

Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLÍCKY SOKOL

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Message from our Supreme President

Michael J. Horvath



Summer fun, relaxation and vacations are what we look forward to every year and maybe are planned a year in advance. When summer does arrive, it comes and then goes by so quickly and we might wonder where it went. This being August, the summer of 2020 is coming to an end, and for me it seems like it never happened.

Back in January most of us were thinking about what we were going to do this summer and preparing to make plans for the fun in the sun days. Then out of nowhere, the scourge of humanity surfaced, COVID-19, and all our plans became iffy and wait and see became the summer planner.

Just as personal plans were put on hold; adjusted or canceled this year so were the plans and activities of the Slovak Catholic Sokol. As was reported to you in past issues of the Falcon the Board of Directors canceled in-person meetings and held the 1st Quarterly Board of Director's meeting via a conference call and the 2nd Quarterly meeting via Zoom. At this time, future Board of Directors meetings might have to be held via Zoom for the rest of 2020. The Supreme Physical Fitness Board experienced similar restrictions. They had a very active year planned for the Sokol membership, the International Bowling Tournament in May in Cleveland, Ohio, the "Kruz", the Clinic in July at Kutztown University and the International Golf Tournament in August in Beaver, PA. However, due to COVID-19 these events had to be canceled or adjusted. The Board of Directors made the hard decision to cancel the International Bowling and Golf tournaments this year since we could not change the situation of the pandemic and the restriction put in place, since our main concern is the safety of our participating members.

Not to be sidelined by COVID-19, the Supreme Physical Fitness Board is beginning to prepare for a bigger International Bowling and Golf tournament in 2021 to make-up for the tournaments canceled this year. Knowing that members were looking forward to the Inter-

national Golf tournament, the Board decided to come up with an activity to keep Sokol members involved in the spirit of Sokol fraternalism. The Board came up with a fantastic idea and created the Slovak Catholic Sokol International Golf Week. This creativity shows all members the Supreme Physical Fitness Board continues to look for activities the Sokol membership can do and nothing not even COVID-19 will stand in their way.

As for the Clinic, the Supreme Physical Fitness Board continues to hold Zoom meetings to prepare the Groups for the 50th International Slet to be held July 2021 at Kutztown University in Kutztown, PA. The Supreme Physical Fitness Board is proving it can continue to plan our fraternal events for the benefit of the membership and is ready to make adjustments if and when needed.

In our everyday lives not a day goes by that we are not planning what we will do that day, the next day, month and into the future. This planning starts in the morning and goes on through the day. So if we are planning for the near future, are we also planning for long term? Long term planning is so important we do not think about it since most of our planning is for the short term. Long term plans should be our plans for the, what ifs, and am I protecting myself and my love ones? That is what the Slovak Catholic Sokol offers planned protection for the long term with our Life Insurance and Annuity products. These Products give you and your loved ones future financial protections. Take some time to review your future plans. When you do, you might find you have to adjust them to meet yours or your loved ones future. If your future plans need adjusting or if you have a question about our products contact our Supreme Secretary, Scott T. Pogorelec, F.I.C. at the Home Office or our Director of Sales, Albert J. Suess, Jr. F.I.C. at

sales@scslife.org.

After five months we still find ourselves in the grips of COVID-19 and the predictions are it will still be around for many more months. If this is the case, the Slovak Catholic Sokol will continue to adjust and look for ways to keep the membership involved with Sokol frater-

(Continued on page 4)

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*From the desk of the Supreme Secretary***SUMMER IS FLYING BY**

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



August is upon us and I hope that you are enjoying your summer the best you could under the circumstances. With the spike of Covid-19 in certain states, I urge all our members to be safe and listen to the professionals. Here at the Home Office, we are still in the midst of our Business Continuity Plan, but we are available Monday-Friday. I am so grateful to our Home Office Staff and their ability to adjust on the fly. We have been business as usual and we hope that membership is pleased with the service during this difficult and unorthodox time.



Unfortunately, this pandemic has forced the cancellation or postponement of many events that have become fixtures in our organization. While we may be upset with the cancellations, our "Sokol resolve" is strong and unwavering. We know that we will be back when this pandemic is over with bigger and better events. Your Supreme Physical Fitness Board is hard at work ensuring that our schedule will be set when that time comes. I also ask all our members that if you have an idea or thought regarding our fraternal events, please reach out to our Supreme Director of Sports and Athletics, James C. Matlon, at jamesmatlon@optonline.net.

As we may have a little more time on our hands to think about our family and their futures, I ask all our members to think about your life insurance needs. According to the National Funeral Directors Association, the average cost of a funeral is roughly \$9,000-\$13,000.

Unfortunately, we have many members in our Society that have minimum policies, some as low as \$500. Unless these members have coverage elsewhere, you can see that these small policies will not help much when the time comes. I urge all our members to take some time out of your schedules and discuss your insurance needs with your family. It is very important to plan ahead and purchase additional life insurance coverage, especially when you are young and healthy, thus keeping the premium costs at a minimum. Life insurance provides us an answer to the difficult hypothetical question that is: How will my family manage financially if I were to die? It is an important question which all of us should ask ourselves. And with the upcoming month of September being Life Insurance Awareness Month, this is a perfect time to address this important item. If you have any questions regarding life insurance needs, please feel free to contact me at the Home Office at (800)886-7656 or contact our Director of Sales and Marketing, Albert J. Suess, F.I.C. at (412) 381-5431. You can also reach me through email at scott@slovakcatholicsokol.org.

I also want to say Happy Anniversary to my beautiful Wife, Maggie, as we will be celebrating our 4th Anniversary this month! I love you!

Finally, please continue to stay POSITIVE during this time. Contrary to what you may read or watch, we will get through this. Not because of any politicians, but because of our people and the resolve we have.

Stay strong, stay safe, and God Bless!

Zdar Boh!

ATTENTION**THE SLOVAK CATHOLIC SOKOL 2020 INTERNATIONAL GOLF TOURNAMENT HAS BEEN CANCELLED**

Due to the COVID-19 Pandemic and for the health and safety of our tournament participants and families, the Board of Directors has made the decision to cancel the 2020 International Golf Tournament scheduled for August 14th-16th at Seven Oaks Country Club and Black Hawk Golf Course. Please stay safe.

James Matlon

Supreme Director

of Sports and Athletics

INTERESTED IN THE SLOVAK LANGUAGE, HISTORY AND CULTURE?

Go to the Facebook. Find Slovak Catholic Sokol Public Group and you will find Michael Kopanic websites: Learning the Slovak Language and Culture: <https://www.facebook.com/groups/281030579692957/>

Slovak History: <https://www.facebook.com/groups/3011520245599598/>

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!

JOIN THE WALKING PROGRAM TODAY!

For more information contact
Martin Degnan at
mcoach1986@aol.com



Find us on Facebook:

Slovak Catholic Sokol Public Group

Get quick updates on the latest events going on in our organization

SLOVAK CATHOLIC FALCON PUBLICATION DATES

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

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

THE ASSUMPTION OF MARY INTO HEAVEN

This year the feast of the Assumption of the Blessed Virgin Mary, August 15th falls on a Saturday, and though a Holy Day it is not a day of obligation, however I wish to offer the following. The significant feast day recalls the spiritual and physical departure of the mother of Jesus Christ from the earth, when both her soul and her body were taken into the presence of God.



Venerable Pope Pius XII confirmed this belief about the Virgin Mary as the perennial teaching of the Church when he defined it formally as a dogma of Catholic faith in 1950, invoking papal infallibility to proclaim, "that the Immaculate Mother of God, the ever-Virgin Mary, having completed the course of her earthly life, was assumed body and soul into heavenly glory."

His Apostolic Constitution "Munificentissimus Deus" (Most Bountiful God), which defined the dogma, contained the Pontiff's accounts of many longstanding traditions by which the Church has celebrated the Assumption throughout its history.

The constitution also cited testimonies from the early Church fathers on the subject and described the history of theological reflection on many Biblical passages which are seen as indicating that Mary was assumed into heaven following her death.

Although the bodily assumption of Mary is not explicitly recorded in Scripture, Catholic tradition identifies her with the "woman clothed with the sun" who is described in the 12th chapter of the Book of Revelation.

The passage calls that woman's appearance "a great sign" which "appeared in heaven," indicating that she is the mother of the Jewish Messiah and has "the moon under her feet, and on her head a crown of twelve stars." Accordingly, Catholic iconography of the Western tradition often depicts the Virgin Mary's assumption into heaven in this manner.

Eastern Christians have also traditionally held Mary's assumption into heaven as an essential component of their faith. Pius XII cited several early Byzantine liturgical texts, as well as the eighth-century Arab Christian theologian St. John of Damascus, in his own authoritative definition of her assumption.

"It was fitting," St. John of Damascus wrote in a sermon on the assumption, "that she, who had kept her virginity intact in childbirth, should keep her own body free from all corruption even after death," and "that she, who had carried the creator as a child at her breast, should dwell in the divine tabernacles."

In Eastern Christian tradition, the same feast is celebrated on the same calendar date, although typically known as the Dormition (falling asleep) of Mary. Eastern Catholic celebration of the Dormition is preceded by a two-week period of fasting which is similar to Lent. Pius XII, in "Munificentissimus Deus," mentioned this same fasting period as belonging to the traditional patrimony of Western Christians as well.

SLOVAK CATHOLIC SOKOL MUSEUM DONATIONS APRIL - JUNE 2020

We are pleased to acknowledge the following donations which were received in April through June of 2020 for our Slovak Catholic Sokol Museum located at our home office in Passaic, NJ. It should be noted that all donations received this quarter where in honor of Dave Hussar, Treasurer of Group 5 and long-time active Sokol. A donation in someone's honor is a great way to pay tribute to a Sokol member who has been active in your Group, Assembly, or Wreath.

The monies received from these donations fund our annual \$1,000 Memorial Scholarships which assist our young people in their educational endeavors. The number of scholarship grants the Museum Board gives out, depends upon the amount of donations received.

