

Slovak Catholic Falcon Slovenský katolícky sokol

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Happy Easter!

May the blessings of the Lord, guide you, protect you & be with you on Easter & always.

Prajeme vám radostné a požehnané vel'konočné sviatky!

Message from our Supreme President Michael J. Horvath

Šťastnú Veľkú Noc! Happy Easter!

"He is Risen"! This simple message is the bedrock of our faith and our guide to living our lives as



Christians. Easter has arrived and it is the time of the year where we celebrate our Slovak traditions during the Holy Days of the Triduum. Lent leads us to Easter, and it is

meant to make us better Christians. Let us celebrate Easter with our family and friends and remembering those who are no longer with us. They taught us the meaning of Easter.

Spring has finally arrived. We can now really begin to enjoy outside fun and before we know it, it will be May. I am sure we all felt spring cannot come soon enough. Spring opens the door to the outside world which was closed to most of us for at least the past two and a half months. Spring also brings along all the outside work that must be done before we can start getting the summer tan. I looked at the list of projects that were not completed last year and see new ones added. I hope some are repeats from last year. No matter how big the list it is still better than no list at all.

The 76th International Bowling Tournament will be held May 13-14, 2022, in Cleveland, Ohio after being postponed for the past two years because of Covid. Everyone who has been waiting for the tournament should be ready to bowl and help make it as large as the tournaments of the past. I will be making my return to the lanes and do my best to bowl a three hundred. See you in Cleveland. The Supreme Auditors meet March 13-16, 2022, to do the annual audit. This was the first in-person audit conducted in the past two years due to Covid and travel restrictions. I met with the Auditors to thank them for the work they did remotely for the past two years and to answer any questions they had concerning the last two years.

The Slovak Catholic Sokol, Board of Directors held its first 2022 Quarterly meeting, March 17-18, 2022, in Wilkes-Barre, PA. The Board heard from our professional advisors who reviewed the results of 2021. The Professionals gave us a lot to think about and what we can do to increase our investments and reduce our expenses. All their recommendations are sound and now the Board must decide on what direction the Society will take to implement them.

It has been three weeks of hell for our Slavic brothers and sisters of Ukraine. Let us pray for Ukraine and its people, that PEACE come guickly. Let us help the refugees and Ukraine. To find how you can help the refugees and Ukraine contact your Diocese since they have the names of the relief agencies that are helping the refugees and Ukraine. Since your Society did its annual audit, is time for you to do your annual audit and see if your life insurance needs are up to date and if your investment portfolio needs a better return? If your audit shows you need help contact our Supreme Secretary, Scott T. Pogorelec, F.I.C. or our Director of Sales, Albert J. Suess, Jr. F.I.C. for assistance.

Enjoy the warm weather and the beauty of Spring.

Stay Safe and Healthy! With God's Blessings for All! Zdar Boh!

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From the desk of the Supreme Secretary

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

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. 1 Peter 1:3

Greetings from the Home Office! It seems as if the weather is trying to co-



operate, and Spring is at the doorstep. I hope our members are starting to get outside and breath the fresh air.

On March 18th-19th, our Board of Directors met in Wilkes-Barre, PA to review

the 2021 results. The meeting gave us an opportunity to review the events we were able to have and to discuss our future events in a hopefully post-covid world.

Beginning in this issue and continuing in future issues, you will have the opportunity to read the reports of all our Supreme Officers. Please take the time to read and see all the hard work put in by our Officers, even with the many challenges they were faced with throughout the year. All of us work as a team in promoting our fine organization. I am not only speaking of Supreme Officers, but also former Officers, Honorary Supreme Officers, Group, Assembly, and Wreath Officers. Everyone has a hand in making and promoting our Society, and I thank you all for that!

On a financial front, our Society has gone over the \$100 million dollar asset

mark for the first time in our Society's history! Our assets now stand at over \$108 million, and our surplus remains strong at \$8.2 million. You will see in my report that we are a sound financial institution even as we operate in a sagging interest rate environment, worthy of your continued support and promotion. Even with our various expenses, we are still able to issue a dividend to our members which speaks very highly of our financial base. All of this along with our fraternal benefits keeps our organization a strong fraternal benefit society.

I again would like to thank all of you who continually promote our organization. As you gather to celebrate the Easter holiday, I ask you to look within your own family and circle of friends to find new members to share the Sokol experience with. Enrolling a new baby is an inexpensive way to give that child a financial head start in life. And if you think about all we offer with benefits, scholarships, etc., that policy will be paid for in no time. If you have any questions, please contact me at the Home Office at 800-886-7656 or email me at scott@ slovakcatholicsokol.org, and I would be glad to assist you.

Finally, on behalf of my beautiful wife, Maggie, our sons, Reid and Cole, and my entire Family, I offer you prayers and fraternal well wishes for a joyous Easter holiday. Have a great month of April and good health to all!

Stay safe, stay strong, and STAY POSI-TIVE!

Zdar Boh!

UNITED SLOVAK SOCIETIES OFFER SCHOLARSHIP GRANTS IN LORAIN, OH

The United Slovak Societies of Lorain, Ohio will again make available nonrenewable scholarship awards to eligible high school seniors who will graduate in June 2022. Applicants must maintain a GPA of 3.0 or better and must be members for least 5 years in any of local Slovak fraternal lodges in Lorain, OH. The lodges include Wreath 111 of the Slovak Catholic Sokol, First Catholic Slovak Union, First Catholic Slovak Ladies Association and National Slovak Society.

To obtain rules and an application, please visit <u>www.americanslovakclub.com</u> or contact the scholarship coordinator, Sue Naelitz at <u>snaelitz@hotmail.com</u>. Deadline for applications is May 30, 2022.

Sokol Calendar

APRIL 3 – MASS FOR LIVING AND DE-CEASED MEMBERS OF ASSEMBLY 86, Port Griffith, PA at St. John the Evangelist Church, 35 William Str., Pittston, PA at 10.30 a.m.

APRIL 24 – ANNUAL MEETING OF GROUP 6 "MSGR. ANDREW HLINKA" at Capporrila's Italian Restaurant, Uniontown, PA at 1:00 p.m. For reservations contact Anna Mae Warnick (724-736-4032) or Terri Gardner (724-929-8675). Reservations must be received no later than April 7, 2022.

MAY 13 – 14, BOWLING TOURNA-MENT at the Brookgate Lanes, Brook Park, OH. The bowling tournament application is on our web site and in the Falcon.

SUNDAY, JUNE 5 – S.C.S. MEMBERS OF ASSEMBLY 78, BETHLEHEM, PA ANNIVERSARY MASS & REUNION at the Incarnation of Our Lord Church (Formely Sts. Cyril and Methodius). Mass at 2:00 p.m., reception to follow at Labuda Hall. For info/reservations call President Fran Blanar @ 610-509-8059. DEAD-LINE – APRIL 17.

Introducing our newest member



Riley Irene Smarsh, born December 9, 2020, is the daughter of Jesse James and Marisa Lynn Samrsh of McDonald, PA. She was enrolled as a member of Wreath 22 in Pittsburgh, PA.

SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the Slovak

Catholic Falcon will be that of MAY 1, 2022. <u>DEADLINE</u> for all photos and information for this issue will be <u>APRIL 22, 2022.</u>

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

PEACE BE TO YOU, IT IS I, ALLELUIA!

The Feast of Easter, the Feast of the Resurrection of Jesus Christ from the dead, is the central Feast of the Church. It is God's definitive answer to death. Nothing is stronger nor



more powerful than He. Through the Resurrection, God has conquered both sin and death.

Yet, at times, there seems no lack of despair or of hopelessness. Looking about, we cannot deny what we see: moral weakness, physical illness, natural disasters, conflict, hatred, paradox, contradiction, and war.

It seems that there is no end to this catalogue of vexing problems which seem

to defy solutions.

We know, too, from the Gospel texts that following the Passion and death of Jesus Christ, the Apostles themselves went into hiding because they were anxious and afraid.

In our time, in response to all these difficulties, many people have turned in toward themselves; they have "withdrawn from daily life," so to say. Others pretend that all is well and continue to maintain a selfish and narcissistic way of life.

Still, others have become angry, bitter, and cynical, assuming a cold indifference toward everyone and everything, caring only for themselves.

Sadly, among many young people, there has been a choice to participate in artificial and selfish behaviors, believing that this would relieve their anxiety and that they would find true happiness. However, the contrary is true. Young people who live this way discover only hopelessness and despair.

On the Feast of the Resurrection of Jesus Christ, I ask all of you to believe and to understand that the only true and authentic answer to the most profound and difficult questions of life must always begin with the Risen Jesus Christ.

It is the Risen Jesus Christ and only He who makes us holy and wise. It is the Risen Jesus Christ who grants us peace. It is He who gives Himself to us in the Eucharist. He forgives us our sins in the Sacrament of Confession and speaks to us through the Sacred Scriptures and through His Church. It is He, The Risen Jesus Christ, who is the Way, the Truth and the Life and He says to us what He said to the Apostles on the First Easter:

Peace be to you. It is I. Do not be afraid! (John 20: 19-31) Amen.



