeting via a conference call because we did not want to put any Board member in harms-way or contribute to the virus’ spread.

I am glad to report, the Board of Directors had a successful conference call meeting and all business that had to be conduct was completed in the time allotted for the meeting. The various committees will continue their discussions and report back to the Board their findings and recommendation via e-mail and other conference calls. Then at the 2nd Quarterly meeting scheduled for June 2020 the reports will be discuss and approved.

Earth Day 2020 will mark the 50th anniversary of this special day and will be celebrated on Wednesday, April 22, 2020. The purpose of Earth Day is for us to recognize how important the environment and the earth are in our daily lives and that both need help for our better tomorrow. Find an Earth Day project in your area to help improve the environment and mother earth.

We are very fortunate to be living in the United States of America where we have almost the best of everything. In some ways our struggles are minor as compared to citizens in other countries; this might have made us complacent because of the work that is done by others everyday behind the scenes.

The belief that nothing will happen to us has now been proven wrong. The outbreak of the Coronavirus, COVID-19, has shown us we are part of the global world and economy and that something we cannot see can cause havoc, sickness and death.

This protein molecule, that is called, the virus, and that can only live in a living cell to replicate, has so much power to bring us down is very scary. We now are experiencing what other generations in the past has faced; the 1918 Influenza. The difference is, we have modern technology and communications on our side, where in the past information was very slow to be disseminated and in some cases slow to be disseminated and in some
From the desk of the Supreme Secretary

**POSITIVE AND CALM**

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

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10

Greetings from the Home Office to all our Slovak Catholic Sokol members.

I hope that everyone is safe and dealing with these trying times the best way they possibly can. Our lives have been altered during this outbreak and you have heard plenty of negativity and ‘worst case scenarios.’ It is extremely important that all our members abide by recommendations from government and health officials and stay safe. Being bombarded with constant updates that do not make you feel good can take a toll on your psyche. In response to that, I urge all our members to start focusing on the positive and be prayerful in hopes that this will soon be over. I share with our members a beautiful quote from our Pope Francis:

“Tonight, before falling asleep think about when we will return to the street. When we hug again, when all the shopping together will seem like a party. Let’s think about when the coffees will return to the bar, the small talk, the photos close to each other. We think about when it will be all a memory, but normalcy will seem an unexpected and beautiful gift. We will love everything that has so far seemed futile to us. Every second will be precious. Swims at the sea, the sun until late, sunsets, toasts, laughter. We will go back to laughing together. Strength and courage. See you soon!”

Pope Francis

Yes, our lives have been changed and will be changed for the time-being. But think of how strong we will be at the end of this. As Pope Francis indicated, we will be thankful for things that have been taken away from us during this time, things we have taken for granted. Things like running into that funny co-worker, a visit from Grandma and Grandpa, getting a workout in at the gym, etc. All these things when we do them again soon will feel wonderful and new.

The Slovak Catholic Sokol and our Nations, specifically the United States, Canada, and Slovakia have been tested before. One thing has always been consistent, our spirit and our resolve, while dampened during these difficult days, has always been and will always remain rock solid. If we work together, which I have seen in droves already, and have faith in each other, we will emerge stronger than ever.

The Slovak Catholic Sokol’s top priority is the health, safety, and well-being of our employees and members. We understand the concern during this evolving situation, and we are committed to being responsive and flexible to our member’s needs.

The Home Office has enacted our Business Continuity Plan and we have adjusted our hours to protect our employees and vendors. We are committed to not have any delays of service, but I ask our members to bear with us during these times. For any needs you may have, you can email us at: infor@scslife.org, or you could contact me directly at: scott@slovakcatholicsokol.org.

The Board of Directors Meeting was held via conference call on March 20th and 21st. It was a productive meeting and I urge all our members to read the reports of our Officers in this issue and the coming issues. The minutes of that meeting will be in the next issue of the Falcon.

I ask all Assembly/Wreath/Group Officers to postpone any face to face meetings and/or events for the time being and follow any CDC recommendations. If you could conduct your business through telephone or email, please do so.

We will also keep our membership informed of any schedule changes regarding our National Tournaments or events.

Remember, keep calm. Panic is also very contagious. Take every precaution as advised by our health authorities, wash your hands well, and remember that we are all in God’s hands.

I would also like to thank all our members who are on the frontlines fighting this pandemic. Thank you to all our Sokol doctors, nurses, police officers, firemen, first responders, essential item employees, and all who are helping through this time. You are the definition of heroes.

And finally, allow me to take this opportunity to wish all our members and families a blessed and joyous Easter. On behalf of my beautiful Wife, Maggie, our Sons, Reid Thomas and Cole William, and our entire Family, may you and yours enjoy a wonderful Easter! God Bless and Zdar Boh!

JOIN THE WALKING PROGRAM TODAY!
For more information contact Martin Degnan at mcoach1986@aol.com

GROUP 12 ATHLETES REUNION PICNIC
Saturday, August 1 at 1:00 p.m. at Sokol Macey Hall, Reading, PA
Anyone who would like to lend a hand in the planning of this special event please contact us. Looking for our former athletes - let us know how to contact you.
Contact: Kathi Smolkowicz, 411 Crestmont St., Reading, PA 19611; tel. 610 507-3748; kms@readingsokol.org

– Group 12 Reunion Committee

SLOVAK CATHOLIC FALCON PUBLICATION DATES
The next issue of the Slovak Catholic Falcon will be that of May 1, 2020. DEADLINE for all photos and information for this issue will be APRIL 22, 2020.
2019 WALKING PROGRAM

Great job to all the Walkers who participated in the 2019 Walking Program. Everyone has done a great job. Congrats to Gig Krisak who walked over 4,000 miles!!! Many of the walkers are committed to reach certain goals and I always love to hear about each person’s goals or success.

I am very sad to inform all the walkers that the Walking Program will be turned over to the Assistant Director and Assistant Directress. The new bylaw change put into place this past summer at the 33rd International Convention, section 4.9 (e) states that: He/ she will be responsible for organizing the walking program. The walking program is one of the most active activities in our organization and I will be sure to make sure the Walking Program continues to be a success. Over the past 16 years, I have thoroughly enjoyed this program. I have loved sharing in each person’s stories. I liked to hear when people have walked in interesting places.

Over the years each of you have offered so much support and brought so many smiles into my heart. I loved chatting about weddings, goals, job promotions, new babies, retirements and even loses. I loved to see the small friendly competitions between spouses and friends. Brother Benyak was the top walker for many years followed by Brother Lutz. Jane Krause finishes marathons all the time and now has her husband hooked in the program. The Zelina family and all of Wreath 111 is always walking further every year. Brother Olinzock is always walking in crazy places from a polka with penguins in Antarctica to walking in Romania and strolling through the Filipplians. One day Cindy Walkowiak will walk further than her husband Rich...one day. Please continue to make new goals, walk further and encouraging others to join.

Assistant Director Marty Degnan has accepted the great honor of being the new fearless leader of this amazing group. Don’t worry, I am not going anywhere and I will still be bugging all of you. I am very excited to take on my new position as the Supreme Directress and be a member of the Board of Directors. Please continue to reach out to me and share your stories.

Marty Degnan’s information is: Marty Degnan, 34 Butler Street, Wilkes-Barre, PA 18702; Email: mcoach1986@aol.com, phone: (570)881-2754.

Thank you again for all the support and true pleasure you have brought over the years. KEEP WALKING!!

Zdar Boh!
Katie Swift
Supreme Physical Directress

WALKING PROGRAM RESULTS

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Father Andy Hvozdovic 7 1174
Jennifer Romine 4 1116
Annalise Romine 4 1089
Andrew Peterson 4 1000
Evan Radtke 4 1000
Kristy Peterson 4 975
Joshua Bioni 14 953
Kyle Peterson 4 950
Larry Sevick 18 938.8
Riana Hоеck 4 915
Monica Heap 13 881
Travis Watkins 14 862
Bryce Watkins 14 847
Tricia Radtke 4 800
Nathan Radtke 4 800
Zach Jozwiak 14 794
Juliana Hоеck 4 780
Gavin Watkins 14 763
Hannah Jozwiak 14 754
Brad Hоеck 4 720
Alex Jozwiak 14 652
Paul Glovany 9 629.5
Katie Swift 14 610
Ryan Jozwiak 14 602
Dolly Yonkoski 9 595
Julia Jozwiak 14 562
Lisa Hоеck 4 550
Suzanne Zeman 4 550
Eric Jozwiak 14 544
Connor Swift 14 523
David Olinzock 6 513
Heidi Bioni 14 510
Carissa Hоеck 4 510
Kathleen Watkins 14 503
Matthew Jozwiak 14 486
Alyssa Peterson 4 485
Sarah Bioni 14 451
Cindy Novak 9 410
Bridget Direnna 14 385
Hailey Swift 14 352
Grace Martyak 9 310
Rebecca DiRenna 14 305
Annabelle Direnna 14 210
Mackenzie Peterson 4 100

!! CANCELLATION !!
OF THE SLOVAK CATHOLIC SOKOL 2020
INTERNATIONAL BOWLING TOURNAMENT

Due to the COVID-19 Pandemic and for the health and safety of our members, the Board of Directors made the decision to cancel the 2020 International Bowling Tournament scheduled for May 15th and 16th in Cleveland, Ohio.

Please keep everyone affected by the COVID-19 virus in your prayers. Stay safe.

James Matlon, Director of Sports and Athletics

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James Matlon, Director of Sports and Athletics
A TRADITIONAL SLOVAK EASTER

In Slovakia Easter is one of the biggest and most important holidays celebrated for 5 days in a row – from Thursday until Monday. Every day has its name and importance: Holy Thursday (Green Thursday); Good Friday (Big Friday); Holy Saturday (White Saturday); Easter Sunday and Easter Monday.

Easter in Slovakia is connected with a specific Easter menu, habits and superstitions. The preparation starts on Green Thursday. Women are usually preparing the typical Easter dishes.

The foods most typical for the Easter are Paska bread, egg cheese – Hrudka, smoked pork ham, bacon and sausages, hard boiled eggs and pastries. Some dishes have different names based on the region. From green Thursday until the white Saturday the dishes are prepared, and when Saturday comes, a sample of every prepared dish is taken to the church in a basket, for a blessing. Blessing of the Easter Food Baskets on Holy Saturday is a tradition among Roman Catholic and Orthodox Christian Central and Eastern European nations.