DONATIONS RECEIVED		
In Memory of	Donated By	Amount
Dave Hussar	Honorary Supreme Officer Sue Blosser and her husband Brian	\$ 100
Dave Hussar	Helen Boyd	25
Dave Hussar	Daniel Hussar	100
Dave Hussar	Dolly Hussar	100
Dave Hussar	Supreme Physical Fitness Board	50
Dave Hussar	Supreme Treasurer James Knis and his wife Michele	100
Total Donations this Quarter:		\$475
Total donations to date in 2020:		\$575

Thank you for your generosity,
James F. Knis, Supreme Treasurer

2020 SOKOL FRATERNALIST OF THE YEAR

We will once again have the opportunity of selecting our 2020 Slovak Catholic Sokol Fraternalist of the Year. Our members will select this year's honoree. A member, a Sokol Group, Assembly or Wreath may nominate an individual for this honor. Deadline for submitting a nominee is October 1, 2020. A nomination form is available from the home office. Contact Daniel F. Tanzone who coordinates the program. A recent photo of the nominee should be included with the completed nomination form. A plaque along with a check for \$200 will be given this year's honoree at an appropriate gathering.

Message from our Supreme President

(Continued from page 2)

nal activities. Let us continue to pray that the COVID-19 pandemic comes to an end sooner than later, a vaccine is developed quickly to protect all of us, and for those who are infected be cured. We also want to pray for those who died because of the virus and for their families so they can find comfort and recover from their loss.

I also want to acknowledge and let all members know, our Supreme Secretary, Scott T. Pogorelec, F.I.C. and the Home Office staff have been doing a fantastic job everyday to meet the needs of our members and agents during these not normal times. Thank you!

With God's Blessings to All!
Zdar Boh!

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING HELD VIA ZOOM

Wednesday, June 24, 2020 – 5:00 p.m.

Supreme President, Michael J. Horvath, **Called to Order** the Quarterly Meeting of the Supreme Board of Directors at 5:00 p.m. on Wednesday, June 24, 2020 and greeted all the members of the Board on the call.

Supreme Chaplain, Rev. Andrew S. Hvozdic, V.F. offered the **Opening Prayer** leading the Directors in the reading of the Prayer to Practice the Golden Rule, and a prayer for our members recovering from surgery or illness.

Supreme Treasurer, James F. Knis, led the Board members in reciting the **Pledge of Allegiance to the Flag**.

Supreme Secretary, Scott T. Pogorelec, F.I.C. was asked to take the **Roll Call** and the following members responded:

Supreme Chaplain.....Rev. Andrew S. Hvozdic, V.F.
Supreme President.....Michael J. Horvath
Supreme Vice-President.....Edward D. Moeller
Supreme Secretary.....Scott T. Pogorelec, F.I.C.
Supreme Treasurer.....James F. Knis
General Counsel.....John D. Pogorelec, Jr., Esq.
Chairperson of the Supreme AuditorsJames G. Jerek
Supreme Director of Sports and Athletics.....James C. Matlon
Supreme Physical DirectorJohn M. Underation
Supreme Physical DirectressKatie Swift

The record will show that all ten members of the Board of Directors are on the Conference Call. Acknowledged

President Horvath informed the Board that they all have received the **Minutes** from our last Board meeting held on March 20-21, 2020 via conference call and published in the May 1, 2020 issue of the Slovak Catholic Falcon. Brother President entertained a motion for their acceptance, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Supreme Chaplain, Rev. Andrew S. Hvozdic.

Approved

President Horvath then called upon our Director of Sales and Marketing, Albert J. Suess, F.I.C., to give a brief overview of the **Membership/Sales and Marketing Report**.

Brother Suess gave a snapshot of the current life and annuity production for the year as compared to the 2020 projections. Both life and annuity sales have exceeded expectations.

Brother Albert also gave an update on the **Drive to 50 Campaign**, which will run from August 1, 2020 through June 30, 2021. The campaign will be similar to the Win-Win Campaign with added incentives for Groups to be awarded fraternal credits to be used towards our 50th International Slet. The campaign will be highlighted in our FALCON, on our web site, and on other social media platforms.

Several questions were presented and addressed to the satisfaction of the Board and President Horvath thanked Brother Suess for the report. President Horvath then asked for a motion to accept the report, so moved by Supreme Vice-President, Edward D. Moeller, seconded by Supreme Physical Directress, Katie Swift.

Approved

President Horvath then called upon Mr. Thomas Calimano, Market Director/Senior Vice-President, and Ms. Cynthia Cole, Fixed Income Specialist, of PNC Institutional Asset

Management to present the **PNC Advisor's Report**.

Mr. Calimano and Ms. Cole reviewed PNC's outlook for the financial markets and the economy with the Board. Additionally, he reviewed the investment strategies recently implemented in both the equity and fixed income portfolios.

Ms. Cole reviewed the portfolio's structure, quality and updated the Board on recent changes within the portfolio. Additionally, Mr. Calimano and Ms. Cole discussed the continued effects of the coronavirus on the fixed income investing, the current level of interest rates, and expectations for potential investment opportunities during the second half of the year.

Mr. Calimano and Ms. Cole addressed various questions from the Board concerning our performance outlook and Mr. Calimano indicated the Society is in a strong financial position, especially in this volatile fiscal environment. The Board members expressed thanks to Mr. Calimano and Ms. Cole. President Horvath entertained a motion to accept the report, so moved by Supreme Treasurer, James F. Knis, seconded by Chairperson of the Supreme Auditors, James G. Jerek.

Approved

President Horvath then called on the Supreme Director of Sports and Athletics, James C. Matlon, for the **Physical Fitness Board Report**.

Brother Matlon reported that, unfortunately, the Slovak Catholic Sokol 74th Annual International Bowling Tournament was cancelled due to the COVID-19 Pandemic.

On Friday, May 1st, the Fitness Board hosted a virtual happy hour, via Facebook. On Saturday May 9th, the Fitness Board held a virtual meeting to finalize plans for the 2020 Clinic.

Supreme Physical Directress, Katie Swift, reported that the first Clinic Zoom meeting was held on Saturday June 13th, to go over the Rules and Regulations and the new 30 and over age group for the 50th International Slet. The second Clinic Zoom meeting is scheduled for July 18th for the Fitness Board and all Group Physical Directors, Directresses and Assistants.

Finally, the 65th Annual International Golf Tournament, scheduled for August 14-16, 2020 has unfortunately been cancelled due to the COVID-19 Pandemic.

President Horvath thanked Brother Matlon, Brother Underation, and Sister Swift for their report and entertained a motion to accept, so moved by General Counsel, John D. Pogorelec, Jr., Esq. seconded by Supreme Treasurer, James F. Knis.

Approved

Brother President then called upon General Counsel, John D. Pogorelec, Jr., Esq. for the **Legal Department Report**.

Counsel reported that there are two items to report on:

1. Brother John updated the Board on the potential buyer for the print shop in the rear of the Home Office Building.
2. Brother John verified the property taxes and insurance are all paid to date on the two existing mortgages on file.

After a brief discussion regarding the above items, Presi-

(Continued on page 10)

Drive to 50 Sales Campaign

Celebrating The 50th International Slet

The Slovak Catholic Sokol will be reaching a significant milestone within the SOKOL World – We will be hosting and presenting our 50th International Slet (Gymnastic and Track and Field Meet).

To help celebrate this Golden Occasion we have created the DRIVE TO 50 Sales CAMPIAGN. This campaign is designed to benefit and reward our membership, our groups, and recommenders.

Benefiting Membership & Growth

For more than 115 years our society has provided our members with sound financial protection and outstanding fraternal benefits. As proud member of the SOKOL it is quite easy to expound upon and share the qualities of membership. This is an excellent opportunity to share our excellent offerings with friends and family and get rewarded for it.

Not everyone is born a salesman or comfortable selling life insurance or annuities. Today, we have qualified life insurance and annuity representatives that can assist our existing and potential members in selecting the financial protection to help protect their future.

A supply of SOKOL "DRIVE to 50" Lead Cards will be available to all Group/Assembly/Wreath Officers for distribution. Officers are asked to distribute SOKOL "DRIVE to 50" Lead Cards to existing Members who want to recommend someone to become an insured Benefit Member. SOKOL "DRIVE to 50" Lead Cards are also available for completion and submitting on the SOKOL Web Site www.scslife.org. Mail all completed Referral Lead Cards to the Sales & Marketing Office:

Slovak Catholic SOKOL Sales & Marketing

2403 Sidney Street, Suite 200

Pittsburgh, PA 15203

Phone: 412-381-5431 Fax: 412-742-4638

Toll-Free: 1-855-874-9179

www.scslife.org

Drive to 50 Details:

Campaign runs August 1, 2020 through June 30, 2021

RECOMMENDER REWARDS

- \$10 Referral Fee for each recommendation that results in a sale.
- Qualifies for a semi-annual drawing for an opportunity to win a \$50 gift card.
- Qualify for a \$250 grand prize drawing at the end of the campaign.

GROUP REWARDS

Awards to qualifying Groups based on the following levels resulting from sales of new of life insurance and annuity certificates issued:

- 10 New Certificates (policies):
\$250 Credit towards Fraternal Expenses
- 25 New Certificates (policies):
\$500 Credit towards Fraternal Expenses
- 50 New Certificates (policies):
\$1,000 Credit towards Fraternal Expenses



DRIVE TO 50 CAMPAIGN - Member Referral Card

Name: _____

Interest:☐ Life Insurance☐ Annuity

Address: _____

Phone: ____ - ____ - ____ Email: _____

Gender: ☐ Male ☐ Female Age: ____ Date of Birth: ____ / ____ / ____**RECOMMENDER INFORMATION** Assembly/Wreath: ____ Email: _____

Name: _____ Phone: ____ - ____ - ____



SLOVAK CATHOLIC SOKOL

LEGACY LIFE INSURANCE PLANS

PERMANENT PLANS

WHOLE LIFE • SINGLE PREMIUM LIFE • 20 PAYMENT LIFE

TERM PLANS

TERM to AGE 30 • 10 YEAR TERM • 20 YEAR TERM

VANTAGE COLLECTION of ANNUITY PRODUCTS

1 YEAR • 2 YEAR • 3 YEAR • 5 YEAR • 7 YEAR

2.00% 2.25% 2.40% - 2.50% - 2.60% 3.00% 3.25%

• SPIA Single Premium Immediate Annuity

3.50% - 10 Years % Greater • 2.75% Less than 10 Years

INTERNATIONAL SOKOL GOLF WEEK

The 2020 SCS International Golf Tournament was cancelled due to the COVID19 Pandemic, but we want all of our golfers and as many members as possible to play a round of golf or two during our International Golf Week, which is the original week of the scheduled golf tournament, August 10th-16th.

