

Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLICKÝ SOKOL

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66TH INTERNATIONAL GOLF TOURNAMENT TREASURE LAKE GOLF RESORT, DUBOIS, PENNSYLVANIA – AUGUST 6TH-8TH



Message from our Supreme President

Michael J. Horvath

We know sometimes it is difficult for us to say good-bye or accept change. This is human nature since we are comfortable with our status quo lives and find the unknown future unsettling. We do not have to feel the doom and gloom of change if we just follow nature's lead. Every season there is change that brings something new and beautiful.



October does the same, it gives us nature's beautiful explosion of color as it prepares us for winter's wonderful rest and its activities. So let us accept change and look at its beneficial aspects and new beginning.

The 3rd quarterly Board of Directors meeting was planned to be held September 24-26, 2021, at the Mohican Sun in Wilkes-Barre, PA but due to the increasing Covid-19 cases again our Supreme Secretary, Scott T. Pogorelec, F.I.C. and I decided to change the meeting format from in-person to virtual. Change is what is dominating our lives but as disappointing it is we look at the change as the way of protecting the Board and our professional advisors.

The planning of the 50th International Slet for July 2022 at Kutztown University is progressing as the Supreme Physical Fitness Board works with the University to make the proper arrangements for a successful Slet. The Physical Fitness Board has informed the Supreme Secretary and me they need participation information from the Groups early so they have an idea of how many members will be attending the Slet. So, I am asking all Group Presidents to make sure the Group's Sports Director and Physical Fitness Director and Directress give the Supreme Physical Fitness Board the information they require by the deadline they set.

As change is a constant in our lives, we all must look at the good it can bring. We should take this opportunity to see what has changed in our lives and ask do we have enough of life insurance. The change we find can help us see our future. If you find you need additional life insurance for a more secure future, contact our Supreme Secretary, Scott T. Pogorelec or Director of Sales Albert. J. Suess, Jr. F.I.C. for assistance.

Stay safe and healthy!
With God's Blessings to All!
Zdar Boh!

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UNDERWRITING: (973) 777-4704
FAX NUMBER: (973) 779-8245
E-MAIL: Sokol205@aol.com
WEB SITE: www.slovakcatholicssokol.org

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

SLOVAK CATHOLIC FALCON PUBLICATION DATE

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

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
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*From the desk of the Supreme Secretary***NEVER FORGET**

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



This past September 11, 2021, was the 20th Anniversary of a tough day in our history. It is one of those days that you remember exactly where you were, what you were doing, and who you were with. I was in college in Washington D.C. in our house when my roommate ran down to the base-



ment and broke the news that we were "under attack". I will never forget those words.

Remembrance is important, whether it was a good memory or a bad one. It sometimes may be tough to see or quantify when such a horrible event

occurs, but what came from this bad memory of September 11, 2001, was the good in people, especially the heroics of our first responders. These individuals ran to danger while others understandably ran away. As a Fraternal and Sokol, it is important for us all to never forget. Never forget the sacrifice made by so many men and women both domestically and abroad. One of those individuals who made the ultimate sacrifice was Stephen Gerard Siller.

Firefighter Stephen Gerard Siller was the youngest of seven children born to Mae and George Siller. At the age of eight, Stephen lost his father, and a year and a half later his mother passed away, leaving him an orphan to be raised by his older siblings. For a while Stephen went through a period of struggle, but thanks to the love of his siblings, and the values instilled in him by his parents, he grew up to be an extraordinary individual and dedicated firefighter. More than most, he knew that time was precious and accomplished much in his 34 years.

On September 11, 2001, Stephen, who was assigned to Brooklyn's Squad 1,

had just finished his shift and was on his way to play golf with his brothers when he got word over his scanner of a plane hitting the North Tower of the World Trade Center. Upon hearing the news, Stephen called his wife Sally and asked her to tell his brothers he would catch up with them later. He returned to Squad 1 to get his gear.

Stephen drove his truck to the entrance of the Brooklyn Battery Tunnel, but it had already been closed for security purposes. Determined to carry out his duty, he strapped 60 lbs. of gear to his back, and raced on foot through the tunnel to the Twin Towers, where he gave up his life while saving others.

Stephen had everything to live for; a great wife, five wonderful children, a devoted extended family, and friends. Stephen's parents were lay Franciscans, and he grew up under the guiding philosophy of St. Francis of Assisi, whose encouraging and inspirational phrase "while we have time, let us do good" were words that Stephen lived by. Stephen's life and heroic death serve as a reminder to us all to live life to the fullest and to spend our time here on earth doing good – this is his legacy.

The Tunnel to Towers Foundation, www.t2t.org, honors the sacrifice of firefighter Stephen Siller who laid down his life to save others on September 11, 2001. The foundation also honors our military and first responders who continue to make the supreme sacrifice of life and limb for our country.

I would like to ask all our Sokol members to never forget and to pay a visit to this foundation's website or other certified charities and donate if possible. It is a beautiful way to keep the memories of these heroes in our hearts and minds.

Until next time, stay safe, stay strong, STAY POSITIVE!

Zdar Boh!

SOKOL CALENDAR

◆ **GROUP 5 VIRTUAL ANNUAL MEETING** will be held on **OCTOBER 10** at 1:00 p.m. For more information call Sue Blosser at 770-853-7257.

◆ **ANNUAL CHICKEN DINNER (TAKE-OUT ONLY) SUNDAY, OCTOBER 10** at St. John the Evangelist Parish in Pittston, PA. Pickup will be from 12:00 to 2:00 p.m. in Msgr. Bendik Way, behind our Pastoral Center. Dinners are \$12 each. Only advance payment accepted. Reservations may be made by calling the parish office at 570-654-0053.

◆ **SATURDAY, OCTOBER 16 – 2021 SLOVAKFEST** hosted by the The Slovak Garden, A Home for American Slovaks, 3110 Howell Branch Rd.#100, Winter Park, FL in the small social hall beginning at 2 p.m., traditional Slovak homemade foods, imported Slovak beer, wine, soda and pastries; Slovak folk music for dancing and listening pleasure; \$20.00 per person, for reservations call 407-677-6894 or visit slovakgarden@centurylink.net

◆ **GROUP 6, "MSGR. ANDREW HLINKA" SEMI-ANNUAL MEETING ON SUNDAY, OCTOBER 24** at Hoss's Steak & Seafood Restaurant in Belle Vernon, PA beginning at 1 p.m. For reservations call Terri Gardner at cell at 724-263-7289 or home phone at 724 929-8675.

◆ **GROUP 18 ANNUAL MEETING on SUNDAY, OCTOBER 24** at 12 noon at The Station in Tamaqua PA. Contact president Len Benek if you are planning to attend.

◆ **GROUP 7 REUNION – FRIDAY, NOVEMBER 26** from 7-10 p.m. at the North End Slovak Citizens Club, 635 N Main St., Wilkes-Barre, PA.

◆ **CHRISTMAS DINNER AT THE SLOVAK GARDEN** will be held on **SATURDAY, DECEMBER 11** in the Great Hall of The Slovak Garden, located at 3110 Howell Branch Road #100 in Winter Park, FL beginning at 2 p.m. Cost per person is \$20.00. For reservations call: 407-677-6894, slovakgarden@centurylink.net.



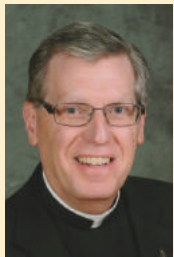
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Get quick updates on the latest events going on in our organization

Thoughts from our Supreme Chaplain,
Rev. Andrew S. Hvozdo vic
**THE STORY OF THE TITLE
OF OUR LADY OF VICTORY**

During the pontificate of Pope Pius V, 1566-72, the Ottoman Turks became a serious threat to Christian nations. They controlled maritime power in the Mediterranean, and regularly raided the coast cities of Italy. Venice,



the most vulnerable, tried to maintain a strategic neutrality to protect her trade with the East. When Sultan Selim II demanded the surrender of Cyprus, the Venetians appealed to the Pope. Pius V proposed the Holy League of Christian powers, the crusade against the Turks. He succeeded in organizing a fleet at Messina under command of Don Juan of Austria. In 1571 this fleet

comprised 206 galley ships and 80,000 soldiers from Venice, Naples, Genoa, Spain, and Malta. The Turks had superior forces – 230 galleys and 120,000 soldiers.

Don Juan aboard the flagship, Reale, sailed down the Greek coast on the morning of October 7th, 1571, and spied the Turkish fleet in the Gulf of Lepanto (Corinth). Admiral Ali Pasha aboard his flagship, Sultana, took the lead. Christian and Turkish fleets engaged in battle. By day's end the Sultana was captured, Ali Pasha was slain, the Turks were routed, and 12,000 Christians were released from slavery.

On the very same day, October 7th, the Rosary Confraternity of Rome



met in the Dominican Church to pray for the victory of the Christian forces. When the news of victory did reach Rome, it was attributed to the intercession of Our Lady. In commemoration of Lepanto, Pope Pius V established a feast in honor of Our Lady of Victory. Later Gregory XIII changed it to the feast of the Most Holy Rosary, celebrated on October 7th.

Prayer to Our Lady of Victory

O Victorious Lady, who has ever such powerful influence with You Divine Son, in conquering the hardest of hearts, intercede for those for whom we pray, that their hearts being softened by the rays of Divine Grace, they may return to the unity of the Faith, through Christ our Lord.

AMEN

Our Lady of Victory, pray for us.

**POPE SAYS PUBLIC FAREWELL
TO SLOVAKIA IN SASTIN**



Pope Francis' Mass in Sastin on September 15, 2021. (Photo by TASR)

Sastin, September 15 (TASR) – Pope Francis said a public farewell to Slovakia after completing the main Mass of his four-day visit in Sastin before noon on Wednesday, September 15 thanking the bishops present, President Zuzana Caputova, the civil authorities and everyone who contributed towards preparing his trip.

“Dear brothers and sisters, the time has come to say goodbye to your country. I thanked God in this Eucharist for being allowed to come into your midst and to end my pilgrimage in the devoted embrace of this people and by jointly celebrating this important religious and state holiday of your patron saint, Our Lady of Sorrows,” said the pope at the end of the Mass.

After the final benediction, the pontiff laid a golden rose as a gift to the sculpture of Our Lady of Sorrows, which had been brought out from the Sastin Basilica for the Mass. The event took place on a field, as the basilica itself wasn't able to contain so many people.

