

Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLÍCKY SOKOL

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NUMBER 5147

HAPPY
NEW YEAR!

Message from our Supreme President

Michael J. Horvath

Šastný Nový Rok 2021! I wish to extend Happy New Year greetings to all our Slovak Catholic Sokol members and friends.



Each year we look toward the New Year as the time that we can make new resolutions that will improve our lives. I believe all of us will do the same this year. However, the resolutions will be much different from the ones we made last year.

Our 2020 resolutions and plans were made with a lot of promise as we made plans for ourselves, family and businesses. All these plans had positive intentions to them whether it was to plan family vacations, once in a lifetime trips, personal endeavors or the just the mundane, I will do, this, this year. Or like for our Society, the Slovak Catholic Sokol 74th International Bowling Tournament was all set as was the 65th International Golf Tournament and so was the Clinic, Kurz, to prepare for the 50th Slet. The plans for the 50th Slet were also being finalized and beginning to take shape for a wonderful and exciting celebration. We were all planning a future of fraternalism, joy, happiness and celebration.

Then in mid-February 2020 all that changed and most of all our hopes and plans were halted and melted away due to COVID-19. Then we witnessed the destruction and sadness it created during the year. All of us either changed our plans or COVID-19 did it for us. Not knowing how it would affect our lives we took precautions, which many of us followed, since we found out COVID-19 was deadly and taking lives, some of them were our relatives and friends. As a Society that brings members together for fraternal activities, it too had to cancel its 2020 activities as to protect the lives of our members. This decision was not easy to make and was disappointing to the Society, the

officers and members.

In place of our traditional in-person fraternal activities, the Supreme Physical Fitness Board came up with virtual activities to keep our membership engaged in 2020. These activities were coordinated by Supreme Physical Fitness Directress, Katie Swift, from her home base in Stuttgart, Germany, where she resides with her husband, Lieutenant Colonel, Nathan Swift, USMC, and their three children. Thank You to Katie and the rest of the Supreme Physical Fitness Board for all they did this year for the members. And there were some who questioned whether it could be done, Sokol strong and proud.

One positive note to 2020 was that it was a good year for business, The Society hit a financial milestone when it reached \$100,000,000 in investments, On December 31, 2019 its investment portfolio was \$92,325,325 and on November 30, 2020 the investments were \$106,478,674 for an increase of \$14,153,349. I ask all members to keep this trend going in 2021 and sign up or recommend new members this year. We can make this year even better than 2020 it just takes a little effort by all of us. But we can do it.

The 2020 door is closed, locked and the key thrown away forever. Historians will write what 2020 was and did and we cannot change any of it. So, the only thing that is left for us to do is to move forward with enthusiasm and a positive attitude and make plans and resolutions for a brighter and a much happier 2021 even though COVID-19 will still be with us in some way and still controlling our lives.

Let New Year 2021 begin and be the year that brings us back to reality, kindness, respect, and especially faith in God and the believe in the abilities He has given to mankind.

May all be blessed this year with happiness, joy, and good health. Happy New Year 2021!

With God's Blessing to All! And stay safe and healthy.

Zdar Boh!

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From the desk of the Supreme Secretary

TOGETHER

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



Therefore encourage one another and build one another up, just as you are doing. 1 Thessalonians 5:11

Happy New Year from the Home Office here in Passaic, NJ! I hope everyone had a wonderful Christmas Holiday during this unorthodox time. While this year was "different", I still hope that our members were able to continue with many of their Christmas traditions.



As many of our members know, this January 1st issue is usually reserved for our Annual Review Book, the amazing pictorial that highlights our Organization's wonderful fraternal events over the past year. As a fraternal benefit society with a strong background in sports-related activities, we take great pride in the various events held throughout the year that continue to attract participants from all parts of the United States and Canada. Unfortunately, Covid-19 had different plans for us this year. We were not able to meet in-person, but we did our very best to "make lemonade" and tried to keep our members engaged through virtual events. A huge thank you to our Physical Fitness Board, especially our Supreme Physical Directress, Katie Swift, for their efforts during this difficult time.

As we continue to try to stay positive, the year 2021 will bring us many challenges as well. Unfortunately, we had to make the tough decision to postpone our 50th International Slet that was scheduled for July 2021. As we hope that life will be back to somewhat normal in seven months, the unknown is what we cannot plan for. The safety of our youth is paramount and with Groups not being able to practice and train for the foreseeable future, the Board thought it

was best to postpone the International Slet until July 2022 in Kutztown, PA. Our primary goals are for everyone to be safe and for our 50th International Slet to be the best it can be without any constraints. The Board has not made any other decisions regarding our 2021 fraternal calendar, but we will keep the membership continuously updated on any changes.

As we begin our 116th year of service, we look forward to giving future generations the opportunity to enjoy all the fraternal benefits the Slovak Catholic Sokol has to offer. But as everything we do as a family; we need to do it together! I urge all our members to look to your family and friends for possible membership to the Slovak Catholic Sokol. If all our members referred just one person in 2021, the impact would be incredible. Our Drive to 50 Campaign allows you that opportunity. You can find the referral card on our homepage, www.slovakcatholicssokol.org. Not only will you be helping your Society, but you will be helping your Group defray costs associated with our future fraternal events. If you have any questions, please contact our Director of Sales, Albert J. Suess, F.I.C. at sales@scslife.org, or contact me at the Home Office at scott@slovakcatholicssokol.org, and we would be glad to assist you.

Finally, I urge all our members to stay diligent in fighting this virus. The light is becoming more visible at the end of the tunnel as vaccines have been approved and distribution is well under way. Just like everything we have been through and will go through, we need to do it **TOGETHER!**

On behalf of my beautiful wife Maggie, my sons, Reid and Cole, and our entire family, I extend warm wishes to all our members for a happy and prosperous New Year!

Until next time, stay strong, stay safe, and **STAY POSITIVE!** Zdar Boh!



50TH INTERNATIONAL SLET POSTPONED

The Board of Directors agreed with the recommendation of the Physical Fitness Board to postpone the 50th International Slet due to the recent resurgence of the COVID-19 virus. The Slovak Catholic Sokol leaders anticipate increased participation at the historic Slet and want everyone in attendance to feel safe. The 50th International Slet will be held in July 2022 at Kutztown University. – **James Matton, Supreme Director of Sports and Athletics**

SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the Slovak Catholic Falcon will be that of **FEBRUARY 1, 2021**. **DEADLINE** for all photos and information for this issue will be **JANUARY 22, 2021**.

JOIN THE WALKING PROGRAM TODAY!

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

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

slovakcatholicssokol.org

and selecting the link

"**New Sokol Wear**".

Clothing items will be shipped directly to your door!

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/>



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

POPE DECLARES YEAR OF ST. JOSEPH, OFFERING SPECIAL INDULGENCES

Pope Francis issued a decree launching a special year dedicated to St. Joseph coinciding with the anniversary of his declaration as Patron of the Catholic Church, hailing him as a model of fatherhood and a key intercessor in modern times.

Published December 8, 2020 on the 150th anniversary of *Quemadmodum Deus* by Pope Pius IX which declared St. Joseph patron of the Catholic Church, the decree formally instituted a year for St. Joseph, which will run until December 8, 2021.



The document, signed by the head of the Vatican's Apostolic Penitentiary, Cardinal Mauro Piacenza, said the year would be an opportunity for the faithful to follow St. Joseph's example and "daily strengthen their life of faith in full fulfillment of God's will."

"All faithful will thus have the opportunity to commit themselves, with the help of St. Joseph, head of the heavenly Family of Nazareth, comfort and relief from the serious human and social tribulations which today afflict the contemporary world," it said.

The decree outlined several instances in which the faithful will be able to obtain a plenary indulgence in relation to the Year of St. Joseph, provided they meet the usual conditions of going to confession, receiving the Eucharist, and praying for the intentions of the pope.