Slovak Catholic Sokol Public Group Get quick updates on the latest events going on in our organization



It is only right, with all the powers of our heart and mind, to praise You Father and Your Only-Begotten Son, Our Lord Jesus Christ. Dear Father, by Your wondrous condescen-

sion of loving-kindness toward us, Your servants, You gave up Your Son. Dear Jesus You paid the

debt of Adam for us to the Eternal Father by Your Blood poured forth in loving-kindness. You cleared away the darkness of sin by Your magnificent and radiant Resurrection. You broke the bonds of death and rose from the grave as a Conqueror. You



reconciled heaven and earth. Our life had no hope of eternal happiness before You redeemed us. Your Resurrection has washed away our sins, restored our innocence and brought us joy. How inestimable is the tenderness of Your Love! – *St. Gregory the Great's Easter Prayer*

PEACE AND BLESSED EASTER ABBOT GARY, OSB, Protector

"STEPPING INTO SPRING"

While Supreme Assistant Physical Director, Marty Degnan is wrapping up the 2021 Walking Program and turning it over to me, I would like to encourage all members to join veteran SOKOL walkers and enroll in the Walking Program.



It is easy to enroll. Just keep a record of your miles and send them to me monthly, quarterly or at the end of year. A sample tally sheet can be found on our website: slovalcatholicsokol.org. Members will receive an award for each 100th milestone reached. Awards may be broken into age group categories. Please include the following: your Name, Age, Address, Email (if applicable), Miles walked and dates.

The physical benefits of walking are numerous: A brisk walk 30 minutes a

day can help maintain a healthy weight, improve cardiovascular fitness, promote muscle endurance, and increase energy levels. If you can't set aside 30 minutes at one time, start out with several short sessions throughout the day. Any amount of activity is better than none. The weather is getting warmer so now is the perfect time to start! If you are new to the walking program, here are some tips to help you get started:

• Establish goals you can accomplish- start simple such as walking for 10 minutes at a time.

• Vary your routine- plan several routes, walk somewhere new or plan walks with a friend.

• Choose your course carefully- walk in well lit areas, avoid uneven paths

• Wear comfortable clothes- shoes with flexible soles to absorb shock.

• Don't give up- if you miss a day or so, just pick up and start again.

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REPORTS OF THE SUPREME OFFICERS FOR 2021

REPORT OF THE SUPREME PRESIDENT

Pochvalen bud' Pan Jezis Kristus!

In compliance with Section 3.2, Article (f) of the Constitution and Bylaws of the Slovak Catholic Sokol, I hereby submit my 2021 annual report to the Board of Directors and members for their review. Section 4.1 of the Constitution and Bylaws list the duties, obligations, and responsibilities of the Supreme President.

As I begin my 2021 annual report, please let us take a moment to remember and pray for our Slovak Catholic Sokol members, family members, and friends who have died in 2021, especially those who died because of COVID. May their memories remain with us and their souls rest in peace.

In December 2020, the projection of what 2021 was looking like and going to be was a concern for not only the Society but also for our personal lifes. COVID was still in control of our lives, spreading with hot zones surfacing weekly and monthly. We were still unsure of what we should and not do to stay safe and protect us and our families. Then the good news appeared that there were vaccines developed to give us the protection needed to fight off the virus and reduce the potential of getting seriously ill, being hospitalized or dying. As the months followed, millions received their first, second, and booster shots to give everyone who wanted the vaccine the level of protection to protect themselves and those notvaccinated. However, we saw during the year many individuals died because of the virus. The Slovak Catholic Sokol also saw an increase in the number of deaths attributed COVID, either because of our older membership with underlying health problems or by being unvaccinated.

As 2021 was ending, another variant, Omicron, surfaced and we saw again the rise in infections and deaths. Many of us came down with COVID this time but because we were vaccinated our illness was mild compared to those who were not vaccinated. 2022 will be another year we watch and see if we are prepared for another variant or will COVID finally just become another yearly malady.

Even with COVID being the main concern for not only our Society but for all governments, businesses, schools, and society, each had to figure out what was best for them to stay open and continue their operations. As we saw, many corporations were able to have their employees work remotely; where others had no options but to have employees work and interact with the public daily. Then there were businesses that were shuttered because of being non essential and potential breading grounds for the virus to spread. This caused many hardships for not only businesses but also for the workers. We thank all workers who did their jobs daily in the worse of conditions and in hazardous environments, especially our healthcare, and first responders who risked their lives daily to help and keep us safe.

Our Supreme Secretary, Scott T. Pogorelec, F.I.C., worked tirelessly to keep our Society operating and for providing a clean and safe environment for the employees to work in. He did an outstanding job under all that was happening externally to keep us moving forward. Each week he and I spoke about the impact the virus was having on the Society and what were our plans going to be for our meetings and fraternal activities. This was a very fluid process, make the plans then watch what was happening, then adjust the plans based on the conditions of the time when the activities were to take place. This resulted in Brother Scott and I to decide to have 2021 Board meetings and other meetings take place via conference calls or Zoom. Even though nothing beats in person meetings, the safety of those who are participating in person in

the meeting was our first concern. This plan worked and all meetings were held accordingly. The Supreme Physical Fitness Board held their meetings the same, either by conference call or Zoom, to keep their members safe, as they did their planning of 2021.

Thank you to the Home Office staff for working through the pandemic of 2021. All of you experienced the ills of COVID and continued to do what was asked of you to cover a coworker's duties while they recovered from the virus. All our members should know you are the best there is, and the proof is in the great year the Society had in 2021. Thank you again!

2021 marked the 49th year the Slovak Catholic Sokol Scholarship program awarded scholarships to its members. This year a total of fifty-seven scholarships were awarded to members from grade school to post-graduate students. Since 1972 the Slovak Catholic Sokol gave \$1,761,000 in scholarship grants to its members. Congratulations to all who received a scholarship.

The Supreme Physical Fitness Board did all they could in 2021 to hold our ever important fraternal activities. They put in place all the plans for the 74th International Bowling Tournament, the 66th International Golfing Tournament and the International Clinic to prepare for the 50th International Slet. As we know sometimes plans just do not work out as they should, especially when things happen that are out of one's control. This happened again this year with our fraternal activities. The 74th International Bowling Tournament was cancelled because of restrictions and the uptick in COVID case at the time. The 66th International Golf Tournament was held with much success since golf is outside and the COVID cases were declining at the time. The International Clinic was cancelled due to college campus and travel restrictions and COVID conditions. Our Society took the lead in organizing our annual tournament and invited the other Slovak Fraternals to join us in our fraternal activities. Thank you to all the members who participated in the tournaments. Without your support the tournaments would not happen.

The Supreme Physical Fitness Board did not leave COVID stand in their way of having no fraternal activities in 2021. They organized a Sokol Family Fest for July 15-18, 2021, at the SNPJ Recreation Center in Enon Valley, PA. Sokol members and friends enjoyed a wonderful weekend camping, RVing, participating in outdoor events, having cooked meals prepared outdoors including the pig roast.

The members of the Supreme Physical Fitness Board did an exceptional job in 2021 and I thank them for their willingness to create new fraternal activities for the Sokol membership.

Our Supreme Secretary, Scott T. Pogorelec, F.1.C. worked through these tough COVID times to keep the Society in business in 2021. As for him or any other CEO it was not easy. He had to be concerned not only with his own health, but that of his family, wife and children, their parents and other family members, the staff and their families, the business as a whole and all who he has to rely on for and to give timely reports. He worked through this, and I thank him for his dedication and his ability to do all that he did in 2021.

Our sales in both our life insurance and annuity products did well last year. The Society saw its Assets go over \$100 million dollars in 2021. This success was due in part by our Director of Sales and the independent agent force in place that generated new sales and kept old contract in house. We all know investment income returns are not that good. We are thankful that our equities, Stocks, which is 10% of our overall portfolio, did well in 2021, as compared to the low returns generated in the fixed assets, Bond,

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REPORTS OF THE SUPREME OFFICERS FOR 2021

(Continued from page 5)

which is 90% of assets required by the New Jersey Department of Banking and Insurance. Brother Scott, the Board, and I asked our investment professionals at PNC to create a Covered Call program for the Sokol to generate additional income for the Society. PNC did this, by putting some stocks in the Call, monitoring the stocks, timing offers and requests and executing the Calls, and it was a success. Thank you, PNC.

The Board of Directors put together this year a Bonus plan for our Supreme Secretary that will be used to judge his performance going forward. This plan first establishes goals for the Supreme Secretary to meet in the upcoming year. The Board then reviews the results and grades the performance to come up with the bonus. This is the first time the Board will use this method and will refine it as needed.