More than 50,000 people attended the Mass in Sastin.

**Background to Pope Francis' Mass:
Our Lady of Sorrows, Patron Saint of Slovakia**



The miraculous sculpture of Our Lady of Sorrows in Sastin. (Photo by TASR)

Roman Catholics worldwide on Wednesday were celebrating the Feast of Our Lady of Sorrows, the patroness of Slovakia, with Pope Francis officiating at the Mass of the national pilgrimage at Sastin (Tmava region).

(Continued on page 21)

2021 SCS/FCSU/GCU INTERNATIONAL GOLF TOURNAMENT SCORING SUMMARY

"A" Flight Summary - 2021

| Treasure Lake, PA | | Gold Course | | | Silver Course | | | HCAP SCRATCH | |
|-------------------|------------|-------------|-----|-----|---------------|-----|-----|--------------|-------|
| Participant | | | | | | | | | |
| Last Name | First Name | TTL | HCP | NET | TTL | HCP | NET | TOTAL | TOTAL |
| Degol | David | 77 | 5 | 72 | 77 | 5 | 72 | 144 | 154 |
| Vladika | Greg | 79 | 7 | 72 | 79 | 7 | 72 | 144 | 158 |
| Oravetz | Zachary | 82 | 10 | 72 | 83 | 10 | 73 | 145 | 165 |
| Rosa | John | 88 | 11 | 77 | 79 | 11 | 68 | 145 | 167 |
| Watkins | Gary | 76 | 7 | 69 | 83 | 7 | 76 | 145 | 159 |
| Iskra, Sr. | Dave | 79 | 6 | 73 | 79 | 6 | 73 | 146 | 158 |
| Macurak | Adam | 79 | 9 | 70 | 88 | 9 | 79 | 149 | 167 |
| Iskra, Sr. | Tom | 81 | 7 | 74 | 83 | 7 | 76 | 150 | 164 |
| Karaffa | Bryan | 86 | 12 | 74 | 88 | 12 | 76 | 150 | 174 |
| Pogorelec | Scott | 86 | 8 | 78 | 81 | 8 | 73 | 151 | 167 |
| Yokopenic | Richard | 90 | 10 | 80 | 83 | 10 | 73 | 153 | 173 |
| Karaffa | Joe | 87 | 11 | 76 | 89 | 11 | 78 | 154 | 176 |
| Quinn | Patrick | 83 | 7 | 76 | 85 | 7 | 78 | 154 | 168 |
| Schmucker | David A | 93 | 10 | 83 | 81 | 10 | 71 | 154 | 174 |
| Menich | Anthony | 85 | 7 | 78 | 84 | 7 | 77 | 155 | 169 |
| Harr | Scott | 87 | 8 | 79 | 85 | 8 | 77 | 156 | 172 |
| Bolby | Michael | 82 | 4 | 78 | 83 | 4 | 79 | 157 | 165 |
| Nastasi | Anthony | 88 | 8 | 80 | 85 | 8 | 77 | 157 | 173 |
| Patula | Robert | 89 | 4 | 85 | 80 | 4 | 76 | 161 | 169 |
| Pipak | Mike | 92 | 8 | 84 | 88 | 8 | 80 | 164 | 180 |
| Kozusko | Tim | 94 | 12 | 82 | 96 | 12 | 84 | 166 | 190 |
| Kozusko | Andrew | 94 | 11 | 83 | 97 | 11 | 86 | 169 | 191 |
| Quinn | Tim | 97 | 11 | 86 | 98 | 11 | 87 | 173 | 195 |
| Yokopenic | Steve | 94 | 11 | 83 | 101 | 11 | 90 | 173 | 195 |

"B" Flight Summary - 2021

| Treasure Lake, PA | | Gold Course | | | Silver Course | | | HCAP SCRATCH | |
|-------------------|------------|-------------|-----|-----|---------------|-----|-----|--------------|-------|
| Participant | | | | | | | | | |
| Last Name | First Name | TTL | HCP | NET | TTL | HCP | NET | TOTAL | TOTAL |
| Burfield | Ryan | 84 | 14 | 70 | 84 | 14 | 70 | 140 | 168 |
| Hoenninger | Matt | 85 | 14 | 71 | 86 | 14 | 72 | 143 | 171 |
| Karaffa | Kyle | 91 | 18 | 73 | 90 | 18 | 72 | 145 | 181 |
| Cairns | Ronald | 85 | 19 | 66 | 98 | 19 | 79 | 145 | 183 |
| Iskra, Jr. | Tom | 91 | 17 | 74 | 93 | 17 | 76 | 150 | 184 |
| Groner | Rusty | 90 | 13 | 77 | 87 | 13 | 74 | 151 | 177 |
| Johnston | Derek | 95 | 15 | 80 | 86 | 15 | 71 | 151 | 181 |
| Underation | Peter | 93 | 19 | 74 | 96 | 19 | 77 | 151 | 189 |
| Hoenninger | Tom | 87 | 13 | 74 | 91 | 13 | 78 | 152 | 178 |
| Macko | Bob | 88 | 14 | 74 | 92 | 14 | 78 | 152 | 180 |
| Shedlock | Corey | 93 | 17 | 76 | 94 | 17 | 77 | 153 | 187 |
| Kozusko | Alex | 95 | 13 | 82 | 85 | 13 | 72 | 154 | 180 |
| Iskra, Jr. | David | 99 | 14 | 85 | 87 | 14 | 73 | 158 | 186 |
| Juba | George | 94 | 15 | 79 | 94 | 15 | 79 | 158 | 188 |
| Smith | John | 98 | 20 | 78 | 101 | 20 | 81 | 159 | 199 |
| Quinn | William | 95 | 13 | 82 | 91 | 13 | 78 | 160 | 186 |
| Rasimas | Tony | 89 | 14 | 75 | 99 | 14 | 85 | 160 | 188 |
| Halula | Barry | 102 | 19 | 83 | 97 | 19 | 78 | 161 | 199 |
| Tokarsky | John | 103 | 17 | 86 | 93 | 17 | 76 | 162 | 196 |
| Underation | Joseph | 93 | 16 | 77 | 102 | 16 | 86 | 163 | 195 |
| Macko | Donald | 100 | 20 | 80 | 104 | 20 | 84 | 164 | 204 |
| Karaffa | Michael W. | 95 | 13 | 82 | 96 | 13 | 83 | 165 | 191 |
| Yokopenic | Jim | 96 | 17 | 79 | 104 | 17 | 87 | 166 | 200 |
| Houser | Charles | 100 | 20 | 80 | 106 | 20 | 86 | 166 | 206 |
| Coval | Anthony | 102 | 15 | 87 | 96 | 15 | 81 | 168 | 198 |

| | | | | | | | | | |
|--------------|----------|-----|----|----|-----|----|----|-----|-----|
| Grottenhaler | John | 106 | 19 | 87 | 103 | 19 | 84 | 171 | 209 |
| Felus | Bruno | 98 | 15 | 83 | 104 | 15 | 89 | 172 | 202 |
| Jones | Benjamin | 109 | 20 | 89 | 115 | 20 | 95 | 184 | 224 |

"C" Flight Summary - 2021

| Treasure Lake, PA | | Gold Course | | | Silver Course | | | HCAP SCRATCH | |
|-------------------|------------|-------------|-----|-----|---------------|-----|-----|--------------|-------|
| Participant | | | | | | | | | |
| Last Name | First Name | TTL | HCP | NET | TTL | HCP | NET | TOTAL | TOTAL |
| Hvozdozic, Jr. | Joseph | 93 | 29 | 64 | 100 | 29 | 71 | 135 | 193 |
| Moeller | Benjamin | 93 | 21 | 72 | 92 | 21 | 71 | 143 | 185 |
| Fareri | Jason | 97 | 21 | 76 | 96 | 21 | 75 | 151 | 193 |
| Papoun | Donald | 95 | 22 | 73 | 102 | 22 | 80 | 153 | 197 |
| Pogorelec, Jr. | Steve | 96 | 21 | 75 | 100 | 21 | 79 | 154 | 196 |
| Recker | Jeff | 101 | 23 | 78 | 100 | 23 | 77 | 155 | 201 |
| Macko | Paul | 104 | 24 | 80 | 100 | 24 | 76 | 156 | 204 |
| Brennan | Shawn | 105 | 25 | 80 | 103 | 25 | 78 | 158 | 208 |
| Francis | Jeremy | 113 | 38 | 75 | 121 | 38 | 83 | 158 | 234 |
| Sadowy | Jesse | 103 | 23 | 80 | 102 | 23 | 79 | 159 | 205 |
| Philips | Brian | 95 | 22 | 73 | 110 | 22 | 88 | 161 | 205 |
| Simkovich | Paul | 104 | 25 | 79 | 110 | 25 | 85 | 164 | 214 |
| Francis | Justin | 106 | 22 | 84 | 103 | 22 | 81 | 165 | 209 |
| Moeller | Edward | 109 | 30 | 79 | 119 | 30 | 89 | 168 | 228 |
| Waksmunski | Kevin | 104 | 21 | 83 | 110 | 21 | 89 | 172 | 214 |
| Coley | Ken | 119 | 26 | 93 | 107 | 26 | 81 | 174 | 226 |
| Moeller, Jr. | Cliff | 122 | 22 | 100 | 97 | 22 | 75 | 175 | 219 |
| Toth | Joe | 116 | 32 | 84 | 127 | 32 | 95 | 179 | 243 |
| Nasta | Damian | 117 | 30 | 87 | 123 | 30 | 93 | 180 | 240 |
| Nasta | Edward | 122 | 30 | 92 | 121 | 30 | 91 | 183 | 243 |