According to the document, a plenary indulgence will be available under these conditions:

To those who meditate on the Our Father prayer for at least 30 minutes or take part in a spiritual retreat of at least one day that includes a meditation on St. Joseph

To those who perform a corporal or spiritual work of mercy

To families or engaged couples who recite the rosary together

To those who entrust their daily work to St. Joseph and those who ask St. Joseph to intercede for the unemployed

To those who recite a prayer to St. Joseph (the litanies of St. Joseph in Latin rite, or Akathistos to St. Joseph in the Byzantine rite, or any other prayer to St. Joseph) for the relief of Christians persecuted both inside and outside of the Church

To faithful who recite "any legitimately approved prayer or act of piety in honor of St. Joseph," with an encouragement to do so on the March 19 and May 1 feasts of St. Joseph, the Feast of the Holy Family of Jesus, Mary and Joseph, the Byzantine celebration of St. Joseph's Sunday, and on the 19th of every month and on every Wednesday, which has been dedicated to St. Joseph in the Latin rite

To the elderly, sick, dying and those legitimately unable to leave the house, who recite an act of piety to St. Joseph under his title of Comfort of the Sick and Patron of a happy death, provided they offer their discomfort to God and fulfill the conditions for the indulgence "as soon as possible"

Through his faith, Joseph, the pope said, teaches that God can work "even through our fears, our frailties, and our weaknesses...that amid the tempests of life, we must never be afraid to let the Lord steer our course. At times, we want to be in complete control, yet God always sees the bigger picture."

Referring to Joseph's acceptance of Mary despite her surprise pregnancy, whereas the law would have condemned her, Francis said Joseph's "nobility" in this act is seen in the fact that "what he learned from the law he made dependent on charity."

"Today, in our world where psychological, verbal, and physical violence towards women is so evident, Joseph appears as the figure of a respectful and sensitive man. Even though he does not understand the bigger picture, he decides to protect Mary's good name, her dignity and her life."

Francis pointed to St. Joseph's reaction to the unexpected twists and turns of his life, noting that while most people's reaction would be "disappointment and rebellion" when things do not go as planned, Joseph embraced them.

"Unless we are reconciled with our own history, we will be unable to take a single step forward, for we will always remain hostage to our expectations and the disappointments that follow," he said, adding, "We need to set aside all anger and disappointment, and to embrace the way things are, even when they do not turn out as we wish. Not with mere resignation but with hope and courage."

By doing this, he said, "our lives can be miraculously reborn if we find the courage to live them in accordance with the Gospel. It does not matter if everything seems to have gone wrong or some things can no longer be fixed. God can make flowers spring up from stony ground."

NANCY FEDOR OF GROUP 7 HONORED AS OUR 2020 FRATERNALIST OF THE YEAR

Long-time fraternal activist, Nancy J. Fedor of Hudson, PA was honored as our 2020 Slovak Catholic Sokol Fraternalist of the Year. Nancy was honored during an evening celebration held at the North End Slovak Citizens Club in

Wilkes-Barre, PA on Wednesday, December 9.

Nancy J. Fedor is a native of Wilkes-Barre, PA. She was raised and was active for many years in the former Sacred Heart of Jesus Slovak Parish. She

was enrolled as a member of Assembly 59 of the Slovak Catholic Sokol in Wilkes-Barre. She has participated in many fraternal, social and athletic activities of her local lodge as well as with in Group 7, "Rev. Joseph Murgas." She has also been active in the work of the North End Slovak Citizens Club in Wilkes-Barre where she was recently honored as the club's first female Person of the Year. She also enjoys membership in the First Catholic Slovak Ladies Association.

The inscription on the plaque presented to Sister Fedor reads: "Slovak Catholic Sokol 2020 Fraternalist of the Year Award to Nancy J. Fedor for her life-long commitment to the high ideals of Sokol fraternalism, Wilkes-Barre, PA, December 2020."

Sister Nancy's many friends and admirers throughout our organization extend best wishes to her on this well-deserved honor.



Supreme President Michael J. Horvath presented the 2020 Fraternalist of the Year plaque along with a check for \$200 as a small token of gratitude for her years of fraternal activity. In the photo, Supreme President Michael J. Horvath, far right, presents Sister Fedor with the 2020 Fraternalist of the Year plaque along with a check for \$200.00. Looking on are members of her family, including, l-r. Clarence Ozgo, granddaughter Olivia and grandson, Daniel, and daughters Denise Balas and Renee Pizzella-Balas.



Officers of Group 7 "Rev. Joseph Murgas" are shown above during the presentation of the 2020 Slovak Catholic Sokol Fraternalist of the Year plaque and gift to Nancy Fedor. On the photo from the left, Kelly Palchanis, Physical Directress; Tony Rasmus, Auditor; honoree Nancy Fedor, Gary Blasco, Auditor; Group 7 President Amy Degnan Blasco, Supreme President Michael J. Horvath and Member of the Physical Fitness Board, Heather Horvath.



SOKOL EVENTS JANUARY

The Supreme Physical Fitness Board is working hard and planning different virtual events. We hope everyone will participate! If you have an idea or would like to 'host' an event, please contact me on Facebook!!

Katie Swift

Supreme Assistant Physical Directress

JANUARY 8
5:00 P.M. HAPPY HOUR
VIA ZOOM



JANUARY 29
MUSICAL KONCERT

JANUARY 15 - 18
SPFB MEETING



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 CAMPAIGN. 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 members 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 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: _____

Address: _____

Phone: ____ - ____ - ____ Email: _____

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

Name: _____ Phone: ____ - ____ - ____

Interest:☐ Life Insurance☐ Annuity

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

\$63,000 in S.C.S. Scholarship Grants Available to Eligible Members in 2021

by Edward D. Moeller, *Supreme Vice President*

We are pleased to announce that the Slovak Catholic Sokol will make available a total of \$63,000 in **scholarship grants** to eligible members in 2021. Previous recipients of Slovak Catholic Sokol scholarship grants may reapply for a 2021 grant; however, per



Convention mandate - a student may receive a maximum of two (2) Slovak Catholic Sokol scholarship grant awards in each category.

A total of 30 Slovak Catholic Sokol college grants of \$1,000 each, two Theodore and Mary Jane Rich Memorial Scholarships one for a male and female in the amount of \$2,000 each, two Emil Slavik Memorial Scholarships one for a male and female in the amount of \$2,000 each, one The Doctors' Lesko Medical

Memorial Scholarship in the amount of \$1,000, one Krista L. Glugosh Memorial Scholarship in the amount of \$1,000, one Yencha Scholarship in the amount of \$1,000 and three Slovak Catholic Sokol (SCS) Memorial Scholarship in the amount of \$1,000.

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

College scholarship eligibility requirements:

Slovak Catholic Sokol (a total of 30, \$1,000 grants will be awarded)

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

Theodore and Mary Jane Rich (one male and one female grant in the amount of \$2,000 will be awarded)

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

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

- Same requirements as for SCS scholarship AND
- Both parents must be members of the Slovak Catholic Sokol
- Must be majoring in liberal arts, the sciences, pre-law, pre-medical or business curriculum.

The Doctors' Lesko Medical Memorial Scholarship (1 grant in the amount of \$1,000 will be awarded)

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

Krista L. Glugosh Memorial Scholarship (1 grant in the amount of \$1,000 will be awarded)

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

Yencha Scholarship (1 grant in the amount of \$1,000 will be awarded)

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

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

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

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

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

Edward D. Moeller, Supreme Vice-President
Chairperson of the Scholarship Committee
vp@slovakcatholicsokol.org
(412)881-3506

Deadline for submission of all scholarship applications is March 31, 2021

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

SLOVAK CATHOLIC SOKOL COLLEGE SCHOLARSHIP – TIPS FOR SUCCESS

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

You will find the on-line application on our website at www.slovak-catholicsokol.org beginning December 1, 2020.

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

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

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

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

1. Answer all questions on the application.

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

2. Include all requirements for the application- i.e. photo; transcript; essay

Start the process for requesting your transcript NOW. I have found that sometimes this is the hold up for some applicants.

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

3. Submit all required elements prior to the deadline.

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

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

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

Not every applicant receives a scholarship every time they apply. If you have not received one in the past, I encourage you to apply again this year. Before submitting your application- take some time to review the bullet points above in order to assure that your application will be included for consideration.

Good luck and Zdar Boh!

Edward D. Moeller
Supreme Vice President
Chairperson of the Scholarship Committee

PRESIDENT CAPUTOVA RECEIVED BY POPE FRANCIS



Pope Francis receives Slovak President Zuzana Caputova in the Vatican on December 14, 2020. (Photo: Slovak President's Office)

Slovak President Zuzana Caputova was received on Monday by Pope Francis, who told her to convey a message to the people in Slovakia that they should fight and hold out in the face of the coronavirus.

Caputova told the media after the meeting that she invited the Pope to Slovakia and he accepted the invitation, but noted that much will depend on the situation in the world, including the pandemic and his own health.

According to Caputova, the pontiff said that “nothing remains the same after any crisis ... so it's important that we all work together on uniting the world, in order to be able to face challenges”.

The Pope allegedly spoke about a specific role of women in crises. “He literally said that women are closer to life through motherhood, so they may be able to play a more significant role in calming the situation down and uniting the world and countries,” said Caputova.