Besides the typical Easter food also Easter decorations, prepared by the Slovak women, are important. Symbols of Easter in Slovakia are also painted empty egg shells called “kraslice” which are painted in different techniques. And the also a tree associated with Easter which is willow. Men use the willow branches to make “korbac”, (braided whips decorated with colourful ribbons) which they use on Easter Monday to whipp single girls. Boys and men are also splashing water over girls. For their effort boys get some snacks and Easter eggs and ribbon for their korbac. While it is not required to give Easter eggs to visiting males on Easter Monday, only a few men will leave the house without a drink or small refreshment.

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

ALLELUIA, HE IS RISEN!

Aleluja! Vstal z mrtvych!

Saying those words is like drinking a tall glass of cold water after being out in the desert all day. Lent is over and it is now time to celebrate the great joy of Easter!

At the Easter Vigil, the Exsultet is sung as Mass begins in darkness, illuminated only by candles throughout the church. The Exsultet is a beautiful hymn of rejoicing in Christ’s triumph over sin and death. One part states: O truly necessary sin of Adam, destroyed completely by the Death of Christ! O happy fault that earned for us so great, so glorious a Redeemer!

This line stands out because it calls the sin of Adam “necessary” and refers to it as “O happy fault.” At first, this may seem strange. Why is it that we refer to the sin of Adam, Original Sin, as “necessary” and “happy.” The answer is Easter. It’s because God, in His perfect wisdom and love, took sin and the consequence of sin (death) and used them as the means of the salvation of the world. That’s what Easter is all about!

This may be hard to comprehend so it’s worth thinking about more deeply. Without Adam’s sin, there would be no Jesus. God would not have had to become one of us. So even though the original sin of Adam, as well as all future sin, is evil and wrong, God in His perfect power and love chose to use it as the very means of the salvation of the world. How? By allowing the sins of the world to persecute Him and crucify Him, and then, by turning that suffering and death into the very means of salvation. Jesus destroyed sin by destroying the consequences of sin which is death. Death loses in the Resurrection! Jesus’ Resurrection takes away the effects of all sin for those who cling to Him.

Easter is a time when we must do just that. We must “cling” to our resurrected Lord! We must cling to Jesus who is alive and well. We must cling to His Resurrection and strive to share in it. How do we cling to our Resurrected Lord? There are many ways. Here is one.

Take joy in everything. Start with whatever it is that burdens you the most. Whatever it is that makes you angry, sad or depressed. Whatever that is, it can potentially become one of your greatest sources of grace and joy. Seriously, it can. If the brutal Crucifixion of Jesus, the Son of God, can turn out to be the greatest event in all of human history, then your personal suffering, your burden, or even your sin can very much become a source of great joy as long as you let God transform it into part of His Resurrection!

This is the meaning of Easter! Easter means that nothing can keep us from the joy that God wants to give us. Nothing can steal that joy away. Sure, at times we will struggle just as Jesus did in the Agony of the Garden and the Via Dolorosa (the Way of the Cross), but those sufferings will not win. The Resurrection won with Christ and it will win with us when we cling to Him. Jesus persevered and, in the end, rose victorious. This is Easter!

(Continued on page 18)
REPORTS OF THE SUPREME OFFICERS FOR 2019 PRESENTED AT THE FIRST QUARTERLY MEETING OF THE BOARD OF DIRECTORS HELD IN WILKES-BARRE, PA, MARCH 20-21, 2020

REPORT OF THE SUPREME CHAPLAIN

Oslavujte prvé stvrtrocne stretnutie;
In Compliance with Section 4.0 article (g) of the Constitution and Bylaws of the Slovak Catholic Sokol, I hereby submit my report of activities for the calendar year 2019.
The duties, obligations and responsibilities of the Office of the Supreme Chaplain are clearly spelled out in the Bylaws. I tried to the best of my ability to fulfill them.
Following is a listing and brief explanation of my activities:
I attended the First Quarterly meeting of the Supreme Board of Directors of the Slovak Catholic Sokol held March 21-24, 2019 at the Cleveland Airport Marriot, Cleveland, OH. I provided the spiritual needs for the meeting; (ie) daily Mass, prayers beginning and ending each session, and a special memorial service remembering all our deceased members since our last Quarterly Board Meeting.
April 1-2, 2019 in my capacity as National President of the Slovak Catholic Federation, I conducted the Spring Board of Directors meeting of the Slovak Catholic Federation which was held at the Slovak Catholic Sokol Home Office, Passaic, NJ. As Supreme Chaplain of the Slovak Catholic Sokol, I hold an automatic seat on the Slovak Catholic Federation’s National Board of Directors.
On May 11, 2019 I participated in the Scholarship Committee phone conference call meeting which was chaired by our Supreme Vice-President, Mr. Edward Moeller.
Due to a conflict in my schedule, our Supreme President, Mr. Michael J. Horvath excused me from attending the Second Quarterly meeting of the Supreme Board of Directors, so that I was able to attend and represent our organization at the Jubilarian celebration for the Sisters of Saints Cyril and Methodius, Danville, PA.
From July 17-21, 2019 I was present for the 49th International Slet held at SUNY Brockport University, Brockport, NY. I provided the Holy Sacrifice of the Mass for both the opening and closing ceremonies of the Slet, as well as live-streaming of the events of Fraternal Life Insurance and Benefit Society the Slet on the SCS Facebook page. I commend the Supreme Physical Fitness Board for conducting a most successful Slet.
The 33rd National Convention of the Slovak Catholic Sokol was held August 2-7, 2019 at the Cleveland Airport Marriot, Cleveland, OH. I was responsible to make all the arrangements for the Opening Mass of the Convention, which was held at the Cathedral of Saint John the Evangelist, Cleveland, OH, with The Most Reverend Roger Gries, OSB, Auxiliary Bishop Emeritus of Cleveland as Celebrant. I opened and closed each session of the convention with prayer as well as provided daily Mass. I wish to take this opportunity to thank the delegates of the Convention for adding the office of Supreme Chaplain to Section 3.0 (K) of the bylaws. This afforded me the opportunity to seek, and be elected to a fifth consecutive term as Supreme Chaplain.
On October 2, 2019 I participated in the Third Quarterly meeting of the Supreme Board of Directors as a conference call. I opened and closed the meeting with a prayer as well as participated in the discussions of the meeting.
As National President of the Slovak Catholic Federation it is my responsibility to conduct the Fall meeting of the SCF held in Dubois, PA on October 29, 2019.

REPORT OF THE SUPREME PRESIDENT

Pochvalen bud Pan Jezis Kristus!

On November 17, 2019, I participated in the Annual Meeting of Group 7 “Rev. Joseph Murgas” held in Wilkes-Barre, PA.
The Fourth Quarterly meeting of the Supreme Board of Directors was held Nov. 30-Dec. 3, 2019 at Deerfield Beach, FL. I provided the opening and closing prayers for all sessions. Once all business was completed, the Board of Directors was afforded the opportunity to conduct a site inspection for possible consideration for any future Slovak Catholic Sokol events.
As per the Duties of the Supreme Chaplain, Section 4.0 (d) I followed through, to the best my ability, inviting our Group Chaplains to submit articles for publication in the Slovak Catholic Falcon, as they wish, concerning matters of our Catholic Faith, or any other topic they choose to share with our membership for publication.
I submitted TWELVE reflections for publication in The Falcon, which I trust all found to be informative.
I recommended ONE individual for membership in the Slovak Catholic Sokol past year.
I sincerely wish to thank my mom for her love and support over this past year. To the parishioners of Epiphany Parish, Sayre, PA for their patience and understanding during my absence from the parish in order for me to fulfill my duties as Supreme Chaplain.
I am most appreciative to our Supreme President, Mr. Michael Horvath for his encouragement and support, along with our Supreme Secretary, Scott T. Pogorelec, FIC for his time, energy, and dedication to the Slovak Catholic Sokol, and his support shown to me.
I pray that we commit ourselves to do our part to live our organization’s slogan, “A Sound Mind in a Sound Body”, and we defend our organization’s motto, “For God and Nation”.
As we begin our 115th year we can be very proud of our impressive past, may we commit ourselves to assure a promising future.

ZDAR BOH!
Rev. Andrew S. Hvozdovic, V.F.
Supreme Chaplain

REPORT OF THE SUPREME SECRETARY

Pochvalen bud Pan Jezis Kristus!

In compliance with Section 3.2 Article (f) of the Constitution and Bylaws of the Slovak Catholic Sokol, I hereby submit my 2019 annual report to the Board of Directors and members for their review. Section 4.1 of the Constitution and Bylaws list the duties, obligations and responsibilities of the office of the Supreme President.
As I begin this report please take a moment to remember and pray for all members of the Slovak Catholic Sokol, our family members and friends who have died in 2019. May their memories remain with us and their souls rest in eternal peace!
2019 marked the 114th year from the founding of the Slovak Catholic Sokol in Passaic, NJ. During the past 114 years the Slovak Catholic Sokol has kept true to its purpose and mission: remain faithful to our Catholic faith, encourage education and good citizenship, keep our Slovak heritage, culture and traditions, hold athletic programs for the membership and aid members who need assistance. I believe in 2019 all of these were accomplished.
Our Catholic faith is first and foremost since no matter the ac-

REPORT OF THE SUPREME TREASURER

Pochvalen bud Pan Jezis Kristus!

In compliance with Section 3.1 Article (e) of the Constitution and Bylaws of the Slovak Catholic Sokal, I hereby submit my 2019 annual report to the Board of Directors and members for their review. Section 4.1 of the Constitution and Bylaws list the duties, obligations and responsibilities of the office of the Supreme President.
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Our Catholic faith is first and foremost since no matter the ac-

SLOVAK CATHOLIC FALCON, APRIL 1, 2020

– 6 –
tivity Mass is celebrated during the event. I want to thank our Chap-
 lain Reverend Andrew S. Hvozdovic and other clergy for celebrat-
ing Mass for us especially at the SLET and at our 33rd Quadrennial 
Convention.

Encouraging education and good citizenship, by awarding our
Slovak Catholic Sokol Scholarships, the Society is helping mem-
bers with their educational expenses. The Society encourages
Assemblies and Wreaths to do activities to help others with Join
Hands Day activities and other community events. The Society
also recognizes one of its own members as its Fraternalist of the
Year for the outstanding work they do for the Society.

The keeping of our Slovak heritage, culture and traditions alive
is done by our Assemblies and Wreaths who hold Slovak events
that bring members together to celebrate our rich Slovak way of
life. These events are found in our monthly publication the "Falcon"
that is published by our Editorial Department headed up by our edi-
tor Daniel F. Tzanze and his assistant Livia Karak.