Callaway Flight Summary - 2021

| Treasure Lake, PA | | Gold Course | | | Silver Course | | | HCAP SCRATCH | |
|-------------------|------------|-------------|-----|-----|---------------|-----|-----|--------------|-------|
| Participant | | | | | | | | | |
| Last Name | First Name | TTL | HCP | NET | TTL | HCP | NET | TOTAL | TOTAL |
| Murry | Joseph | 68 | 0 | 68 | 79 | 7 | 72 | 140 | 147 |
| Pipak, Jr. | Frank | 90 | 17 | 73 | 91 | 19 | 72 | 145 | 181 |
| Pastorek, Jr. | John E. | 104 | 31 | 73 | 85 | 11 | 74 | 147 | 189 |
| Harr | Ronald P. | 115 | 40 | 75 | 107 | 31 | 76 | 151 | 222 |
| Macko | Greg | 99 | 24 | 75 | 103 | 27 | 76 | 151 | 202 |
| Pipak | Thomas | 113 | 38 | 75 | 113 | 37 | 76 | 151 | 226 |
| Kovalcik | Carter | 99 | 25 | 74 | 92 | 14 | 78 | 152 | 191 |
| Burkhart | Joseph R. | 120 | 40 | 80 | 123 | 50 | 73 | 153 | 243 |
| Smith | Joshua | 103 | 27 | 76 | 99 | 22 | 77 | 153 | 202 |
| Underation | Luke | 109 | 34 | 75 | 118 | 40 | 78 | 153 | 227 |
| Vargo | Steve | 101 | 23 | 78 | 105 | 30 | 75 | 153 | 206 |
| Kopanic | Robert | 119 | 40 | 79 | 103 | 28 | 75 | 154 | 222 |
| Kopchak | John | 102 | 27 | 75 | 104 | 25 | 79 | 154 | 206 |
| Kopchak | Tyler | 110 | 35 | 75 | 119 | 40 | 79 | 154 | 229 |
| Maurer | Greg | 102 | 25 | 77 | 100 | 23 | 77 | 154 | 202 |
| Vargo | Stephen D. | 97 | 19 | 78 | 93 | 17 | 76 | 154 | 190 |
| Saul | James | 107 | 28 | 79 | 101 | 25 | 76 | 155 | 208 |
| Vargo | Dan | 119 | 40 | 79 | 99 | 23 | 76 | 155 | 218 |
| Vargo | Todd | 117 | 37 | 80 | 112 | 36 | 76 | 156 | 229 |
| Barton | David | 123 | 40 | 83 | 117 | 41 | 76 | 159 | 240 |
| Kovalcik | Joseph | 116 | 40 | 76 | 129 | 40 | 89 | 165 | 245 |
| Termyna | John | 117 | 40 | 77 | 131 | 40 | 91 | 168 | 248 |
| Termyna | Steve | 126 | 40 | 86 | 144 | 40 | 104 | 190 | 270 |

(Continued on page 9)

SCENES FROM THE 66TH INTERNATIONAL GOLF TOURNAMENT

TREASURE LAKE GOLF RESORT, DUBOIS, PENNSYLVANIA – AUGUST 6TH-8TH



(Left to right) Judy Babik, Linda Frank, Loretta Smith and Mary Starr.



Edward Moeller, Joe Toth, Gary Watkins and Kathy Watkins.



Steven M. Pogorelec, Sr., Albert Suess, Jr. and Clarence Cheeton.



Steven M. Pogorelec, Jr., Supreme Secretary Scott T. Pogorelec, Joseph and Luke Underation.



Tony Rasimas, Bob Palchanis, Kathleen Harak and Kelly Palchanis.



Cathy and Carol Macko, Kelsey and Janice Karaffa.



Edward Baker, Peter Underation, Keri Underation-Smith, Joshua Smith.



Adam Macurak and Zach Oravetz.



John and Stephen Termyna, Joseph HvozdoVIC, Jr. and Charles Tokach.



Robert and Greg Macko, Joe and Kyle Karaffa.



Joseph and Carter Kovalcik, Donald Papcun and Jack Kovalcik.



SCENES FROM THE 66TH INTERNATIONAL GOLF TOURNAMENT



2021 INTERNATIONAL GOLF TOURNAMENT RECAP

The 2021 International Golf Tournament was a great success with 150 golfers from three fraternal societies, Slovak Catholic Sokol, First Catholic Slovak Union, and the GCU. The winning prize checks, a total of \$5,636.00 were mailed out to the 56 top golfers in the six flights. The 1st place golfers in each flight with handicap and best scratch golfers in each flight will also receive championship polo shirts.

I would like to thank everyone who helped to make our 2021 International Golf Tournament a success including my Assistant Frank Laury, Kevin Collins, Fraternal Activities Director from the FCSU and Basil Wahal, Communications Director of the GCU. The following SCS Officers participated in our annual golf tournament, Supreme Secretary Scott T. Pogorelec and Supreme Vice President, Edward D. Moeller. Supreme Treasurer, James F. Knis and Chairperson of the Auditors, James G. Jerek loaded up a golf cart on Saturday morning and handed out cold water to the golfers on

the Silver Course. The following officers of the GCU participated in the 2021 tournament: President, George N. Juba, General Counsel, Theodore M. Trbovich, National Director and Vice Chairman of the Board, Gregory N. Vladika, and National Director, Michael W. Karaffa. The First Catholic Sokol Union was represented by Supreme President, Andrew M. Rajec and his wife Mrs. Idka Rajec, Acting National Vice President, Andrew P. Rajec, Region 6 Director, Tom Ivanec and Jednota Editor, Terri Ivanec. Officers from the FCSU who also golfed during the weekend, National Chair of Auditors, Greg Maurer and Region 2 Director, Damien Nasta.

I expect to see all of our golfers who participated this year and hopefully some additional new golfers as we return to Treasure Lake Resort in DuBois, Pennsylvania on August 12th-14th, 2022.

James Matlon
Supreme Director of Sports and Athletics

2021 SCS/FCSU/GCU INTERNATIONAL GOLF TOURNAMENT

(Continued from page 5)

Senior Flight Summary - 2021

| Treasure Lake, PA | | Gold Course | | | Silver Course | | | HCAP | SCRATCH |
|-------------------|-------------|-------------|-----|-----|---------------|-----|-----|-------|---------|
| Participant | | TTL | HCP | NET | TTL | HCP | NET | TOTAL | TOTAL |
| Last Name | First Name | | | | | | | | |
| Suess, Jr. | Albert | 81 | 10 | 71 | 79 | 10 | 69 | 140 | 160 |
| Metarko | John | 89 | 16 | 73 | 89 | 16 | 73 | 146 | 178 |
| Shedlock | Robert J. | 87 | 23 | 64 | 106 | 23 | 83 | 147 | 193 |
| Pogorelec, Sr. | Steve | 85 | 11 | 74 | 85 | 11 | 74 | 148 | 170 |
| Burfield | Joe | 92 | 13 | 79 | 83 | 13 | 70 | 149 | 175 |
| Sinagra | David | 97 | 19 | 78 | 92 | 19 | 73 | 151 | 189 |
| Lipski | Frank | 90 | 17 | 73 | 96 | 17 | 79 | 152 | 186 |
| Mantsch | Michael | 97 | 20 | 77 | 95 | 20 | 75 | 152 | 192 |
| Finklestine, Sr. | Martin P. | 86 | 11 | 75 | 89 | 11 | 78 | 153 | 175 |
| Shedlock | Keith | 95 | 18 | 77 | 94 | 18 | 76 | 153 | 189 |
| Macurak | Robert | 94 | 19 | 75 | 98 | 19 | 79 | 154 | 192 |
| Pcsolar | David | 99 | 23 | 76 | 101 | 23 | 78 | 154 | 200 |
| Goss | Wane | 88 | 11 | 77 | 90 | 11 | 79 | 156 | 178 |
| Beattie | Jeff | 84 | 8 | 76 | 89 | 8 | 81 | 157 | 173 |
| Tokach | Charles | 108 | 29 | 79 | 108 | 29 | 79 | 158 | 216 |
| Gmiller | Thomas A. | 106 | 28 | 78 | 110 | 28 | 82 | 160 | 216 |
| Kasan | William | 88 | 7 | 81 | 86 | 7 | 79 | 160 | 174 |
| Trbovich | Theodore | 98 | 22 | 76 | 106 | 22 | 84 | 160 | 204 |
| Skorupka | Stephen | 99 | 22 | 77 | 108 | 22 | 86 | 163 | 207 |
| Barron | Joe | 100 | 13 | 87 | 90 | 13 | 77 | 164 | 190 |
| Checton | Clarence | 107 | 29 | 78 | 115 | 29 | 86 | 164 | 222 |
| Eller | Terry A. | 109 | 26 | 83 | 109 | 26 | 83 | 166 | 218 |
| Johnston | Lynn | 105 | 23 | 82 | 107 | 23 | 84 | 166 | 212 |
| Bart | James | 102 | 15 | 87 | 97 | 15 | 82 | 169 | 199 |
| Hudzik | James | 116 | 29 | 87 | 111 | 29 | 82 | 169 | 227 |
| Palchanis, Jr. | Bob | 107 | 25 | 82 | 112 | 25 | 87 | 169 | 219 |
| Baker | Edward | 104 | 18 | 86 | 102 | 18 | 84 | 170 | 206 |
| Macurak | Donald | 113 | 23 | 90 | 104 | 23 | 81 | 171 | 217 |
| Waksmunski | Francis | 121 | 32 | 89 | 114 | 32 | 82 | 171 | 235 |
| Koval | Donald | 107 | 22 | 85 | 110 | 22 | 88 | 173 | 217 |
| Shank | Clarence | 106 | 15 | 91 | 98 | 15 | 83 | 174 | 204 |
| Handley | Donald | 104 | 19 | 85 | 108 | 19 | 89 | 174 | 212 |
| Pastorek Sr. | John D. | 103 | 14 | 89 | 105 | 14 | 91 | 180 | 208 |
| Harak | Robert | 121 | 27 | 94 | 115 | 27 | 88 | 182 | 236 |
| Miller | John F. | 121 | 32 | 89 | 125 | 32 | 93 | 182 | 246 |
| Savikas | Ed | 111 | 16 | 95 | 105 | 16 | 89 | 184 | 216 |
| Dreier | Lewis (Bud) | 109 | 11 | 98 | 111 | 11 | 100 | 198 | 220 |
| Kovalcik | Jack | 0 | 0 | 0 | 116 | 27 | 89 | 89 | 116 |