The Slovak president brought to Francis four big Advent wreaths produced in a sheltered workshop by people from a disadvantaged environment. The candles were made from recycled materials, as the issue of climate change is also pursued by the Pope. Caputova also gave him an image of Our Lady. Apart from that, she brought 10,000 PCR tests for coronavirus.

“The Pope and the Holy See also care for the homeless people and they run a hospital where they treat them. So, this was a contribution for them in these difficult times,” said Caputova.

– TASR

PANDEMIC COMMISSION ADOPTS COVID VACCINATION STRATEGY FOR SLOVAKIA

The Slovak Government's Pandemic Commission adopted a strategy of vaccination against COVID-19, with a goal to see 65 percent of the population vaccinated, said infectious disease expert Pavol Jarcuska. The inoculation, concerning people aged 18 and more, will be carried out in four waves.

The first wave should include medical staff and workers in old people's homes but also, for example, police officers, soldiers and critical infrastructure workers. The second wave will involve the vaccination of people over 65 and chronically ill people. In the third wave, people from marginalized Roma communities, homeless people, asylum seekers as well as, for example, teachers will be vaccinated. Only persons over the age of 18 who are interested in vaccination should be vaccinated in the fourth wave.

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

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

ELIGIBILITY

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

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

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

APPLICATION

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

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

This application must be **received** on or before, **March 31, 2021** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @

www.slovakcatholicsokol.org

DISQUALIFICATION

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

ACKNOWLEDGMENT

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

RETURN OF GRANT

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



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

Group # _____ Assembly/Wreath # _____ Name _____

Address _____ City _____

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

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

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

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

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

Father's name _____ Are you a member? _____

Mother's name _____ Are you a member? _____

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

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

Are you a previous Slovak Catholic Sokol Scholarship Recipient? _____

(yes/no)

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

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

I, _____
(Principal's signature)

Principal of _____
(Name of School)

Catholic High School, verify that _____

(Name of student)
is a student at the above school and will be attending _____ Grade in the 2021-2022 school year.

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

**DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2021. Return completed application to:
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055**

SLOVAK CATHOLIC SOKOL CATHOLIC GRADE SCHOOL GRANTS

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

ELIGIBILITY

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

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

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

APPLICATION

This application must be **received** on or before, **March 31, 2021** with a clear, small (2"x3" wallet size) head and shoulders photograph.

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

DISQUALIFICATION

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

ACKNOWLEDGMENT

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

RETURN OF GRANT

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

SLOVAK CATHOLIC SOKOL CATHOLIC GRADE SCHOOL GRANT APPLICATION

Group # _____ Assembly/Wreath # _____ Name _____

Address _____ City _____

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

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

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

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

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

Father's name _____ Are you a member? _____

Mother's name _____ Are you a member? _____

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

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

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

If yes, what year? _____

School verification (to be completed by Grade School Principal)

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

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

is a student at the above school and will be attending _____ Grade in the 2020-2021 school year.

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

DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2021. Return completed application to:
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055

FACTS ABOUT COVID-19 VACCINES

Now that there is an authorized and recommended COVID-19 vaccine in the United States, accurate vaccine information is critical.

FACT: COVID-19 vaccines will not give you COVID-19

None of the COVID-19 vaccines currently in development in the United States use the live virus that causes COVID-19. There are several different types of vaccines in development. However, the goal for each of them is to teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity. Learn more about how COVID-19 vaccines work.

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests

Vaccines currently in clinical trials in the United States won't cause you to test positive on viral tests, which are used to see if you have a current infection.

If your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have a vaccine and more data on how well it works.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

FACT: Getting vaccinated can help prevent getting sick with COVID-19

While many people with COVID-19 have only a mild illness, others may get a severe illness or they may even die. There is no way to know how COVID-19 will affect you, even if you are not at increased risk of severe complications. If you get sick, you also may spread the disease to friends, family, and others around you while you are sick. COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness. Learn more about how COVID-19 vaccines work.

FACT: Receiving an mRNA vaccine will not alter your DNA

mRNA stands for messenger ribonucleic acid and can most easily be described as instructions for how to make a protein or even just a piece of a protein. mRNA is not able to alter or modify a person's genetic makeup (DNA). The mRNA from a COVID-19

vaccine never enter the nucleus of the cell, which is where our DNA are kept. This means the mRNA does not affect or interact with our DNA in any way. Instead, COVID-19 vaccines that use mRNA work with the body's natural defenses to safely develop protection (immunity) to disease.

WHAT SHOULD YOU KNOW ABOUT THE U.S. COVID-19 VACCINATION PROGRAM

The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how federal partners are working together to ensure the safety of COVID-19 vaccines.

CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

COVID-19 vaccination will help protect you from getting COVID-19. Two doses are needed.

You need 2 doses of the currently available COVID-19 vaccine. A second shot 3 weeks after your first shot is needed to get the most protection the vaccine has to offer against this serious disease.

Right now, CDC recommends COVID-19 vaccine be offered to healthcare personnel and residents of long-term care facilities.

Because the current supply of COVID-19 vaccine in the United States is limited, CDC recommends that initial supplies of COVID-19 vaccine be offered to healthcare personnel and long-term care facility residents.

Learn more about who should be vaccinated first when vaccine supplies are limited.

There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come.

The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection.

The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days. Learn more about what side effects to expect and get helpful tips on how to reduce pain and discomfort after your vaccination.

Cost is not an obstacle to getting vaccinated against COVID-19.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the shot. Vaccination providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund external icon.

— Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

SLOVAK TRADITIONS AND CUSTOMS ON THE NEW YEAR



The last day of December is called Silvester in the Slovak calendar. It is because this day is the name day of those men named Silvester. The day is devoted to the memory of Pope Sylvester I, whose life is unknown to us. In the past, magical powers were attributed to the night of December 31st - January 1st. During this night evil forces could do the most harm. People drove them back by cracking a whip, sounding trumpets loudly, etc. Today they use fireworks instead, and at midnight they celebrate the arrival of the New Year with a toast.

People in Slovakia like to celebrate the New Year's Eve usually in a hotel, in the mountains, or at home with their relatives or friends and by watching TV shows. They also attend Silvester dances or go and welcome the New Year by watching fireworks and making a toast to the New Year in the city or town squares. Slovakia follows the Gregorian calendar with January 1 as the first official day of the new calendar year.

Bratislava is the capital and largest city of Slovakia and therefore it is clear that the biggest celebrations of the arrival of the New Year take place right here.

The official New Year's Eve program of the city of Bratislava takes place on Hviezdoslavovo námestie (Hviezdoslav Square) in the historical center of the city.

The final minutes of the old year will help visitors count down the oversized light timepiece on Námestie Ľudovíta Štúra (Ludovít Stur Square). The midnight New Year's fireworks are fired at midnight from a ship on the Danube River. In addition to fireworks, the official program also includes a light and laser show, which takes place on Námestie Ľudovíta Štúra.

Like other countries, Slovakia has its traditional New Year's customs. The last day of the year is called the "old year" (stary rok) or Silvester. The first day of the year is called the "New Year" (Novy rok).

SLOVAK TRADITIONS AND CUSTOMS ON THE OLD AND NEW YEAR (DECEMBER 31 - JANUARY 1)

The tradition of celebrating the arrival of the new year began only after World War II. Until then, all entertainment was banned until the feast of the Three Kings.

The habits of the "old year" also included sweeping garbage into the corner of the room, but not out of the house. It was so that someone would not be "swept away" from the house, which meant that he would not die.

It was also interesting that a very rich dinner, similar to

Christmas Eve dinner, was served on this day. It differed only in that meat dishes were also served on New Year's Eve.

As on the last day of the old year, on the first day of the new year, Slovaks in the past observed various customs and traditions. New Year's traditions and customs in Slovakia were supposed to protect homes and families from disasters, contribute to well-being, and bring happiness.

One of these traditions was also cleanliness and order throughout the home, so it will be the whole year. The garbage was not taken out for fear that no one in the family would die, but also so that happiness would not be brought out of the house.

A tradition that is still observed today is a visit to the church and the Holy Mass. Slovaks thank you for the new year and meet together and wish you all the best for the new year.



During the first day of the year, children walked around the village wishing everyone a happy new year: "We wish you a happy new year that God has given us to survive the old year and live to see the new one!"