The Slovak Catholic Sokol athletic program is by far the best
among other fraternals our size and larger. Our International Bowl-
ing tournament, in its 73rd year, is attracting 100 plus Sokol mem-
bers each year to compete and the winners are recognized as the
Society’s best bowlers. The International Golf Tournament that has
been held for the past 64 years has over 100 plus Sokol mem-
bers competing for the champion’s title. Then there is the Slovak
Catholic Sokol’s signature activity the biennial International SLET
where in 2019 over 200 members from many of our 19 Groups as-
sembled to compete for the 49th time for the Champion Flag. The
first SLET was held in 1912 in Wilkes-Barre, PA and has continued
to be held every two years, only being suspended during the World
War years.

The Slovak Catholic Sokol is fortunate to be able to have
these athletic programs year-after-year because it has a Supreme
Physical Fitness Board that puts their heart and all their being into
organizing the activities to be the best they possibly can be and for
each member participating leave with great memories. The Soci-
ety and members Thank You for your dedication.

The Slovak Catholic Sokol also true to being a Society that
believes in a democracy to guide its future was shown in 2019.
This year the Slovak Catholic Sokol held its 33rd Quadrennial Con-
vention in Cleveland, Ohio where 173 members representing their
Assemblies and Wreaths gathered as Groups to review the Soci-
ety’s operations, hear from its Supreme Officers, have presenta-
tions from the Organizations professional advisors, and to elect the
Supreme Officers for the next four years.

As the Slovak Catholic Sokol enters its 115th year in 2020 it
will continue to live up to its initial purpose and mission and past
successes.

The Slovak Catholic Sokol is a fraternal benefit society and
this means it is a fraternal that is a business. The business provides
the financial resource for the fraternal society to provide financial
security products to its members and to organize the athletic and
other programs for the benefit of the membership. In 2019, our
Society relied on its Director of Sales, Albert J. Suess, Jr., F.I.C.
to keep it competitive and bring in the business it needs to grow.
Growing the Society with the help from Brother Suess is in the best
interest of every member.

The Slovak Catholic Sokol would not be able to do all that it
does if it were not for it having an exceptional executive shoulder-
ing the load of the responsibility seeing that each and every day
the Society is accomplishing its end goal, maintaining and growing
a business that provides fraternal benefits for its member stake-
holders. The Society’s success and status in the fraternal world is
because of the leadership it receives from its Supreme Secretary
Scott T. Pogorelec, F.I.C.

In 2019 our Supreme Secretary, Scott T. Pogorelec excelled at
managing the operations of the Society. His ability to work with our
professional advisors, PNC Institutional Asset Management, CPS
Actuaries, Vision Financial Group CPA’s, LLP and the New Jersey
Department of Banking and Insurance has enabled the Society to
meet all reporting requirements and kept it financially sound and
solvent.

Over the last four years Brother Scott and I have worked
together with only one mission; to develop ways to make the fu-
ture better for our great Society, the Slovak Catholic Sokol and its
members. However, the fraternal benefit society model, as is the
life insurance business sector has changed and all are having the
same inherited problems. In general, today, individuals have a dif-
ferent view on life insurance. Then on the fraternal side there is
apathy, leaders are older, membership is declining and there is lack
of younger members becoming involved. In addition, the fraternal
business world is seeing new federal and state regulations that can
jeopardize the fraternal model.

With all that it takes to be responsible for a fraternal benefit
society that has 29,000 member stakeholders its executive has to
have the ability to find solutions to the problems, see that all things
are done; stay focused on the pieces and manage through leader-
ship. Brother Scott is this dedicated individual who has made my
last four years as your President; productive, meaningful and en-
joyable. Brother Scott, I Thank You.

You are the true and good leader who has fantastic individu-
als behind you doing the things any business needs to do to be in
business. To the Home Office staff, I Thank You, for giving Brother
Scott the support he needs and for the work you do each and every
day for the Society and its members.

In 2019, the Board of Directors were very active not only do-
ing their duties as outlined in the Society’s Constitution and By
Laws but also taking time to represent the Slovak Catholic Sokol
at activities when called upon and at activities they attend in their
Group, Assembly or Wreath. Thank you for your guidance through-
out 2019 and all you have contributed to the success of our great
Society.

Thank you to all the delegates to the Slovak Catholic Sokol
33rd Quadrennial Convention. All of you should be proud of how
well the Convention went and for the way we conducted the busi-
ness of the Convention in three days. I am deeply appreciative of
your support and for you allowing me to serve you as the Slovak
Catholic Sokol’s President for the next four years. And, I thank you
for this privilege.

I will continue to work with our Supreme Secretary, Scott T.
Pogorelec over the next four years to see that we do everything
possible to keep our Society growing, financially stable and solvent.
I especially want to Thank my family, my wife, Suzanne, daughters
and their families, Jennifer, Carl and Kelci; Megan, James, Jon-
athan, Seamus and Andrew; and Heather, who keeps me focused
on Sokol life; Thank All of You for allowing me to serve the Slovak
Catholic Sokol and its members.

My 2019 report summarizes all of the activities, meetings and
events I attended and represented the Society as your Supreme
President. As you will read in the report this was a very busy year
as well as productive and exciting one. I give the details of these
activities in my monthly article that is published in our publication
the “Falcon”.

2019 – (114th year)
First Quarter

I attended the annual meeting of the Physical Fitness Board,
January 12-14, 2019 in Pittsburgh, PA. Attending this important
(Continued on page 8)
REPORTS OF THE SUPREME OFFICERS FOR 2019

(Continued from page 7)

meeting of the Supreme Physical Fitness Board allows me to extend greetings to the whole Board, meet them personally and hear from them the 2019 activities they have planned for the membership.

I visited the Home Office on March 14, 2019 to meet with the Supreme Auditors to discuss with them the findings of their audit and answer any of their questions as they prepare their 4 year report for the 33rd Quadrennial Convention.

I Chaired the 1st 2019 quarterly meeting of the Slovak Catholic Sokol Board of Directors March 22-23, 2019 at the Airport Marriott, Cleveland, OH. This meeting allowed the Board of Directors to see, inspect and comment on the site of our 33rd Quadrennial Convention which will be held August 4-7, 2019.

I participated in the 2019 Slovak Catholic Sokol Museum Board meeting that was chaired by Supreme Vice President, Edward D. Moeller. Brother Moeller presented to the Board his report on the condition and function of the Museum and the Museum’s finances.

I represented the Slovak Catholic Sokol at the funeral of Bishop Joseph V. Adamec on March 26, 2019 at the Cathedral of the Blessed Sacrament in Altoona, PA. Bishop Adamec was the Bishop of Altoona - Johnstown from 1987 to 2011 and served as the Protector of the Slovak Fraternals.

Second Quarter

I represented the Slovak Catholic Sokol at the Slovak Catholic Federation’s spring meeting held on April 1-2, 2019, at the Slovak Catholic Sokol Home Office in Passaic, NJ. I welcomed the other Slovak Fraternals to our Home Office and the Federation’s meeting.

The Pennsylvania Fraternal Alliance held its annual legislative meeting, April 29-30, 2019 in Harrisburg, Pennsylvania. Our Director of Sales, Albert J. Suess, Jr., F.I.C. and I represented the Slovak Catholic Sokol at this important event. I had the opportunity to meet with the Presidents of the other Pennsylvania Fraternals to discuss legislative issues that affect all of our Societies.

I took part in the Slovak Catholic Sokol Scholarship committee conference call organized by our Supreme Vice President Edward D. Moeller to review the applications received from the members who were applying for a scholarship. From the applications received the Committee selected the members to be awarded a 2019 scholarship.

I participated in the Slovak Catholic Sokol 73rd International Bowling tournament held May 17-19, 2019 in Pittsburgh, PA. It was my pleasure to award the 2019 Frank S. Petruff Memorial Sports Award to our well-known Sokol activist, Brother Clarence “Buffalo” Checkton from Peryopolis, PA.

I and our Supreme Secretary did a Pre-Convention site visit to the Airport Marriott on June 21-22, 2019 in Cleveland, Ohio to work with the hotel staff on the final arrangements for the 33rd Quadrennial Convention.

I Chaired the 2nd 2019 Board of Directors meeting on June 29, 2019. This meeting was held via a conference call.

Third Quarter

I met with our Supreme Secretary, Scott T. Pogorelec, F.I.C. on July 1, 2019 and on July 26, 2019 at the Home Office in Passaic, NJ to do Pre-Convention planning for the 33rd Quadrennial Convention.

It was my privilege to attend the 49th International SLET July 17-21, 2019 at SUNY Brockport in Brockport, NY. During the SLET I saw the best of Slovak Catholic Sokol fraternalism and competition. The Sokol youth that came to the 49th SLET to compete in track and field events, gymnastics and volleyball showed what Sokol Spirit is during the four days of competition. Congratulations to Group 4 of Chicago, IL for taking the Championship Flag.

I Chaired the Slovak Catholic Sokol 33rd Quadrennial Convention, August 4 - 7, 2019 at the Airport Marriott in Cleveland, OH for the 173 delegates who represented their Assemblies and Wreaths from our 19 Groups. I am very appreciative of the faith the delegates have in me to be given another 4 years as the Society’s President. I am looking forward to working with all of the Supreme Officers during the next 4 years to keep our Society financially strong and growing.

Fourth Quarter

I Chaired the 3rd 2019 Quarterly meeting of the Board of Directors on October 2, 2019. This meeting was held via a conference call.

I represented our Society along with our Supreme Secretary, Scott T. Pogorelec, F.I.C. and our past Supreme Secretary, Steven M. Pogorelec, F.I.C. at the funeral Mass of Monsignor Francis J. Beeda, S.T.L. on October 17, 2019 at St Joseph’s church in Hazleton, PA. Monsignor Beeda served as our Supreme Chaplain from 1995 to 2003. In 2003 he was elected as an Honorary Supreme Officer. In 2008 he was selected as the Society’s Fraternalist of the Year.

I attended the Slovak Catholic Federation autumn meeting October 28-29, 2019 in Dubois, PA.

On November 16, 2019 I traveled to Pittsburgh, PA to recognize the Slovak Catholic Sokol 2019 Fraternalist of the Year, Brother Cliff Moeller. Brother Moeller has served our Society for many years as Group 14’s President.

I chaired the 4th 2019 quarterly meeting of the Slovak Catholic Board of Directors on December 1-2, 2019 at the Embassy Suites in Deerfield Beach, FL.