Please stay active during this Pandemic and we encourage our members to play a round of golf at a local golf course and send me pictures that will be posted on our web site and Facebook. The golf pictures could be taken at the golf course, driving range, miniature golf or even in your back yard. We want to promote any and all types of individual golf activities for the week and post pictures for our members to view. Please send the golf pictures to my email address: jamesmatlon@optonline.net.

Seven Oaks Country Club will allow SCS Members to golf the week of August 10th through the 16th for \$45.00 per round,

includes cart and green fee. Please contact the Golf Pro Shop at 724-495-2770 for tee times. Seven Oaks Country Club has a dress code, no tee shirts, tank tops, short shorts, or college jerseys.

Black Hawk Golf Course will allow our members to play a round of golf and pay the tournament weekend rate of \$41.00 before noon and that includes cart and green fee. Please contact the Golf Pro Shop at 724-843-5512, for tee times.

Remember to mark your calendars for the 2021 SCS Golf Tournament scheduled for the weekend of August 6th-8th, at Treasure Lake Golf Course in DuBois, Pennsylvania.

Please follow the CDC guidelines and stay safe until we can all get together again.

Zdar Boh!

James C. Matlon

Supreme Director of Sports & Athletics



SOME PICTURES FROM OUR PAST GOLF TOURNAMENTS

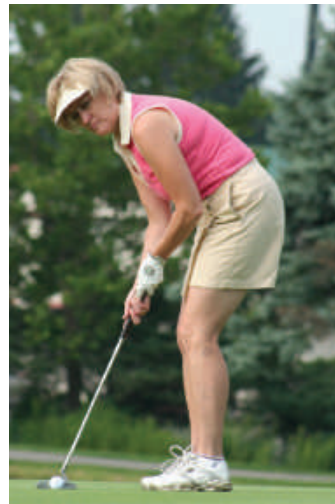
YEARS 2008 – 2015



2008 - Larry Glugosh



2008 - Scott Pogorelec practices his chip shot



2009 - Mary Jo Goss



2009 - John Underation



2008 - Dennis J. Zifcak(left) and Bishop Roger Gries, O.S.B.



2009 - (l to r) Carol Macko, Kathy Watkins and Kelly Underation



2015 - Steven M. Pogorelec, Sr. and John Underation



2014 - Mike Horvath, Heather Horvath, Kelly Palchanis and Daniele Zabloutney



2013 - Steven M. Pogorelec, Jr.



2014 - Albert Suess



2015 - Judy Babik, Loretta Smith, Mary Star and Linda Frank



2015 - Stephanie Skorupka



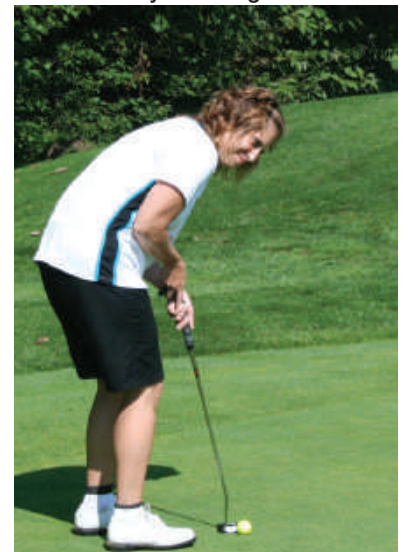
2015 - Kenny Cunningham



2010 - Chris Antosy, Sr., Chris Antosy, Jr., Peter Underation and Marty Underation



2013 - Jay Macko



2011 - Nancy Kropolinsky



2011 - Edie Babik, Kathy Harak, Judy Babik and Linda Frank

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING HELD VIA ZOOM

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dent Horvath entertained a motion to approve the report, so moved by Supreme Physical Directress, Katie Swift and seconded by Supreme Chaplain, Fr. Andrew S. HvozdoVIC.

Approved

President Horvath thanked the General Counsel and called upon Chairman of the Scholarship Committee, Edward D. Moeller, for the **Scholarship Committee Report**.

Brother Moeller reported that the committee met on Saturday, May 16, 2020 via zoom meeting, and made their selections.

The winner's photos appeared in the July 1, 2020 issue of the Falcon publication. Checks will be mailed out from the Home Office in July to the applicants who were selected for a grant. Brother Moeller, reported that 30 Slovak Catholic Sokol College Grant winners were selected, 2 Theodore and Mary Jane Rich Memorial Grant, 2 Emil Slavik Memorial Grant, 1 Doctors Lesko Medical Memorial Grant, 1 Krista Glugosh Memorial Grant, 1 Yencha Family Grant and 3 Museum Memorial Grants were awarded.

In addition, 9 Slovak Catholic Sokol Abbot Jerome M. Koval, O.S.B Memorial High School Grants and 11 Slovak Catholic Sokol Grade School Grant recipients were selected.

Thank-you letters acknowledging individual selections have been received at the Home Office and Brother Moeller, as in the past, has forwarded the "essay quotes" received from the winners to be included in the Falcon publication.

Several recommendations were presented from Brother Moeller and the Board agreed with them which would improve the application process. The website will be updated accordingly, and the applications will become available in November of 2020.

President Horvath called for a motion to accept the report submitted by Brother Moeller, so moved by Supreme Physical Directress, Katie Swift, seconded by Supreme Physical Director, John M. Underation.

Approved

Supreme President thanked Brother Moeller and called upon Supreme Secretary, Scott T. Pogorelec, F.I.C., to present any **Donation Requests**.

The Supreme Secretary then presented the **Donation Requests** received at the Home Office to be addressed at this meeting.

One request was received from the Sisters of Saints Cyril and Methodius in Danville, PA for the replacement of dining room chairs in Maria Hall

The Board recommends a donation of **\$100** in support of the Sisters of Saints Cyril and Methodius.

Suhlas

Supreme Chaplain, Rev. Andrew S. HvozdoVIC, also requested a financial contribution be discussed for the Parishes of our Group Chaplains during this difficult pandemic. The Board mutually agreed to donate \$150 to each parish to which a Group Chaplain is Pastor.

The Supreme President questioned the Board members regarding the **Annuity Interest Rate** to be offered for the third quarter of 2020.

The Board members had a lively discussion regarding the Annuity Interest Rate, taking into consideration our investment portfolio and the recommendations of our Director of Sales and Marketing. Supreme Vice-President, Edward D. Moeller, made a motion to keep the rates at their current level, seconded by Supreme Physical Directress, Katie Swift.

Approved

President Horvath questioned if there was any Unfinished Business to address.

Brother President informed the Board that himself and Brother Secretary are working on a travel policy for Supreme Officers and a draft will be provided soon.

Acknowledged

President Horvath questioned if there was any **New Business** to address.

Supreme Chaplain, Rev. Andrew S. HvozdoVIC, reported that on Monday, June 8, 2020, the College of Consultors for the Roman Catholic Diocese of Youngstown elected the Very Reverend Monsignor Robert J. Siffrin, Diocesan Administrator. The diocesan administrator will care for the diocese until the future bishop arrives. Ordained on June 23, 1979, Monsignor Siffrin served under Bishop George V. Murry as the Vicar General and Moderator of the Curia. Along with his diocesan responsibilities he is administrator St. Edward Parish, Youngstown.

The Board congratulates Monsignor Siffrin on this new role.

Also announced, the Benedictine monks at St. Vincent Archabbey in Latrobe have elected one of their longtime members as their new leader.

The monks on Tuesday elected the Rev. Martin de Porres Bartel — a former president of St. Vincent College and most recently a parish administrator in Beaver County — to be archabbot.

The Board congratulates Rev. Martin Bartel.

Brother President informed the Board that the 3rd Quarter Meeting is tentatively scheduled for September 18th-20th, 2020 in Wilkes-Barre, PA. This is subject to change with the Covid-19 pandemic.

Acknowledged

Having completed all the business on the agenda, Supreme President, Michael J. Horvath, entertained a motion to adjourn, so moved by Supreme Treasurer, James F. Knis, seconded by Supreme Physical Director, John M. Underation.

Approved

Supreme Chaplain, Rev. Andrew S. HvozdoVIC, V.F., offered the Closing Prayer for all the ill and deceased members of our organization, as well as all effected by Covid-19.

The meeting was adjourned at 8:30 p.m. Zdar Boh!

Respectfully Submitted,

Scott T. Pogorelec F.I.C.
Supreme Secretary

THE MOST POPULAR TASTE OF HOME RECIPES FOR AUGUST

ZUCCHINI PIZZA CASSEROLE

- 4 cups shredded unpeeled zucchini
- 1/2 teaspoon salt
- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 2 cups shredded part-skim mozzarella cheese, divided
- 1 cup shredded cheddar cheese, divided
- 1 pound ground beef
- 1/2 cup chopped onion
- 1 can (15 ounces) Italian tomato sauce
- 1 medium green or sweet red pepper, chopped

Preheat oven to 400°. Place zucchini in colander; sprinkle with salt. Let stand 10 minutes, then squeeze out moisture.



Combine zucchini with eggs, Parmesan and half of mozzarella and cheddar cheeses. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 minutes.

Meanwhile, in a large saucepan, cook beef and onion over medium heat, crumbling beef, until meat is no longer pink; drain. Add tomato sauce; spoon over zucchini mixture. Sprinkle with remaining cheeses; add green pepper. Bake until heated through, about 20 minutes longer.

Freeze option: Cool baked casserole; cover and freeze. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Unwrap casserole; reheat on a lower oven rack until heated through and a thermometer inserted in center reads 165°.

GRILLED BROWN SUGAR MUSTARD CHICKEN

- 1/2 cup yellow or Dijon mustard
- 1/3 cup packed brown sugar
- 1/2 teaspoon ground allspice
- 1/4 teaspoon crushed red pepper flakes
- 8 boneless skinless chicken thighs (about 2 pounds)

In a large bowl, mix mustard, brown sugar, allspice and pepper flakes. Remove 1/4 cup mixture for serving. Add chicken to remaining mixture; toss to coat.

Grill chicken, covered, over medium heat or broil 4 in. from heat 6-8 minutes on each side or until a thermometer reads 170°. Serve with reserved mustard mixture.