New Year Quotes to Ring in 2021

"Tomorrow is the first blank page of a 365-page book. Write a good one." – Brad Paisley

"The new year stands before us, like a chapter in a book, waiting to be written." – Melody Beattie

"New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours."
– Alex Morritt

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity and its first chapter is New Year's Day." – Edith Lovejoy Pierce

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." – Carl Bard

What's making headlines in our ancestral homeland**News and Views
from Slovakia...****NBS: SLOVAKIA'S FINANCIAL SECTOR REMAINS
STABLE DESPITE CORONAVIRUS CRISIS**

Despite the significant impact of the coronavirus crisis on the domestic economy, Slovakia's financial sector remains stable, according to the financial stability report presented at a news conference by Slovakia's central bank (NBS) representatives on December 7.

Banks are entering the crisis with a strong capital position. Although their profitability will be significantly weakened by the crisis, banks will be ready to cope with a significantly negative stress scenario, stated the NBS.

According to the NBS's financial stability department director Marek Licak, the financial situation of households and companies will be decisive for the banking sector. Profits might continue to fall in 2021 as a result of growth in non-performing loans," said Licak. The banking sector has an adequate capital buffer to cover potential losses and support lending, stated Licak, adding that other sectors haven't yet been hit by the crisis that much.

The level of failed loans in the household segment is very low for now, stated Licak. Clients who asked for deferral of instalments show higher-risk parameters. Just a small portion of clients expect problems when returning to repayment, however, there are still many households showing a deteriorating financial position. "We expect the volume of non-performing loans to start growing. As many as 1.7 percent of household loans might find themselves at risk of default," said Licak.

As is the case of households, corporate loans haven't been failing significantly until now. Instalment deferrals were chiefly provided to companies with worse characteristics.

Licak stressed that as many as 12 percent of companies might be at risk of becoming insolvent by the end of 2021. The number of non-performing loans in banks might thus swell by 6.4 percentage points. He stressed that even more companies would be at risk of insolvency without government support measures.

Licak said that potential losses from loans are estimated between 590-810 million by the end of 2021.

Growth in housing loans in Slovakia didn't slow down that much despite the crisis, standing at 9.2 percent. "The growth rate decelerated only slightly from February when it amounted to 9.8 percent," he said. Meanwhile, the growth in consumer loans decelerated as a result of lower demand on the clients' side.

**STATS OFFICE: UNEMPLOYMENT RATE IN SLOVAKIA
UP TO 7.2 PERCENT IN 3Q20**

The unemployment rate in Slovakia rose to 7.2 percent in the third quarter of 2020 as a result of the COVID-related crisis, the Statistics Office announced on December 4.

The number of people who were jobless in 3Q20 was 21.9 percent higher than in the third quarter of the previous year. Meanwhile, the unemployment rate was up by 1.3 percentage points year-on-year in 3Q20. Rising for three consecutive quarters, it reached the level seen last time in late 2017 and early 2018.

Unemployment rose, after seasonal adjustments, by 5.9 percent quarter-on-quarter in 3Q20.

Meanwhile, one in two unemployed people lost their job in the past six months. Last year, this group represented less than one-third of all unemployed.

**KORCOK: SLOVAKIA SUPPORTS
POLITICAL REFORM OF NATO**

Slovakia is in favour of a politically-United NATO with high level of military readiness, capable of facing security threats and challenges of the new decade, chief of Slovak diplomacy Ivan Korcok stated after meeting NATO Secretary-General Jens Stoltenberg in Brussels on Monday, December 7.

Korcok voiced his support to the project of NATO's political reform, unveiled to all diplomats from NATO member states last week.

It was the adaptation of NATO to new challenges and realities – a process dubbed 'NATO 2030' – that was the fulcrum of the talks between Stoltenberg and Korcok.

In Korcok's view, the reform process is aimed to bolster the alliance's political and military aspects and strengthen its role as an actor with a global outreach and functional partnerships with like-minded countries and organizations.

"An expert-group report confirms the indispensable role of NATO in the protection of Europe's and North America's security and, most importantly, of our democratic way of life. It's of particular and cardinal importance to us because NATO is the fundamental, key foundation of Slovakia's security," said Korcok.

Korcok pointed out that the NATO Secretary-General praised Slovakia's existing contributions to the collective defence and NATO's operations around the world, accentuating in particular the "irreplaceable work" put in by Slovak troops in Latvia, Afghanistan and Iraq.

**HOUSE APPROVES STATE BUDGET FOR NEXT YEAR,
DEFICIT SHOULD DROP TO 7.4%**

Parliament passed the law of the year, i.e. the draft state budget for next year, on Wednesday, December 9.

Ninety-one of the 141 lawmakers present voted for the draft, while one refrained from voting and 49 MPs voted against.

Along with the state budget draft for 2021, Parliament also acknowledged a budget draft for 2021-23.

Slovakia's general government deficit should amount to 7.41 percent of the country's gross domestic product (GDP) next year, somewhat down from the 9.68 percent of GDP earlier estimated for 2020. The country's gross public debt should thus climb to 65 percent of GDP next year.

The Finance Ministry pointed to the fact that the budget draft was prepared under the demanding conditions of the coronavirus pandemic. Deficits are thus envisaged for all three years concerned. However, the deficit should gradually decrease to 6.18 percent of GDP in 2022 and further to 5.72 percent in 2023.

If the general government deficit is to be reduced to zero in 2023, as stipulated by the existing law on the debt brake, consolidation measures worth 6 billion will be needed, noted the Finance Ministry.

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

MAJOR JUDICIAL REFORM PASSED IN PARLIAMENT

Parliament on Wednesday, December 9 approved a major judicial reform concerning the make-up of the Constitutional Court, Judicial Council, the setting-up of a new Supreme Administrative Court and the introduction of property checks for all judges.

The changes require a constitutional amendment, which has also been approved by Parliament – with 91 votes from 141 lawmakers present. All the remaining 50 MPs voted against it. The judicial reform was passed by 89 votes from 139 MPs present, with 18 voting against.

Half of the Judicial Council will be composed of non-judges, with the president, government and parliament allowed to nominate only members of this group. Meanwhile, the election of judges to the council by their fellows will also be changed, with a regional element being introduced by the creation of electoral districts.

The reform also scraps decision-making immunity for judges of general courts, with judges subject to prosecution for bending the law if a crime has been committed. The consent of the Constitutional Court will no longer be necessary for the prosecution of a judge or prosecutor-general. Nevertheless, a judge charged with bending the law will be able to appeal to the Judicial Council, which will have the power to discontinue the process. This latter tool will only be provisional, however, as it's set to be in effect for only three years.

The constitutional law on the judiciary introduces a mandatory retirement age for judges of general courts of 67 and one for those of the Constitutional Court of 72.

The newly created Supreme Administrative Court, which will also have the power to take disciplinary action against judges and prosecutors, and to a certain extent also against other law professionals, will have its seat in Bratislava and will become functional as of August 2021. A non-judge can become its first chair.

The judicial reform as a whole and the related constitutional changes will take effect as of January 1, 2021, while some its provisions will become valid as of August 2021 and some others as of January 2025.

PRESIDENT APPOINTS ZILINKA AS PROSECUTOR-GENERAL

Maros Zilinka has become the new prosecutor-general after President Zuzana Caputova appointed him to the post on Thursday, December 10.

A former deputy interior minister (for Daniel Lipsic in 2010-12), Zilinka has until now served as director of the Special Prosecutor's Office's section for investigating economic crimes. He's supervised some prominent cases, including the Drukos non-banking institution fraud, which resulted in the jailing of the company's owner Frantisek Mojzis, and the Techopol fraud case with the alleged involvement of Marian K.

Zilinka was elected in a public vote in Parliament on December 4 with the votes of 132 MPs of the 147 present.

The PG's Office had been without a chief for several months. Former PG Jaromir Ciznar's seven-year term expired in July. The law stipulates that he should have retained the post until a new PG was elected, but Ciznar asked President Caputova to relieve him from the post soon after his term expired.

Caputova in a speech delivered on the occasion of Zil-

inka's appointment as PG expressed hope that the new era for the PG's Office will begin at the same time.

Caputova expects Zilinka to rehabilitate the prosecution service and remove elements of an institutionalised negative culture from it. According to her, the prosecution service should be exposed to an adequate level of public control. She believes that the PG should be impartial and not yield to the influences of the people surrounding him.

The head of the state said that since the middle of the 1990s, when the prosecution service was formed as an authority in an independent country, it has been acting as a monocratic and relatively closed institution. "As an institution that has functioned as a state within a state in some cases," noted Caputova, adding that the consequences or this are visible even today. She pointed to police operations such as Purgatory, Judas and the Mills of God, which have resulted not only in the detention of judges and senior police officers, but also of officials from the prosecution service.