Women's Flight Summary - 2021

| Treasure Lake, PA | | Gold Course | | | Silver Course | | | HCAP | SCRATCH |
|-------------------|------------|-------------|-----|-----|---------------|-----|-----|-------|---------|
| Participant | | TTL | HCP | NET | TTL | HCP | NET | TOTAL | TOTAL |
| Last Name | First Name | | | | | | | | |
| Goss | Mary Jo | 95 | 22 | 73 | 95 | 20 | 75 | 148 | 190 |
| Starr | Mary M. | 106 | 30 | 76 | 105 | 30 | 75 | 151 | 211 |
| Frank | Linda | 122 | 50 | 72 | 117 | 37 | 80 | 152 | 239 |
| Karaffa | Janice | 111 | 35 | 76 | 124 | 48 | 76 | 152 | 235 |
| Smith | Loretta | 100 | 23 | 77 | 109 | 34 | 75 | 152 | 209 |
| Macko | Carol | 109 | 32 | 77 | 119 | 43 | 76 | 153 | 228 |
| Kopchak | Kayla | 126 | 50 | 76 | 115 | 37 | 78 | 154 | 241 |
| Savikas | Mary Ruth | 119 | 44 | 75 | 122 | 43 | 79 | 154 | 241 |
| Skorupka | Stephanie | 97 | 22 | 75 | 102 | 23 | 79 | 154 | 199 |
| Babik | Judy | 126 | 50 | 76 | 137 | 50 | 87 | 163 | 263 |
| Nasta | Nicole | 131 | 50 | 81 | 135 | 50 | 85 | 166 | 266 |
| Underation-Smith | Keri | 135 | 50 | 85 | 134 | 50 | 84 | 169 | 269 |
| Karaffa | Kelsey | 130 | 50 | 80 | 141 | 50 | 91 | 171 | 271 |
| Macko | Catherine | 133 | 50 | 83 | 148 | 50 | 98 | 181 | 281 |
| Palchanis | Kelly | 138 | 50 | 88 | 145 | 50 | 95 | 183 | 283 |
| Harak | Kathleen | 155 | 50 | 105 | 167 | 50 | 117 | 222 | 322 |
| Watkins | Kathy | 0 | 0 | 0 | 129 | 50 | 79 | 79 | 129 |



The first full week of October is Fire Prevention Week. Each year the week has a different theme. This year it is "Learn the Sounds of Fire Safety".

There are different sounds that are associated with Fire Safety. The most common sounds will come from either a smoke alarm or a carbon monoxide (CO) alarm.

Here are some tips that you can identify the difference between Smoke Alarms and a Carbon Monoxide Alarm (CO).

SMOKE ALARMS

1. A smoke alarm will have a continuous set of three beeps, "BEEP, BEEP, BEEP", which means a smoke or fire is in the house.

2. If you hear a continued set of beeps, get out of the house and dial 9-1-1 and stay out.

3. Next beep you might hear is a beep every 30 to 60 seconds which means that the battery needs to be changed.

4. When you have changed the battery in the alarm and it still makes a chirping or beep sound it must be replaced because it is at its end of life cycle.

5. A good rule of thumb is that you change the battery twice a year at Daylight Savings Time if you don't have a 10 year Smoke Alarm.

6. All Smoke Alarms must be replaced after 10 years regardless if they still work.

CARBON MONOXIDE (CO)

1. A Carbon Monoxide Alarm will make a continuous sound of 4 beeps: "BEEP, BEEP, BEEP, BEEP", which means that there is a presence of Carbon Monoxide.

2. If you hear the sound of four Beeps please go outside and dial 9-1-1 and stay out.

3. When leaving the house make sure that you keep all windows and doors closed so the Fire Dept. can get accurate readings if there is any CO present.

4. If you hear a single chirp from the monitor every 30 to 60 seconds means that the battery needs to be changed.

5. If you change the battery and it still chirps the monitor needs to be replaced.

6. CO monitors also have an "end of life" sound that varies from manufacturer.

7. There's two types of CO Monitors, one is battery operated and one is a plug in style.

It is recommended to put one Smoke/ CO alarm per floor and one in every bedroom.

There are also Smoke Alarms /Carbon Monoxide alarms that also meet the need for everybody in the house with sensory or physical disabilities.

Talk with your family to establish and agree on a meeting place outside your house in case the Smoke or CO alarms go off. Remember to always stay out, and don't try to return inside if there is a fire.

With cooler temperatures starting to approach, we will be breaking out some extra heating appliances. You should always be cautious when using any of these devices because some might cause CO in the house. Carbon Monoxide is a tasteless and odorless gas that can kill if you don't have a CO monitor.

To ensure you are practicing proper fire safety measures, ask yourself the following question: When was the last time you checked your smoke alarms in the house? – **Robert R. Palchanis III, Member of the Supreme Physical Fitness Board**

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

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 ____/____/____

Interest:

☐ Life Insurance

☐ Annuity

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
1.25% 1.75% 2.00% 2.10% 2.20% 2.50% 2.75%

● SPA Single Premium immediate Annuity

3.00% – 10 Years % Greater ● 2.75% Less than 10 Years

SOKOL MEMBER ACHIEVES BOY SCOUT EAGLE SCOUT RANK



Stephen Sherman, a member of Assembly 186 (Drexel Hill, PA) which is now part of the Home Office Group, achieved the of Boy Scout rank of Eagle Scout on February 18, 2021.



His Eagle Scout Project entailed erecting a 12' high 6.5' by 12' observation platform on the marching band practice field at his school, Cardinal O'Hara High School. The structure was erected by a small group of students and alumni including some former scouts and two Eagle Scouts. The project took about 10 months from initial planning to project completion. The Cardinal O'Hara High School marching band now has an observation platform that allows the instructors and drum major to get an overhead view of their practice field and allows them to be able to correct the positions of the marchers during their routines.

His project had some challenges. It was constructed during COVID, prior to the availability of vaccines, and he had to follow COVID protocols.

The project started the summer of 2020. At that time, all archdiocesan high schools had their budgets frozen so no funds from the school were available. Stephen paid for this project himself from money he earned cutting grass for the past few summers and doing odd jobs for neighbors and relatives. His Eagle Review Board was done on Zoom instead of in person. His Court of Honor was on May 1, St. Joseph the Worker's Feast Day. Congratulations Stephen!

OLYMPIC MEDALIST JESSICA KLIMKAIT HAS SLOVAK HERITAGE

A Slovak Canadian judoka Jessica Klimkait of Montreal, CN, became World Champion in 2021 in Budapest in Hungary. She took Olympic Games bronze in 2021. In 2013 she became Cadet World Champion U18 in 2013 in Miami, FL. She captured gold at the Grand Slam in Osaka, Japan in 2018. Jessica won Grand Slam gold in Osaka in 2018 and in Düsseldorf, Germany in 2020 and took 14 IJF World Tour medals including four victories. She took bronze at the 2018 and 2019 World Masters. Klimkait won the Grand Prix in Zagreb, Croatia in 2019. She took gold at the Grand Slam in Budapest in 2020. She took bronze at the IJF Judo masters in Doha, Qatar in 2021.

Jessica was born on December 31, 1996. She has been training and putting all her time into this athletic sport since she was four years old. She is the granddaughter of Edward Gres from Bradford, Ontario, CN, a member of Assembly 227 in Toronto, CN.



FLAMINGOS SLOVAK SCHOOL ONLINE

Flamingos is an online school of Slovak language and culture for Slovak children living abroad. The school offers engaging interactive online classes led by qualified teachers for children aged 4-15. The goal is to help Slovak parents living far from their homeland to motivate their children to develop their Slovak language skills and learn about their Slovak heritage.

Children naturally love exploring and learning. And learning a language is more effective when children have fun discovering it! The innovative live online school program uses tools and methods to make learning Slovak for children engaging and exciting. Students are divided into small working groups according to their age and language abilities. The curriculum has been specially developed in cooperation with language experts and professors from University of Matej Bel in Banská Bystrica to meet the needs of children living in multilingual families.

The school was established in 2016 with the goal of teaching the Slovak language to Slovak children living in Cyprus. From September 2016 until June 2020, they provided Slovak language training to children in various cities across Cyprus. After four years of successful operation in Cyprus, and positive feedback from children and parents, the Flamingos school was transformed into an ONLINE school of the Slovak language with worldwide operations. The school now provides qualified teaching of the Slovak language to children anywhere in the world.

Whether parents want their children to enrich their Slovak vocabulary, learn to read and write in Slovak, develop comprehensive skills, improve their grammar, learn about Slovak culture, geography and history, or simply have regular exposure to the Slovak language, joining the Flamingos is right choice for them. More information and registration online – www.flamingoschool.com/sk/

Local SOKOL Golf Tournament

SLOVAK CATHOLIC
Assembly 261 Wreath 155
SOKOL
Reading, PA

◆ **Saturday, October 23, 2021**

◆ **1 p.m. Shotgun Start**

◆ **The Manor Golf Club**

• Food • Drinks • Prizes • Cash Prizes •
All Included!

Scramble Format with "3" Flights!

• \$ 70.00 per golfer •
Sign your foursome up now!

All entries must be received by Oct. 9, 2021

Hole Sponsors (\$50 per hole) and volunteers needed!

Questions or Payment:

• Call the Club at (610) 375-4500 •
• Registration and Payments can also be mailed or submitted to the bartender at the Sokol Club •

Foursome SignUp Sheet (threesome and pairs also welcome)

| Name | Email or Phone |
|----------|----------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |

Please mail completed foursome sign up sheet, along with payment (\$70/golfer) to:

The Reading Sokol
Attn: Paul Keturakis
411 Crestmont Street
Reading, PA 19611

Make Checks Payable to:
Slovak Catholic Sokol

GROUP 9 CUB SCOUTS HONORED



Cub Scout Pack 2051 hosted its recent Pinewood Derby competition at St. Michael's fire hall. Two young members of our Sokol Assembly 82 in Dunlo, PA were among the honorees. Steven Yuhas took first place honors. He is the son of Claudine and Steven Yuhas while Joseph Blazosky took second place honors. Joseph is the son of Jennifer and Bernie Blazosky. Our congratulations and fraternal best wishes to out to both young Sokols. Zdar Boh!

When you are sad or upset
always remember these points:

Pain is part of growing.
Everything in life is temporary.
Worrying and complaining
changes nothing.

Your scars are symbols of your strength.
Every little struggle is a step forward.
Other people's negativity
is not your problem.

What's meant to be well eventually BE.
The best thing you can do is to keep going.

GROUP 5 ANNUAL MEETING

Group 5 will hold its annual meeting virtually, due to constant changing Covid restrictions. The Zoom meeting will be held on October 10 at 1:00 p.m. Invites to the Zoom meeting will be coming soon to only the members who attended or were invited to the semi-annual zoom meeting. The annual meeting is open to all Group 5 members. If you would like to be included as a delegate or want to

listen to the meeting please send a request to either Kathy Figard at linus50@aol.com or Sue Blosser at sueb7433@gmail.com. We will be happy to add you to the Group 5 virtual annual meeting. Any questions please call Sue at 770-853-7257.