2021 was not a year without some issues. The one main issue was concerning some of our Bylaws and how they should be interpreted. What was discovered because of an issue, Bylaw Section 7.3 gives direction that can be overruled which then affects other Bylaws that cause problems down the line and hampers the ability of the Board to do its work and uphold their Oath of office. For our Society to move forward and grow and for the Board of Directors to follow the Bylaws and their Oath of office our Bylaws need to be examined and reviewed to remove and amend the sections that are conflicting.

This process of reviewing the Bylaws will be overseen by the Governance Committee that was formed by those members that requested to serve on the Committee. The members who were selected to be on the Governance Committee are: Sister Julie Ann Dobbs, past Supreme and Honorary Supreme Vice President, Chairperson of the 2020 Committee and Bylaws Committee for the 33rd Convention. Sister Kathleen Watkins, past Supreme Physical Directress and Group 14 President, Sister Cindy Walkowiak, from Group 14 and member of the 2020 Committee for the 33rd Convention, Brother Dennis Zifcak, Colonel US Army (ret), past Supreme Treasurer and past Group 3 President, and Brother Steven Burican, past Supreme Auditor. These members will work to review the Bylaws, compare our Society to other like fratemals and present their results and recommendations to the delegates of the 34th Quadrennial Convention to be held August 5-8, 2023, in Scranton, PA.

As President, I oversaw all the Society's 2021 Quarterly meetings and any special meetings that were called. I also, participated in as many of the Supreme Physical Fitness Board meetings that I could during the year. I also meet with our Supreme Secretary, Scott T. Pogorelec, F.I.C. and General Counsel, John D. Pogorelec, Jr, Esq. several times during the summer to discuss and understand the Society's Bylaws, and my authority to fulfill my sworn Oath of Office. These were difficult days.

I participated in several webinars held by the American Fraternal Alliance (AF A) and PNC Bank for fraternal society executives and clients. The AF A webinars were designed to help fraternal executives know what is happening in the fraternal world as they pertain to the various rules and regulations that govern the fraternal world. The PNC webinars are designed to keep the Slovak Catholic Sokol updated on the economic conditions and how the economy can affect our investments.

I will end this report saying the Slovak Catholic Sokol is a great fraternal organization and the only one that I belong too. Our Society has concerns that have to be addressed just like any other fraternal, but all the members can be proud of the facts we have grown, are in good financial strength, and have fraternal activities for its members to participate in. With the Good Lord's assistance and guidance, the Society will continue its journey to provide its members with sound financial security products now and in the future.

As 2021 ends, we see nothing remains the same or can be predicted perfectly even as we live in the 21st century, the modem world with great technology and a way of life. Sometimes we only see what is immediately in front of us and do not realize what is happening away from our comfort zone. There are problems all around the world and we try to help in any way we can to ease the lives of the less fortunate. Who would ever thought we would see a war in Europe ever again, but it is a reality. Let us hope the war ends and all can again live normal lives of having a decent job to provide for one's family. Let us pray for the war to end and never rise up again. We all must maintain positive attitudes that our lives will improve, and our Society stays on the path of providing strong financial security to its members, improve its operations, grow, and increase member participation in Group, Assembly and Wreath and fraternal activities.

I close by giving thanks to my wife Suzanne, and the rest of the family for the support they have given me this past year to help me fulfill my duties as the President of the Slovak Catholic Sokol and uphold my Oath of Office. Thank you! With God's Blessings to All! Zdar Boh!

> Respectfully submitted, Michael J. Horvath, President

REPORT OF THE SUPREME SECRETARY

Slavna Rocna Schodza!

In compliance with Section 4.3, Article (n) page 26 of the Constitution and Bylaws of the Slovak Catholic Sokol, I hereby submit my written Annual Report for the year 2021 to the Supreme Board of Directors.

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

This past year our organization celebrated its 116th Anniversary as a fraternal benefit society and, once again, it was an enduring year for everyone. We continued to be in the throes of the Covid-19 Pandemic, which has shaken our world and our Society. But I think you will find that we have "endured" and are prepared for the years ahead. I would like to thank our Board of Directors, especially our Supreme President, Michael J. Horvath, for his dedication and support over this trying year.

After reviewing all the financial reports, I am certain that you will concur with me that our organization, like others, has experienced and endured another year filled with challenges and uncertainties. The Society continues to remain financially strong even after providing numerous fraternal benefits and services to our members.

HOME OFFICE EFFICIENCY

The Home Office staff continues to be one of our most valuable assets. For most of the year, the Home Office staff continued operating under our Covid-19 Action Plan. The past year has been anything but normal for them and they have continued to show their loyalty and commitment to the organization. I would also like to recognize Albert J. Suess, F.I.C., for the job he has done while serving as our Director of Sales. Through his efforts, along with our Home Office Staff, we have made great strides in our sales department.

During the past year, we have consistently updated the hardware and software used in our Editorial Department and have made upgrades to our Sokol Website. In October, we launched a fresher look for our website, www.slovakcatholicsokol.org. We have also made significant inroads in the ever-changing world of social media as we look to engage all members of our Society. I would like to thank Livia Karak and Louie Smeriglio for all their hard work and dedication in publishing the Sokol Falcon.

As in previous years, the Home Office continues to make every effort possible to provide courteous and efficient service as needed. The employees are constantly updating and requesting information on behalf of our members. Along with our software provider, the Home Office staff has gone through extensive training in getting information to our members and agents in a quick and efficient manner.

With all the technological advances in our world today, our staff has implemented changes to make items more accessible and the changes have proven to be successful. The extensive training that our Staff has gone through this year and previous years proved to be most helpful during this pandemic.

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

STATISTICS

The amount of Premium Income received during the year was \$14,632,000 of which \$2,200,000 was for life insurance premiums and \$12,432,000 was annuity premiums. This total was the highest amount received in our Society's history. The face amount of insurance written totaled \$8,400,000 and the total amount of insurance in force was \$240,121,000. The Society has 27,117 members with 29,343 certificates in force and 84 Assemblies/Wreaths. Assets as of 12/31/2021 were \$108,716,000, the

highest in our Society's history, and the Unassigned Funds total \$8,127,000. The Solvency ratio is a financially strong 108%. This is the first time in our Society's history that we are over \$100 million in Assets.

COMMENTS

Once again, this was not an easy year for the fraternal side of our organization as we continued to deal with the ongoing pandemic. Our Supreme Physical Fitness Board continued looking for ways to reach our membership and was able to do so virtually. They did a tremendous job using all the tools to communicate with our people. We were able to have two "in person" events in 2021, notably the Sokol FamilyFest and the 66th International Golf Tournament. The Supreme Physical Fitness Board did a wonderful job at these events and their truly commendable efforts of turning tough situations into wonderful memories for our members does not go unnoticed. I thank you for all your hard work. We look forward to full fraternal calendar in 2022.

ACKNOWLEDGEMENT

I would like to take this opportunity to express my sincere fraternal thanks and gratitude to our Directors, Honorary Supreme Officers, and all members of the Supreme Assembly for their support and cooperation throughout the year, especially once again our Supreme President, Michael J. Horvath. Your passion and love for the Slovak Catholic Sokol is very much appreciated. To all our Group, Assembly, and Wreath Officers, again I say "thank you" for all the work and dedication you bring to our Society. And finally, I would like to thank all our loyal members of the Slovak Catholic Sokol. This has truly been a trying year for us all and I pray that normalcy will set in during 2022.

CONCLUSION

As the Slovak Catholic Sokol begins its 117th year as a Fraternal Benefit Society, the administrators of our organization will face numerous challenges concerning the life insurance industry. I have the utmost confidence in our Supreme Board of Directors and our professionals that the membership of our fine organization will always come first.

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

God Bless our Board of Directors, all our Members and the Slovak Catholic Sokol! Zdar Boh!