According to Caputova, the prosecution service has often failed in its role to ensure that the law applies equally to everyone. Influential people were given special treatment thanks to their posts and connections. "This era not only has to end; it must result in consequences so that it can never be repeated," stressed the president.

Caputova called on the new PG to make use of all options to assert institutional openness in the prosecution office so that it will be subject to appropriate public scrutiny. "I believe that this time you'll manage to deal with potential internal resistance," she said.

SULIK: EXAGGERATED GOALS CONCERNING EMISSIONS WILL HARM SLOVAK INDUSTRY

Attempts to force the EU to reduce greenhouse gas emissions even further are meaningless races and would harm Slovakia's industry, Economy Minister Richard Sulik (SaS) stated at a briefing on Thursday, explaining that the European economy produces only a small portion of global emissions and that a significant tightening of emission quotas will make the EU less competitive.

"Slovakia is the most industrial country in the EU. Exaggerated expectations and goals concerning the reduction of emissions will harm our industry and won't make much sense," said Sulik.

The minister stated in this regard that EU experts proposed in the past that the EU's emissions should be reduced by 30 percent by 2030 when compared to the levels recorded in 1990, but the European Parliament then raised the bar to 40 percent. "Even this wasn't enough, as people appeared who pretended to be even bigger conservationists, proposing 55 percent, but failing to notice that this also causes damage. Fifty-five percent is the figure that is currently being considered, but even this isn't enough. Some have already proposed raising it to 60 percent, and I've heard talk about 65 percent," said Sulik.

The minister remarked that the largest polluters, who among other countries include India and China, haven't adopted such commitments entailing large investments, which is why their goods will be cheaper. The EU intends to impose customs duties on imported goods, and this will, for example, raise the prices of Chinese steel on the European market, but European businesses won't be able to establish a foothold on foreign markets due to the high prices of their products.

NEW YEAR, NEW YOU!

It's 2021! New year, new you! You can stick to healthy eating habits and cooking healthy meals.

Cook a big batch of grain or beans once a week. Then you can use that as a base for other healthy meals throughout the week. A single pot of quinoa can turn into everything from a veggie bowl to breakfast cereal.

Drink your coffee and tea black. No cream, no sugar. You'll get used to it.

Harness the power of secret (healthy) ingredients. For instance: Swap half (not all) of the potatoes in mashed potatoes for cauliflower — they'll still taste like delicious mashed potatoes, but will be way less of a starch-bomb.

Roast instead of fry. Roasting at high temperatures still gives food a flavorful crispy outside with less oil. This goes for pretty much everything, from chicken fingers and french fries to vegetables.

Start observing meatless Mondays. Cooking without meat forces you to get more creative and eat more vegetables.

Always pick non-processed snacks. Stick with fruits and veggies, nuts, or food you made yourself. Even when it has more calories, you'll get more nutritional snacks and you will avoid all the junk that comes in processed food (fat, sugar, salt, artificial dyes, preservatives, etc.).

When you're at a bar or a party, have a glass of water in between every drink. This is a great way to stay hydrated and consume fewer liquid calories.

Bring lunch to work. Anything you make yourself is likely to be healthier than what you'd buy instead.

Make smarter snacking choices.

Eat all the vegetables on your plate before you eat anything else. Add a regular salad course to your dinner every day.

Use at least half whole-grain flour in baking recipes. You will be surprised at the number of treats that taste just as good (or better) with whole grain flour as they do with plain old all-purpose. You'll get more fiber, more protein, and less of an empty-calorie crash. Changing flours can change the structure and texture of what you are making, so start by subbing just part of the flour and see how it works.

Drink seltzer instead of soda. Stick with seltzer or water and dress it up with lime or lemon, fruit or fresh herbs.

Eat savory proteins and vegetables for breakfast instead of carbs and sweets. This kind of food will keep you full longer.

Use smaller plates. Large plates make you think you have a relatively smaller amount of food, so you'll feel less satisfied and want more. So game your own brain by serving rich food on little dishes.

When you're cooking eggs, use twice as many whites as yolks. Going all-egg-white on a scramble, omelet or frittata isn't much fun for anyone, but you can cut out a lot of saturated fat and still end up with something delicious by ditching around half the yolks and adding extra whites instead.

Eat as many colors as you can every day. Bright colors in fruits and vegetables usually signify concentrated nutrients (vitamins, minerals, antioxidants, etc.), which are very good for you. The more different colors you eat, the more diverse the range of nutrients you're getting.

Sneak seeds into everything. Good choice are chia seeds, pumpkin seeds, flax seeds and quinoa.

Have a piece of fruit with breakfast instead of a glass

of juice.

Try to eat meals that are at least half vegetables even for breakfast. Add sauteed spinach or kale to an egg sandwich. Dress hearty greens with vinaigrette and top with a poached egg or make a quinoa, veggie, and egg white scramble. Make mini frittatas with spinach and sun-dried tomatoes for a healthy breakfast to go.

GARLIC PARMESAN CAULIFLOWER STEAKS

3 tablespoons olive oil
4 cloves garlic, minced
1 teaspoon dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
1/2 teaspoon dried parsley
2 heads cauliflower, cut into 1/2-inch slices
Kosher salt and freshly ground black pepper, to taste
1/4 cup freshly grated Parmesan



Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a small bowl, combine olive oil, garlic, oregano, thyme, rosemary and parsley. Place cauliflower slices in a single layer onto the prepared baking sheet. Brush each slice with the olive oil mixture on both sides; season with salt and pepper, to taste. Place into oven and bake until golden brown, about 20-25 minutes, flipping halfway. Serve immediately, sprinkled with Parmesan.

DETOX CHICKEN SOUP

2 tablespoons olive oil, divided
1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
Kosher salt and freshly ground black pepper
1 onion, diced
2 carrots, peeled and diced
2 celery ribs, diced
4 cloves garlic, minced
16 ounces cremini mushrooms, thinly sliced
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
8 cups chicken stock
2 bay leaves
1/2 cup uncooked orzo pasta
1 sprig fresh rosemary
1 bunch kale, stems removed and leaves chopped
1 (15-ounce) can cannellini beans, drained and rinsed
Juice of 1 lemon
2 tablespoons chopped fresh parsley leaves



Heat 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Season chicken with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside. Add remaining 1 tablespoon oil to the stockpot. Add onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Add garlic and mushrooms, and cook, stirring occasionally, until tender and browned, about 5-6 minutes. Stir in thyme and oregano until fragrant, about 1 minute. Whisk in chicken stock and bay leaves; bring to a boil. Stir in orzo, rosemary and chicken; reduce heat and simmer until orzo is tender, about 10-12

minutes. Stir in kale and cannellini beans until the kale has wilted, about 3-4 minutes. Stir in lemon juice and parsley; season with salt and pepper, to taste. Serve immediately.

GARLIC PARMESAN SPAGHETTI SQUASH

8 tablespoons unsalted butter, divided
3 cloves garlic, minced
1/4 cup vegetable broth
1/2 cup freshly grated Parmesan
2 tablespoons chopped fresh parsley leaves



FOR THE SPAGHETTI SQUASH

1 (2-3 pounds) spaghetti squash
2 tablespoons olive oil
Kosher salt and freshly ground black pepper, to taste

Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Cut the squash in half lengthwise from stem to tail and scrape out the seeds. Drizzle with olive oil and season with salt and pepper, to taste. Place squash, cut-side down, onto the prepared baking dish. Place into oven and roast until tender, about 35-45 minutes. Remove from oven and let rest until cool enough to handle. Using a fork, scrape the flesh to create long strands.

Melt 4 tablespoons butter in a large skillet over medium high heat. Add garlic, and cook, stirring frequently, until fragrant, about 1 minute. Stir in vegetable broth. Bring to a boil; reduce heat and simmer until reduced by half, about 1-2 minutes. Stir in remaining 4 tablespoons butter, 1 tablespoon at a time, until melted and smooth. Stir in spaghetti squash and gently toss to combine until heated through, about 2 minutes. Serve topped with Parmesan and garnished with parsley, if desired.