Respectfully submitted,
Sue Blosser, Secretary

**JOIN THE
WALKING PROGRAM
TODAY!**



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

What's making headlines in our ancestral homeland**News and Views
from Slovakia...****POPE FRANCIS ARRIVED IN BRATISLAVA
FOR PASTORAL AND STATE VISIT OF SLOVAKIA**

Pope Francis with president Zuzana Caputova at Bratislava Airport on September 12, 2021 (photo by TASR)

Pope Francis has arrived on Sunday, September 12 afternoon to visit the Slovak Republic. He was welcomed at M.R. Stefanik Airport in Bratislava by the most supreme constitutional officials with a delegation and the Slovak bishops.

Pope Francis' apostolic tour in Slovakia lasted four days.

The pope arrived with his official delegation and 80 reporters. He was welcomed at the airport at the foot of the front steps of the plane by President Zuzana Caputova together with ombudswoman Maria Patakyova, Catholic dissident Frantisek Miklosko, Holocaust survivor Herta Vysna and Maria Jasenkova, the head of the civic association Flame aimed at developing children's home palliative care.

Prime Minister Eduard Heger, Parliamentary Chair Boris Kollar as well as several Slovak bishops welcomed him at the airport. Slovak Foreign Minister Ivan Korcok and Bratislava mayor Matus Vallo were present too.

According to a tradition, members of the children's folklore ensemble Lucka in traditional costumes from Vazec welcomed the Pope with bread and salt. The Holy Father also received a bouquet of original Slovak species of plants and herbs. At the airport, there are also about 500 believers from the parish in the Bratislava borough of Vajnory, where Pope John Paul II celebrated the Holy Mass in 1990.

"In December you invited me to Slovakia and today I'm fulfilling this promise", these were Pope Francis' first words after his arrival in Slovakia, which he addressed to President Zuzana Caputova, the head of state said in a statement at Bratislava Airport on Sunday. The president was honored and pleased to be able to welcome the Holy Father to Slovakia. "In the times we live in, marked by pain, sadness, the division of society, his arrival can be really helpful for bonding, reconciliation and peace," said Caputova.

President Zuzana Caputova welcomed the pope with symbolic presents that speak volumes of Slovak essence and culture.

She selected the gifts to represent the country in the heart of Europe with utmost love, respect and care.

Pope Francis received a loaf of bread as a symbol of peace, abundance and unity that goes back millennia, to the oldest Slavic roots of Slovakia. Bread was once a sacred food and it is still held in high regard by Slovaks today. When there is bread on the table, all is good, peaceful and fair. The gift of bread symbolizes the peaceful nature of Slovaks, as well as the great yearning to bestow peace on the planet. Honey from the presidential gardens. Another ancient food, honey is a token of love and health, both of which are much needed in the world today. Moreover, bees represent the diligent, resilient and hardworking nature of the Slovak people.

President Caputova also contributed to the papal missions in Africa, Latin America and Oceania with health equipment on behalf of Slovakia. She supported the activities that help the homeless and other marginalized communities.

Pope Francis left Slovakia on September 15. In addition to Bratislava, he visited Kosice, Presov and Sastin (Trnava region). He met the country's top three constitutional officials as well as representatives of the Jewish and Roma communities. A Holy Mass with a homily given by the pope took place in Sastin.

**24 PEOPLE TRANSPORTED FROM
AFGHANISTAN TO SLOVAKIA**

A total of 24 people have been transported to Slovakia from Afghanistan on August 19. A Slovak military aircraft carried 20 individuals, while another four arrived on a Czech plane.

Of the total, 16 are Slovak nationals, while the rest are Afghan citizens who have cooperated with the Slovak Armed Forces. The military had to use force during the evacuation, said Defence Minister Jaroslav Nad.

The youngest person aboard the aircraft was a ten-month-old child.

Eight Afghan nationals have asked for asylum since arriving in Slovakia from Afghanistan. Currently held in a refugee camp in the town of Humenne (Presov region), the Afghans are in quarantine and undergoing asylum procedures. The Migration Office has six months to decide whether they meet the prerequisites of refugee status.

Nad added that the entire operation was coordinated from an airport in Tajikistan and took longer than expected partly due to the security situation around Kabul airport, as there were shootouts and prevailing chaos.

**SOME UNIVERSITIES WILL PROBABLY DELAY
BEGINNING OF ACADEMIC YEAR**

Education Minister Branislav Groehling in an interview for TASR has said that some universities will probably delay the beginning of the academic year 2021/2022 and set their own conditions for dormitories run by them, too.

According to Groehling, the COVID automaton for universities was set up so that it was possible to teach in classrooms as long as possible. "Concerning the hybrid education that is being presented by universities, it has been set so that it will be impossible for 1,000 students to attend a lecture in

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

a lecture-hall at a higher stage [of the COVID automation], but the lecture will be delivered remotely,” stated the minister. Concerning seminars and practical training, it will be set so that they can be held in a standard way (in classrooms).

Groehling said they have been supporting vaccination as part of the “For Open Schools” campaign. “We offered mobile vaccination teams that travelled, for example, to Nitra where teachers and university students, including foreign ones, could be inoculated,” said the minister, adding that the vaccination rate has increased in this way along with the safety of university education. He said that education at medical universities can take place in classrooms at all stages of the COVID automation, as was the case in the previous period.

Organisation and operation of universities will be governed by universities themselves. However, the ministry recommends universities to hold lectures and lessons in classrooms and lecture-halls wherever the epidemiological situation allows for it.

CAPUTOVA DISCUSSES CLIMATE CHANGE AND AFGHANISTAN WITH GERMAN PRESIDENT

Slovak President Zuzana Caputova met her German counterpart Frank-Walter Steinmeier on Thursday, September 2 to discuss the rule of law, the situation in Afghanistan, necessary reforms in connection with the Next Generation EU, as well as common priorities, including the fight against climate change, said Caputova at their joint press conference in Bratislava.

According to Caputova, Steinmeier’s two-day visit to Slovakia is a symbolic proof of the strategic partnership and alliance between Slovakia and Germany. In this context, she also pointed to the strong economic ties between the two countries, as “more than 500 German companies, which employ almost 150,000 people, currently run businesses in Slovakia”.

The heads of states also talked about the European Union, foreign policy and common goals and activities in connection with the fight against climate change, added Caputova.

Steinmeier noted that they agreed that people who want to leave Afghanistan need help even after the US evacuation operation in Kabul ended. He added that both the EU and NATO must now ask themselves self-critical questions in order to avoid a crisis similar to that in Afghanistan in the future.

“We need to help, primarily the people who helped us during those 20 years [in Afghanistan],” said Caputova, noting that the Slovak Republic has already helped family members of people living in Slovakia or cooperating with the EU to leave Afghanistan. Caputova also called for the start of a “process of self-reflection” in NATO in connection with the departure of the allied troops from Afghanistan.

Steinmeier further noted that good cooperation between the Slovak Republic and Germany is “a very successful story that shouldn’t be taken for granted”. He praised the progress that Slovakia has made over the last few years on the rule of law, in particular through the establishment of the Supreme Administrative Court.

UNEMPLOYMENT RATE IN SLOVAKIA CURRENTLY STANDS AT 7.66 PERCENT

The unemployment rate in Slovakia has gone down on a month-on-month basis, said Labor, Social Affairs and the

Family Minister Milan Krajniak.

The current rate of registered unemployment stands at 7.66 percent, while the number of available jobs has gone up to reach 73,575.

The registered unemployment rate has been falling continuously for four months. The number of available jobs has been growing since the beginning of the year. “We expect the labour market to be stable in the future, in the next few months. We don’t expect the decline in unemployment to be rapid because the effects of the pandemic are still apparent, but based on this, we can see that people who may lose their jobs in the post-pandemic situation will have an opportunity to find a new one,” said Krajniak.

The minister went on to say that compared to the same period in July last year, and despite the most recent winter/spring wave of the pandemic, the number of people in material need also decreased, by about 5,000. “Many of them were able to receive the so-called SOS subsidy, which, however, isn’t paid out any more. The number of material-need beneficiaries has been steadily declining since last summer, even during the winter/spring wave of the pandemic,” he said.



In the heart of Trenčín, directly below the castle, the Hungarian nobleman Baron Armin Herman Popper von Podhrágy had a luxurious hotel establishment built in 1901. Erected on the site of the old town inn “U cervenej hviezdy” (“To the Red Star”), a hotel was born in the historicist style typical of this era. Popper named the hotel in honor of Elisabeth of Austria, after whom the hotel’s own Café Sissi is also named today. Immediately after its opening on 1 January 1902, the first hotel on the square became a central element of cultural and society life in the town of Trenčín. In 1919, the Tatra Bank took ownership of the building, running it as Hotel Tatra from 1921 on. Extensive renovation work took place between 1987 and 1994, conducted with great consideration for the historical structure of the building. In the years 2010 to 2012 most recent renovations followed, in the course of which the hotel was remodelled into a modern business and spa hotel.



KIDS' CORNER "Detský kútik" - - October 2021

Why does Canada have a different Thanksgiving than the US? (October 11, 2021)

Canadas Thanksgiving is based on a bountiful
harvest and not on the Pilgrims and the New
World like the United States holiday.
The reason it occurs earlier than the US
Thanksgiving is that Canada is north of the United
States and because of this the harvest season
occurs earlier during the year.
Thanksgiving in Canada is celebrated on the
second Monday of October

HAPPY BIRTHDAY TO
YOU!!!!

| | |
|---------------------|-------|
| Raelyn Toth | 10/05 |
| Maddy Lynn Phillips | 10/12 |
| Patrick Phillips | 10/22 |





KIDS' CORNER "Detský kútik" - - October 2021

Match the words to the correct pictures and complete the crossword. Then find a secret message.

HALLOWEEN

BOO! (2)

TRICK OR TREAT! (15)

SECRET MESSAGE: The secret message is Clothes make a statement, _____.

WORD LIST:

- BATS
- BLACK CAT
- BROOM
- CANDY
- CAULDRON
- COSTUME
- DEATH
- DRACULA
- FRANKENSTEIN
- GHOST
- HAUNTED HOUSE
- JACK-O-LANTERN
- PUMPKINS
- SKELETON
- SPIDER
- TRICK OR TREAT
- WITCH
- WITCH HAT



KIDS' CORNER "Detský kútik" - - October 2021

ANNOUNCING THE KIDS' CORNER SUMMER READING PROGRAM PARTICIPANTS!!!