Respectfully submitted,

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

FINANCIAL REPORT OF THE SUPREME SECRETARY

AS OF 12/31/21					
ASSETS	_	2021	2020		
Cash and Cash Equivalents	\$	4,437,366	4,489,185		
Investments - Bonds & Bills		86,597,199	78,623,914		
Investments - Stocks		15,567,990	12,409,697		
First Mortgage Loans		582,765	593,670		
Loans on Certificates		297,603	247,218		
Accrued Interest Receivable		857,738	803,105		
Sokol Building/Land		317,663	321,402		
Accounts Receivable		39,900	35,835		
Due From Groups		(98)	2,808		
Prepaid Items		18,786	15,168		
TOTAL ASSETS	\$	108,716,912	97,542,002		
LIABILITIES AND RESERVES	_	2021	2020		
Life Reserves	\$	87,343,893	78,226,584		
Asset Valuation Reserve		2,468,604	1,977,033		
Interest Maintenance Reserve		385,585	266,972		
Reserve for Supplemental Contracts		3,394,151	2,849,615		
Reserve Emp. Retirement Plan		4,825,870	4,821,045		
Reserve for Convention		120,000	60,000		
Claims Payable		280,897	490,290		
Conversion - Canadian Currency		3,879	3,847		
Accounts Payable		30,000	36,208		
Sokol Secure Fund		1,388,097	1,093,375		
Mary Jane Rich Scholarship Fund		85,000	85,000		
Emil Slavik Scholarship Fund		100,000	100,000		
Dr's Lesko Medical Scholarship Fund		20,000	20,000		
Yencha Memorial Scholarship		23,400	20,700		
Krista L Glugosh Memorial Scholarship) Fur	24,000	24,000		
Dividend Payable		50,000	50,000		
Advance Premiums		46,505	45,656		
PPP Loan		-	40,752		
TOTAL LIABILITIES	\$	100,589,881	90,211,077		

(Continued on page 8)

REPORTS OF THE SUPREME OFFICERS FOR 2021

	REPC	ORTS OF	THE SUPRE			
(Continued from page 7)						
Undistributed Funds - Sokol	\$	8,127,031	7,330,925			
TOTAL LIABILITIES & SURPLUS	\$	108,716,912	97,542,002			
STATEMEN	יד הב וארהו	ME AND EXPENSES				
JIALLINEN		IVIE AIND EAFLINGLG				
INCOME		2021	2020			
Investment Income	\$	3,389,825	3,221,072			
Amortization of IMR		41,645	39,428			
Dividends on Stocks		351,256	323,344			
Interest on Mortgages		15,461	7,710			
Interest on Cerfificate Loans		19,031	17,635			
Sale of Cookbooks		643	465			
Rent Received - Sokol Building		110,175	75,025			
Life Premium Income		2,195,000	2,314,886			
Annuity Income		12,437,000	11,392,077			
Suppl. Contract		940,000	-			
Miscellaneous Income		(1,410)	168,138			
Sale of Securities/Amortization	ı	1,079,271	148,758			
TOTAL INCOME	\$	20,577,897	17,708,538			
EXPENSES		2021	2020			
Death Benefit Claims Paid		1,732,084	1,661,785			
Interest Expense		85,420	78,167			
Fraternal Expenses		518,650	458,674			
General Expenses		1,220,705	1,291,112			
Employee Retirement Expense	S	352,363	359,371			
Commissions		472,698	475,974			
Annuity Benefits		6,990,220	3,614,974			
Taxes & Fees		69,832	53,125			
Reserve Increase		8,917,000	9,778,280			
Cash Surrenders		247,064	387,216			
TOTAL EXPENSES	\$	20,606,036	18,158,678			

\$ (28,139)

FINANCIAL REPORT OF THE SUPREME SECRETARY AS OF 03/31/21

ASSETS	_	2021	2020
Cash and Cash Equivalents	\$	8,588,790	1,517,294
Investments - Bonds & Bills		80,557,059	73,886,416
Investments - Stocks		13,076,848	8,467,320
First Mortgage Loans		593,670	595,702
Loans on Certificates		253,999	251,258
Accrued Interest Receivable		803,105	829,062
Sokol Building/Land		320,610	324,205
Accounts Receivable		35,835	25,100
Due From Groups		2,610	4,697
TOTAL ASSETS	\$	104,232,526	85,901,054
LIABILITIES AND RESERVES		2021	2020
		0.4 670 740	~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~
Life Reserves	\$	84,670,710	69,089,083
Asset Valuation Reserve		2,092,907	341,198
Interest Maintenance Reserve		258,527	191,470
Reserve for Supplemental Contracts		3,038,615	2,574,708
Reserve Emp. Retirement Plan		4,811,045	4,816,267
Reserve for Convention		75,000	15,000
Claims Payable		490,290	534,950
Conversion - Canadian Currency		3,847	3,801
Accounts Payable		22,000	39,461
Sokol Secure Fund		918,779	1,095,554
Mary Jane Rich Scholarship Fund		85,000	85,000
Emil Slavik Scholarship Fund		100,000	100,000
Dr's Lesko Medical Scholarship Fund		20,000	20,000
Yencha Memorial Scholarship		23,400	18,500
Krista L Glugosh Memorial Scholarship Fun	d	24,000	24,000
Dividend Payable		50,000	50,000
Advance Premiums		70,654	89,530
TOTAL LIABILITIES	\$_	96,754,774	79,088,522
Undistributed Funds - Sokol	\$	7,477,752	6,812,532
TOTAL LIABILITIES & SURPLUS	\$_	104,232,526	85,901,054

ZDAR BOH! Scott T. Pogorelec, FIC Supreme Secretary Slovak Catholic Sokol

TOTAL INCOME (LOSS)

(450,140)

STATEMENT OF INCOME AND EXPENSES

INCOME	_	2021	2020
Investment Income	\$	814,422	761,946
Amortization of IMR	·	8,445	4,585
Dividends on Stocks		81,000	86,948
Interest on Mortgages		-	7,690
Interest on Cerfificate Loans		4,500	6,500
Sale of Cookbooks		240	62
Rent Received - Sokol Building		28,450	22,055
Life Premium Income		585,500	664,260
Annuity Income		6,635,706	715,741
Scholarship Income		-	-
Miscellaneous Income		(960)	26,619
TOTAL INCOME	\$	8,157,303	2,296,406
EXPENSES		2021	2020
Death Benefit Claims Paid		598,990	391,032
Interest Expense		4,500	6,776
Fraternal Expenses		58,064	60,112
General Expenses		262,423	253,624
Employee Retirement Expenses		89,382	89,705
Commissions		153,160	69,758
Annuity Benefits		571,158	609,841
Taxes & Fees		11,300	43,078
Reserve Increase		6,444,126	648,000
Cash Surrenders	_	81,433	123,758
TOTAL EXPENSES	\$ <u> </u>	8,274,536	2,295,684
TOTAL INCOME (LOSS)	\$	(117,233)	722

ZDAR BOH! Scott T. Pogorelec, FIC Supreme Secretary Slovak Catholic Sokol

REPORT OF THE SUPREME VICE PRESIDENT

The following report for 2021 is submitted to the Board of Directors as stated in the Constitution and Bylaws of the Slovak Catholic Sokol.

BOARD OF DIRECTORS MEETINGS

Due to COVID-19 unfortunately almost all of the fraternal activities had to be cancelled. However, the Board of Directors kept busy by continuing the Quarterly Meetings. I participated in our Quarterly meetings either by phone conference or on Zoom calls. These meetings were held on March 19th and 20th, June 24th and September 24th. The 4th Quarter meeting was held in Sarasota, FL on December 4th through the 6th. Many good ideas were discussed while the Board worked with our Supreme Secretary and our Financial Advisors as to how we will continue through the pandemic. In March of each year the Board of Directors hold the Slovak Catholic Sokol Museum Board of Directors Meeting.

SCHOLARSHIP COMMITTEE MEETING

The Scholarship Committee met via a Zoom call on May 19, 2021. The members of the committee were as follows: Michael J. Horvath, Supreme President, Scott T. Pogorelec, F.I.C, Supreme Secretary, Reverend Andrew S. Hvozdovic, Supreme Chaplain and James Jerek, Supreme Chairman of the Auditors. The winner's photos appeared in the July 2021 issue of the Falcon. There were 29 Slovak Catholic Sokol College Grant winners, 2 Theodore and Mary Jane Rich Memorial Grants, 2 Emil Slavik Memorial Grants, 1 Doctor Lesko Medical Grant, 1 Krista Glugosh Memorial Grant, 1 Yencha Family Grant and 3 Museum Memorial Grants awarded totaling \$43,000. In addition. 6 Slovak Catholic Sokol Abbot Jerome M. Koval. O.S.B. Memorial High School Grant Recipients totaling \$3,000. Lastly 11 Slovak Catholic Sokol Grade School Grant Recipients received a total of \$2,750. In total the committee awarded \$48,750 to well deserving youth of our organization. A special thank you to PNC Bank for the gracious donation towards our Memorial Scholarship grants.

OTHER FRATERNAL COMMITTEES

I currently serve as a Board of Director to the Pennsylvania Fraternal Alliance. The Annual Meeting was held in Pittsburgh from October 25th through the 26th. At this meeting I was reelected to another two-year term to the Board of Directors. I did participate in numerous phone meetings throughout the year. In addition, I currently sit as a Board of Director on the Western Pennsylvania Slovak Cultural Association. Those meetings were also handled via Zoom calls and in person.

OTHER ACTIVITIES

As Supreme Vice President, I have represented the organization at various functions including the Fraternal Societies of Greater Pittsburgh Golf Outing and the Western Pennsylvania Slovak Radio Hour Banquet. I participated in our International Golf Tournament held in Dubois, Pa and the Sokol Family fest held at the SNPJ Recreation Center in Enon Valley, PA. While at the Golf Tournament I organized a slightly used golf shirt collection to give to a local homeless shelter.