SHRIMP ZUCCHINI NOODLES

2 tablespoons unsalted butter
2 tablespoons olive oil
1 pound medium shrimp, peeled and deveined
1 shallot, minced
4 cloves garlic, minced
1/4 teaspoon red pepper flakes, or more, to taste
Kosher salt and freshly ground black pepper, to taste
1/4 cup vegetable stock
2 tablespoons freshly squeezed lemon juice
1 teaspoon lemon zest
1 1/2 pounds (4 medium-sized) zucchini, spiralized
2 tablespoons freshly grated Parmesan



Combine butter and olive oil in a large skillet over medium high heat. Add shrimp, shallot, garlic and red pepper flakes; season with salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes. Stir in vegetable stock, lemon juice and lemon zest; season with salt and pepper, to taste. Bring to a simmer; stir in zucchini noodles until heated through, about 1-2 minutes. Place zucchini into meal prep containers, garnished with Parmesan, if desired.

ROASTED CAULIFLOWER SOUP

1 head garlic
4 tablespoons olive oil, divided
Kosher salt and freshly ground black pepper
2 heads cauliflower, cut into florets
1 onion, diced



5 cups vegetable stock
3 fresh thyme sprigs
1 bay leaf
1/2 cup heavy cream

Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Cut head of garlic, about 1/4-inch, to expose tops of garlic cloves. Place garlic head, cut side up, in a sheet of foil. Drizzle with 1 tablespoon olive oil; season with salt and pepper, to taste. Fold up all 4 sides of the foil and cover tightly. Place cauliflower florets in a single layer onto the prepared baking sheet. Add 2 tablespoons olive oil; season with salt and pepper, to taste. Gently toss to combine. Place garlic onto the baking sheet. Place into oven and roast until cauliflower and garlic is tender and golden brown, about 30-35 minutes. Let cool before squeezing cloves from skin. Heat remaining 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add onion, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in vegetable stock, thyme and bay leaf. Bring to a boil; reduce heat and simmer, covered, for 5 minutes. Stir in cauliflower and garlic. Bring to a boil; reduce heat and simmer, covered, until cauliflower is tender and falling apart, an additional 10 minutes. Puree with an immersion blender until desired consistency is reached. Stir in heavy cream; season with salt and pepper, to taste. If the soup is too thick, add more vegetable stock as needed until desired consistency is reached.

SPAGHETTI SQUASH CHICKEN PARMESAN

1 cup vegetable oil
3/4 cup Italian style breadcrumbs
1/4 cup freshly grated Parmesan
2 boneless, skinless chicken breasts, cut crosswise in half
1/2 cup all-purpose flour
2 large eggs, beaten
1 1/2 cups tomato sauce
1 cup shredded mozzarella cheese
2 tablespoons chopped fresh parsley leaves



FOR THE SPAGHETTI SQUASH

1 (2-3 pounds) spaghetti squash
2 tablespoons olive oil
Kosher salt and freshly ground black pepper, to taste

Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Cut the squash in half lengthwise from stem to tail and scrape out the seeds. Drizzle with olive oil and season with salt and pepper, to taste. Place squash, cut-side down, onto the prepared baking dish. Place into oven and roast until tender, about 35-45 minutes. Remove from oven and let rest until cool enough to handle. Using a fork, scrape the flesh to create long strands. Heat vegetable oil in a large skillet over medium high heat. In a large bowl, combine breadcrumbs and Parmesan; set aside. Working one at a time, dredge chicken in flour, dip into eggs, then dredge in breadcrumbs mixture, pressing to coat. Add chicken to the skillet and cook until evenly golden and crispy, about 3-4 minutes. Transfer to a paper towel-lined plate. Let cool before dicing into bite-size pieces. Preheat oven to broil. Lightly oil a large oven-proof skillet or baking dish or coat with nonstick spray. Add spaghetti squash to the prepared skillet or baking dish and layer with chicken and tomato sauce; sprinkle with cheese. Place into oven and cook until melted and golden brown, about 2 minutes. Serve immediately, garnished with parsley, if desired.



KIDS' CORNER "Detský kútik" - - January 2021

LUCKY 10 DO FIRST

The Life of Martin Luther King, Jr.
by _____

1926 Atlanta, GA	Martin Luther King, Jr. was born on January 15 th .
1953	Martin married Coretta Scott. They had four children.
1963 Washington D.C.	Martin led a 200,000 person march to protest unfair laws.
1964	Dr. King was honored with the Nobel Peace Prize for his work.
1968 Montgomery, AL	Martin Luther King, Jr. died.
1983	A holiday was declared to remember MLK, Jr. each January.

Christmas Thank Yous

Just a friendly reminder to all you kids, don't forget to write/send your Christmas thank you cards! In my immediate family, thank yous are reserved for times when gifts are opened without the giver being present. If we are all together during gift opening....a verbal thank you is all that it takes. But if a Grandma or Great Aunt gives a gift through the mail or some other way...a thank you card is always in order. If you can Facetime with them showing the gift you received or take a picture with the gift to add in your Thank you card., they would love it! I know that on occasion, time gets away from us and our good intentions are forgotten. Don't delay...crank out those cards now so that you don't offend the gift giver.

HAPPY BIRTHDAY TO YOU!!!!

Harper Toth

1/21



"Life's most persistent and urgent question is, 'What are you doing for others?'"
Martin Luther King, Jr.



KIDS' CORNER "Detský kútik" - - January 2021



Winter Sudoku



Every row, column and mini-grid must contain the letters S N O W F L A K E. Don't guess - use logic



	A			L			N	
		O	N	E	A	F		
		L	F		W	O		
	L	K				A	S	
S		A				E		F
	E	F				N	K	
		W	K		N	S		
		S	O	F	L	W		
	F			S			O	



www.ActivityVillage.co.uk - Keeping Kids Busy



"Snowflakes are one of nature's most fragile things, but look at what they can do when they stick together."

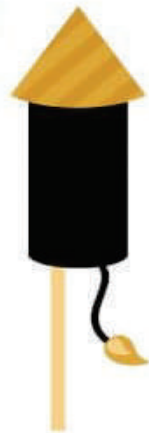
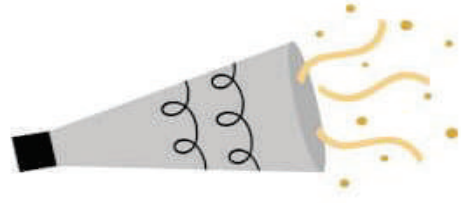
- Unknown





KIDS' CORNER "Detský kútik" - - January 2021

HAPPY NEW YEAR!



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

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers





OBITUARIES

JOHN J. YANOSICK

John J. Yanosick, "Uncle Jack", age 88, passed away peacefully on Sunday, December 6, 2020.

Beloved husband of Joan Yanosick for 64 years, dear father of Joseph (Jodi) Yanosick, Andrew (Lori) Yanosick, and the late Connie (survived by Michael) Barton, and Marlene (Ron) Kramer. Grandfather of Nate Yanosick, Francesca Yanosick, Jacob Yanosick, John Yanosick, and Shannon Barton-Tyree. Brother of the late Bertha Yanosick, Julia (Joseph) Schmotzer, Marion "Minx" (George) Schmotzer, Anna Mae (Albert) Suess, Frances (Charles) Pluto, George (Dolores) Yanosick, Andrew (survived by Marion) Yanosick, Robert Yanosick, and Thomas (survived by Helen) Yanosick; also many nieces and nephews.



John was a U.S. Army Veteran from the Korean War. He was called "Uncle Jack" by the hundreds of children he helped as the sports director for the Slovak Catholic Sokol for 25 years. He was on the board of directors of Assembly 15 of Slovak Catholic Sokol and currently served as an honorary director.

Due to the Covid-19 pandemic/CDC guidelines, there was no visitation. A Mass of Christian Burial was held in St. Albert the Great Church, Blessed Trinity Parish, on Thursday, December 10 at 10:30 AM.

In lieu of flowers, donations may be made to the Slovak Catholic Sokol children's Christmas party, 2912 E. Carson St. Pittsburgh, PA. 15203.

SLOVAK CATHOLIC SOKOL 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 Fund clearly indicating the name to be memorialized. You can find a donation form on line at <http://slovakcatholic-sokol.org/members/memorialfrmframe.htm> or simply send your donation to: **James F. Knis, SCS Museum Treasurer, 6385 Harbor Drive, N.W., Canton, OH 44718.** Your bequest will be recognized in the Falcon as well as permanently added to the Memorial Scholarship Donation Log which will be kept at the Sokol Museum.

Depending on the amount of funds collected, we will be able to award at least two \$1,000 scholarships annually. The hope is that the donated funds will begin a self-perpetuating interest bearing scholarship account.