BUFFALO CHICKEN DIP

- 1 package (8 ounces) cream cheese, softened
- 1 cup cooked chicken breast
- 1/2 cup Buffalo wing sauce
- 1/2 cup ranch or blue cheese salad dressing
- 2 cups shredded Colby-Monterey Jack cheese
- French bread baguette slices, celery ribs or tortilla chips



Preheat oven to 350°. Spread cream cheese into an ungreased shallow 1-qt. baking dish. Layer with chicken, wing sauce and salad dressing. Sprinkle with cheese.

Bake, uncovered, 20-25 minutes or until cheese is melted. Serve with baguette slices.

ZUCCHINI BOATS

- 2 medium zucchini (about 8 inches)
- 3/4 pound ground beef
- 1 small onion, chopped
- 1/2 cup chopped fresh mushrooms
- 1/2 cup chopped sweet red pepper
- 1/2 cup chopped green pepper
- 1 cup shredded cheddar cheese, divided
- 2 tablespoons ketchup
- Salt and pepper to taste



Trim the ends off zucchini. Cut zucchini in half lengthwise; scoop out pulp, leaving 1/2-in. shells. Finely chop pulp.

In a skillet, cook beef, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink; drain. Remove from the heat. Add 1/2 cup cheese, ketchup, salt and pepper; mix well. Spoon into the zucchini shells. Place in a greased 13x9-in. baking dish. Sprinkle with remaining cheese.

Bake, uncovered, at 350° until zucchini is tender, 25-30 minutes.

SOUR CREAM CUCUMBERS

- 1/2 cup sour cream
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- Pepper to taste
- 4 medium cucumbers, peeled if desired and thinly sliced
- 1 small sweet onion, thinly sliced and separated into rings

In a large bowl, whisk sour cream, vinegar, sugar and pepper until blended. Add cucumbers and onion; toss to coat. Refrigerate, covered, at least 4 hours. Serve with a slotted spoon.



Cucumbers with Dill: Omit first four ingredients.

Mix 3/4 cup white vinegar, 1/3 cup snipped fresh dill, 1/3 cup sugar and 3/4 teaspoon pepper. Stir in cucumbers and onion.

BALSAMIC GREEN BEAN SALAD

- 2 pounds fresh green beans, trimmed and cut into 1-1/2-inch pieces
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground mustard
- 1/8 teaspoon pepper
- 1 large red onion, chopped
- 4 cups cherry tomatoes, halved
- 1 cup (4 ounces) crumbled feta cheese



Place beans in a 6-qt. stockpot; add water to cover. Bring to a boil. Cook, covered, 8-10 minutes or until crisp-tender. Drain and immediately place in ice water. Drain and pat dry.

In a small bowl, whisk oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper. Drizzle over beans. Add onion; toss to coat.

Refrigerate, covered, at least 1 hour. Just before serving, stir in tomatoes and cheese.

2020 VIRTUAL INTERNATIONAL CLINIC

The year 2020 has brought a lot of challenges for all of us. The Supreme Physical Fitness Board has been working hard.



As a new board, we came together to work as one and to make sure the 50th International Slet will be one to remember. The SPFB board met several times via zoom to organize a successful virtual International Clinic. Although this is not our preferred way to meet, technology has become part of our every day and we want our organization to flourish into the future.

A worldwide pandemic has blanketed all of us but the SPFB and the leaders of our Groups would not let that hold us back! We had to cancel our 'in person' clinic due to restrictions. The International Clinic was held all virtually. Everyone was able to receive all the required information but all participants missed the fraternalism that comes with our great organization. We met via ZOOM on June 13 and July 18. I would like to thank all the leaders of the groups for joining us on Saturday mornings and being flexible. I thank you all for your commitment.

In attendance were:

Group 1

Director Steven Pogorelec
Directress Amber Freda

Group 2

Directress Tina Neudec

Group 3

Director Gary Manyak
Assistant Director Zach Manyak
Directress Judy Manyak
Assistant Directress Jaque Manyak,
Skylar Manyak and Kenzie Manyak

Group 4

Assistant Director Noah Romine
Directress Tricia Radtke
Assistant Directress Lisa Hoeck

Group 5

Directress Jayme Blosser
Assistant Directress Nicole Leslie

Group 7

Directress Kelly Palchanis
Assistant Directress August Palchanis
Director Matthew Malenovitch

Group 11

Director Chaz Matlon
Assistant Director Luke Matlon
Directress Mary Matlon

Group 12

Director Chris Antosy
Directress Kathleen Smolkowicz
Assistant Directress Myra Tadlock

Group 14

Director Aaron Kercel

Assistant Director Gavin Watkins

Directress Haley Hast

Assistant Directress Paige Gaisorowski and Brittany Has

Group 17

Denise Babik

Group 19

Directress Anne Marie Wasilewski

Director Steven Popik

Assistant Director Michael Wasilewski

The Virtual International Clinic was held over two separate 3 hour sessions. The first session was focused on introductions to the new SPFB members, International Slet rules, regulations, the NEW 30 and over age group, the NEW 3 on 3 Basketball for 8-9 and 10-11-12 year old age group, track and field changes and additions, as well as new ideas.

The second session was held on July 18th and there was a review of several rules, the 50th International Slet schedule to be held in Kutztown University in Pennsylvania, and we did a break out activity. ZOOM randomly divided all the participants into 5 different groups. Each group was given the task to organize an event for each group to use during different seasons. All the ideas were great!!! We will be sending all the ideas to each leader. We understand that planning events come easy to some people and can be overwhelming for others. The SPFB wants all the leaders to have fun leading and not feel stressed over planning an event.

The SPFB is planning a mini clinic in January or possible March. We will be organizing this event while taking any restrictions COVID-19 may bring.

The participants asked for a video or slideshow to show new members the meaning of our organization. Supreme Assistant Sports Director Frank Laury has created a video in the past so he will take the lead on this project. A September 15th deadline has been requested.

We wanted to make sure all people are receiving the Falcon via online. This was a lengthy discussion. If you or your children are not registered and receiving the monthly Falcon, please register on www.slovakcatholicsokol.org. Please encourage all members to do so.

#sokolsrocks

A new idea was suggested by the new Director from Group 12, Christopher Antosy. All the participants are very excited! A way to keep the youth and all ages engaged during this hard time is to start a #sokolsrocks campaign. We encourage any members to paint a rock and add #sokolsrocks on it. Then they can place it around their club, town or area for others to find. They can submit a picture to me when they are finished with their rock or find one. I will post them on facebook/Instagram/and twitter. A detailed article and flyer will be submitted to spread the word.

The SPFB was very excited to welcome several new leaders! We are very happy to see the return of Group 2 and Group 12! We will all work hard to make this transition to coming back fun and easy.

The first ever Slovak Catholic Sokol Virtual Clinic was a success but all the participants felt the same and missed the physical meeting and fraternalism. We are hoping to be together once COVID19 is under control. In the meantime, we will continue to stay connected virtually and keep all communication flowing.

Stay safe and healthy.

Zdar Boh,

Katie Swift, Supreme Physical Directress

SLOVAK CATHOLIC SOKOL

A tradition of providing sound financial protection and benefits to our members
The Legacy Collection of Life Insurance

Permanent Life Insurance

Permanent life insurance plans that provides the certainty of a guaranteed amount of death benefit, a guaranteed rate of return on your cash values and a level premium that is guaranteed to never increase for life.

Cash Value

The cash value grows at a steady rate, providing an increasing cash accumulation fund available throughout the lifetime of the contract.

Loan Value

This feature allows you to borrow cash for things like an emergency, fund a child's education or make a mortgage down payment.

Dividends

These "participating" plans are eligible to share in our financial success and receive policy dividends. When a dividend is declared, three options are available:

- Paid-up Additions—purchases additional insurance,
- Left on Deposit—earns interest, or
- Cash.

Tax Advantages

- Tax-free proceeds to beneficiaries.
- Tax-deferred earnings on the cash accumulations fund.

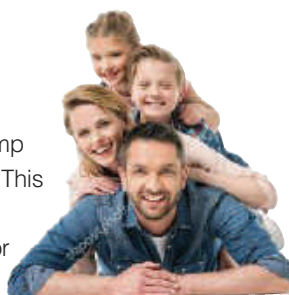
Legacy Life

This is our lowest premium permanent whole life insurance plan. Legacy Life provides a fully paid certificate at a great savings for the life of the certificate holder.

Issue ages 0–80.

Legacy Single Premium

The premium is paid in one lump sum at the time of application. This plan provides a fully paid certificate at a great savings for the life of the certificate holder.



This plan is ideal for young people, and useful for adults that prefer to have their life insurance prepaid or used for wealth transfer.

Issue ages 0–90.

Legacy 20

Premiums are paid for 20 years, at which time the certificate is 'paid-up' and remains in force for the lifetime of the insured, while cash values continue to grow for as long as you keep the contract.

Issue ages 0–80.

10 Year Renewable/Convertible Term

Level death benefit with scheduled level premiums for a period of 10 years. A feature of this plan is that it automatically renews in 10-year increments (at your attained age) until the age of 75 at which time all benefits end. The plan is convertible to a permanent plan of life insurance until age 65.

Issue ages are 18–60.

20 Year Convertible Term

This plan provides a level death benefit and level premiums for 20 years. After the initial 20-year period the plan continues as a Yearly Renewable Term plan and renewable to age 70 at which time all benefits end. The plan is convertible to a permanent plan of insurance until age 65.

Issue ages are 18–50.

Youth Term to Age 30



This plan provides a level death benefit at an affordable premium for youth between the ages of 0 and 30. Future

insurability is guaranteed upon conversion to a permanent life plan at any time up to the age of 25.

Face amounts are available at \$10,000, \$25,000 or \$50,000. Premiums are payable to age 25, however benefits continue to age 30.

The very affordable premiums can be paid:

- Annually, or
- Single Premium.

Issue ages are 0–22.



Find us on Facebook:
Slovak Catholic Sokol
Public Group

What's making headlines in our ancestral homeland**News and Views
from Slovakia...****MATOVIC IN WARSAW: POLAND EXAMPLE
FOR SLOVAKIA IN FIGHTING CORRUPTION**

Poland was a model for Slovakia in fighting communism, and now Poland is a model for Europe, especially Eastern and Central Europe, in fighting corruption and drawing EU funds, from which Slovakia wants to learn, Slovak Prime Minister Igor Matovic said on Friday, July 3 at his meeting with Polish Prime Minister Mateusz Morawiecki in Warsaw as part of his first visit to the country in office.