KIDS KORNER

As Supreme Vice President, I continue to provide the Kids Korner in the Falcon Newspaper monthly expanding to three pages. I try to provide interesting monthly facts suitable for children along with various puzzles and games. In the summer in conjunction with the Kids Korner is a Summer Reading program also.

CONCLUSION

Finally, I have remained diligent in my efforts to increase our membership by enrolling new members throughout the year. In 2021, I have enrolled 3 new members for a total of \$15,000 in insurance. I look forward to another successful year in our organization.

Zdar Boh!

Edward D. Moeller, Supreme Vice President

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 116 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 <u>www.scslife.org</u>. 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 Interest: □ Life Insurance Name_____ □ Annuity Address_____ Phone____-____ Email:______ □ Age_____ □ Date of Birth___/ ____/ Gender: Male Female RECOMMENDER INFORMATION Assembly/Wreath_____ Email_____ Phone____-Name_____ 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 7 YEAR 5 YEAR 1.75% 2.00% 2.10% 2.20% 1.25% 2.50% 2.75% SPA Single Premium immediate Annuity 3.00% – 10 Years % Greater • 2.75% Less than 10 Years

MINUTES OF THE 2022 SUPREME PHYSICAL FITNESS BOARD ANNUAL MEETING HELD FEBRUARY 12^{TH} – ZOOM CALL

Opening Procedures

• Supreme Director of Sports and Athletics, James (Jim) Matlon opened with a remembrance of those who passed away in our organization since our last meeting.

• Supreme Physical Fitness Board Member, Janice Matlon followed with a prayer.

• Supreme Assistant Physical Director Nancy Kropolinsky led the Pledge of Allegiance.

• Supreme Assistant Director of Sports and Athletics, Frank Laury conducted roll call. All members were present: Supreme President- Michael J. Horvath; Supreme Secretary- Scott T. Pogorelec; Supreme Director of Sports and Athletics- James C. Matlon; Assistant Director of Sports and Athletics- Frank P. Laury, III; Supreme Physical Director- John M. Underation; Supreme Assistant Physical Director- Martin Degnan; Supreme Physical Directress- Katie Swift; Supreme Assistant Physical Directress- Nancy Kropolinsky; Supreme Physical Fitness Board Members- Dusan Dorich, Janice Matlon, Robert R. Palchanis, III, Kristen Popik.

Opening Remarks

• Brother Mike began the meeting with opening remarks.

• Commented that it was good we were able to have a camp and golf tournament in 2021 because both were mainly outdoor events.

 Indoor events, such as the bowling tournament, had to be canceled due to safety requirements, which are still a top priority. Emphasized that everyone's safety must continue to be a priority and be ready to change if needed.

• Brother Scott continued with opening remarks.

• Hopefully we are reaching the end of our challenging times with the pandemic.

• We think people in our organization are hungry to come out to events.

• Brother John added his opening remarks.

• Stated that we want to get back into our normal routines and are also trying to get things back on schedule as much as possible.

• We have to plan for the future.

• Sister Katie closed with her opening remarks.

 $\circ~$ Emphasized that we need to get our younger members active again.

• Wanted us to have a good meeting as we schedule our activities for the upcoming year.

Meeting Objectives and Approval of Old Meeting Minutes

• Brother Jim established our meeting objectives and goals: to move forward and do our best with planning.

• Approval of January 2021 Annual Meeting Minutesmotion to accept- Brother Rob, seconded- Brother Frank.

Sokol FamilyFest

• Supreme Physical Directress Katie Swift reviewed the Sokol Family Fest held at SNPJ July 15-18, 2021.

• We had 88 members and guests who attended the event.

• Positive feedback was given. Additional member's

stated based on pictures posted on Facebook, they would attend in the future.

 $\,\circ\,\,$ Facilities worked well and were similar to staying in a dorm room.

• SNPJ staff were extremely accommodating.

 All Physical fitness board Members assisted in the planning. Even though Brother Dusan and Sister Kristen were unable to attend due to COVID restrictions, they set-up the trivia for the Jeopardy game that was played Friday evening.

• Sister Nancy continued with positive remarks about the Sokol FamilyFest.

 It was a fun event for the entire time. The event brought many individuals together in a family atmosphere. Certain families and other Sokol members contributed to the success of the event by volunteering to help where needed.

• Brother John appreciated everyone's support with the FamilyFest event.

• Brother Jim emphasized how it was good that everyone adapted to the rainy weather. Also, the laid back, flexible feel helped make it a successful event. The pre-work of the fitness board was evident.

• Brother Scott echoed similar sentiments stating that everyone did a great job with the event and that only positive feedback was heard. He suggested running a youth event again this summer to keep them involved.

• Brother Frank said that it was great that so many generations were able to participate in an event that involved everyone. It was great to talk to all different members and meet new ones for the first time.

2021 Golf Tournament

• Brother Jim reported that the 2021 Golf Tournament was also successful with 150 total golfers and 78 golfers from our organization. The breakdown of participants by group is as follows:

O Gr. 1: 11 total, Men 9 & Women 2

O Gr. 5: 16 total, Men 12 & Women 4

- Gr. 6: 1 total, Men 1
- o Gr. 7: 14 total, Men 13 & Women 1
- O Gr. 9: 8 total, Men 8
- O Gr. 12: 2 total, Men 1 & Women 1
- Gr. 14: 19 total, Men 17 & Women 2
- Gr. 16: 3 total, Men 3
- Gr. 17: 4 total, Women 4

• Brother Frank said that everyone appreciated attending an event without any pandemic concerns.

 It took a lot of time to get everyone organized but was well worth it.

 $\,\circ\,$ It is important to fit time for Mass into future golf schedules.

• Brother Scott commented that everyone liked gathering at the outdoor pavilion and the format of this golf tournament.

• Brother Dusan added that a golf tournament was held in Canada since they could not come to the US. The two day event included many young members in attendance.

(Continued on page 14)

THE EASTER BASKET TRADITION

One of the traditions of the Slovaks and other Slavic peoples is the custom of bringing an Easter Basket to the parish church on Holy Saturday to be blessed by the priest or deacon. This basket is filled with many of the foods enjoyed by Slovaks at the Easter Sunday feast. The blessing of the baskets stems from the desire of the Christian community to ask God's blessing on the foods that will break the great fast of Lent and from which they have abstained during the holy season of Lent. Many of the foods enjoyed at Easter have their roots in the Passover observance of the Old Testament, while others are symbolic of the risen Christ himself, our true Passover. Foods traditionally blessed for Easter, the feast of the Lord's Passover from death to life, include some of the following listed below. The foods prepared in advance, are placed in a basket, covered with a special hand-crocheted cloth, often one which has been handed down for generations, and taken to church for the Holy Saturday rite. In addition, children may bring their baskets to church for the blessing filled with candy and eggs.

EGGS - Brightly decorated eggs, called kraslice in Slovak, are a symbol of the new life that is ours in Christ. Eggs are a sign of hope and resurrection. Jesus comes forth from the tomb as the chick breaks the shell at birth. Because of this special meaning, it is fitting that the eggs to be blessed be decorated with symbols of Easter, Alleluia, and so forth.

PASKA - The Easter bread, is a sweet, yeast bread rich in eggs, butter and raisins, symbolic of Christ himself who is the true bread of life. It is usually a round loaf baked with a golden crust decorated with a symbol indicative of Christ. Sometimes a cross(+) of dough is placed on top encircled by a plait giving it a crowned effect or Greek abbreviations for the name of Christ. The letters XB indicate the Old Slavonic, the proto-Slav language, for Christ is Risen!

KLOBASY - This spicy, garlicky sausage of pork products is indicative of God's favor and generosity. It is also a sign of abundance and the joy of the Easter season.

BACON - A piece of uncooked bacon, known as slanina in Slovak, which is cured with spices is also enjoyed. It is symbolic of the overabundance of God's mercy to us.

HAM - Ham celebrates the freedom of the New Law which came into effect through Jesus' resurrection. It is distinct from the Old Law which forbade certain meats. Ham is often the principal meat of the Easter feast. Some may prefer lamb or veal.

CHEESE - The special Easter cheese is known as syrek in Slovak. It has a rather bland taste. The use of nutmeg and sugar in its preparation will give it a sweeter flavor. It is indicative of the moderation Christians should have in all things. Cream cheese may also be blessed and placed in a small dish. Both may be decorated with symbols made of cloves or pepper balls.

HORSERADISH - This food made with beets and the hottasting root is known as chren in Slovak and represents the bitter herbs prescribed in the Passover meal of the Old Testament as a reminder of the bitterness and harshness of life in Egypt. For us, it recalls the bitterness and suffering of Christ which led to his death on the cross on Good Friday.

SALT - This food reminds us to flavor our dealings with others by the example of Christ. Salt is blessed because it was used to preserve food just as Jesus preserves us to eternal life.

BUTTER - This favorite dairy product, known as maslo in Slovak, is often shaped into a figure of a lamb. The lamb is an ancient Passover food by whose blood the Israelites were saved. Jesus is our Paschal(Passover) lamb by whose blood we are saved. It also



reminds us of the goodness of Christ that we should have toward all things.