With God’s Blessings to All! Zdar Boh!
Respectfully submitted,
Michael J. Horvath, Supreme President

REPORT OF THE SUPREME SECRETARY
Slavna Rocna Schodza!

In compliance with Section 4.3, Article (n) page 26 of the Constitution and Bylaws of the Slovak Catholic Sokol, I hereby submit my written Annual Report for the year 2019 to the Supreme Board of Directors.

My duties, obligations, and responsibilities as the Supreme Secretary are clearly listed in our Bylaws and I have performed these duties for the past year to the best of my ability. I wish to report that all decisions made by the Board of Directors and any City, State or Federal mandates, have been executed as required.

This past year our organization celebrated its 114th Anniversary as a fraternal benefit society and many fraternal activities were planned and conducted throughout the year by our Assemblies, Wreaths, Groups, and Supreme Assembly. The success of all these events and the support in the promotion of our organization is truly appreciated. I would like to thank our Board of Directors, especially our Supreme President, Michael J. Horvath, for your hard work and support over the past year and beyond.

After reviewing all the financial reports which will be presented
to the 1st Quarter Meeting, I am certain that you will concur with me that our organization, like others, has experienced and endured another year filled with challenges and uncertainties. The Society continues to remain financially strong and after providing numerous benefits and services to our members, we were once again able to add to our Surplus and continue to thrive during an uncertain economic time.

HOME OFFICE EFFICIENCY

The Home Office staff is one of our most valuable assets, and I would like to express my gratitude to them for making 2019 a successful year. Their dedication, loyalty, and commitment to the organization and members have been second to none. I would also like to recognize Albert J. Suess, F.I.C., for all his hard work while serving as our Director of Sales. Through his efforts, along with our Home Office Staff, we have made great strides in our sales department.

As in previous years, the Home Office continues to make every effort possible to provide courteous and efficient service as needed daily. The employees are constantly updating and requesting information on behalf of our members. Along with our software provider, the Home Office staff has gone through extensive training in getting information to our members and agents in a quick and efficient manner. With all the technological advances in our world today, our staff has implemented changes to make items more accessible and the changes have proven to be successful.

During the year in my capacity as the Supreme Secretary, it was necessary to attend various Financial and insurance seminars, meetings, and classes. New rules and regulations on both the state and federal level continue to emerge. The reporting process to all the life insurance related agencies and State Insurance Departments is an important task, but necessary to protect our fine organization. The Home Office Staff and Board of Directors have done a great job meeting all the requirements and making the necessary changes to operate in an efficient manner.

Looking ahead to the future, I am confident that with the support of our Supreme Officers, Director of Sales, and our members, we will continue to make prudent decisions to meet all challenges that may come our way.

STATISTICS

The amount of Premium Income received during the year was $4,452,396 of which $2,591,571 was for life insurance premiums and $1,860,825 was received as annuity premiums. The life insurance premium received was the highest amount received in our Society’s history. The face amount of insurance written totaled $11,540,975 and the total amount of insurance in force was $238,481,431. The Society has 27,539 members with 30,161 premiums and $1,860,825 was received as annuity premiums. The amount of Premium Income received during the year was $4,452,396 of which $2,591,571 was for life insurance premiums and $1,860,825 was received as annuity premiums. The life insurance premium received was the highest amount received in our Society’s history. The face amount of insurance written totaled $11,540,975 and the total amount of insurance in force was $238,481,431. The Society has 27,539 members with 30,161 certificates in force and 89 Assemblies/Wreaths. Assets as of December 31, 2019 were $87,885,260 and the Unassigned Funds total $8,017,023. The Solvency ratio is a financially strong 111%.

COMMENTS

During the year 2019, several events took place which should be noted. Many successful activities were held throughout the year on the local, group, and national levels. The National Tournaments under the direction of our Supreme Director of Sports and Athletics, James C. Matlon, and assisted by the Supreme Physical Fitness Board all proved to be a success for the organization. The 49th International Slet was conducted by the members of the Physical Fitness Board in Brockport, NY and was a wonderful success. I am pleased to commend Supreme Director of Sports and Athletics, James C. Matlon, Supreme Physical Director, John M. Underation, and Supreme Physical Directress, Kathleen S. Watkins, and the entire Supreme Physical Fitness Board on a job well done.

Our 33rd Quadrennial Convention was held in Cleveland, OH. Our delegates deliberated over three days as new Supreme Officers were elected and the course was set for the next four years for our Society.

ACKNOWLEDGEMENT

At this time, I would like to express my heartfelt thanks to all the members of the Supreme Assembly for their cooperation and teamwork over the past year, especially our Supreme President, Michael J. Horvath. Your passion for the Organization is always in the forefront and I look forward to working with you over the next four years and beyond.

To all our Group, Assembly and Wreath Officers, I thank you for your dedication and support, especially to all our delegates at the 33rd Quadrennial Convention held in Cleveland, OH.

To all our loyal and supportive members and their families, thank you for all you do for the Slovak Catholic Sokol.

CONCLUSION

As the Slovak Catholic Sokol celebrates its 115th year as a Fraternal Benefit Society, it will continue to be confronted with numerous challenges concerning the life insurance industry due to regulatory requirements and other federal, state, and city mandates. These changes and the resulting decisions of our administrators will dictate our operations immensely. I have the utmost confidence in our Supreme Board of Directors and our professionals that the membership of our fine organization will always come first.

During this meeting, I will reemphasize the importance of increasing our membership and generating more income for the Society, both through premium and operational methods. I will also reiterate the point that we need to keep a keen eye on our expenses and find areas where we can improve. I am confident in our Board that we can accomplish these goals and more.

In closing it is very important to me to thank my Wife, Maggie, my Sons, Reid Thomas and Cole William, and my entire Family. Thank you for all the love, patience, and support you have given me and for always being there to provide inspiration.

God Bless the Slovak Catholic Sokol! Zdar Boh!

Respectfully submitted,
Scott T. Pogorelec, F.I.C., Supreme Secretary

REPORT OF THE SUPREME TREASURER

Dear Brothers and Sisters of the Slovak Catholic Sokol,

I would like to thank the delegates of the past Quadrennial Conventions for re-electing me and giving me the opportunity and the privilege to continue to serve as your Supreme Treasurer. The past sixteen years, first as Chairperson of the Supreme Auditors and as your Supreme Treasurer, have seen many changes to the organization and we have continued the turnaround of our organization from one that was losing members to one with membership growth and increased portfolio value. The Board of Directors is continuing to work harmoniously and cohesively under the leadership and vision of our current Supreme President Michael J. Horvath. Mike has brought many fresh ideas to the table.

My activities as your Supreme Treasurer through the past year are as follows:

December 2018: Prepared the 2019 budget, with the Supreme President, Supreme Secretary, Supreme Chairperson of the Supreme Auditors, and myself, and presented it to the Board of Directors. The logic is, we wanted to enter 2019 with a framework of a budget rather than waiting until the March 2019 meeting to adopt one. Developed a quarterly budget snapshot with the Supreme Secretary on nine major income and expense budget items. This is presented to the Board of Directors on a quarterly basis so (Continued on page 10)
As a member of the Board of Directors, I have attended two (2) meetings called by our Supreme President. The minutes of each of the meetings have been published in the Slovak Catholic Falcon and my participation at these meetings is well-documented.

There were no new mortgages issued during the past year and our mortgage portfolio remains at three (3) mortgages. With respect to the three (3) mortgages on file, I continue to verify that the property taxes and insurance are all paid to date and current.

On the local level, I have been re-elected to serve as President of Group 1 and President of Assembly 162 in Clifton, New Jersey. I continue to attend as many Sokol functions as time permits, and I continue to enroll as many new members as possible.

The delegates at our 33rd Quadrennial Convention have made it clear that meaningful changes were needed to our Society’s By-Laws to improve our fraternal structure, governance and management practices. I am confident that the changes approved by the delegates will enhance the financial strength of the Slovak Catholic Sokol, help it to continue to grow, and meet the challenges in the fraternal financial services industry. Responsible leadership, disciplined governance and effective decision making will keep our society on a solid and stable path.

In conclusion, may God bless all of our deliberations at this meeting and bestow upon us His wisdom, the courage, and the common sense to make decisions which will benefit all of the members of the Slovak Catholic Sokol.

ZDAR BOH! Respectfully submitted,
John D. Pogorelec, Jr., General Counsel

REPORT OF THE SUPREME VICE-PRESIDENT

The following activity report for 2019 is submitted to the Board of Directors as stated in the Constitution and Bylaws of the Slovak Catholic Sokol.

JANUARY THROUGH APRIL 2019

From March 21st through the 24th I attended the Board of Directors Meeting held at the Cleveland Airport Marriott in Cleveland, OH. I attended the Board of Directors Meeting of the Pennsylvania Fraternal Alliance in February 2019 which was by Conference Call. Also in April, I attended the next Pennsylvania Fraternal Alliance Meeting which was held in Harrisburg in conjunction with the Pennsylvania Legislative Luncheon.

MAY 2019

On May 11th as Chairperson of the Scholarship Committee, I participated in a conference call to help to select our 2019 Slovak Catholic Sokol Scholarship winners. A total of 39 applications were received for the various College Scholarships with a total of 31 members from 9 groups receiving scholarships totaling $33,000. 14 applications were received for the Abbot Jerome Koval OSB Memorial Catholic High School Grant with 11 students from 4 different groups being granted $500 each for a total of $4,500. Finally, 28 applications were received for the Catholic Grade School Scholarship with 21 students from 7 different groups being granted $250 each for a total of $5,250. A grand total of $43,750 was granted by the Slovak Catholic Sokol for 2019.

A special thank you to PNC Bank for their gracious donation towards our Memorial Scholarship grants.

On Thursday May 23rd I attended the Fraternal Societies of Greater Pittsburgh Seminar held at the Pittsburgh Airport Marriott.

JUNE 2019

On Tuesday June 11th I participated in the Fraternal Societies of Greater Pittsburgh Golf Outing held at Seven Oaks Country
REPORT OF THE SUPREME DIRECTOR
OF SPORTS AND ATHLETICS

As the Supreme Director of Sports and Athletics, and in compliance with the Bylaws of the Slovak Catholic Sokol, I hereby submit my 2019 Annual Activity Report.

The first event of the year was the Supreme Physical Fitness Board Meeting held in Pittsburgh, Pennsylvania the weekend of January 18th through the 20th. On February 18th, I had a conference call with Basil Wahal, from the GCU and Kevin Collins from the First Slovak Catholic Union (FCSU) to discuss combining the 2019 bowling tournament.