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

In Memoriam

NOVEMBER 2020

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 6	Dorothy Sadlowski, Bellaire, OH	91	November 21, 2020
Assembly 25	Charles T. Zeleznik, North Versailles, PA	82	November 6, 2020
Assembly 28	John Paul Kacmarcik, Pascoag, RI	59	October 5, 2020
Assembly 36	Elizabeth Janego, Owosso, MI	100	November 19, 2020
Assembly 36	Helen M. Slezak, So. Lyon, MI	91	November 15, 2020
Assembly 36	Va Soua Yang, Warren, MI	63	November 21, 2020
Assembly 48	Francis X. Grabowski, Sellersville PA	68	November 24, 2014
Assembly 48	Alice Bucha, Bridgeport, PA	87	June 23, 2020
Assembly 59	Carol A. Swatwood, Wilkes-Barre, PA	80	October 26, 2020
Assembly 86	Thomas J. Vaxmonsky, W. Pittston, PA	83	November 14, 2020
Assembly 108	Thomas J. Serenko, Youngstown, OH	85	October 21, 2020
Assembly 108	Ronald J. Loyan, Lowellville, OH	67	November 18, 2020
Assembly 188	Francis S. Serina, Sugarloaf, PA	88	November 15, 2020
Assembly 224	Margaret Sheren, Bayonne, NJ	86	November 15, 2020
Assembly 255	Martha Hozza, Northampton, PA	82	November 2, 2020
Assembly 312	Lee Meszaros, Irvine, CA	48	September 3, 2020
Assembly 312	Theresa Harcarik, Mechanicsburg, PA	86	November 30, 2020
Wreath 13	Stephanie Grabowski, Perkasie, PA	95	August 20, 2018
Wreath 14	Joseph J. Laco, Cumberland, MD	94	March 31, 2020
Wreath 18	Mary T. Limanek, Sutton, MA	96	November 2, 2020
Wreath 22	Agnes Ryabik, Bethel Park, PA	90	October 11, 2020
Wreath 22	Patricia Ann Ley, Pittsburgh, PA	54	November 11, 2020
Wreath 39	Anna Honek, Milford, CT	87	October 22, 2020
Wreath 85	Helen Andrascik, Ambridge, PA	85	November 22, 2020
Wreath 93	Anna Hince, Milwaukee, WI	93	November 1, 2020
Wreath 93	Mydella D. Lester, Greendale, WI	93	November 2, 2020
Wreath 153	Raymond R. Stumpf, Cleveland, OH	71	August 30, 2020
Wreath 168	Claudia Marsik, North Port, NY	65	September 15, 2020

MSGR. LARRY J. KULICK, OUR SOKOL, NAMED BISHOP OF GREENSBURG, PA

Pope Francis has recently appointed Msgr. Larry J. Kulick, administrator of the Diocese of Greensburg, PA as its new Bishop. A native of Leechburg, PA, he is our Sokol member of Wreath 15 and has been active in area Slovak events. He earned his undergraduate degree at St. Vincent College in Latrobe, PA. He received a master's degree in systematic theology in 1991 and a master of divinity degree in 1992 from St. Vincent Seminary. He was ordained a priest on May 16, 1992 at Blessed Sacrament Cathedral. He most recently received degree in Canon Law at the Catholic University of America in Washington, D.C.



Bishop-designate Kulick will be ordained to the episcopacy and installed as ordinary of Greensburg on February 11, 2021. Our congratulations and fraternal wishes go out to Bishop Kulick.

KRÁTKE SPRÁVY ZO SLOVENSKA

Časopis Forbes zverejnil zoznam najmocnejších žien sveta za rok 2020. Hoci prvým priečkam dominujú političky a generálne riaditeľky nadnárodných spoločností, celkovo ide o pomerne pestrý rebríček. Tvoria ho ženy z 30 krajín sveta, pričom zastúpenie má po druhý raz aj Slovensko. Rebríček už po desiatykrát vedie nemecká kancelárka Angela Merkelová. Prezidentku SR Zuzanu Čaputovú Forbes umiestnil na 83. priečku. Tak ako vlni, keď sa stala prvou ženou zo Slovenska, ktorá sa v rebríčku objavila, Forbes vyzdvihol jej osobný vklad v boji proti korupcii a hovorí o nej ako o osamelom politickom hlase v mori demagógie.

Takmer 100 ľudí z Technickej univerzity v Košiciach (TUKE) príde o prácu. Potvrdil to rektor univerzity Stanislav Kmet. Dôvodom znižovania počtu zamestnancov a rušenia pracovných miest je podľa neho najmä znižovanie rozpočtu TUKE na roky 2021 - 2023 na základe revízie výdavkov zamestnanosti a odmeňovania vo vysokom školstve schválenej vládou SR. Týkať sa to má 95 pracovných miest, ktoré obsadzuje 98 zamestnancov - v troch prípadoch ide o zastupovanie. Z toho je 42 technicko-hospodárskych zamestnancov a 53 zamestnancov robotníckych kategórií - upratovačky, vrátnici, maliari, údržbári a podobne. K organizačnej zmene, respektíve k znižovaniu počtov pracovných miest z dôvodu zabezpečenia efektívnosti práce, má dôjsť 1. mája 2021.

SMiera nezamestnanosti na Slovensku by sa mala za tento rok zvýšiť na 6,8 percenta. Celková zamestnanosť klesne o 2,1 percenta, hrubá nominálna mzda stúpne o 3,1 percenta. Na úrovni celoročného priemeru tak prekročí 1 100 eur. Vyplyva to z najnovšej krátkodobej predikcie Inštitútu informatiky a štatistiky - Infostat, dcérskej organizácie Štatistického úradu.

NA DEVÍNE ODHALILI PAMÄTNÚ TABUĽU PRIPOMÍNAJÚCU PÁD ŽELEZNEJ OPONY

BRATISLAVA. Na pamätníku Srdce Európy na dunajskom nábreží v bratislavskom Devíne 10. decembra odhalili pamätnú tabuľu pripomínajúcu pád železnej opony. Tabuľa má pripomínať výročie pádu železnej opony, ktorý sa udial 10. decembra 1989.

Tabuľa zároveň pripomína aj pochod „Ahoj, Európa!“, ktorý 10. decembra organizovalo hnutie Verejnosť proti násiliu (VPN).

Štartovacím bodom pochodu bol bratislavský Sad Janka Kráľa a cieľovou zastávkou Hainburg an der Donau na druhej strane železnej opony.

Vojakmi strážený plot z ostnatého drôtu tvoril železnú oponu medzi západným a východným blokom Európy. Na úseku hranice pri Devínskej Novej Vsi pri pokuse o útek zo socializmu zahynulo vyše 40 ľudí. Ľudia plot z ostnatého drôtu na kúsky rozstrihali.

Železnú oponu symbolicky zrušilo 10. decembra 1989 vyše stotisíc ľudí, keď pešo, bez pasov a víz prešli z Bratislavy do rakúskeho Hainburgu.

Výtvarník Daniel Brunovský z rozstrihnutých kusov ostnatého drôtu vytvoril sochu Srdce Európy, ktorá sa odhalila práve 10. decembra 1989. Pamätník sa stal symbolom slobody. – TASR

PÁPEŽ FRANTIŠEK PRIJAL PREZIDENTKU ČAPUTOVÚ



VATIKÁN. Pápež František odkázal Slovensku, aby v súvislosti s koronakrízou bojovalo a vydržalo. Uviedla to prezidentka SR Zuzana Čaputová po prijatí pápežom vo Vatikáne v pondelok 14. decembra.

Čaputová pozvala pápeža na návštevu Slovenska. Pozvanie prijal, no uvidí, ako mu to dovoľí situácia vo svete. “Zaujímam sa, čo má naozaj úprimný,” povedala Čaputová. Dodala však, že všetko je o pandemickej situácii a pápežom zdravotnom stave. Na stretnutí sa rozprávali o aktuálnej situácii vo svete aj na Slovensku.

Pápež povedal, že “po kríze nikdy nič neostane rovnaké”. “Preto je dôležité, aby sme spoločne všetci spolu pracovali na zjednotení sveta, aby sme dokázali čeliť našim výzvam,” poznamenala prezidentka Čaputová. Zároveň podotkla, že pápež hovoril na stretnutí o osobitnej úlohe a postavení žien v kríze. “Povedal doslova, že ženy sú bližšie k životu pre materstvo, a preto môžu zohrať možno významnejšiu úlohu v upokojovaní situácie a v zjednocovaní sveta a krajín,” uviedla Čaputová.

Prezidentka doniesla pápežovi štyri veľké adventné sviece vyrobené v chránenej dielni ľuďmi zo znevýhodneného prostredia. Sviece vyrobili z recyklovaného materiálu, pretože téma klimatických zmien je blízka aj pápežovi.