Matovic noted that he invited Vice-premier and Minister of Investments, Regional Development and Informatisation Veronika Remisova to accompany him on this foreign visit. He did so precisely because at the European Commission "we only hear good things about Poland", how it's managed to draw European funds.

"We want to learn a lesson in this area. Unfortunately, Slovakia has big problems with drawing EU funds and the corruption associated with their absorption," said Matovic.

Morawiecki highlighted close relations with Slovakia, which according to him are developing in a friendly way. The development of trade between the two countries came to a halt with the novel coronavirus outbreak but is gradually resuming, he added. At the same time he invited Slovak investors as well as tourists to Poland.

After the bilateral meeting the two premiers travelled from the building of the Government Office to Belweder Palace in order to attend a meeting of the premiers of the Visegrad Four (V4) countries (the Czech Republic, Hungary, Poland and Slovakia).

**LORRY SEEN ON CYCLING BRIDGE LINKING
SLOVAKIA & AUSTRIA, DAMAGE POSSIBLE**

The well-known Freedom Cycling-Bridge in the Bratislava borough of Devinska Nova Ves, colloquially known as Chuck Norris Bridge, which links Slovakia and Austria over the Morava River, was closed by the Slovak authorities after a heavy lorry with Slovak licence plates was spotted by surveillance cameras attempting to pass it from Austria to Slovakia.

The lorry was unable to pass through barriers on the Slovak side of the cycling bridge, however, so the driver had to reverse to Austria.

"It's absurd and reprehensible to drive a lorry on a cycling bridge. The driver put in jeopardy himself, the lives of other people and the bridge's stability," said Bratislava region governor Juraj Droba. He added that apart from cyclists and pedestrians, the cycling bridge is also used by rescue services, but it certainly hasn't been designed for heavy lorries.

The Bratislava regional authority now has to examine the

stability of the bridge before allowing the public to cross it.

Meanwhile, the police have launched investigation into the crime of endangering public safety out of negligence.

Before the bridge was opened in 2012, the regional authority organised an on-line poll to select its name, with 'Chuck Norris Bridge' winning the on-line vote by a landslide.

Nevertheless, the regional parliament in the end opted to call it 'Freedom Cycling-Bridge' to honor those who were killed while attempting to cross the Iron Curtain.

**RYANAIR RESUMES FLIGHTS FROM BRATISLAVA
AIRPORT AFTER FOUR MONTHS**

Almost four months after the ban on civil flights was issued as a part of measures aimed at halting coronavirus spread, Ryanair, the largest airline operating direct scheduled flights from Bratislava, has resumed its flights from M.R. Stefanik Airport.

First passengers flew to Burgas in Bulgaria and to Paphos in Cyprus on Saturday, July 4.

Airport general manager Jozef Pojedinec said that the airline has reduced the number of flights within its Europe-wide network to some 40 percent this summer. While Ryanair offered 26 regular lines from Bratislava last year, this year it plans to resume only 12 of them. However, four of them include destinations in Great Britain where the ban on civil flights is still in effect," he said. First flights on resumed lines to destinations in Greece, Ireland, Spain and Italy should take place next week.

The summer charter holiday season should be launched



The Holic Castle in Trnava region (western Slovakia) is a baroqueclassiscistic edifice with a specifically shaped mediaeval fortification. It was built in the late 12th century. The most famous owner of this estate was Francis Stephen, the Duke of Lorraine and husband of Empress Maria Theresa. Apart from Bratislava, Holic was the only imperial seat in Slovakia. During Maria Theresa's reign, the castle was developed into a beautiful summer residence for the royal family. After 1918 it became a property of the state and was used as a school. Though declared a national cultural monument in 1970, it underwent an unsuccessful privatisation after the fall of the communist regime. Now the castle is back in the hands of the Holic municipality after much-needed reconstruction.

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

in mid-July, as travel agencies started to sell flights for holidaymakers as of that time. "The flights to Zakynthos, Heraklion in Crete, Rhodes, Burgas will follow as of July 16. Flights to Antalya in Turkey and Hurghada in Egypt are planned as well, however, their implementation will depend on opening of Slovakia's borders with Turkey and Egypt, as these are still closed and flights thus cannot take place," said Chief Operating Officer Imrich Ancin.

NITRA CUSTOMS OFFICERS SEIZED 1.5 TONS OF DRUGS IMPORTED FROM MEXICO

Members of the Financial Administration [the tax office] from the Nitra Customs Office prevented 1.5 tons of drugs from entering the black market as they discovered at the end of May a hiding place for drugs imported from Mexico also with the help of a financial administration's dog trained to search for drugs.

The Financial Administration passed the case of the drug seizure, which has no equal in Slovakia, to the police.

Members of the Financial Administration from the Nitra Customs Office inspected two metal tanks for liquids, the transport of which they identified as a risky customs operation. The shipment came along a well-known drug route from Mexico. The goods were transported from Mexico through a Croatian port with the aim of clearing the goods in Slovakia, from where they could move freely throughout the European Union.

Nitra customs officers drilled holes in the bottom of the tank, which revealed a large amount of white crystalline substance hidden along the bottom of the metal tank. The initial analysis indicated methamphetamine. The value of the substance is 300 million Euro (\$338,628,000), in the case of single user doses an estimated value is up to 2 billion Euro (\$2,258,830,000).

MARIAN HOSSA ELECTED TO HOCKEY HALL OF FAME

On June 24, 2020, Marian Hossa was elected to the Hockey Hall of Fame as part of the 2020 Induction class.

A 19-year veteran, three-time Stanley Cup champion and five-time NHL All-Star, Hossa had 10 seasons with at least 60 points to his name over his career.

Forward scored 1,134 points in over 1,300 NHL games and was integral part of three Stanley Cup teams in Chicago.

Hossa signed in Chicago as a free agent on July 1, 2009 and spent eight years with the organization (2009-17). He was a key member of the Blackhawks' Stanley Cup teams in 2010, 2013 and 2015. A native of Stara Lubovna, Slovakia, Hossa becomes just the third Slovakian player to be inducted in the Hockey Hall of Fame, joining Chicago's Stan Mikita and Peter Stastny.

He tallied 415 points (186G, 229A) in 534 regular-season contests with the Blackhawks and skated in 107 postseason contests, notching 73 points (21G, 52A). He had his best sea-



SLOVAK NAMED NEW PAPAL MASTER OF CEREMONIES



Monsignor Lubomir Welnitz celebrates Mass at Rome's Slovak College for the feast of Sts. Cyril and Methodius in February 2020. (Credit: Vatican News.)

On Sunday, June 14, the Vatican Press Office announced the appointment of a new papal master of ceremonies, Msgr. Lubomir Welnitz. He is a member of the Work of Jesus the High Priest (OJSS) which was founded by the Tyrolean priest Paul Maria Sigi, and recognized as a priestly association by the Roman Congregation of Clergy in 2008. This association of priests originated from the Pro fratribus movement of the church of the Slovak underground Slovak Bishop Paul Maria Hnilica (1921-2006, which was persecuted in the Eastern Bloc.

Born in Slovakia in 1977, Msgr. Welnitz received a doctorate in canon law at the Pontifical University of St. Thomas Aquinas in Rome. He entered the ministry of the Apostolic Penitentiary and was made a Monsignor by Pope Benedict XVI. He is shown in the above photo as principal celebrant of a liturgy in the chapel of the Pontifical Slovak College of SS. Cyril and Methodius in Rome with fellow Slovak priests. The college, formerly known as the "Ustav" was built by American and Canadian Slovaks and dedicated in 1963. The annual appeal of the Slovak Catholic Federation continues to support the work of this college in the eternal city. Serving as the national president of the Slovak Catholic Federation in our own Supreme Chaplain, Rev. Andrew S. HvozdoVIC, V.F.

son with Chicago during the 2011-12 season when he paced the team in points (77) and assists (48) and shared the team lead in goals (29). His 52 postseason assists are ninth all-time in Blackhawks history.

Selected by Ottawa Senators with the 12th overall pick in the 1997 NHL Draft, Hossa recorded 525 goals, 609 assists and 1,134 points in 1,309 NHL games with the Senators, Atlanta Thrashers, Pittsburgh Penguins, Detroit Red Wings and Chicago from 1998-2017. He appeared in five NHL All-Star Games, was selected to the NHL Second All-Star Team in 2008-09 and was named to the NHL's All-Rookie Team in 1999.

Hossa was forced to step away from the game prior to the 2017-18 season due to a skin disorder that often left him in excruciating pain.

The 2020 Hockey Hall of Fame Induction Celebration is tentatively scheduled for Monday, November 16th in Toronto.



KIDS' CORNER "Detský kútik" - - August 2020



Summer Crossword
www.KidsCanHaveFun.com



Across

3. I love to build this in the sand.
4. I love to run through it and it makes me wet.
5. I have one in my backyard that I love to swim in.
6. A place that has lots of sand and water.
7. I use this to pick up sand

Down

1. The hottest time of the year.
2. I wear this to swim.
3. I like to wear these on my feet when it is hot.
5. I use this to put the sand in.





KIDS' CORNER "Detský kútik" - - August 2020

Back to SCHOOL



Word
Search



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

Backpack

History

Paper

Scissors

Books

Homework

Pencils

Social Studies

Bus

Lockers

Reading

Students

Classroom

Lunch

Recess

Teachers

Friends

Mathematics

School

Test

Grades

Notebook

Science



KIDS' CORNER "Detský kútik" - - August 2020

ANNOUNCING THE KIDS'

CORNER SUMMER READING PROGRAM!!!!

Just a reminder.....I will need the completed reading lists returned to me no later than September 14th. Include your name, address, Group number and age so that I can recognize you in the paper. Don't forget to highlight your favorite books on the list!!! and have fun reading!!!! Please send your completed reading lists to:

Edward D. Moeller-
2821 Waterman Ave,
Pittsburgh, PA 15227



If you prefer to do it on-line you can e-mail it to me:
vp@slovakcatholicsokol.org

Keep reading and enjoy the rest of your summer!!

HAPPY BIRTHDAY TO YOU!!!!