I attended the Board of Directors 1st Quarter Meeting held in Cleveland, Ohio from March 22nd through the 24th. The Board of Directors approved all the recommendations the Physical Fitness Board proposed for the 2019 sporting events.

The 73rd International Bowling Tournament was held on May 17th-18th at Noble Manor Lanes in Pittsburgh, Pennsylvania. The Slovak Catholic Sokol had 80 bowlers, 57 men and 23 women for the tournament. The GCU and FCSU combined had 80 bowlers for a total of 161 fraternal bowlers. The results of the 2019 bowling tournament and pictures were published in the Falcon and posted on our web site.

The Board of Directors held their 2nd Quarter 2019 Meeting via conference call on Saturday June 29th. During the meeting the Fitness Board members confirmed completion of all action items required for all to be in order for the upcoming 49th International Slet.

The 49th International Slet was held at SUNY Brockport, on July 17th through the 21st, 2019. There were eight participating Groups and a total of 169 participants including Fitness Board Members and chaperones. Use of Leone Timing for the track events enabled immediate posting of all the results making it easier to set up semi-final and final heats and entering the points for the top 5 place winners. All of the track results were also posted on the Leone Timing web site which allowed all participants and guests to view the results seconds after each track event. Frank Laury posted a majority of the Slet pictures on the SCS web site and identified all of the place winning pictures. Congratulations to Group 4 Chicago, Illinois with participants from Milwaukee, Wisconsin for placing 1st and winning the International Flag. Group 5 Cleveland, Ohio was the overall Team Drill Winner, Group 4 Chicago, Illinois was the Track & Field Winner and Group 14, Pittsburgh, Pennsylvania was the overall Gymnastics Winner. Group 1, Passaic, New Jersey was the recipient of the John J. Stofko Spirit Award. The Fitness Board hopes to have many new participants and returning Slet participants getting in shape and ready to attend the 50th International Slet at Kutztown University in July 2021.

The final tournament of the year was the 64th International Golf Tournament from August 16th through the 18th at Seven Oaks Country Club and Black Hawk Golf Course in Beaver Falls, Pennsylvania. A total of 101 golfers participated, 83 from the Slovak Catholic Sokol and 18 from the GCU. The Friday Hospitality and Saturday Banquet was held at the recently renovated Seven Oaks Country Club. Julie Laury was the Fitness Board member assigned to the tournament and took pictures of all the golfers and some candid shots. Frank and Julie Laury worked together on the article and corresponding pictures for the Falcon. The Flight Winners and all prize money recipients were published in the Falcon and also posted on our website. The prize money checks were mailed early September after all of the scores and handicaps were verified. The flight winners and best scratch scores received championship golf shirts that were mailed to each winner early November. The golf tournament financial report was also submitted to the Home Office in November.

The Board of Directors held their 3rd Quarter 2019 Meeting via conference call on Wednesday, October 2nd on which I participated. On November 30th through the December 3rd, I attended the...
SLOVAK CATHOLIC FALCON, APRIL 1, 2020

KIDS’ CORNER “Detský kútik” – April 2020

Slovak Words=Slovenské slová
By Dr. Michael Kopanic

Lent - pôst [ pwoost ]
fast - postíť sa [po-steet sah]
I am fasting in Lent. - Postím sa v pôstnej dobe. [ Pwost-teem sah pwos-nay doh-beh ]
sin - hriech* [hree-eck] Slovaks pronounce "ch" as the German "ch" in the name "Bach."
confession - spoved [spo-ved], with a soft "d."
Stations of the Cross - Križová cesta [Kree-zhoe-vah tseh-stah]
Palm Sunday = Kvetná nedeľa [Kvet-nah nye-dye-la]
Holy Week = Pašiový týždeň [Paw-shee-oh-vee teezh-den]
Holy Thursday = Zelený štvrtok [Ze-le-nee shtveer-toke]
Good Friday = Veľký piatok [Vel-kee pyah-toke]
Holy Saturday = Biela sobota [Byeh-la so-bow-tah]
Easter Word Search

Easter Fun for Kids CrossWord

Words:
- Easter Bunny
- Painting
- Chick
- Duck
- Eggs
- Hatch
- Chocolate
- Basket
- Flowers
- Hunt

Across
1. Easter
2. Eggs
3. Basket
4. Chocolate
5. Bunny
6. Grass
7. Jellybeans
8. Sunday
9. March
10. April

Down
1. Eggs
2. Basket
3. Chocolate
4. Bunny
5. Grass
6. Jellybeans
7. Sunday
8. March
9. April
10. Eggs
GROUP 1 CHILDREN’S BOWLINGFEST
MARCH 1 AT THE GARDEN PLACE
BOWLING PALACE IN CLIFTON, NJ

ASSEMBLY 180 ENJOYS AN ACTIVE OUTREACH PROGRAM IN CANTON, OH

Assembly 180 enjoys an active outreach program throughout the year. During the month of December 2019, the members wrapped Christmas presents to be distributed to needy youngsters in the area. On December 21, 2019 a total of 156 presents were distributed to 26 individuals. The gifts were earmarked for the parish’s Giving Tree at the Parish of St. Mary-St. Benedict and distributed to children of the parish. Assembly 180 meets in the social hall of St. Mary’s Parish. Douglas Hutnick, Service Project Chair, expresses thanks and gratitude to all the members of Assembly 180 who contributed to the project.

Assembly 180 president and Supreme Treasurer, James F. Knis is flanked by Barbara Larke and vice president Agnes M. Evanko, are shown above wrapping presents earmarked for the Giving Tree at St. Mary’s - St. Benedict’s Parish.

Assembly 180 members, Fran Lehotay and Michelle Knis are shown wrapping gifts to be distributed to the parish youngsters.

CHECK OUT THE NEW SOKOL WEAR!

HOODIES, T-SHIRTS, GOLF SHIRTS, VISORS AND CAPS are now available on line. Order yours today by simply going to our website slovakcatholicsokol.org and selecting the link “New Sokol Wear”. Clothing items will be shipped directly to your door!
Well-known Group 4 Sokol activists in Milwaukee, WI, Timothy and Suzanne Zeman of Brookfield, WI recently celebrated their 50th wedding anniversary. Both are members of Wreath 93 in Milwaukee and with their family are active in Group 4 fraternal and sporting activities. The former Suzanne Gebhardt and Timothy Zeman exchanged their marriage vows at the Church of St. Nicholas in Milwaukee. They, their children and 13 grandchildren enjoy active membership in Group 4.

In May 2019, the couple enjoyed a 50th anniversary celebration with a Mass at Immaculate Heart of Mary Church. Following the liturgy, the couple was honored at a dinner for 70 guests in the parish hall. The highlight of the dinner came when their 13 grandchildren took them on a “Walk Down Memory Lane” - Annika Romine, their oldest granddaughter, wore her babka’s wedding dress and portrayed the bride. Noah Romine, their oldest grandchild, served as the groom and Amber Radtke served as maid of honor wearing the original bridesmaid dress. The 10 younger grandchildren were honored to serve as ring bearers and flower girls.

Timothy and Suzanne renewed their marriage vows and their daughters, Jennifer Romine, Tricia Radtke, Lisa Hoeck and Kristy Peterson each offered heartwarming remarks. The children and grandchildren then serenaded their grandparents with their anniversary song as they circled them with love. A cherished, memorable time was had by all.

The couple enjoyed an anniversary “honeymoon” to Anchorage, Alaska followed by a cruise. They are pleased that their children and grandchildren are active in Slovak Catholic Sokol sporting and fraternal activities.

Our congratulations and fraternal best wishes go out to Tim and Suzanne Zeman on their milestone in their wonderful life together. May their love for each other continue to grow as the years go bye. Zdar Boh!

SLOVAK CATHOLIC FEDERATION 2021 “DOBRÝ PASTIER” GOOD SHEPHERD

The Slovak Catholic Federation is accepting articles for its 2021 edition of the “Dobrý 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.

GROUP 12 ATHLETES REUNION

Group 12 “Rev. Anton Bernolak” will host a special Athletes Reunion Picnic on Saturday, August 1 at Macey Hall of our Slovak Catholic Sokol Club located at 411 Crestmont Street in Reading, Pa. beginning at 1 p.m. For many years, Group 12 has enjoyed a very active Sokol sporting program. Our reunion picnic will be an opportunity to share the memories and have some fraternal fun.

Anyone who would like to lend a hand in the planning of this special event is asked to contact us. We are looking for our former athletes - let us know how to contact you. Contact Kathy Smolkowicz at tel. 610 507-3748, kms@readingsokol.org

– Group 12 Reunion Committee
MINUTES OF THE 2020 SUPREME PHYSICAL FITNESS BOARD MEETING
HELD JANUARY 17-18 2020 IN PITTSBURGH, PA

First Session, Friday, January 17, 2020
Called to order by Supreme Director of Sports and Athletics, James Matlon. Brother Matlon welcomed everyone including the new board members.

Opening prayer was proclaimed by Supreme Physical Fitness Board Member Kristen Popik.

Pledge of Allegiance was led by Supreme Physical Fitness Board Member Rob Palchanis.

Roll call was taken by Supreme Assistant Director of Sports and Athletics Frank Laury. All members of the Supreme Physical Fitness Board were present except Janice Matlon who was in transit to the meeting.

Welcome remarks were given by the following:
Group 14 President Kathy Watkins welcomed everyone to Pittsburgh, Pennsylvania.

Supreme President Michael Horvath gave his greetings and welcomed the new members to the board. He expressed his wish to challenge the Fitness Board to increase the number of members participating in activities at both a local and national level. Brother Michael is disappointed that Assemblies and Wreaths are closing due to a shortage of members and lack of officers. He mentioned that we must keep looking toward the future instead of dwelling on the past.

Supreme Secretary Scott Pogorelec, welcomed everyone to the meeting, thanked the outgoing officers for all their work, and welcomed the new officers. He mentioned how communication is key for the Physical Fitness Board, everyone being on the same page is important to have a successful organization. He encouraged everyone to keep each other informed and the new members to ask questions from the veteran board members.

Supreme Physical Director John Underation welcomed all board members and that we need to have more of a client service when it comes to our fraternal events. He wants the members who participate in our activities to leave with positive memories and wanting to come back next year. He feels that the board needs to change their mindset with new ideas to improve the organization, especially from the new members. Brother John brought up the possibility of reaching out to old Sokol influencers to come back to some of our events. Overall brother John mentioned his hope and goal is to have members who participate in our events pass on some of our events. Overall brother John expressed his wish and goal is to have members who participate in our events pass on their memories for the new generations.