WINE - Wine is the drink of the Passover meal as well as the Last Supper. Its sparkle reminds us of the glory of Easter. Wine gladdens our hearts and helps us enter into the joy of the resurrection.

Preserving our wonderful Slovak faith traditions is one way of enhancing our observance of Easter. A blessed Easter to all -Veselú Veľkú noc!

"STEPPING INTO SPRING"

(Continued from page 4)

The benefits of walking promote the theme of our slogan - "A sound mind in a sound body". Purposeful walking can foster a peaceful state of mind. In the book, Mindfulness: A Practice Guide to Finding Peace in a Frantic World, Professor Williams, and Dr. Penman state that "Happiness is looking at the same things with different eyes." Mindful walking can provide inner peace during this most frantic time of our lives. Walking in this way encourages one to be present in the moment, find stillness and develop awareness. To being:

• Choose a place to walk with minimal distractions, such as a park, a garden, walking trail

• Consider your posture, your weight on your feet, your muscles, and your balance

Take a few deep breaths and begin walking slowly

• Attend to the senses around you, what you hear, see, smell, and feel

Mindful walking may take time to get used to, but the benefits are proven to promote positive changes in metal health, such as reducing anxiety, depression, and stress.

Whichever method of walking you choose, select the one you need the most at that time and take the first step.

I look forward to hearing from all the walkers out there and am anxiously awaiting to receive totals!

My contact information is: Nancy Kropolinsky, Supreme Assistant Physical Directress, 1853 Wingate Rd., Youngstown, Ohio 44514; telephone 330-727-2487; kropolinskynancy@gmail.com

MINUTES OF THE 2022 SUPREME PHYSICAL FITNESS BOARD ANNUAL MEETING

(Continued from page 12)

• Many young people attended.

• Each year, a charity is selected for members to donate.

 \circ The weekend of June 4, 2022 is booked for this year.

• Brother Jim thanked sister Kristen for reporting on the golf tournament held in Canada and added that by having it this coming June, it could increase interest for the International Golf Tournament in 2022.

Falcon Articles and Facebook Posts

• Brother Dusan Dorich recapped the fact that articles were written in almost all publications, and sometimes two were in a given issue.

- The new article schedule is:
 - O January, Brother Frank
 - o February, Sister Katie
 - o March, Brother John
 - O April, Sister Nancy
 - May, Brother Marty
 - o June, Brother Dusan
 - July, Sister Nancy
 - August, Sister Janice
 - September- Golf Tournament assignment
 - October, Brother Rob
 - November, Brother Marty
 - O December, Sister Katie

• Sister Katie stressed the importance of maintaining Facebook presence to engage our members.

• Brother Scott confirmed that a link to the monthly edi tion of The Falcon will be posted on Facebook.

• Brother John said that he will reconfigure the Facebook administrators to regulate it.

Group Activities Reports

• Sister Katie shared the following group activities as reported by each group:

- Group 1- no response
- Group 2 no response

• Group 3 - sent a correspondence with recommendations from Physical Directress Judy Manyak.

• Group 4- had many activities and published an article inviting people to join the Best Lent Ever program. They honored those who have passed away, accomplished things, and earned congratulations in various ways. They also had a Zoom meeting and asked Sister Katie to meet with them via Zoom.

• Group 5- no response.

 Group 7- various activities, service events, fundraising events, Sokol Day event, reunion

- Group 9- no response
- Group 10- no response
- Group 11- no response

• Group 12 -Physical Director Chris Antosy reported that weekly events are held at the Sokol Club.

• Group 14- young members make homemade Christmas and Easter cards that they mail to senior members. They also delivered prepackaged dinners to elderly members. • Group 16- no response.

• Group 17- sent a correspondence with recommendations from Sports Director, Judy Babik.

• Group 18- visited people and had several service events.

• Group 19- reported that they have a Super Bowl fundraising event, and they also ran their own golf tournament.

• Sister Katie read correspondences submitted by Groups 3, 4, 17, and 19.

• Brother Jim will compose draft responses which will be reviewed by the Physical Fitness Board and agreed upon as a whole prior to submitting a reply.

International Clinic 2022 and 2023 Slet

• Sister Katie reviewed communications with all groups regarding their projected numbers for the 2023 International Slet

• The projected number raises concern as it is a significantly reduced number of participants for the 50th International Slet.

 \circ $\,$ We need to celebrate the 50th but may need to restructure the event.

(Continued on page 20)

S.C.S. 2022 BOWLING TOURNAMENT

The 76th Annual Slovak Catholic Sokol International Bowl-

ing Tournament will be held on Friday and Saturday, May 13th and 14th, 2022 at the Brookgate Lanes in Brook Park, Ohio. The GCU Fraternal Society, the First Catholic Slovak Union and the National Slovak Society will be joining us. The bowling application is posted on our web site and the submission deadline is April 11, 2022.



The tournament lodging for bowlers and guests will be at the Crown Plaza Hotel in

Middleburg Heights, OH, 44130. Tel.:440-243-4040. The guaranteed rate is \$105.00 for single or double occu-

pancy Friday and Saturday night. Team events will be held on Friday evening, May 13th, first

squad at 5:30 p.m and second squad at 8:00 PM. The Friday evening hospitality including food and refreshments will be served at 6:45 p.m. at Brookgate Lanes, allowing time to relax and socialize before or after team bowling. Doubles and Singles events will be bowled on Saturday, May 14th at 9:00 a.m. or 12:30 p.m.

The cost for the 76th International Bowling Tournament will be the same as 2019: \$22.00 per event, \$5 for all-events and \$29.00 for the banquet on Saturday May 14th. The total for each bowler participating in team, doubles, singles, all-events and the banquet is \$100.00.

If you have any questions, please send me an email, jmatlon@slovakcatholicsokol.org, text or call me, cell phone number: 973-647-8551.

> Stay safe and I will see you in Ohio. James C. Matlon Supreme Director of Sports and Athletics

SLOVAK CATHOLIC FALCON	, APRIL	1, 2	2022
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No applications will be accepted after April 11, 2022

ENTRY BLANK-76th ANNUAL

A JOINT TOURNAMENT OF SLOVAK CATHOLIC SOKOL, FCSU, NSS & GCU

"USBC MORAL SUPPORT CERTIFIED"

AMF Brookgate Lanes 🗇 Brook Park, OH

Friday, May 13 & Saturday, May 14, 2022

No applications will be accepted after April 11, 2022

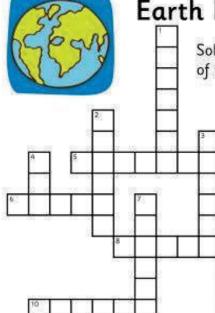
Please note: Bowling Fees must accompany this application for the bowlers to be registered in the tournament.

BOWLER INFORMATION (LIST CAPTAIN FIRST)	SCS TOURNAMENT INFORMATION
Name:	Highest Avg. 2020-21 USBC No Wreath/Assm No
Address:	
Phone: CERT/POLICY# E-mail:	Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application:
Name: Address:	Highest Avg. 2020-21 USBC No Wreath/Assm No Team:
Phone: CERT/POLICY# E-mail:	Please Check Tournament Events Bowler at Left Is Submitting Payment for on this Application: Team Singles Doubles All Events Banquet
Name:	
Phone: CERT/POLICY# E-mail:	in community of the second sec
Name: Address:	
hone: CERT/POLICY# E-mail:	Is Submitting Payment for on this Application:
Please check one: Men's Application Women's Application TEAM EVENT—FRIDAY, MAY 13 5:30 PM 8 PM	DOUBLE & SINGLES EVENT—SATURDAY, MAY 14
Team Name:	2
	l 2
2 3 4	Financial Totals for this Application Entry Fee for Each Event Prize Fee-\$10. ⁰⁰ + Bowling Fee-\$7. ⁵⁰ + Tournament Fee-\$4. ⁵⁰ = \$22. ⁰⁰ Optional Events All Events-\$5. ⁰⁰ Banquet-\$29. ⁰⁰ \$100. ⁰⁰ per person
Entry Fee payable to: Slovak Catholic Sokol Sports Account to: James Matlon, 6 Academy Drive East, Whippany, NJ 07981. BOWLING FEE AS WELL AS ENTRY MONEY MUST ACCOMPANY THIS BLANK. FORMS MUST BE SUBMITTED WITH COMPLETE INFORMATION. INCOMPLETE FORMS WILL BE RETURNED TO TEAM CAPTAIN AND MUST BE RESUBMITTED.	Singles Event @ \$22 ea. = \$ Doubles Event @ \$22 ea. = \$ Team Event @ \$22 ea. = \$ All Events @ \$5 ea. = \$ Banquet @ \$29 ea. = \$



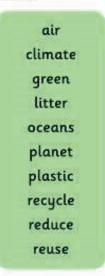


KIDS' CORNER "Detský kútík" – – Apríl 2022



Earth Day Crossword

Solve the crossword using the list of words and the clues.