AND SOME OF THEIR FAVORITE BOOKS.....BY AGE GROUP

5 and under NON READERS

| | | |
|---|--------------------|---------|
| Happy Little Frog-by Lamaze | Raelyn Toth | Level 2 |
| Unicorns & Friends 123-by Page Publications | Harper Toth | Level 2 |
| There's Something in my Attic-by Mercer Mayer | James Nowak | Level 3 |
| The Little House on the Corner-by HJ Simmons | Mackenzie Peterson | Level 3 |

8-10 (INTERMEDIATE READERS)

| | | |
|---|-----------------|---------|
| Molly and Her Moccasins— by Victoria Ryan O'Toole | Alyssa Peterson | Level 3 |
| Smile- by Raina Telgemeier | Carissa Hoeck | Level 3 |
| Dog Man Unleashed- by Dav Pilkey | Nathan Radtke | Level 2 |
| Invisible Emmie- by Terri Libenson | Isabella Brill | Level 3 |
| Trapped in a Video Game- by Dustin Brady | Evan Radtke | Level 2 |

11+ (ADVANCED READERS)

| | | |
|--------------------------------------|-----------------|---------|
| The Fault in our Stars—by John Green | Riana Hoeck | Level 3 |
| Hunger Games—by Suzanne Collins | Amber Radtke | Level 3 |
| The Book Thief - by Markus Zusak | Andrew Peterson | Level 3 |
| The Lake House - by Kate Morton | Kyle Peterson | Level 3 |
| Sisters - by Raina Telgemeier | Julianna Hoeck | Level 3 |



Reading Program Participants: Watch for your award in the mail soon



EASY FALL DINNER RECIPES

CHEESY BROCCOLI PASTA BAKE

Melted butter, to brush
 1/4 cup panko breadcrumbs
 1/4 cup walnuts, toasted, finely chopped
 1/4 cup butter, melted
 1/2 cup finely grated parmesan, divided
 1 box fusilli pasta
 1 large broccoli, separated into small florets
 2 cups grated tasty cheddar
 1 cup ricotta



Brush the baking dish with the butter. Mix the breadcrumbs, walnuts, extra butter and half the parmesan. Cook the pasta following packet directions or until al dente, adding the broccoli for the last 2 minutes of cooking. Drain the pasta mixture, reserving 2/3 cup of the cooking liquid. Return the pasta mixture to the pan with the cheddar and remaining parmesan, stirring until the cheese melts. Whisk the ricotta with 1/3 cup of the reserved cooking liquid. Add ricotta mixture to the pasta mixture in the pan and stir until well combined and saucy. Stir in the remaining cooking liquid, a little at the time, to loosen the sauce if necessary. Transfer the pasta mixture to the prepared baking dish and sprinkle with the bread crumb mixture. Cook under the grill for 2-3 minutes or until the bread crumb mixture is golden brown. Serve immediately.

EASY BUTTERNUT SQUASH SOUP

2 tablespoons extra-virgin olive oil
 1 large yellow onion, chopped
 1/2 teaspoon sea salt
 1 (3-pound) butternut squash, peeled, seeded, and cubed
 3 garlic cloves, chopped
 1 tablespoon chopped fresh sage
 1/2 tablespoon minced fresh rosemary
 1 teaspoon grated fresh ginger
 3 to 4 cups vegetable broth
 Freshly ground black pepper



Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes. Let cool slightly and blend until smooth. Season to taste and serve with parsley and bread croutons.

PUMPKIN, MUSHROOM, AND SPINACH PASTA

8 ounces uncooked pasta (for 4 people)
 1 tablespoon olive oil
 1/2 small onion chopped
 14 ounces white mushrooms chopped
 2 cloves garlic minced
 1 teaspoon Dijon mustard
 3 dashes Italian seasoning
 1 cup pumpkin purée
 1/2 cup heavy/whipping
 Handful fresh spinach
 Salt & pepper to taste



Freshly grated parmesan cheese (optional)

Boil a pot of salted water for pasta. Cook it according to package directions. Add oil to a skillet on medium heat and sauté onions until they're slightly browned. Chop mushrooms and then add them to the pan along with the garlic, mustard, and Italian seasoning. Cook for another 10 minutes. Add the pumpkin, cream, and spinach. Cook for another few minutes until the spinach has wilted. Season with salt and pepper. Reserve some of the pasta water if you would like the sauce to be slightly thinner. Toss the sauce with the pasta and serve with freshly grated parmesan cheese.

BAKED CHEESY ZUCCHINI BITES

1 1/2 cups packed shredded zucchini (no need to peel zucchini)
 1 large egg, lightly beaten
 1/4 to 1/2 cup shredded sharp cheddar cheese
 1/4 cup panko or regular bread crumbs
 1/4 teaspoon dried basil (or 1-2 teaspoons fresh)
 1/4 teaspoon garlic powder
 1/4 teaspoon salt
 1/8 teaspoon pepper



Preheat the oven to 425 degrees F. Line a rimmed baking sheet with parchment paper and lightly coat with cooking spray or lightly grease an unlined baking sheet. Place the shredded zucchini in a kitchen towel and wring out all the excess water until the zucchini is really dry. You should have a little over 1 cup after squeezing out the water. Place the zucchini and remaining ingredients in a medium bowl and mix until combined. Drop the mixture by tablespoonfuls on the prepared baking sheet and lightly press the mounds with your hands to flatten slightly. Bake for 16-20 minutes until the edges are golden.

VIENNESE PLUM CAKE

1/2 cup butter, softened
 1/2 cup plus 1 tablespoon sugar, divided
 2 eggs
 1 teaspoon vanilla extract
 1 cup all-purpose flour
 1 teaspoon baking powder
 1/4 teaspoon salt
 3 cups sliced fresh or frozen plums (about 1-3/4 pounds fresh)
 1/4 teaspoon ground cinnamon
TOPPING:
 1/2 cup all-purpose flour
 1/4 cup sugar
 1/4 cup cold butter, cubed
 3 tablespoons chopped walnuts, optional



In a large bowl, cream butter and 1/2 cup sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder and salt; add to creamed mixture and mix well. Transfer to a greased 9-in. square baking dish. Top with plums. Combine cinnamon and remaining sugar; sprinkle over plums. For topping, in a small bowl, combine flour and sugar; cut in butter until mixture resembles coarse crumbs. Stir in walnuts if desired. Sprinkle over top. Bake at 350° for 50-55 minutes or until topping is golden brown and plums are tender. Cool on a wire rack.

85TH SOKOL DAY HOSTED BY GROUP 7 PLAINS LIONS PAVILION, PLAINS, PA SEPTEMBER 4, 2021



SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

The Saints Cyril and Methodius Appeal is in its 43rd year raising money to assist the Pontifical Slovak College of Saints Cyril and Methodius in Rome with its day-to-day operations. The Appeal relies upon the generosity of individual donors in addition to collections taken up in personal parishes of Slovak ancestry. A direct mailing asking for donations was sent in January to local district and branch leaders from the four Catholic Slovak Fraternal Organizations, members of the Slovak Catholic Federation, clergy with Slovak ancestry, and previous donors.

A total of \$22,547.50 has been received from 204 donors for the 2021 Appeal, as of September 15. Along with the Home Office of the Slovak Catholic Sokol, donations have also been received from Assembly 24, Assembly 34, Assembly 48, Assembly 71, Assembly 78, Assembly 136, Assembly 162, Assembly 180, Assembly 219, Group 6, Group 7, Group 12, Wreath 11, Wreath 15, Wreath 81, and Wreath 147. On behalf of the Pontifical College, thank you for your continued generosity and support.

Anyone who wishes to contribute to the 2021 Appeal but did not receive a solicitation letter in January is asked to fill out the information in the box at the bottom of this article and mailing it along with your check payable to the Slovak Catholic Federation to the address provided. Donations in any amount are deeply appreciated and are acknowledged. **Gifts received after November 30, 2021 will be credited toward the 2022 Appeal.** Thank you again for your goodness and generosity.

The Slovak Catholic Federation was founded in 1911 by Rev. Joseph Murgas, founding Pastor of Sacred Heart of Jesus Slovak Church, Wilkes-Barre, PA. The Federation brings together under one banner both individuals of Slovak heritage as well as Catholic Slovak Fraternal Organizations for cultural, religious and educational needs. Serving as Moderator is the Right Reverend Gary Hoover, O.S.B., Abbot of St. Andrew Svorad Abbey, Cleveland, OH. National President is Reverend Andrew S. Hvozdozic, V.F., Supreme Chaplain of the Slovak Catholic Sokol and Pastor of Epiphany Parish, Sayre, PA. Reverend Thomas A. Nasta, National Chaplain of the First Catholic Slovak Union and Parochial Vicar with Senior Priest status at Our Lady of Grace Parish, Pennndel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator.



43RD ANNUAL SS. CYRIL AND METHODIUS APPEAL

Name _____

Address _____

City _____

State _____ Zip _____

Amount \$ _____

Please make check payable to **Slovak Catholic Federation** and mail to: Reverend Thomas A. Nasta, National First Vice President Slovak Catholic Federation, Our Lady of Grace Church, 225 Bellevue Avenue, Pennndel, PA 19047-4052

OBITUARIES

SYLVIA M. EVICA

Sylvia M. Evica of Milwaukee, WI passed away on August 31, 2021. She was born on May 25, 1932 in Green Bay, WI. She was a very active member of Group 4 and Wreath 93 and attended many conventions and bowling tournaments.



She was preceded in death by her husband Frank J. Evica, Sr. and her son Joseph Evica. Sylvia was the loving mother of Vince (Sandy) Evica, Mark Evica, Caroline (Bill) Gemoll, Annmarie Evica, Frank (Dawn) Evica, Jr., Patricia (Dave) Osterbrink and Timothy (Jenny) Evica. She is further survived by 13 grandchildren, 11 great-grandchildren, many other relatives and friends.

Visitation were held at Jelacic Funeral Home in Milwaukee, WI on Tuesday, September 7, from 11:00 a.m. until 12:45pm, with eulogies at 12:45 p.m. followed by Mass at 1:00 p.m., all at Blessed Savior Catholic Church in Milwaukee, WI. Interment next to her husband followed at the Holy Cross Cemetery in Milwaukee.