Supreme Physical Directress Katie Swift welcomed everyone to the meeting. She expressed her sadness of the loss of old members of the board as they made a great impact on the organization over the years. Sister Katie is hopeful and excited for the new members and the new ideas they have. She wishes us to move forward with the technology to connect with everyone and informed of events and activities via social media on a regular basis. She wishes for the board to keep looking forward and learn from the former leaders from our Fitness Board.

We received an email from the President of Group 7, Amy Degnan Blasco, extending best wishes for a productive annual meeting.

The 2019 Fitness Board minutes were approved in a motion by Supreme Physical Fitness Board Member Dusan Dorich and Supreme Assistant Director of Sports and Activities Frank Laury seconded the motion.

2019 Slet Overview:
A discussion was held with a number of thoughts and ideas on what the Fitness Board can do to improve the future Slets, especially the 50th International Slet at Kutztown University in July 2021.

Activity Reports
Supreme Physical Directress Katie Swift went over the annual group activity reports. We received a response from every active group. Group activities included local bowling tournaments, golf tournaments, Halloween parties and Christmas parties. We must encourage groups to share ideas with each other to host more events.

2019 Annual Activity Report

<table>
<thead>
<tr>
<th>Tournaments/Activities</th>
<th># of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>80</td>
</tr>
<tr>
<td>Golf</td>
<td>83</td>
</tr>
<tr>
<td>Walking Program</td>
<td>100</td>
</tr>
<tr>
<td>Slet</td>
<td>143 participants</td>
</tr>
<tr>
<td>SPF8 / BOD Members</td>
<td>26</td>
</tr>
</tbody>
</table>

2019 Additional Activities

Group 1 – spaghetti dinner, youth bowling, group bowling
Group 3 – multiple activities including Oktoberfest
Group 4 – Slet Retreat Weekend, Holy Hill Pilgrimage, Slovak Day, Comedy Night and Adult Christmas Party
Group 5 – local golf tournament, children’s Christmas party, Friendsgiving/Thanksgiving Event
Group 7 – Comedy Night, Easter egg hunt, Sokol Day, Sokol Reunion, pizza party for children
Group 14 – Cornhole Tournament, Spaghetti Dinner, Christmas Party
Group 17 – Slovak Day Festival, Children’s Christmas Party
Group 18 - two members attended the closing ceremony at the 49th International Slet
Group 19 – Superbowl 50/50 raffle, making Pierogi’s

Supreme Assistant Director of Sports and Athletics Frank Laury informed the board of Julie Laury sending her regrets in not being able to attend the meeting due to a prior family commitment. Having the Accutrack for the track events at the 2019 Slet was a fabulous addition with posting all of the results immediately on the web site.

Supreme Assistant Physical Directress Nancy Kropolsky read the thank you letter that she received from Hearts for the Homeless in Brockport which raised $575 from the participants at the Slet.

Supreme Physical Fitness Board Member Dusan Dorich made remarks about how well the Slet was run and happy to see everyone willing to help each other out.

Supreme President Michael Horvath added remarks about the Slet and modern technology, addressing how our members enjoyed the live video streaming during the Slet. He acknowledged a job well done at the Slet.

Supreme Physical Directress Katie Swift make a motion to seconded the motion. Supreme Assistant Director of Sports and Athletics, James Matlon.
Opening prayer was proclaimed by Supreme Physical Fitness Board Member Janice Matlon. Pledge of Allegiance was led by Supreme Physical Director John Underation.
Gifts were given by Supreme Physical Directress Katie Swift to former Supreme Physical Directress Kathy Watkins and former Fitness Board Member Julie Laury, (accepted by Frank Laury), for their years of service on the board.

**2020 Clinic**

Supreme Physical Director John Underation stated that the 2020 Clinic will be held at Kutztown University from July 16th through July 19th. The Clinic participants will be staying at Dixon Hall, a dorm that is very close to the gym, track and dining hall. Kutztown has a new Hampton Inn and we have already reserved 20 rooms for the 50th International Slet.

Supreme Physical Directress Katie Swift stated that the Fitness Board will arrive on Wednesday July 15th and the official start for the Clinic participants is at 1:00 p.m. on Thursday July 16, 2020.

Supreme Physical Fitness Board Member Director Dusan Dorich suggested that Supreme Chaplain Fr. Andrew should come to celebrate the Mass on Saturday evening for the Clinic participants.

Brother Michael Horvath mentioned the possibility of adding another day for the Slet to go to an amusement park close by the campus as a memorable event for the 50th. Pros and cons were discussed: insurance forms, supervision, memories, bonding between groups. Still up for discussion no decision was confirmed. Brother Dusan Dorich mentioned the possibility of having an extravagant closing ceremony with fireworks or a light show. We want to make sure that the 50th International Slet will be a very memorable event in 2021.

**2020 International Sporting Events May--July**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling Tournament</td>
<td>May 15-16, 2020</td>
<td>AMF Brookgate Lanes Cleveland, OH</td>
</tr>
<tr>
<td>International Clinic</td>
<td>July 16-19, 2020</td>
<td>Kutztown University</td>
</tr>
<tr>
<td>Golf Tournament</td>
<td>August 14-16, 2020</td>
<td>Seven Oaks Country Club and Black Hawk Golf Course Beaver Falls, PA</td>
</tr>
</tbody>
</table>

The 74th International Bowling Tournament scheduled for Cleveland, Ohio in May will include bowlers from the GCU for the sixth straight year and 2nd year for the First Catholic Slovak Union and 1st year for the National Slovak Society.

The 65th International Golf Tournament will again be held at Seven Oaks Country Club on Saturday and Black Hawk Golf Course on Sunday, with the GCU participating for the 5th year. The Friday hospitality and Saturday banquet will be at the Seven Oaks Club House. Kristen Popik will be working the 2020 Golf Tournament.

Supreme Physical Directress Katie Swift suggested that we should look into sponsoring a golf weekend in the fall at Myrtle Beach. Supreme Physical Director John Underation and Supreme President Mike Horvath suggested that they do a golf weekend piggy-backing what Wilkes-Barre does annually already in October. Supreme Physical Directress Katie Swift said that this could be run similarly to Rocky Gap Reunion, which is more recreational and less official.

Supreme Physical Director John Underation also questioned whether we should think about the possibility of including non-members who might think about joining our society after the golf trip.

Supreme Assistant Physical Directress Nancy Kropolinsky suggests the idea of having a digital letterhead available for all board members. She also thinks our mailing address doesn’t need to be the letterhead, just name and SCS logo.

Supreme Physical Directress Katie Swift reviewed all the group suggestions and possible changes to future Slets. Groups 3: co-ed soccer, basketball for junior division, and activities for older participants who might come back for the 50th International Slet. We will look into adding a junior basketball tournament at the Slet. This idea, with rules and regulations, will be presented at the clinic. Supreme Assistant Physical Director Marty Degnan volunteered to take on basketball rules and regulations, proposed by May 1st.

Group 5: review of volleyball rules; volleyball players must drill, 30+ age group for track and drills, gymnastics suggestions, and USTA track rules to be reinforced.

We would add in the following events for Women over 30: 100M, 400M, shotput, discus, and relay. Men events over 30: 100M, 400M, shotput, discus, and relay.

There were many suggestions for gymnastics, and they will be taken under advisement.

We must use the USTA track rules and regulations, and we will have to communicate and enforce rules at all times. SPFBB Member Dusan Dorich suggested sending all the groups the USTA rules and have them sign off for understand the rules it contains before the Slet.

Group 4: One packet of rules instead of 3, including general dress code review, gymnastics rule review, provide scores immediately following event completion, judges announce names before gymnastic events, allow 8 year old to carry the torch, co-winners instead of tie breaker, change track and individual winner point value. All of the rules and regulations will be in one Slet document and that includes track and field/gymnastic and uniform dress codes. The Fitness Board will review all of the rules with all of the group recommendations and make the updates to present at the Clinic in July 2020.

There was a question about coaching rules that were discussed and considered. The goal is to find a happy medium to coaching where it can be done but in a way that is respectful to all groups.

**Third Session Saturday, January 18, 2020 12:35pm**

A copy of the Annual Reports for all members of the Supreme Physical Fitness Board should be sent to home office via an email attachment.

Falcon articles presented by Supreme Physical Fitness Board Member Dusan Dorich. Mentioned that some people missed article deadline but overall all 12 months had an article. In last night’s session, we decided on a list of what member is assigned to what article deadline but overall all 12 months had an article. In last night’s session, we decided on a list of what member is assigned to what month as follows: January--Frank, February--John, March--Katie, April--Nancy, May--Marty, June--Dusan, July--Kristen, August--Katie, September--Kristen, October—Rob, November--Marty, December--Janice.

A reminder that the Falcon will be published on the first of each month and that the article deadline is now the 22nd of the previous month.

**New Business**

2020 Physical Fitness Board Recommendations (Continued on page 20)
GROUP 14 “LEAP INTO FUN” NIGHT
FEBRUARY 28 AT THE SOKOL CLUB
IN PITTSBURGH, PA

Jump-starting Leap Year 2020 Group 14, Pittsburgh, PA held their first of many 2020 events with “LEAP INTO FUN WITH GROUP 14” night of fun-filled activities for all Group 14 members and their families regardless of age. This first annual event held on Friday, February 28 at the Sokol Club on the South Side, included balloon art by Giggles the Clown, a gigantic bounce house, face painting, photo booth, fun-filled games, corn hole, crafts and many prizes. Members enjoyed winning beautiful donated baskets by taking a chance thru a basket raffle held and another lucky member went home with some extra “peniaze” in hand. Members also enjoyed and treated to “cheese” pizza, the many different kinds of snacks, candy beverages.

The officers, committee members, and volunteers of Group 14 felt there is nothing better than providing a fun, comfortable, open familiar setting for this LEAP INTO FUN evening of fraternal reminiscing (seeing people you haven’t seen in quite some time) participating in the many Sokol events like bowling, gymnastics programs, Slets, golf tournaments, held locally and internationally. Group 14 wanted to make this event work for all members and with such a great turn out future events will be even bigger and better. “If you have fun FIRST, others are much more likely to join in.”

– Arlene Most, Group 14 Secretary

THOUGHTS FROM OUR SUPREME CHAPLAIN
(Continued from page 5)

Know that God wants you to experience the joy of Easter in your life. Let Him fill you with hope and with the joy that only the Resurrection can bring. God wants Easter to begin now in our lives! Happy Easter!