Across

- 5. We have special bins for waste that we can
- 6. The colour associated with caring for the environment.
- 8. We should put this in the bin.
- 10. The Earth is our



Down

- People are worried about how much of this is in our oceans.
- 2. They cover 71% of the Earth.
- 3. To use less of.
- 4. We breathe this.
- We call the heating up of our planet ______ change.
- When we have cups and bottles that we wash and refill we ______ them.

Earth Day is on April 22nd of every year. The holiday was created to show appreciation for our planet and the environment. Around the world countries celebrate Earth Day by planting trees, painting murals, having park, beach and other clean-ups. ORE ALL PRE the puzzue

Activit

village



EXERCISE FUND RAISER IN DANVILLE, PA

Students at Saint Cyril Preschool and Kindergarten in Danville, PA recently had an exercise and play day to support EOS Therapeutic Riding Center in Bloomsburg.

The students obtained donated pledges in support of the Riding Center. Sister Donna Marie, SSCM, Principal of Saint Cyril Preschool and Kindergarten, noted that EOS Therapeutic Riding Center strives to positively impact the life skills and quality of life of children and adults with mental, physical and emotional challenges, and Veterans, through individualized therapeutic horseback riding activities conducted in a safe and supportive environment.

The Center began in 1992 with 7 riders, and now provides over 3,000 sessions yearly. Saint Cyril Preschool and Kindergarten students raised \$ 3,000.00 through this project



Paisley Taylor

Arwen Leal

L-R: Veronica Fernandez, Quinn Coffey, Harper



Preschool and Kindergarten students



L-R: Rory Reichard, Hasvi Bansal, Arianna Agarwal, Teagan Shroyer, Emma Houston

MINUTES OF THE 2022 SPFB ANNUAL MEETING

(Continued from page 14)

O Brother Dusan suggested that we add additional age categories such as 25-35, 35-45 and a 45+ to attract that age population.

O Sister Nancy recommended emphasizing Closing Ceremonies by having representatives from all of our groups march into the stadium whether or not they have competitors.

• Brother John confirmed that all formal requirements are set for the Clinic at Kutztown to be held 14-17, 2022, with the Physical Fitness board arriving July 13. No background checks need to be submitted for the Clinic.

O Participants are housed in Golden Bear South, Women are using Keystone Gymnasium for drilling, Men are at the Fieldhouse. Brother John reviewed the cost breakdown of the Clinic sharing the document of Kutztown University's fees.

O COVID protocols set forth by the University will be followed.

O Brother John is in the process of requesting \$10,000 in sponsorship from Dick's Sporting Goods in order to help offset our Slet expenses.

• Sister Kristen inquired about getting a sponsorship from a Canadian company, and Brother Scott agreed for her to look into that.

• Sister Nancy suggested having a standard request letter for any board member or group leader to send to organizations.

• Discussion regarding the format of the clinic and the Slet schedule continued. It was decided a Zoom meeting will be held inviting all Group leaders to attend in the near future.

Walking Program

• Brother Marty mailed out some prizes, and he sent out an email containing a spreadsheet to record miles walked in order to get the most accurate totals.

• Sister Nancy will take over for 2022 after Brother Marty finalizes his term and transfers all information over.

Dates of Upcoming Events

- Bowling Tournament May 13-14, 2022
 Brookgate Lanes, Brook Park, OH
- International Clinic July 14-17, 2022 Kutztown University, Kutztown, PA
- Golf Tournament August 12-14, 2022 Treasure Lake Resort, DuBois, PA

• Brother James also reviewed souvenir, prize, and reimbursement allotment of costs for the events in 2022.

• Discussion regarding board members assigned to work events. Even though the sporting events are combined with other organizations who also have workers, Sister Katie recommended we have another worker at the bowling and golf tournaments so that the workload can be distributed better with a focus on our SO-KOL members. Brother Jim will add this as a recommendation to the Board of Directors.

- Sister Nancy volunteered to work the bowling tournament.
- Sister Kristen is intending to work the golf tournament.

Closing Remarks and Prayer

• Brother Jim Mation closed reminding us of our main objectives and how we will formulate more details with our next zoom meeting on March 5th

Brother Rob Palchanis closed the meeting in prayer.

SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

The Saints Cyril and Methodius Appeal is in its 44th 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 of Slovak ancestry, and previous donors.

As of March 18, the 2022 Appeal has received \$15,277 from 136 donors. Among the 41 donations received from various Catholic Slovak Fraternal Branches and Districts, Assembly 11, Assembly 23, Assembly 24, Assembly 34, Assembly 48, Assembly 78, Assembly 82, Assembly 86, Assembly 104, Assembly 162, Assembly 180, Group 6, Group 7, Group 9, Group 12, Group 14, Wreath 1 and Wreath 14 of the Slovak Catholic Sokol have donated a combined total of \$1,550. Donations to date have also been received from 2 parishes, 26 clergy and religious, and 67 individuals. On behalf of the Pontifical College, thank you for your continued generosity and support.

All wishing to contribute to the 2022 Appeal 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, 2022 will be credited toward the 2023 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. Hvozdovic, V.F., Supreme Chaplain of the Slovak Catholic Sokol and Pastor of Our Lady of Victory Parish, Harveys Lake, PA and Gate of Heaven Parish, Dallas, 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 Church, Penndel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator.

Name		 	 	
Address _		 	 	
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, Penndel, PA 19047-4052

OBITUARIES

FRANCESCO ANTONIO REVISORE 1969 - 2022

Francesco Antonio Revisore of Totowa, NJ passed away at age 52 on March 3, 2022.



He was an employee at the Home Office of Slovak Catholic Sokol in Passaic, NJ.

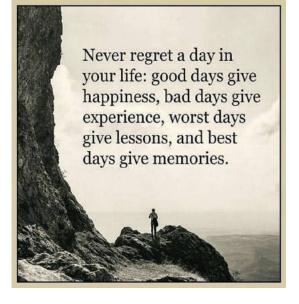
Beloved husband of Josephine (nee Ferrante) Revisore and loving father of daughters Silvia and Ivana, sons Gianfranco and Salvatore. Dear son of Giovanni and Concetta Revisore. Devoted brother of Maria Con-

cetta Revisore, Vanessa Saveriano and Stefania Hasan and son in law of Salvatore & Rosa Ferrante. Brother in law of Cesira Boni & her husband Frank. Also survived by many nieces and nephews.

Born in Gela, Sicily, Italy, he came to the United States in 1983. He worked as a custodian for Wayne Hills High School in Wayne, NJ and the Slovak Catholic Sokol in Passaic, NJ.

Visitation was held on Sunday, March 6th at the Festa Memorial Funeral Home in Totowa, NJ. A funeral mass was held on Monday, March 7th at the St. James RC Church in Totowa. A burial followed at the Laurel Grove Cemetery in Totowa.

Rest in Peace Frank!





FEBRUARY 2022

ASSEMBLY/ MEMBER WREATH

AGE DATE OF DEATH

Assembly 10 William Grega, Cortland, OH 77 January 22, 2022 Assembly 11 Sophia Davis, Mechanicsburg, IL February 8, 2022 1 Assembly 16 John Anthony Bombich, Pittsburgh, PA 70 February 14, 2022 Assembly 23 John C. Krulicki, Torrington, CT 61 February 2, 2022 Robert Rathway, Belle Vernon, PA Assembly 25 81 January 26, 2022 Joseph J. Lafko, Perryopolis, PA January 31, 2022 Assembly 25 86 Assembly 48 Margaret A. Giuffrida, Blue Bell, PA February 19, 2022 88 Assembly 54 Albert B. Heider, Butler, PA 82 January 4, 2022 Assembly 59 Paul Emerick, Philadelphia, PA 95 January 26, 2022 Assembly 59 William Michaels, Pequannock, NJ January 9, 2021 92 Assembly 59 John George Ungvarsky, Wilkes Barre, PA 39 January 31, 2022 Assembly 59 Florence Sokol, Dallas, PA February 5, 2022 94 Assembly 78 Gerard M. Haymaker, Bethlehem, PA 62 June 24, 2020 Assembly 78 John W. Gasdaska, Bethlehem, PA 71 January 11, 2022 Assembly 78 Irene Martucci, Allentown, PA 88 January 26, 2022 Assembly 78 Charles J. Kuruc, Bethlehem, PA February 3, 2021 75 Assembly 82 Joseph Richnavsky, Dunlo, PA September 14, 2021 81 Assembly 86 Jo Ann R. Valenti, Devon, PA 77 January 16, 2022 Assembly 104 Michael C. Lako, Pittsburgh, PA 36 December 25, 2021 Elaine Apgar, Allentown, PA Assembly 136 86 February 9, 2022 Assembly 108 Clara L. Hagan, Warren, OH 86 September 4, 2021 Assembly 108 Michael Lesniak, Youngstown, OH February 12, 2022 53 Assembly 162 Joseph O'Reilly, Bluffton, SC February 9, 2022 98 Mary Beverly Bradish, Freeland, PA January 20, 2022 Assembly 188 83 January 2, 2022 Assembly 214 Richard F. Kachmarik, Walbridge, OH 88 Kenneth J. Billy, Reading, PA May 17, 2013 Assembly 261 66 Assembly 299 Willie Mae Edwards, Brooklyn, NY 84 February 24, 2022 Wreath 22 Bernadette C. Jakicic, Natrona Hgts., PA January 24, 2022 87 Wreath 54 Anna Franko Durkin, Columbiana, OH January 18, 2022 86 Wreath 85 Anthony M. Kascak, McKees Rocks, PA December 25, 2021 80 Wreath 85 John A. Mihalsky, Conway, PA 92 January 7, 2022 Patricia Speir. Onsted. MI January 28, 2022 Wreath 85 71 Wreath 93 Jerome W. Hoeppner, Shebogay, WI 74 January 14, 2022 Wreath 93 Arlene G. Potters, Rhinelander, WI 94 January 24, 2022 Wreath 93 Curtis A. Barnes, Racine, WI 81 January 27, 2022

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.