Darovala mu taktiež obraz Panny Márie, ktorá je patrónkou Slovenska. Od slovenských vedcov priniesla Čaputová do Vatikánu 10 000 PCR testov na koronavírus.

“Pápež a Svätá stolica sa starajú aj o ľudí bez domova, majú nemocnicu, kde sa o nich starajú. Je to pre nich v tejto ťažkej dobe príspevok,” vysvetlila hlava štátu.

Pápeža potešili darované PCR testy. Biochemik Pavol Čekan, ktorý bol súčasťou delegácie prezidentky, uviedol, že pápež František bol za PCR testy veľmi rád. Svätá stolica sa stará aj o množstvo utečencov a využijú ich preto aj na tieto účely.

Pápež slovenskej prezidentke daroval bronzový umelecký odliatok nazvaný Buďte poslami pokoja. Ďalšími darmi boli výtlačky dvoch pápežských dokumentov.

Čaputová vo Vatikáne rokovala aj so sekretárom pre vzťahy so štátmi Paulom Richardom Gallagherom. Stretla sa aj so slovenským kardinálom pôsobiacim vo Vatikáne Jozefom Tomkom. Hlava štátu položila kvety aj k hrobu sv. Cyrila v Bazilike sv. Klementa. – sme.sk

KYSLÁ KAPUSTA POSILNÍ VÁŠ ORGANIZMUS

Kyslá kapusta sa považuje za veľmi zdravú potravinu, o jej účinkoch na naše zdravie niet pochyb. Podobne je na tom aj šťava z kyslej kapusty a rozhodne má nášmu telu čo ponúknuť. Obsahuje dôležité vitamíny a minerály, ako aj baktérie mliečneho kvasenia, ktoré sú prospešné pre trávenie a takisto pre zdravie čriev. Zjst iba kapustu a a šťavu sa zbaviť by preto bolo chybou.

Pri výrobe kyslej kapusty necháme kvasiť bielu kapustu. Živiny obsiahnuté v bielej kapuste sa zachovávajú a výnimočné látky si uchováva aj šťava z kyslej kapusty. Tá okrem iného poskytuje cenný vitamín C, ktorý podporuje imunitný systém a takisto vitamín K, ktorý je spojený so zdravými kosťami. Netreba opomenúť kyselinu listovú a vitamín B12, ktoré hrajú dôležitú úlohu pri tvorbe krvi.

Špeciálny význam však majú baktérie mliečneho kvasenia, ktoré šťava v značnej miere obsahuje a ktoré vznikajú počas fermentácie. Vďaka tomu je šťava z kyslej kapusty prírodným probiotikom, ktoré podporuje črevnú flóru a tým aj zdravie čriev. A to naozaj výrazne.

Kedže trávenie a zdravie čriev ide ruka v ruku s našou hmotnosťou, šťava z kyslej kapusty je nápomocná pri chudnutí. Existuje aj špeciálna diéta, pri ktorej sa šťava z kyslej kapusty pije ráno a kyslá kapusta sa konzumuje na poludnie aj večer.

Šťava má mierne laxatívne účinky a môže u niektorých ľudí spôsobovať zažívacie ťažkosti – hnačky, plynatosť. Piť by sa mala iba v malom množstve – nie viac ako jeden pohár denne.

ŠALÁT S KYSEJ KAPUSTY

½ brokolice, 1 nakrájaná červená paprika, ½ hrnček kyslej kapusty, 2 strúčiky cesnaku, 2 lyžičky nastrúhaného čerstvého zázvoru, 2 lyžice olivového oleja, himalájska soľ podľa potreby

Brokolicu rozoberieme na malé ružičky. Dáme ju na 5 minút variť do pary, poprípade ju vložíme do vriacej vody na cca 3 minúty. Červenú papriku nakrájame na drobné kocky. Kyslú kapustu vložíme do misky a premyjeme ju pod tečúcou vodou, aby nebola veľmi slaná. Potom ju nakrájame na menšie kúsky. Brokolicu necháme vychladnúť a zmiešame ju spolu s paprikou a kyslou kapustou. Do misky si nastrúhame čerstvý zázvor, pretlačíme cesnak, pridáme olivový olej a spolu premiešame. Takto pripravený dressing vmiešame k zelenine. Dochutíme soľou.

ACH, TÁ NAŠA SLOVENČINA!

Home office sa našim firmám osvedčil. - [sme.sk](#)

Nie je podľa neho **whistleblower**. - [sme.sk](#)

Sedemnást slovenských hotelov na septembrový **last minute** výlet. - [sme.sk](#)

Downtown Bratislavy sa rozrastie o nový rezidenčný projekt.

- [sme.sk](#)

Inšpektori práce sa pre pandémiu zamerajú aj na **homeoffice**.

- [aktualne.sk](#)

Vojvodkyni Kate sa zachcelo luxusu! Namiesto **recyklovaných** vecí **look** za tisíce. - [pravda.sk](#)

...v štýlovom **trenčkote** Burberry v uliciach New Yorku. - [sme.sk](#)

V chladničke vám **pickles** vydrží aj niekoľko mesiacov. - [pravda.sk](#)

...maďarský **kouč** vraj mal neustále poznámky. - [pravda.sk](#)

Úžasné **benefity** slnečnicových semienok. - [pravda.sk](#)

Desať tipov, ako vám technológie pomôžu na **home office**.

- [sme.sk](#)

Raw pistáciové **energy** guľky - [pravda.sk](#)

Kútik humoru

„Každý rok k nám na Silvestra chodí svokra, ale teraz urobíme výnimku!“ „Akú?“ „Pustíme ju dovnútra!“

Dvaja šesťnásťroční sa bavia po silvestrovskej noci: „Dedko mal pravdu, keď mi hovoril, že do toho erotického klubu nemám chodiť, že tam sú veci, ktoré by som nemal vidieť.“ „Prosím ťa, čo si tam videl?“ „Dedka“

Manželia práve veselo zapíjajú príchod nového roka, keď náhle manželka zosmutnie. „Čo je?“ pýta sa manžel. „Ale,“ hovorí manželka „práve som si uvedomila, že mám všetky šaty z minulého roku.“

Otec dal dvadsaťročnému synovi na Silvestra sto korún a povedal: „Tu máš a o polnoci si pripi na moje zdravie!“ „Ale vlni si mi dal dve stovky!“ „Lenže tento rok sa cítim omnoho lepšie...“

„Tak čo, ako si prežil posledného Silvestra, priateľu?“ „Ale... najprv som nevedel, kam mám ísť a teraz si nemôžem spomenúť, kde som bol.“

Jano pozýva priateľa na silvestrovský večierok a vysvetľuje: „Dostaneš sa k nám autobusom číslo 26, vystúpiš na predposlednej zastávke a ja bývam hneď naproti, v dome číslo 28. Zazvoníš laktom pri bránke a ako sa ozve bzučiak, strčíš do bránky kolenom a už si u mňa.“ „Prepána,“ žasne Fero, „a prečo by som mal zvoniť laktom a kolenom kopat do bránky?“ „Prepána,“ zhrozí sa Patrik, „a to by si sa, človeče, nehanbil prísť na silvestrovský večierok s prázdnyimi rukami?“

Kapitán dal zavolať vojakov a pýta sa:

“Chlapci moji, potrebujú vtáci peniaze?”

“Nepotrebujú!” zaznie odpoveď.

“To je dobre, sokolíci, lebo ja som prepil váš žold...”

Pýta sa učiteľ žiakov ako by pomocou vody vyrobili svetlo. Jeden zo žiakov odpovie:

“A čo tak umyť okná.”

Colník zastaví na hranici auto a povie vodičovi, aby vystúpil. Prehliadá auto a najde vrečko s bielym práškom. Ochutná ho a pýta sa vodiča: “Heroín?”. Vodič: “Nie, jed na potkany.”

Na lavičke v parku sadí zamilovaný párik. Nesmlo s k nim prisadne muž a začne hľadiť ženu po ruke. “Čo si to dovoľujete?” opýta sa rozhorčený mladík. “Nehnevajte sa,” vraví nesmelo muž, ktorý si prisadol. “Chcem iba, aby mi manželka dala kľúče od bytu.”

Nech sa starosť všetka zruší,

nech zavládne pokoj v duši.

Čo bolelo, nech sa zhojí,

čo tešilo, nech sa zdvojí.

Aby boli v novom roku

iba slzy šťastia v oku.

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VANTAGE 2	2.25%	1.00%
VANTAGE 3 YEAR 1	2.30%	1.00%
YEAR 2	2.40%	1.00%
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