Lord, help me to cling to You in Your Resurrection. Help me to let you transform every cross and burden in my life into joy. Lord, may Your joy fill my life and be my strength in all things. Jesus, I trust in You.

Pano, pomôž mi, aby som sa držal pri tvojom zmrvychvstani. Pomôž mi, aby som a premenil každy kríž a zat’až v mojom živote na radost’. Pano, nech Tvoja radost’ naplní môj život a bude mojou silou vo všetkých veciach. Ježišu, verím ti.

Pray for people who are infected with COVID-19 or facing quarantine.
Jesus, during Your ministry on Earth You showed Your power and caring by healing people of all ages and stations of life from physical, mental, and spiritual ailments. Be present now to people who need Your loving touch because of COVID-19. May they feel Your power of healing through the care of doctors and nurses.

Take away the fear, anxiety, and feelings of isolation from people receiving treatment or under quarantine. Give them a sense of purpose in pursuing health and protecting others from exposure to the disease. Protect their families and friends and bring peace to all who love them.

Pray for people at higher risk of developing the disease.
Dear Lord, we lift to You our concern for people who are more likely than others to become severely ill from COVID-19 — the elderly and people with chronic health conditions. Protect them from harm and be their comfort in this time of uncertainty.

Pray for medical professionals, caregivers, researchers, and leaders responsible for decisions about fighting the new coronavirus.
Father, we seek Your wisdom daily. Be with people making decisions that affect the lives and futures of our families, communities, countries, and the wider world. Inspire and invigorate people developing better tests to diagnose the virus, vaccines to prevent it, and protocols and communication to eliminate the disease’s spread. May truth and empathy be the touchstones of people setting policies for our protection.

YOUR BENEFICIARIES

When was the last time you looked at your designated beneficiaries on your valuable Sokol insurance policy? How important is it? Just think about how much your life has changed. Have you married, divorced, had children, maybe you lost a loved one? This is an item you should consider annually. If you do need to make changes to any of your policies, contact the Home Office at 800-886-7656.
I attended the Group 1 Annual Meeting on November 17th, and provided the dates for the 2020 Sporting Events. I am also currently working on arrangements for the 2021 bowling and golf tournaments and the 50th International Slet. I would like to thank my assistant Frank Laury and all of the members of the Supreme Physical Fitness Board for their help and participation in many of the tournaments especially the Slet in 2019. I will continue to do my best to provide a great dollar value for all of the Slovak Catholic Sokol members who participate in our annual sporting events. I want everyone to have an enjoyable time, and look forward to continued participation in our future sporting events and other fraternal activities of the Slovak Catholic Sokol.

Zdar Boh!

James C. Matlon, Supreme Director of Sports and Athletics

REPORT OF THE SUPREME ASSISTANT OF SPORTS AND ATHLETICS

(Continued from page 11)

4th Quarter Board of Directors Meeting held in Deerfield, Beach, Florida. The concluding meeting of the year was extremely productive, as the current board members had numerous ideas to help develop the fraternal and financial goals that were established at our initial meeting in March, 2016. We continue to explore ways to broaden our communications and increase participation at the Assembly/Wreath and Group activities.

I attended the Group 1 Annual Meeting on November 17th, and provided the dates for the 2020 Sporting Events. I am also currently working on arrangements for the 2021 bowling and golf tournaments and the 50th International Slet. I would like to thank my assistant Frank Laury and all of the members of the Supreme Physical Fitness Board for their help and participation in many of the tournaments especially the Slet in 2019. I will continue to do my best to provide a great dollar value for all of the Slovak Catholic Sokol members who participate in our annual sporting events. I want everyone to have an enjoyable time, and look forward to continued participation in our future sporting events and other fraternal activities of the Slovak Catholic Sokol.

Zdar Boh!

James C. Matlon, Supreme Director of Sports and Athletics

REPORT OF THE SUPREME ASSISTANT OF SPORTS AND ATHLETICS

(Continued from page 2)

* January: I attended the Annual Supreme Physical Fitness Board Meeting held in Pittsburgh at the Homewood Suites on January 18th -20th 2019. Large discussions on Ways to get more fraternal events like Rocky Gap initiated for members and their Families. I submitted a report on the International Sporting Events for 2019, including winners, pictures and highlights of each event.

* March-June: Met with Miracle Trophy company to put together order for International Slet Trophies, Plaques, Metals and Ribbons. Worked the 73rd International Bowling Tournament held on May 17th-May 19th at Noble Manor Lanes in Pittsburgh, Pennsylvania. At the tournament responsible for taking pictures for the Falcon paper, helped with checking in teams and individuals at front desk, sold the 50/50 raffle tickets and spoke at the banquet giving out results, and introducing officers of the SCS, GCU and FCSU.

In June ordered track bibb numbers, organized the records Board and had printed at Staples, submitted article on volleyball rules, set aside rooms for Slet hotels, ordered Volleyball trophies for Slet at Crown Trophies.

* July: Worked at the International Slet held in Suny Brockport New York on July 17-21st. At Slet met with track starter and Sports Director to organize track events, organized and was a referee at the Volleyball tournament, helped at track with flow of events, including measuring at the discus, working exchange zones, helping with high jump and anywhere needed. At the Slet also supplied water and ice, updated medical kit, assisted in nightly room checks, helped with awarding ribbons and metals, set up flags daily, brought corn hole for kids to play, took all pictures of the Slet and edited and added names and submitted to Livia for Falcon and Lou for website.

August-December: Attended the 33rd Quadrennial Convention held at the Cleveland Airport Marriott from August 3rd-7th. At the Convention, I was re-elected as the Supreme Assistant Director of Sports and Athletics. On August 16th-18th, I worked the International Golf Tournament held at Seven Oaks Country Club & Black Hawk Golf Course, Beaver Falls, PA. At the tournament I helped with setup, scorecard input, sign ups and registration each morning. During the tournament I also took all pictures including candid and all team pictures. I edited them and added golfers names to each picture for Livia and Lou to post on website and Falcon.

During the year, I made a commitment to also be active at the group and assembly level. I engaged and assisted where needed. As a Supreme Officer I feel if I show interest in group and assembly activities, it can only be healthy towards keeping programs going strong. I attended the Christmas Party and took over the group golf tournament that originally was canceled. We ended up with 40 golfers and an awesome 78 degree day. During that day I spoke at our catered all Slovak food banquet about the international Golf Tournament. Many golfers wanted more information on the International Golf!

I believe as Supreme Officers we are going to have to lead by example to resurrect some of the struggling participation at group levels in order to keep the International Events Going strong and thriving. Looking forward to working with the new board!

ZDAR BOH!

Frank P. Laury, III, Assistant Director of Sports and Athletics

(Continued in the next issue)

Message from our Supreme President

(Continued from page 2)

cases stopped from being printed. This gives us an upper hand in stopping the spread of the virus.

To help stop the spread of COVID-19, you have heard what to do, wash your hands, stay in place, apply social distancing protocols, help others in need and do not panic. These are easy things to do but at the same time hard to do because of our current lifestyles. Without doing our best, where best is the least of what we can do, the COVID-19 will be around longer, infecting more and claiming more lives. So let us do better than our best.

In times like a pandemic we need more prayers to help us through the outbreak and hopefully when it is all over there will be more of us praying and are very thankful it being over.

What we are seeing is that for any future situation that can be recognized and could happen there needs to be contingency planning done and in place. This contingency planning is done to protect those that may be affected by the problem/situation and each problem/situation is different. The Slovak Catholic Sokol should be part of yours and your family’s contingency planning. The Sokol provides the necessary financial security your family needs via our life insurance products. It also has an income stream or wealth growth plan via its annuity products. If you recognize you do not have a contingency plan in place or one that needs updating, contact our Director of Sales, Albert J. Suess, Jr., F.I.C. or Home Office for assistance to help you with your continuing planning.

Remember, wash your hands, stay in place, observe the social distancing protocols, do not panic and be safe!

With God’s Blessings and Love to All!

Zdar Boh!
MINUTES OF THE 2020 SUPREME PHYSICAL FITNESS BOARD MEETING

(Continued from page 17)

Supreme Physical Directress Katie Swift encourages communication and to create an alternative to other than sporting events to create more memories for both kids and adults. She mentioned Maumee Bay weekend, and the rooms are going to be about $150. Maumee Bay has a banquet room that we could reserve, and there also is a fire pit rental available. We discussed what dates would work best, and it was decided that July 31- August 2 might be best. Supreme Physical Director John Underation and Supreme Assistant Director of Sports and Athletics Frank Laury will organize the event and divide tasks amongst the board to help out. Supreme Physical Director John wants help with marketing since he is good at getting the logistics and reservations in place. Supreme Assistant Physical Directress Nancy suggested that everyone should take a piece of it, such as follows.

1. Secure dates and hold rooms, and Supreme Physical Director John will handle that.
2. Post-dates and use marketing strategies to promote the event, and everyone will take part of this task to take on.
3. We have to organize activities, even if it is pre-set by the resort itself. We can figure out who is doing each thing.
4. We have to plan the social evening fire pit event, and snacks can be purchased by the Sokol Walking Program.

Supreme Physical Directress Katie Swift suggested that the Supreme Sports Director reach out to each Group Sports Directors on a regular basis.

Supreme Physical Directress Katie Swift said that Facebook and Instagram pages are not being utilized to their fullest. We should post old pictures regularly so that it sparks conversation about all of the annual events.

Supreme President Michael Horvath states we need to have better communication with the groups and we should do our best to reach out to the youth and encourage them to get active.

Supreme Physical Director John Underation had us pick random numbers between 1-30 so that each Fitness Board Member would post something on social media.

Supreme Physical Directress Katie Swift talked about the possibility of a four-day cruise on Presidents Day Weekend of 2021. Supreme President Mike said we should put it out there to gauge interest.

Supreme Physical Director John Underation mentioned a phone tree to get people to come to activities and increase the participation at the 50th Slet. Supreme President Mike emphasized that group leaders should be responsible for getting their own group members involved, not necessarily us at a national level. Supreme Physical Directress Katie then gave an example of how she reached out Group 18 and got a response, and we have to contact non active groups.

Supreme Physical Director John also stated that everyone that we come in contact with should be told to 1) join our Sokol Facebook group, 2) provide a phone number, and 3) provide an email address.

Contacts will be made as follows: Kristen—Group 19, Janice—Group 11, Rob—Group 7 and 14, Frank—Group 5, Jim—Group 1, John—Group 12, Katie—Group 2, 6, and 18, Dusan—Group 3 and 16, Marty—Group 4 and 10, Nancy—Group 17 and 9.