POPE SAYS PUBLIC FAREWELL TO SLOVAKIA IN SASTIN

(Continued from page 4)

The Feast of Our Lady of Sorrows comes one day after the Feast of the Exaltation of the Holy Cross and exactly a week (the Octave Day) after the Nativity of Our Lady.

Held as a 'commemoration' by Catholics worldwide, the Feast of Our Lady of Sorrows is celebrated as a solemnity (the equivalent of what would formerly be called a Double of the First Class), which is also a public holiday in the country.

Slovaks have been honoring Our Lady of Sorrows in a special manner at least since Ottoman incursions in the 15th century. The territory of Slovakia remained largely free of Ottoman rule, while the rest of the Kingdom of Hungary was occupied until the late 17th century. Pilgrimages to Sastin began in the 16th century after Countess Angelica Bakic, wife of Count Emericus Czobor, ordered a wooden pieta to be made as a result of a promise to God for being heard in relation to the suffering caused by her husband. The pieta was hidden in a nearby castle during the Ottoman occupation. After the occupation ended, it returned to Sastin, an ancient arch-deaconal seat. People began to venerate it and it gained a reputation for healing.

Building work on a large church in the Baroque style began in Sastin in 1736. The town is connected to the neighbouring Straze, and the two have a combined population of less than 5,000.

The cult of Our Lady of Sorrows as the patron saint of Slovaks was approved by Pope Benedict XIII in 1727.

Pope Paul VI declared the national shrine in Sastin a basilica minor – the first church to be given this title in Slovakia.

Nevertheless, Pope Francis celebrated the Mass in Sastin on a field with a view of the basilica in the background, as the church wouldn't have been able to contain the tens of thousands of people present on Wednesday, September 15.

IN MEMORIAM

AUGUST 2021

| ASSEMBLY/ WREATH | MEMBER | AGE | DATE OF DEATH |
|---------------------|--|-----|--------------------|
| Assembly 6 | Marcella A. Cook, Benwood, WV | 87 | September 1, 2016 |
| Assembly 11 | Gregory Gallik, Chicago, IL | 68 | October 29, 2017 |
| Assembly 11 | Billie J. Clarke, Rockford, IL | 83 | July 31, 2021 |
| Assembly 16 | Robert P. Weber, Pittsburgh, PA | 68 | August 9, 2021 |
| Assembly 25 | David Lynn, Rostraver, PA | 70 | August 25, 2021 |
| Assembly 34 | Steven C. Bucko, Oakdale, MN | 89 | March 16, 2021 |
| Assembly 36 | Michael Gensor, Washington, MI | 70 | August 4, 2021 |
| Assembly 59 | Anna Fedak, Ashley, PA | 86 | August 9, 2021 |
| Assembly 71 | Joseph Cleary, Edwardsville, PA | 76 | August 1, 2021 |
| Assembly 78 | David M. Petrilla, Bethlehem, PA | 67 | February 22, 2021 |
| Assembly 78 | Charles R. Bartos, White Twp., NJ | 79 | February 26, 2021 |
| Assembly 78 | Mary Stofanek, Bethlehem, PA | 88 | May 10, 2021 |
| Assembly 78 | Anne Marie Varga, Bethlehem, PA | 65 | May 27, 2021 |
| Assembly 78 | Stephen J. Wasi, Bethlehem, PA | 78 | August 5, 2021 |
| Assembly 82 | Robert James Robatin, Dunlo, PA | 75 | July 25, 2021 |
| Assembly 82 | Dorothy A. Bezere, Goodyear, AZ | 91 | July 29, 2021 |
| Assembly 82 | Robert J. Podrebarac, Dunlo, PA | 82 | August 3, 2021 |
| Assembly 96 | Joseph Collins, Niagara Falls, NY | 94 | July 27, 2021 |
| Assembly 162 | Joseph Medvetz, Carteret, NJ | 89 | November 17, 2018 |
| Assembly 162 | Frank Medvetz, Carter, NJ | 60 | October 17, 2020 |
| Assembly 162 | Gloria Kelly, New Egypt, NJ | 84 | July 23, 2021 |
| Assembly 163 | Thomas J. Zelinsky, Monongahela, PA | 92 | August 8, 2021 |
| Assembly 167 | Joseph Michael Pudis, Prosper, TX | 72 | July 27, 2021 |
| Assembly 180 | Phillip A. Zampino, Canton, OH | 50 | August 3, 2021 |
| Assembly 188 | Stephen M. Kollar, Gamerville, NY | 77 | January 29, 2021 |
| Assembly 188 | Margaret Vajda, West Hazleton, PA | 90 | April 3, 2021 |
| Assembly 219 | Mary M. Ferenci, Yonkers, NY | 76 | August 6, 2021 |
| Assembly 219 | Rose Gonzalez, Yonkers, NY | 83 | August 13, 2021 |
| Assembly 224 | John M. Mihalenko, North Brunswick, NJ | 60 | July 15, 2021 |
| Assembly 255 | Anna B. Kleinschuster, Allentown, PA | 101 | July 30, 2021 |
| Assembly 255 | Elizabeth Roman, Whitehall, PA | 87 | July 31, 2021 |
| Assembly 261 | Michael L. Dobrosky, Reading, PA | 72 | July 16, 2021 |
| Assembly 312 | Mary Kaytrosh, Newtown Square, PA | 101 | July 30, 2021 |
| Assembly 312 | Anna Frances Mazar, Lowellville, OH | 97 | August 17, 2021 |
| Wreath 3 | Martha K. Cielinski, Lisbon Falls, ME | 83 | August 24, 2021 |
| Wreath 11 | Neil V. McNeil, Schenectady, NY | 66 | August 21, 2021 |
| Wreath 14 | Patricia Sobol, Johnstown, PA | 80 | May 27, 2021 |
| Wreath 15 | Rosemary Knapp, Bristol, CT | 74 | September 11, 2019 |
| Wreath 22 | Mary Ann Naple, Pittsburgh, PA | 88 | July 28, 2021 |
| Wreath 34 | Jolan Arendash, Olmsted Falls, OH | 82 | July 19, 2021 |
| Wreath 47 | Betty J. Polunc, Minneapolis, MN | 93 | March 26, 2020 |
| Wreath 47 | Chi Moua, Cedar, MN | 30 | August 27, 2021 |
| Wreath 54 | Josephine Kataro, Salem, OH | 88 | August 16, 2021 |
| Wreath 81 | Peter Pisut, Phoenix, AZ | 92 | July 27, 2021 |
| Wreath 93 | Barbara J. Kaat, Waldo, WI | 84 | January 9, 2021 |
| Wreath 93 | Gordon E. Matz, Wauwatosa, WI | 97 | June 20, 2021 |
| Wreath 93 | Lavon D. Smith, S. Milwaukee, WI | 91 | July 31, 2021 |
| Wreath 153 | Stephen A. Dzumak, Maple Heights, OH | 87 | August 16, 2021 |

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.

PÁPEŽ FRANTIŠEK SA ROZLÚČIL SO SLOVENSKOM



Šaštín-Stráže 15. septembra (TASR) - Pápež František sa v závere svätej omše na priestranstve pred Národnou svätyniou v Šaštíne rozlúčil so Slovenskom. Poďakoval sa biskupom, prezidentke Zuzane Čaputovej, civilným autoritám i všetkým, ktorí pripravovali jeho návštevu.

“Drahí bratia, sestry, nastal čas rozlúčiť sa s vašou krajinou. Pri tejto eucharistii som vzdával Bohu vďaka za to, že mi umožnil prísť medzi vás, ako aj za to, že som mohol ukončiť svoju púť v nábožnom objatí vášho ľudu, spoločným slávením dôležitého náboženského i štátneho sviatku vašej patrónky, Sedembolestnej Panny Márie,” povedal pápež zhromaždeným veriacim.

Svätý Otec sa poďakoval biskupom za prípravu a prijatie, opakovane vyjadril vďačnosť prezidentke a civilným autoritám. “Ďakujem aj všetkým, ktorí rozličným spôsobom spolupracovali, predovšetkým modlitbou, a s radosťou opätovne pozdravujem členov a pozorovateľov Ekumenickej rady cirkví, ktorí nás pocítili svojou prítomnosťou. Nosím vás všetkých v srdci, ďakujem všetkým,” doplnil pápež.

Po požehnaní veriacich položil pápež František k soche Sedembolestnej Panny Márie zlatú ružu ako dar. Po omši sa presunul zo Šaštína na Letisko M. R. Štefánika v Bratislave, kde sa uskutočnil rozlúčkový ceremoniál. Následne odletel do Ríma.

CUDZINCOV PRACUJÚCICH NA SLOVENSKU PRIBUDLO

V júli na Slovensku pracovalo 68,4 tisíce cudzincov, čo bolo o 79 osôb viac ako v júni. Počet cudzincov, ktorí na Slovensku zarábajú, pritom od februára minulého roka až do marca tohto roka nepretržite klesal. Vlni vo februári na Slovensku pracovalo 78,2 tisíce občanov z iných krajín. Vyplýva to z údajov Ústredia práce, sociálnych vecí a rodiny SR.

Najpočetnejšou skupinou cudzincov pracujúcich na Slovensku sú Ukrajinci. V júni ich na slovenskom trhu práce pribudlo 139, čím celkový počet Ukrajincov pracujúcich v SR stúpol na 18,8 tisíce. Počet Srbov pracujúcich na Slovensku 9,8 tisíce. Spomedzi občanov z krajín Európskej únie bolo na Slovensku najviac Rumunov, ktorých tam pracovalo 7,3 tisíce, nasledovali Česi so 6-tisíc pracovníkmi a na treťom mieste boli Maďari, ktorých za prácou na Slovensko prišlo 5,1 tisíce. Väčšina cudzincov pracuje v Bratislave.

SLOVENSKÉ ZDRAVOTNÍCTVO OPUSTILO OD ZAČIATKU ROKA TAKMER OSEMSTO SESTIER

Od začiatku januára tohto roka do 3. septembra odišlo zo systému zdravotníctva 772 sestier a pôrodných asistentiek. Vyplýva to z aktuálnych údajov z registra sestier a pôrodných asistentiek. Ide o 20 percentný nárast odchodu sestier zo systému oproti tomu istému obdobiu v roku 2020. Upozornila na to Slovenská komora sestier a pôrodných asistentiek (SKSaPA) vo svojej tlačovej správe.