Addison DiMartino 8/2
Lauren Marie Bond 8/14
Bryce Watkins 8/19
Juliana Hoeck 8/20
Sophia Mosorjak 8/26
Amber Radtke 8/29



*"There is more
treasure in books
than in all the pirate's loot on
Treasure Island." - Walt Disney*

August in history

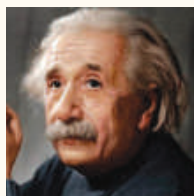
In the original Roman calendar the month of August was called Sextilis. This was because it was the sixth month of the year. Later, after January and February were added to the calendar, it became the eighth month of the year. At the time the month had 29 days. When Julius Caesar created the Julian calendar in 45 BC, two days were added giving the month 31 days. The month was later renamed Augustus in honor of the first emperor of Rome, Caesar Augustus.

AUGUST 1 – Star-Spangled Banner author Francis Scott Key (1779-1843) was born in Frederick County, Maryland. After witnessing the British bombardment of Fort McHenry on the night of September 13-14, 1814, he was enthralled to see the American flag still flying over the fort at daybreak. He then wrote the poem originally entitled Defense of Fort McHenry which became the U.S. National Anthem in 1931.



AUGUST 2, 1776 – In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.

AUGUST 2, 1939 – Albert Einstein wrote a letter to President Franklin D. Roosevelt concerning the possibility of atomic weapons. "A single bomb of this type carried by boat and exploded in a port, might very well destroy the whole port together with some of the surrounding territory." Six years later, on August 6, 1945, the first Atomic Bomb, developed by the U.S., was dropped on the Japanese port of Hiroshima.



AUGUST 4 – Jazz trumpet player Louis Armstrong (1901-1971) was born in New Orleans, Louisiana. Known as "Satchmo," he appeared in many films and is best known for his renditions of It's a Wonderful World and Hello, Dolly.

AUGUST 6-10, 1787 – The Great Debate occurred during the Constitutional Convention. Outcomes included the establishment of a four-year term of office for the President, granting Congress the right to regulate foreign trade and interstate commerce, and the appointment of a committee to prepare a final draft of the Constitution.

AUGUST 6, 1945 – The first Atomic Bomb was dropped over the center of Hiroshima at 8:15 a.m., by the American B-29 bomber Enola Gay. The bomb detonated about 1,800 ft. above ground, killing over 105,000 persons and destroying the city. Another estimated 100,000 persons later died as a result of radiation effects.

AUGUST 13, 1961 – The Berlin Wall came into existence after the East German government closed the border between



east and west sectors of Berlin with barbed wire to discourage emigration to the West. The barbed wire was replaced by a 12 foot-high concrete wall eventually extending 103 miles (166 km) around the perimeter of West Berlin. The wall included electrified fences, fortifications, and guard posts. It became a notorious symbol of the Cold War. Presidents Kennedy and Reagan made notable appearances at the wall accompanied by speeches denouncing Communism. The wall was finally opened by an East German governmental decree in November 1989 and torn down by the end of 1990.

AUGUST 14, 1935 – President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65. The Social Security system also aids states in providing financial aid to dependent children, the blind and others, as well as administering a system of unemployment insurance.

AUGUST 15 – French Emperor Napoleon Bonaparte (1769-1821) was born on the island of Corsica. Originally an officer in King Louis' Army, he rose to become Emperor amid the political chaos that followed the French Revolution. He built a half-million strong Grand Army which utilized newly invented modern tactics and improvisation in battle to sweep across Europe and acquire an empire for France. However, after defeats in Russia and later by the British, he went into exile on the island of St. Helena off the coast of Africa. On May 5, 1821, he died alone on the tiny island abandoned by everyone.



AUGUST 17, 1978 – The first transatlantic balloon trip was completed by three Americans; Max Anderson, Ben Abruzzo, and Larry Newman, all from Albuquerque, New Mexico. Starting from Maine on August 11th, they traveled in Double Eagle II over 3,000 miles in 137 hours, landing about 60 miles west of Paris.

AUGUST 18, 1920 – The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

AUGUST 21, 1959 – President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.



AUGUST 26 – American inventor Lee De Forest (1873-1961) was born at Council Bluffs, Iowa. He held hundreds of patents for inventions and was also a pioneer in the creation of wireless radio broadcasting and television.

AUGUST 31, 1997 – Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being pursued by photographers. The crash occurred shortly after midnight in Paris inside a tunnel along the Seine River at the Pont de l'Alma bridge, less than a half mile north of the Eiffel Tower. Also killed in the crash were Diana's companion, Dodi Fayed, 42, and chauffeur Henri Paul. A fourth person in the car, bodyguard Trevor Rees-Jones, was seriously injured.





OBITUARIES

LORI A. (MANYAK) CYR, 49

Life long active member of Group 3 Lori A. (Manyak) Cyr, 49 of Douglas, MA passed away on Thursday, June 25 after a brief illness. She is survived by her husband of 25 years David A. Cyr; her 2 children Makenzie Cyr of Brighton, and Joshua Cyr of Douglas;



her parents Roger and Judith (Therrien) Manyak of Douglas; her in-laws Alden and Nancy (Flaa) Cyr of Worcester; her sister Christine Manyak and her spouse Joan Shea of Oxford; two brothers Gary and his wife Maria Manyak of Bolton, and John and his wife Erika Manyak of Douglas; and several nieces and nephews.

Born in Worcester, MA on January 6, 1971, she lived in Douglas most of her life. Lori worked as a Special Education Administrative Assistant at Shrewsbury High School. Previously she worked as a Secretary for the Office of Student Support Services for the Douglas Public School System as well as a legal secretary in several Law Firms including Virostek and Virostek in Douglas. A 1989 graduate of Douglas High School, she played soccer and basketball, and was a Baton Majorette in the School Band. She then furthered her education in 1991, graduating from Becker Jr. College. She was a member of the Douglas Athletic Boosters, St. Denis Church and their Catholic Women's Council.

Lori participated In many International Slets, Eastern District Volleyball tournaments and International softball tournaments. She was a past Secretary of Group 3 and was active in the group's activities and fund raisers. When her children started to participate In the International Slets she was elected as assistant Sports Director of Group 3 and was Instrumental In making sure all of the participants knew where and when their events were occurring. She loved crafting and photography, and was her family's dedicated event planner and organizer. She was a devoted mom and wife, never missing sports games and activities of her children, nieces, and nephews.

Memorial donations in Lori's memory may be made to the Lori Cyr Scholarship Fund: Unibank, 49 Church St, Whitinsville, MA 01588.

SISTER MARY GILBERT DLUHY, SS.C.M., 92

Elizabeth Helen Dluhy was born on January 10, 1928 in the back of the yards neighborhood of Chicago, IL, the daughter of Jacob and Elizabeth(Whyherek). She hailed from a well-known pioneers Chicago Sokol family active in Assembly 11. Her late brother Michael J. served in various capacities within the Supreme Assembly, including that of Supreme Physical Director. She was raised in St. Michael the Archangel Parish, the oldest Slovak parish in Chicago. She entered the Sisters of SS.Cyril and Methodius on September 15, 1945 and was received as a novice on August 13, 1946, as Sister Mary Gilbert.



Sister Mary Gilbert studied at Marywood College and DePaul University where she received her Bachelor's and Master's degrees in Education. Sister taught grades K-8 in parochial schools in the Archdiocese of Chicago, and the Dioceses of Bridgeport, Charleston, Gary, Greensburg, Harrisburg, and Scranton. A devoted student of Sacred Scripture, Sister Mary

Gilbert earned a Master's Degree in Religious Education from St. Charles Seminary in Overbook, PA. Sister then taught Religion and Social Studies at St. Cyril Academy in Danville, and Religion in Grades 9, 11 and 12 at Lebanon Catholic High School, Lebanon, PA.

At several parishes in the Diocese of Harrisburg, Sister Mary Gilbert served as Director of Religious Education: Prince of Peace in Steelton, Queen of the Most Holy Rosary in Elysburg, St. Stephen and St. Joseph in Shamokin, and St. Joseph in Danville. At St. Joseph Church in Milton, Sister was the RCIA coordinator. At St. Gregory the Great Church in Bluffton, SC, Sister was a volunteer in Pastoral Services.

Upon retirement to Maria Hall in Danville, Sister Mary Gilbert served as receptionist and engaged in the Ministry of Prayer and Hospitality. In 2016, she moved to Emmanuel Center where she embraced the Ministry of Prayer and Companion to the Elderly.

Sister Mary Gilbert's departure for heaven on Easter Sunday, April 12, 2020, was a sad and happy occasion. Sad for all those who knew her smile and laugh, and her affectionate greetings for those who visited her. Happy in that Sister Mary Gilbert could rejoice in the heavenly choirs resurrecting the Alleluias. Undoubtedly, her alto was a happy addition to the singing!

Because of the pandemic restrictions, a graveside service was held to bury Sister Mary Gilbert on April 15, and a Memorial Mass will be celebrated when her family members and friends are able to attend.

Donations in memory of Sister Mary Gilbert can be made to the Sisters of Saints Cyril and Methodius, Villa Sacred Heart, Danville, PA 17821.

SISTER CYNTHIA MARIE GAZDO, SS.C.M., 78

Patricia Anna Gazdo was born in Uniontown, PA, on February 11, 1942, the second of four children and the daughter of



Peter and Suzanna (Brinza) Gazdo. Patricia attended Holy Rosary School in Republic, PA, and completed her education at Immaculate Conception School, Middletown, PA. In 1961, she graduated from St. Cyril Academy, Danville, PA.

Patricia entered the Sisters of Saints Cyril and Methodius in Danville on September 8, 1961, was received as a novice on August 13, 1962, thereafter known to all as Sister Cynthia Marie. Sister made her first profession on August 13, 1964.

Sister Cynthia Marie performed general duties at St. Methodius Convent, Maria Joseph Manor, Maria Hall, Danville and at Villa St. Cyril, Highland Park, IL. For any duty Sister Cynthia Marie took on, she worked with dedicated effort. Long before the days of instant communication, Sister Cynthia Marie was the person who knew everything—what was in every closet, where to look for something that had gone missing, who could help with any difficulty, where anyone was at any given time of the day. She was the "go to" person at St. Methodius Convent, the Motherhouse. When her health necessitated that she assume less responsibility, Sister Cynthia Marie engaged in the Ministry of Prayer and Hospitality at Maria Hall and later Emmanuel Center.

At Emmanuel, Sister Cynthia Marie was often seated in the area in front of the nurses' desk in the 100 wing. There she radiated a contagious smile, welcoming anyone passing by or stopping to speak with her or any of the other residents there.