We listed the main contact for each group so that the communication can begin.

Supreme Assistant Director of Sports and Athletics Frank Laury suggested starting a chain of emails. Board members tell their group contact to email Supreme Director John Underation at his Sokol email, and then the group contact has to get two more people from their group to email John. He will then send emails updates about upcoming events. Supreme Assistant Physical Directress Nancy Kropolinsky brought up the fact of telling inactive/small groups that they will be eligible to receive $1,500 if they become active and attend the 50th Slet which was determined at the convention.

Supreme Assistant Physical Directress Nancy Kropolinsky collected money from all current board members for the Sunshine Fund and then passed the role on to Supreme Physical Fitness Board member Janice Matlon to continue for the next four years.

According to bylaws the walking program gets passed onto the Supreme Assistants. Supreme Assistant Director Marty Degnan will take the first two years and Supreme Assistant Directress Nancy Kropolinsky will be the contact for the second two years of their four-year-term.

2020 Annual Supreme Physical Fitness Board Recommendations

1. The prize allotment for the International Bowling Tournament is $60.00 per team ($30.00/team, $20.00/double, and $10.00/single). No increase.
2. The banquet and souvenir allotment for the International Bowling Tournaments not to exceed $30.00 per participant. No increase.
3. The banquet, prize money and souvenir allotment for the International Golf Tournament not to exceed $50.00 per participant. No increase.
4. An allotment of $2,000.00 is made towards the Walking Program for all related mailings, certificates and prizes. No increase.
5. An allotment not to exceed $1,000.00 will be made towards the purchase of props for the 2020 International Clinic for both male and female drillers. No Increase.
6. An allotment of $250.00 is provided to the Supreme Director of Sports and Athletics for office supplies. No increase.
7. Recommend an allotment of $15.00 per participant for a souvenir at the Clinic.
8. Recommend that a $50.00 per diem per day be provided to all Physical Directors, Physical Directresses and $50.00 per diem per day for their assistants at the International Clinic.
9. Videos should be available highlighting our fraternal activities and annual sporting events to use as a marketing tool to help increase membership.
10. Recommend an allotment to be determined by the Board of Directors per person for the Sokol Reunion at Maumee Bay.
11. Request that shirts be purchased for the Physical Fitness Board, Board of Directors and Auditors for all of the annual tournaments, Clinics and Slets.
12. Request that windbreakers be purchased for the Physical Fitness Board, Board of Directors and Auditors.

All of the Fitness Board members added closing remarks including their hopes and ideas for the next four years.

SPFB Member Rob Palchanis made a motion to close the meeting, and SPFB Member Janice Matlon seconded it.
The rest in peace.

For years, detectives Dassaro and his partner, Tom Weiner, were known as “Tom and Jerry,” a nod to their famed ability to play the cat-and-mouse game needed to track down New York’s graffiti artists. Weiner died in 2003 of September 11-related cancer. Dassaro, who suffered a stroke in recent years died at a Pennsylvania nursing home.

The duo worked in the Transit Bureau’s Coney Island-based vandal squad since the 1980s, and were legends not only with their fellow officers, but with the graffiti artists they busted.

“Their business cards were traded among graffiti vandals like a Mickey Mantle rookie card,” said retired Lt. Steve Mona, the squad’s commanding officer. “They had the reputation. They were the guys who knew the most about graffiti.” Jerry retired in 2003, and suffered a brain aneurysm a year later. Since then, he suffered from several strokes and heart attacks. Even so, his wife Dorothy Lisa said he maintained his good sense of humor, cracking jokes with the nursing home staff.

A native of Brooklyn, he was born there October 7, 1960, son of the late Andrew Dassaro and the former Helen Pluta. His mother served for many years as the financial secretary of Assembly 299 and was active in area Sokol and Slovak activities.

Jerry was proud of his Italian and Slovak ancestry. Dassaro was known as a practical joker who stayed serious and dedicated when it came to the job, training younger officers and helping graffiti artists find legal places where they could create their art.

Our Brother Jerry and his late partner were featured in a tribute in a New York Daily News feature story on February 19. May he rest in peace.

ANNOUNCING THE MEMORIAL SCHOLARSHIP FUND

Have you found yourself looking for a way to memorialize a lost loved one or fellow Group/Wreath/Assembly member? Why not make a donation in their honor to the newly developed Memorial Scholarship fund? Your donation will assure that an annual scholarship be given out to a college age student who best exemplifies the meaning of fraternalism and volunteerism. Here’s how it works: Send a check or money order to the Memorial Scholarship account.

Have you recently lost a loved one? You might consider earmarking donations to this fund in their memory.

DONORS TO THE 2019 SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

In 2019, 183 donors contributed a total of $32,709.73 to the appeal which assists the Pontifical Slovak College of SS. Cyril and Methodius in Rome. The Slovak College, originally known as the “Slovak Institute” or “Slovensky Ustav” in Slovak, was built in 1963 by American and Canadian Slovak organizations and individuals.

We acknowledge the donations amounting to $2,435 made by members and lodges of the Slovak Catholic Sokol, including the donation made by the home office.

Donors included: Assembly 34, Minneapolis, Minn.; Assembly 59, Wilkes-Barre, PA; Assembly 72, Catasauqua, PA; Assembly 82, Dunlo, PA; Assembly 136, Nanticoke, PA; Assembly 162, Clifton, NJ; Assembly 182, New York, NY; Assembly 219, Youngstown, OH; Wreath 157, Tille Lakata, Nesquehoning, PA 94 February 4, 2020
Požehnané a veselé veľkonočné sviatky

Kraslice patria k najstarším prejavom slovenského ľudového umenia. Vajíčkam sa oddávna pripisovala tajomná a ochranná moc, symbolizovali obnovenie a kontinuitu života, ale slúžili aj ako obetný prostriedok. História zdobenia vajíčok je veľmi stará, najstaršie nálezy pochádzajú aj z hrobov egyptských vládcov. Na území dnešného Slovenska je prítomnosť kraslíc takisto dokladovaná už v dávnych obdobích, čo potvrdzujú náleziská v slovanských hroboch zo 7. storočia n. l.

Kraslica je zdobené slepačie, kačacie, husacie alebo iné vajce, ktoré patrí k symbolom Veľkej Noci. Kraslice sa vyrábačia z uvarených alebo z vyfúknutých vajec; zdobia sa celou radou techník, jednoduchým farbením, voskovou kresbou, batikovaním, leptaním, gravírovaním alebo polepovaním slamou. Kraslice môžu byť aj drevené. Vajce je vo všeobecnosti symbol plodnosti a znovuzrodenia.


Asi najrozšírenejšou technikou zdobenia kraslíc na Slovensku je batikovanie. Táto technika v sebe kombinuje prvky farbenia a aj voskovania. Batikované vajíčko je farbené v iných vajíčkových farbami od bielej až po najtmavšiu. Vajíčko sa zaťahlo, na vajíčko, a následne prepicháť tmavšou farbou. Vajíčka potom odstránime handričkou. Týmto spôsobom možno vytvoriť vajíčko s až ôsmi farbami!
Slovníčko sa dožijú v zdraví 2,5-krát menej oproti európskemu priemieru. O zhorsšujúcom sa zdravotnom stave slovenských obyvateľov svedčia aj štatistiky Svetovej zdravotníckej organizácie (WHO). Podľa nich sú najčastejšou príčinou mortality nesprávne stravovacie návyky. Podľa WHO sa stravuje nesprávne 18 percent Európanov a až 30 percent Slovákov.

Národná kriminálna agentúra (NAKA) a Europol spoločne rozložili medzinárodnú organizovanú skupinu, ktorá bohatila na nelegálnych zbraniach. Počas akcie Lina zaistili viac ako sto zbrani, hlavných časti zbrani, tlačívor, nástrahy aj príslušné právny riešenie zbraní, motorové vozidlo používané na prípade potreby sa súčasné straty dajú rýchlo nahradiť.


Prešlo sa skoro tekov v prípade potreby sa súčasné straty dajú rýchlo nahradiť a otázny je hlavne budúci dopyt. Výroba automobilov sa spolupracujú pri automobilovom priemysle a priamo prispieva k rastu hospodárstva," povedal prezident Zväzu automobilového priemyslu Slovenskej republiky Alexander Matušek. 


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(Canadian orders kindly add an additional $15.00 for postage)
NAME ________________________________
ADDRESS ________________________________
CITY, STATE & ZIP ________________________________
NUMBER OF BOOKS ________________________________
(Effective January 1, 2015)

SLOVAK CATHOLIC SOKOL
A tradition of providing sound financial protection and benefits to our members

ANNUITY RATES
EFFECTIVE DATE: APRIL 1, 2020

<table>
<thead>
<tr>
<th>VANTAGE 1</th>
<th>CURRENT</th>
<th>MINIMUM GUARANTEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>VANTAGE 2</td>
<td>2.00%</td>
<td>1.00%</td>
</tr>
<tr>
<td>VANTAGE 3 YEAR 1</td>
<td>2.40%</td>
<td>1.00%</td>
</tr>
<tr>
<td>VANTAGE 3 YEAR 2</td>
<td>2.50%</td>
<td>1.00%</td>
</tr>
<tr>
<td>VANTAGE 3 YEAR 3</td>
<td>2.60%</td>
<td>1.00%</td>
</tr>
<tr>
<td>VANTAGE 5</td>
<td>3.00%</td>
<td>2.00%</td>
</tr>
<tr>
<td>VANTAGE 7</td>
<td>3.25%</td>
<td>2.00%</td>
</tr>
</tbody>
</table>

SINGLE PREMIUM IMMEDIATE ANNUITY – SPIA
10 YEARS OR MORE 3.50%
5 TROUGH 9 YEARS 2.75%
NO LONGER OFFERED EFFECTIVE: AUGUST 31, 2011

<table>
<thead>
<tr>
<th>FLEXIBLE</th>
<th>CURRENT</th>
<th>MINIMUM GUARANTEE</th>
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<tbody>
<tr>
<td>SINGLE PREMIUM</td>
<td>3.00%</td>
<td>3.00%</td>
</tr>
</tbody>
</table>

CHANGE OF ADDRESS OR REQUEST FOR SLOVAK CATHOLIC FALCON
P.O. BOX 899 • 205 MADISON STREET
PASSAIC, N.J. 07055

☐ NEW  ☐ CHANGE  ☐ CANCELLATION

Certificate No.__________________________________________
Name_________________________________________________
NewAddress____________________________________________
City________________State________Zip____________

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* Click “Create my account.”
* Search physicalfitnessboard and click follow