V krajinách Európskej únie je priemerný počet sestier na tisíc obyvateľov 8,4, na Slovensku je to 5,7. Na Slovensku momentálne pracuje 31 309 zdravotných sestier. Chýba viac ako 14-tisíc sestier.

Univerzity vzdelávajúce sestry pritom dlhodobo poukazujú na poddimenzované financovanie odboru ošetrovateľstvo. Aj napriek tomu, že záujem o štúdium v tomto odbore mierne narastá, absolventi nedokážu okamžite vykonávať vysokošpecializované činnosti, na ktoré sú potrebné klinické zručnosti, ako aj ďalšie štúdium. Univerzitám takisto chýbajú dostatočné finančné prostriedky na to, aby väčším počtom prijatých uchádzačov vykompenzovali odliv pracovných síl v ošetrovateľstve.

Vekový priemer sestier na Slovensku je 47 rokov, pričom SKSaPA registruje viac ako 5 290 sestier vo veku nad 60 rokov. Ide o sestry, ktoré už môžu využiť možnosť predčasných dôchodkov.

Príčiny odchodu sestier zo systému zdravotnej starostlivosti nie sú podľa komory len dôsledkom zvyšujúceho sa vekového priemeru sestier a pôrodných asistentiek na Slovensku. Odchádzajú aj pre nevyhovujúce pracovné podmienky, nekvalitné riadenie jednotlivých pracovísk a nízke mzdy.

VIETE, ŽE...

... na Slovensku 7 000 jaskýň, viac ako 40 je z nich je sprístupnených verejnosti.

...150 gramov čerstvých jahôd pokryje dennú potrebu vitamínu C? Okrem toho obsahujú niektoré vitamíny radu B a minerálne látky ako draslík, vápnik, magnézium a železo.

...uhorky obsahujú veľa antioxidantov najmä vitamínov A, B, C, to znamená, že ich konzumáciou si zlepšujeme imunitu a dodávame telu viac energie. Látky obsiahnuté v uhorkách sa ukázali ako efektívne v boji s rakovinou. Pomáhajú tiež stabilizovať krvný tlak.

ACH, TÁ NAŠA SLOVENČINA!

Násilie v uliciach bude **gradovať**... - korzar.sk

... ktorí sa bežne živia jedlom z **fast foodov**... - pravda.sk

Remake, ktorý baví... - pravda.sk

...poďte si užiť rodinný **All Inclusive** do Piešťan. - sme.sk

Influenceri sa chystajú do škôl... - pravda.sk

Ministerstvo školstva spustilo špecializované **call centrum** na podporu očkovania. - sme.sk

Tieto slovenské hotely lákajú na výnimočný **wellness** zážitok. -sme.sk

Čo je možno zaujímavejšie, úplne rovnaký **look** – aj s bielym **topom**... - pravda.sk

Výrazné **benefity**, ktoré... - sme.sk

...prišli o **imidž**... - sme.sk

ČERNICE A ČUČORIEDKY PROTI RAKOVINE

Farba rozhoduje o tom, ktorý druh zeleniny či ovocia má najviac antioxidantov pôsobiacich proti starnutiu a rakovine. Aj to je dôvod, prečo sa bobuľovité ovocie ako fialové až čierne čučoriedky či černice ocitajú na prvých priečkach tabuľky najzdravšieho ovocia z hľadiska antioxidačnej aktivity.



Čučoriedky patria k najvýkonnejším antioxidantom v rastlinnej ríši. Nepochybne sem patria aj čierne ríbezle, čierna moruša, ale aj tmavé višne či fialové odrody hrozna. Kupte preto vždy najčervenejšie jahody, maliny, paradajky, najtmavšiu brokolicu, akú nájdete. Červená cibuľa má o 76 % viac antioxidačnej aktivity ako biela, červená kapusta môže obsahovať až osemkrát viac antioxidantov ako biela, pri fazuli je zdravšia červená, resp. tmavá fazuľa a podobne.

Medzi najobľúbenejšie druhy ovocia patria najmä jablká a banány. Obsahujú 60 a 40 antioxidačných jednotiek. Ale ani jeden z týchto druhov ovocia nemôže konkurovať bobuľovinám. Zatiaľ čo šálka jahôd predstavuje 310 jednotiek, brusnice majú 330, maliny 350 jednotiek a čučoriedky 380 – hoci divorastúce čučoriedky môžu mať až dvakrát viac!

Farbivá antokyaníny obsiahnuté v tmavom bobuľovitom ovocí, akým sú čučoriedky a černice, im dodávajú intenzívnu modrú až čiernu farbu.

Superzdravé antokyanínové pigmenty sa spracovaním strácajú. Pri výrobe jahodového džemu sa zničí až 97 % tohto farbiva. Sušenie mrazením, tzv. lyofylizácia, je spracovateľský postup, pri ktorom sa zachová pozoruhodne vysoký podiel nutrientov. Takto ošetrované ovocie je však dosť drahé.

Štúdie skúmajúce čerešne, maliny a jahody však naznačujú, že správne zmrazené bobule by mohli byť podobne výživné ako čerstvé. Navyše sú dostupné aj počas tých častí roka, keď čučoriedky či černice nemajú svoju sezónu.

Čerstvé bobule chutia, prirodzene, najlepšie. Sú v celej svojej farebnej, sladkej a voňavej kráse naším malým hnacím antioxidačným ochranným motorom. Či si ich dáte ako dezert, pridáte do šalátov, robíte smoothie, alebo len tak rovno do úst – sú to tie najlepšie lahôdky, ktoré nám darovala sama príroda.

Antioxidačná aktivita vybraného ovocia

| Ovocie | Antioxidačná aktivita na porciu |
|-----------------|---------------------------------|
| Divé čučoriedky | 13 427 |
| Brusnice | 8 983 |
| Černice | 7 701 |
| Maliny | 6 058 |
| Jahody | 5 938 |
| Jablko | 5 900 |
| Čerešne | 4 873 |

ČUČORIEDKOVÝ-MALINOVÝ NÁPOJ

Čučoriedky 2 šálky, maliny 1 šálka, jogurt 400 gramov, citrónová šťava 3 lyžičky, 2 lyžičky medu, škoricca 1/2 čajovej lyžičky.

Všetky prísady roymixujte, môžete pridať viac jogurtu alebo medu, aby ste získali presne tú chuť, ktorá sa vám najviac páči. Malinový a čučoriedkový nápoj sa najlepšie podáva chladený. Je to vynikajúci dezert pre deti a dospelých.

KRÁTKE SPRÁVY ZO SLOVENSKA



Slovensko má v porovnaní s inými krajinami Európskej únie vyšší podiel obyvateľov s vyšším stredným vzdelaním. Zaostáva však v podiele vysokoškôľakov a účasti detí na vzdelaní v ranom detstve, a to aj v porovnaní s krajinami V3 (Česko, Poľsko, Maďarsko). Zároveň zaškolenosť v predprimárnom vzdelávaní je nízka najmä v prípade detí zo sociálne znevýhodneného prostredia či marginalizovaných rómskych komunít. Informoval o tom hovorca Národnej banky Slovenska Peter Majer pri príležitosti Medzinárodného dňa gramotnosti, ktorý bol vyhlásený 8. septembra 1966 na základe rozhodnutia UNESCO.

Od 9. septembra sa môžu očkovať deti od 5 do 11 rokov. Ako po rokovaní vlády uviedol minister zdravotníctva Vladimír Lengvarský, očkovanie je dobrovoľné a na žiadosť rodičov, schváliť ho musí lekár. Deti sa budú očkovať tretinovou dávkou vakcíny od Pfizeru, vakcíny im budú podávať pediatri. Požiadavku na očkovanie detí podľa ministra vzniesli odborníci, pediatri a iní lekári, ktorí sa venujú očkovaniu a ochrane detí. „Má to prispieť k tomu, aby sme ochránili hlavne citlivé skupiny detí, ktoré by mohli mať ako nezačlenené pri styku s Covidom nejaké problémy,“ konštatoval šéf rezortu zdravotníctva. Ako Lengvarský dodal, existujú isté skupiny diagnóz, kedy je očkovanie pre deti odporúčané a musí byť schválené pediatrom, prípadne iným odborníkom. Očkovanie by však malo byť prístupné všetkým deťom, nielen tým ohrozeným.

V roku 2020 sa výrazne zvýšilo násilie v rodinách. V prípade zločinu týrania blízkej osoby bol zaznamenaný 18-percentný nárast trestných stíhaní. Vyplýva to zo správy generálneho prokurátora SR o činnosti prokuratúry za rok 2020, ktorú v piatok odobril Ústavnoprávny výbor Národnej rady (NR) SR. „K nárastu násilia voči zvereným osobám prišlo v celej Európe,“ zdôraznil generálny prokurátor Maroš Žilinka. Táto skutočnosť podľa neho súvisí s pandemiou nového koronavírusu a tým, že sa ľudia dlhšie zdržiavali v domácnostiach. Jeho námestník Jozef Kandra zdôraznil, že „na každej krajskej a okresnej prokuratúre sú špecialisti, ktorí sa venujú výhradne tejto agende“.

Rast cien pokračoval aj v auguste, medziročná inflácia dosiahla až 3,8 %. Informoval o tom Štatistický úrad SR. Je to najvyššia hodnota od októbra 2012, teda za posledných takmer deväť rokov. Infláciu opäť ťahali nahor vyššie ceny za dopravu, najomné ovplyvňované cenami stavebných materiálov a dynamicky rastúce ceny potravín. Štatistickí vyzdvihli, že kým zo začiatku roka ceny bývania a energií tlmili rast cien, v druhej polovici roka ho už naopak podporujú. Zdražovanie stavebných materiálov totiž už prekrylo efekt zlacnenia energií v úvode roka. K tomu sa pridali drahšie palivá s medziročným rastom už štvrtý mesiac nad úrovňou 20 %. V auguste poskočili aj ceny potravín a medziročne boli vyššie o 3,7 % (najviac od júna 2020), a to vplyvom rastu tých zložiek, ktoré narástli medzimesačne, a to najmä ceny chleba a obilnín, mlieka, syrov a vajec ako aj mäsa. Najvýraznejší vplyv na celkový rast v porovnaní s predchádzajúcim mesiacom mali ceny váhovo menej dôležitých položiek ako nábytok, pohonné látky a výroby osobnej starostlivosti.



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