Residents looked forward to being positioned near her since her light-hearted disposition was entertaining and comforting to them. Sister Cynthia Marie was genuinely happy to see anyone—and generous with sharing her delight in being present to them. Sister Cynthia Marie's friends were loyal and faithful, the loving kind of people who are attracted to that same kind of faithfulness which they found in her.

Sister Cynthia Marie went home to God on April 3, 2020, at Emmanuel Center, Danville. A graveside service was held on April 7, because of the restrictions on group gatherings. A Memorial Service will be held at a later date.

Donations in memory of Sister Cynthia Marie can be made to the Sisters of Saints Cyril and Methodius, Villa Sacred Heart, Danville, PA 17821.

MARGARET A. FERRI, 91 WAS NOTED SLOVAK FRATERNALIST



Margaret A. Ferri passed away peacefully at St. Luke's Hospital in Bethlehem, PA on June 29. She was 91. A Bethlehem, PA native, she was born there September 22, 1928, daughter of the late Andrew J. and Anna(Podolan) Oravec. She is survived by her devoted husband of 67 years, John Ferri. Margaret was a 1946 graduate of Liberty High School and Bethlehem Business College. She was an active Slovak fraternalist all her life. She was a member of Slovak Catholic Sokol, Assembly 78 since childhood in Bethlehem, PA.

In addition, Margaret was an active member of the Ladies Pennsylvania Slovak Catholic Union, serving as national public relations director for 24 years. She also enjoyed membership in the First Catholic Slovak Ladies Association, and the National Slovak Society. She was active all her life at SS. Cyril and Methodius Slovak Parish in Bethlehem, now a component of the Parish of the Incarnation of the Lord.

Margaret actively promoted Slovak cultural and religious activities all her life. She was a board member of the Slovak Catholic Federation and was president of the Federation's Cardinal Jozef Tomko Chapter. She and her husband John worked as a team effort in numerous charitable organizations. In 2009, at the 57th national convention of the Slovak Catholic Federation, she and John received the Papal distinction, "Pro Ecclesia et Pontifice" (for the Church and the Pontiff) in recognition of their team efforts in numerous Catholic and Slovak activities. Margaret's greatest source of pride however were her children, grandchildren and great-grandchildren.

Family, friends and fellow Slovak fraternalists paid their final respects to Margaret at the Connell Funeral Home on July 2. A Mass of Christian burial was celebrated in Incarnation of the Lord Church in Bethlehem on July 3. Internment followed at Holy Saviour Cemetery.

In addition to her husband, John, she is survived by two sons, John and Andrew, a daughter, Patricia Ann and grandchildren, Angelina Ferri, Nicole Ferri, Victoriana, Jenna, Jace and Tate Kienzle and three great-grandchildren, Carmella, Luca and Salvatore San Severino and several nieces and nephews. In addition to her parents, she was predeceased by a sister, Ann Haass and two brothers, Joseph and Pfc. John J. Oravec, who was killed in Luzon in World War II.

May our Sister Margaret, who so beautifully mirrored our faith traditions as well as the high ideals of the fraternal benefit system, now rest in peace. She will be sorely missed.

In Memoriam

JUNE 2020

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 9	William Tall, Shelton, CT	89	April 10, 2020
Assembly 11	Joseph Hrebenak, Westmont, IL	71	July 10, 2019
Assembly 16	Thomas M. Krausslach, Pittsburgh, PA	64	June, 2020
Assembly 36	Theresa Gardella, Sterling Heights, MI	88	June 5, 2020
Assembly 59	Bernard Hvozdic, Kendall Park, NJ	82	April 18, 2020
Assembly 59	William G. Brace, Wilkes Barre, PA	75	May 13, 2020
Assembly 59	Joseph G. Horny, White-Haven, PA	89	June 17, 2020
Assembly 78	Dorothy Hudock, Hellertown, PA	92	June 16, 2020
Assembly 78	Michael Karapcik, Turnersville, NJ	84	February 17, 2020
Assembly 78	Elizabeth Chladny, Bethlehem, PA	94	April 19, 2020
Assembly 79	Alyosius J. Talko, Cambria, PA	74	June 7, 2020
Assembly 86	Samuel Valenti, Exeter, PA	85	June 23, 2020
Assembly 108	James Harold Buck, Canfield, OH	82	June 27, 2020
Assembly 162	George A. Brincka, Hawthorn, NJ	80	April 24, 2020
Assembly 162	Anne M. Zayacz, Franklin, NJ	98	May 3, 2020
Assembly 188	Jeffrey Michael Matyas, Hazleton, PA	45	April 9, 2020
Assembly 188	John Rada, Schuylkill Haven, PA	94	June 1, 2020
Assembly 188	Elizabeth Sabadish, Branchdale, PA	92	June 12, 2020
Assembly 188	Alexandra M. Hadzick, Freeland, PA	73	June 29, 2020
Assembly 261	Method P. Grega, The Villages, FL	73	May 28, 2020
Assembly 312	Joan Yankitis, Linden, NJ	85	May 16, 2020
Wreath 3	Steve Labun, Feeding Hills, MA	93	May 10, 2020
Wreath 11	Irma J. Nicholas, Gloversville, NY	86	March 5, 2019
Wreath 13	Agnes Masnica, Philadelphia, PA	92	September 2, 2013
Wreath 15	Edward A. Puskar, Pittsburgh, PA	94	June 23, 2020
Wreath 39	Katherine Carbone, Naugatuck, CT	92	February 17, 2020
Wreath 39	Mary Margaret Skibek, Monroe, CT	93	June 4, 2020
Wreath 54	Irene Papas, Niles, OH	95	March 8, 2020
Wreath 54	Mary C. Yuhasz, New Middletown, OH	98	June 8, 2020
Wreath 81	Jason J. Pustek, Bremerton, WA	64	February 2, 2017
Wreath 81	Margaret B. Springer, Carmel, IN	97	May 28, 2020
Wreath 81	Bessie Marshall, Victorville, CA	95	May 29, 2020
Wreath 93	Chia Xiong Yang, Fond Du Lac, WI	60	May 10, 2020
Wreath 147	Sophie M. Wajda, Wilkes Barre, PA	86	May 12, 2020

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.

SEMINARIAN GRANT AVAILABLE

Our Supreme Chaplain, Rev. Andrew S. Hvozdic is pleased to announce that a \$500 scholarship grant is available to any member studying for the priesthood. The applicant who will be in the second or third year of theology in the fall of 2020 may apply. For an application write: Rev. Andrew S. Hvozdic, 304 South Elmer Ave., Sayre, PA 18840.

SLOVENSKÁ EKONOMIKA PADNE O 9 PERCENT

Slovenské hospodárstvo by sa podľa aktuálnych odhadov bankových analytikov malo v tomto roku prepadnúť o 8,8 %. Vyplyva to z júnového kola pravidelného prieskumu Národnej banky Slovenska (NBS) medzi analytikmi komerčných bánk.

V samotnom druhom štvrtroku sa pritom podľa analytikov slovenské hospodárstvo prepade až o 14,2 %. Ide o priemerný odhad, keď sa ich prognózy pohybovali v rozpätí prepadu o 18,2 % až 9,9 %.

Bankovní analytici tak oproti máju o niečo zhoršili svoj odhad tohtoročného vývoja hospodárstva, keď pred mesiacom predpovedali medziročný prepád hrubého domáceho produktu o 8,3 %. Ich odhad je však stále o niečo miernejší, ako napríklad prognóza rezortu financií, ktorý aktuálne počíta s tohtoročným poklesom ekonomiky o takmer 10 %. Oživenie očakávajú už v budúcom roku, kedy predpokladajú v priemere rast hospodárstva o 6,9 %, čo však znamená zmiernenie odhadu oproti máju o 0,3 percentuálneho bodu.

Negatívny vývoj hospodárstva by sa pritom v tomto roku mal podpísať pod nárast úrovne nezamestnanosti na 8,8 % a rast nominálnych miezd by mal spomaliť iba na 1,2 %. Pri odhadovanej 1,9-percentnej harmonizovanej inflácii by tak reálne platy mali dokonca v tomto roku klesnúť. Mierne oživenie však možno očakávať v budúcom roku aj v týchto ukazovateľoch. Miera nezamestnanosti sa podľa aktuálnych odhadov analytikov v budúcom roku zníži na 8,2 % a nominálne mzdy porastú o 3,6 %. Rast cien by mal spomaliť na 1,3 %.

NITRIANSKI COLNÍCI ZACHYTILI 1,5 TONY DROG DOVÁŽANÝCH Z MEXIKA

Príslušníci finančnej správy z Colného úradu Nitra zabránili, aby sa na čierny trh dostalo 1,5 tony drog. Prípád záchytu drog, aký na Slovensku nemá obdoby, postúpila z hľadiska vecnej príslušnosti finančná správa polícii, informovala hovorkyňa finančnej správy Ivana Skokanová.

Príslušníci finančnej správy z Colného úradu Nitra kontrolovali dve kovové nádrže na kvapaliny, ktorých prepravu identifikovali ako rizikovú colnú operáciu.

“Zásielka totiž prišla po známej drogovej trase z Mexika. Tovar bol prepravovaný v režime tranzit z Mexika cez chorvátsky prístav s cieľom preclíť ho na Slovensku, odkiaľ by sa už mohol voľne pohybovať v celej Európskej únii,” skonštatovala Skokanová.

Príslušníci finančnej správy preto vykonali všetky procesné úkony vrátane dôkladnej colnej kontroly tovaru.

Pri colnej kontrole využili viaceré technické prostriedky vrátane mobilného skenovacieho zariadenia a žeriava na manipuláciu s nadrozmerným nákladom. Pomohol aj služobný pes finančnej správy Hutch so svojím psovodom.

“Práve vďaka nemu identifikovali podozrenie, že v nádrži sa nachádza nelegálne prepravovaný tovar, čo sa aj kontrolou potvrdilo,” potvrdila Skokanová.

Príslušníci finančnej správy navštívili do spodnej časti nádrže diery, vďaka ktorým objavili veľké množstvo bielej kryštalickej látky ukrytej pozdĺž spodnej časti kovovej nádrže.

Prvotný rozbor poukázal na metamfetamín (pervitín). Hodnota látky dosahuje 300 miliónov eur, v prípade jednorazových užívateľských dávok odhadom až hodnotu dvoch miliárd eur.

DOBŠINSKÁ ĽADOVÁ JASKYŇA SLÁVI 150 ROKOV OD OBJAVENIA



V 15. júna uplynulo 150 rokov od objavenia Dobšinskej ľadovej jaskyne, ktorá patrí k najväčším v Európe a medzi najvýznamnejšie ľadové jaskyne na svete. Vďaka svojmu významu a unikátnej výzdobe bola v roku 200 zaradená do Zoznamu svetového dedičstva UNESCO.

Od roku 2000 je zaradená do svetového prírodného dedičstva.

Otvor na severnom svahu vrchu Duča pri Slovenskom raji nazývali kedysi ľadová diera. Ľad, ktorý ho čiastočne vyplňal, využívali miestni napríklad na chladenie jedla. Dlhो nik nevedel, čo diera ukrýva. Toto tajomstvo priťahovalo Eugena Ruffínyho, ktorý túžil objavovať neznáme podzemné priestory. V lete v roku 1869 sa k otvoru vydal spolu s priateľom Gustávom Langom. Keď doň hodili kameň, počuli, ako sa odráža. Lang následne dnu strelil z pušky, čo spôsobilo dutú ozvenu. Zdalo sa, že vrch ukrýva veľké priestory. Rozhodli sa, že ich preskúmajú.

K ľadovej diere sa obaja spolu s ďalšími spoločníkmi vrátili 15. júna 1870, kedy zostúpili do podzemia. E. Ruffínyho sprevádzal G. Lang, A. Mega a F. Fehér.

Zásluhou mesta Dobšiná jaskyňu sprístupnili už v roku 1871. Pokusy s jej elektrickým osvetlením sa začali v roku 1881. Riadne elektrické osvetlenie zaviedli v roku 1887. Dobšinská ľadová jaskyňa patrí medzi prvé elektricky osvetlené jaskyne na svete.

ZAÚJÍMAVOSTI O JASKYNI

- Do jaskyne pred 150 rokmi po prvýkrát vstúpil Eugen Ruffíny.
- Odhadovaný objem ľadu je 110-tisíc kubických metrov.
- Priemerná hrúbka ľadu je trinásť metrov.
- Najväčšia hrúbka ľadu je vo Veľkej sieni, dosahuje 26,5 metra.
- Počas roka sa teplota v základnenej Veľkej sieni pohybuje od mínus 3,9 stupňa Celzia do plus 0,2 stupňa Celzia.
- Zrútenie chodieb medzi Dobšinskou a Stratenskou jaskyňou pravdepodobne v štvrtohorách umožnilo vznik podmienok pre zaľadnenie.
- V jaskyni objavili dvanásť druhov netopierov.
- Svojou dĺžkou (1 232 m) a hĺbkou (112 m) patrí k najväčším ľadovým jaskyniam v Európe.

ŠEŠŤ DÔVODOV PREČO JEŠŤ ČUČORIEDKY

Čučoriedky sú plné vitamínov a navyše sú chutné. Obsahujú veľa prírodných farbív, obzvlášť zaujímavý je myrtilín. Neutralizuje najmä voľné radikály, ktoré zohrávajú dôležitú úlohu pri vývoji procesov starnutia. Značný podiel vitamínov A, C a E v čučoriedkach tiež podporuje účinok ochrany buniek.



Myrtilín, takzvaný antokyanín, zlepšuje aj elasticitu krvných ciev, spôsobuje riedenie krvi a preventívne pôsobí na kardiovaskulárne ochorenia. Predovšetkým v divokých čučoriedkach sa vyskytuje veľké množstvo trieslovín, ktoré pomáhajú pečeni pri rozklade škodlivých látok a tým podporujú detoxikáciu.

Rastlinné látky prítomné v čučoriedkach tlmia rast baktérií a vírusov. Napríklad v prípade hnačky môžu chrániť postihnutú sliznicu v čreve a posilňovať imunitný systém.

Čučoriedky obsahujú značné množstvo rozpustnej balastnej látky pektín. Tá stimuluje nielen trávenie, ale okrem iného viaže v čreve tuk a týmto spôsobom pomáha znižovať zvýšené hladiny cholesterolu.

S takmer 1 miligramom železa síce čučoriedky nepatria k hlavným dodávateľom tohto minerálu. Ale vďaka kombinácii s približne 22 miligramami vitamínu C na 100 gramov účinne podporujú tvorbu krvi a transport kyslíka v krvi.

KOLKO MINÚT DENNE SA MUSÍTE HÝBAŤ, AK SEDÍTE 8 HODÍN ZA POČÍTAČOM?

Dlhé hodiny sedenia za počítačom prinášajú telu množstvo nepríjemností. Od bolesti chrbtice cez skrútené šlachy až po obezitu a s ňou súvisiace mnohé ochorenia. To všetko následne znižuje kvalitu života. Ak chceme z hľadiska zdravia kompenzovať osemhodinové sedenie, musíme začať robiť pre naše telo premyslené kroky. Nie občas, ale každý deň.

Ľudia so sedavým zamestnaním by sa mali aktívne denne hýbať minimálne hodinu. Ukázala to štúdia „Norwegian School of Sports Science“ so sídlom v Oslo. Pod hodinou nie je myslené nevyhnutne intenzívne športovanie v trvaní hodiny – ide o stálu, 60-minút trvajúcu pohybovú aktivitu ako napríklad svižnú chôdzu či jazdu na bicykli. Dôležité je, aby sa zvýšila tepová frekvencia, čím povzbudíme naše srdce.

ACH, TÁ NAŠA SLOVENČINA!

Chutný a **vegánsky** tip, pod ktorý sa podpísal **zero waste** kuchár Anton Meszároš. Ide o **vegánske glaze** pripravené zo zemiakových šupiek. - *pravda.sk*

V takomto prípade radšej ostaňte **single**! - *pravda.sk*

Ak **developerovi** nepredjú na Lokomotíve bytovky, navrhuje **nonstop skatepark**... - *sme.sk*

Najviac kritiky a **hejtov** si uštedria ženy navzájom... - *diva.sk*

Pozor na letné **drinky**... - *pravda.sk*

Toto sú 3 **TOP** trendy leta! - *diva.sk*

...prináša tiež mnoho psychologických **benefitov** a **redukuje** stres. - *pravda.sk*

KRÁTKE SPRÁVY ZO SLOVENSKA



Úrad pre Slovákov žijúcich v zahraničí bude mať nového predsedu. Na základe žiadosti doterajšieho šéfa úradu Jána Varša ho vláda na rokovaní 30. júna odvolala z postu. Varšo požiadal o uvoľnenie z funkcie listom 22. júna, na čele úradu stál od októbra 2015. Úrad pre Slovákov žijúcich v zahraničí zabezpečuje v súčinnosti s ministerstvom zahraničných vecí a európskych záležitostí výkon štátnej politiky vo vzťahu k Slovákom žijúcim v zahraničí a štátnu podporu krajanov. Koordinuje a zabezpečuje tiež v rámci informačného systému dokumentačnú činnosť o krajaňských komunitách.

Ministerstvo obrany Slovenskej republiky vybuduje v priestoroch Brigády riadenia vzdušných operácií vo Zvolene nové operačné centrum. Vojaci z neho budú nepretržite kontrolovať a ochraňovať slovenský vzdušný priestor. Časť financií na výstavbu vo výške 1,4 milióna eur sa rezortu obrany podarilo získať cez projekt Program bezpečnostných investícií NATO (NSIP). Slovenský projekt získal v rámci programu najväčší podiel financií spomedzi všetkých krajín. Budova bude súčasťou väčšieho projektu, ktorý vo všetkých krajinách Aliancie zavádza nový systém velenia a riadenia vzdušných síl NATO.

Ceny bytov a rodinných domov na Slovensku v prvom kvartáli medziročne stúpili o 13,1 %, čo bolo v rámci krajín Európskej únie druhé najrýchlejšie tempo po Luxembursku (14 %). Po Slovensku nasledovali Estónsko (11,5 %), Poľsko (11,3 %) a Portugalsko (10,3 %). Medziročne ceny obytných nehnuteľností klesli iba v Maďarsku (-1,2%). Vyplýva to z informácií, ktoré v stredu zverejnil štatistický úrad EÚ Eurostat.

Počet poberateľov dávky v nezamestnanosti v júni oproti máju tohto roka narástol o takmer 14 tisíc. Kým v máji 2020 dávku poberalo 50 132 nezamestnaných, v júni to už bolo 64 111 nezamestnaných. Je to najvyšší počet poberateľov dávky v nezamestnanosti mesačne od roku 2004. Nárast počtu poistencov s dávkou v nezamestnanosti je zreteľný aj pri porovnaní rovnakého obdobia v predošlých rokoch. V júni 2019 využilo podporu v nezamestnanosti 35 271 poistencov a rok predtým ich bolo 32 566.

Pokuta až do 5000 eur bude hroziť tomu, kto sa po príchode na Slovensko z rizikových krajín nenahlási hygienikom a lekárom a nepodstúpi päťdňovú domácu izoláciu, kým ho neotestujú koronatestom. Vyššie sankcie sú súčasťou návrhu, ktorý štátu umožní prístup k mobilným číslam ľudí, ktorí na Slovensko pricestovali zo zahraničia. Hygienici budú môcť takto narušiť súkromie v núdzovom stave alebo počas mimoriadnej situácie, ktorá na Slovensku trvá od polovice marca. Prichádzajúci majú tiež dostať varovnú SMS správu o tom, že majú ísť do domácej karantény. Najskôr ju majú dostať všetci navrátilci, neskôr už len tí, čo prišli z tzv. červených krajín. Po príchode z menej rizikových, tzv. zelených krajín neplatia žiadne obmedzenia. Po príchode z rizikových, tzv. červených krajín platí povinnosť ísť do domácej karantény a nahlásiť sa lekárovi a regionálnemu úradu verejného zdravotníctva. Na piaty alebo šiesty deň hygienici navrátilca otestujú. V prípade negatívneho výsledku testu sa karanténa končí.



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VANTAGE 2	2.25%	1.00%
VANTAGE 3	YEAR 1 2.40%	1.00%
	YEAR 2 2.50%	1.00%
	YEAR 3 2.60%	1.00%
VANTAGE 5	3.00%	2.00%
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