VEĽKONOČNÉ ZVYKY A TRADÍCIE NA SLOVENSKU

Svätým týždňom sa skončí 40-dňový pôst. K tomuto týždňu sa viažu mnohé ľudové zvyky a tradície, ktoré mali počas týchto dní dodržiavali naši predkovia a dodržiavajú sa na mnoých miestach aj dnes.

KRESŤANSKÁ VEĽKÁ NOC

Svätý alebo Pašiový týždeň je obdobie, keď si kresťania pripomínajú posledný týždeň Ježišovho života na zemi. Aj napriek tomu, že sa hovorí týždeň, ide o 9 dní s týmito prívlastkami: Kvetná nedeľa, Modrý pondelok, Sivý utorok, Škaredá streda, Zelený štvrtok, Veľký piatok, Biela sobota, Veľkonočná nedeľa, Veľkonočný pondelok.

ZELENÝ ŠTVRTOK

V tento deň sa naposledy rozoznejú kostolné zvony, ktoré stíchnu až do Veľkej noci. Naši predkovia jedli v tento deň najmä zelenú stravu ako špenát či kapustu, aby boli po celý rok zdraví.

Podľa ľudových zvykov ľudia museli skoro vstať a umyť sa rosou - neboli preto chorí. Gazdiné museli pozametať dom ešte pred východom slnka.

VEĽKÝ PIATOK

Veľký piatok je dňom Kristovho ukrižovania. V ľudových poverách sa spája s magickými silami. V tento deň sa mali otvárať hory, ktoré vydávali svoje poklady a nemalo sa nič požičiavať, lebo požičaná vec by mohla byť začarovaná; nesmelo sa manipulovať so zemou (ryť, kopať) ani prať bielizeň, lebo by bola namočená Kristovou krvou.

Podľa tradície sa ľudia na Veľký piatok chodili umývať do potoka, aby sa im vyhýbali choroby. Niekedy sa chlapci potápali a snažili sa ústami uchopiť zo dna kamienok, ktorý potom hodili ľavou rukou za hlavu, neboleli ich potom zuby. Výrobcovia textílií priadli pašiové nite, tými urobili zopár stehov, ktoré potom chránili pred zarieknutím a zlými duchmi celú rodinu. Košeľa ušitá pašiovými niťami chránila pred bleskom.

BIELA SOBOTA

V tento deň ležal Ježiš Kristus v hrobe. Svoj názov získala zrejme od bieleho rúcha novo pokrstených, ktorí prijali krst na veľkonočnej vigílii (bohoslužba na Veľkú noc pripomínajúca Kristovo zmŕtvychvstanie). Názov môže pochádzať aj zo zvykov veľkého upratovania a bielenia, ktoré sa konali v tento



deň pred nedeľou zmŕtvychvstania.

Ľudia sa starali o úrodu svojich polí. Na pole kládli krížiky z ohorených drievok a sypali na lúky popol z posväteného ohňa. Niekde sa za trámy domov dávali uhlíky, aby chránili pred požiarom. Doma sa nielen upratovalo, ale aj sa piekli mazance a baránky, plietli sa korbáče a zdobili vajíčka.

V tento deň sa v kostoloch požehnávajú veľkonočné jedlá. Toto požehnanie súvisí so starou pôstnou praxou, ktorá zakazovala nielen požívanie mäsa, ale aj vajec a syra. Tieto pokrmy boli na Veľkú noc požehnávané na ich prvé domáce použitie. Požehnanie pokrmov pripomína, že spoločenstvo so zmŕtvychvstalým Kristom pri eucharistickom stole má pokračovať doma v hostine lásky

VEĽKONOČNÁ NEDEĽA

V nedelu je najväčšia slávnosť kresťanského cirkevného roku, pri ktorej sa oslavuje Kristovo vzkriesenie. Cirkev rozhodla, že to bude vždy prvá nedeľa po prvom jarnom splne. Preto je tiež každý rok Veľká noc inokedy. V tento deň sa všetci ponáhľali do kostola, kde sa svätili veľkonočné pokrmy (baránok, mazance, vajcia, víno).

Každá návšteva dostala kúsok posväteného jedla, trochu dali na pole, do studne a do záhrady - aby bola dobrá úroda aj voda. Spoločne sa jedlo vajce uvarené na Veľký piatok s vŕbovým a jaseňovým prútom. Ak by niekto počas nasledujúceho roka zablúdil, mal si spomenúť, s kým jedol na Boží hod vajce a spomenul by si na cestu späť.

VEĽKONOČNÝ PONDELOK



Bolo zvykom, že po významných sviatkoch sa deň nepracovalo. V tento deň chodia chlapci amuži šibať korbáčom, najlepšie z čerstvých vŕbových prútov. Tradícia káže dávať maľované vajíčka alebo kraslice, ktoré vedeli ženy zdobiť samy podľa krajových zvykov. líc.

Oblievanie vodou a kúpanie dievčat mládencami (namočenie do potoka, postriekanie voňavou vodou, poliatie vedrom či vodou z hrnčeka) na Veľkonočný pondelok sa považovalo za očistné, plodonosné a malo dievčatám na celý rok zabezpečiť zdravie. Veľkonočné šibanie (šľahačka, šibačka) korbáčom z ôsmich spletených čerstvo narezaných prútov vŕby je napodobením magického úkonu rozšíreného v tradičných roľníckych spolo-čenstvách - bitia s použitím zeleného prútika, ktoré malo zabezpečiť znovuobnovenie sily, rastu a zdravia.

VEĽKONOČNÝ PLETENEC

375 g múka hladká, 375 g múka polohrubá, 280 g vlažná voda, 1 PL med, 40 g čerstvé droždie, 125 g (izbovej teploty) maslo, 150 g cukor kryštálový, štipka soli, 1 vajce, hrozienka Na potretie: 1 vajce, mlieko

Do vody primiešame lyžicu medu, lyžicu cukru a múky a rozdrobené droždie, Necháme vzísť kvások. Do väčšej misky dáme zvyšnú múku, cukru, maslo, vajce a soľ. Prilejeme kvá-



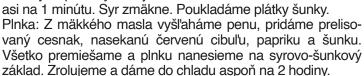
sok a vypracujeme cesto, do ktorého môžeme zapracovať aj hrozienka. Necháme nakysnúť približne 2 hodiny, kým cesto nezdvojnásobí svoj objem. Cesto rozdelíme na 5 rovnakých dielov a vyvaľkáme z nich rovnako dlhé pramene. Koláč zapletieme z 5 prameňov na tzv. rybiu kosť a vytvarujeme do venca. Preložíme na plech, necháme nakysnúť 30 minút a predhrejeme rúru na 200 °C. Nakysnutý koláč potrieme vajcom vyšľahaným s troškou mlieka a dáme piecť. Hneď ako vložíme koláč do rúry, znížime teplotu na 180 °C a pečieme asi 35 minút.

SYROVÁ ROLÁDA SO ŠUNKOU

300 g plátky syru eidam, 300 g plátky šunka Plnka: 500 g maslo, 50 g cesnak, 50 g cibula červená 50 g šunka 100 g

g cibuľa červená, 50 g šunka, 100 g paprika farebná Svr. pakrájaný, pa 3 mm, hrubé

Syr nakrájaný na 3 mm hrubé plátky poukladáme na potravinovú fóliu umiestnenú na plechu. Vložíme do rúry vopred vyhriatej na 100 °C



VEĽKONOČNÁ HRUDKA - SYREK

5 ks vajcia, 500 ml mlieko, 2 KL sol', bylinky

Vo vodnom kúpeli varíme spolu všetky suroviny, kým sa neoddelí tekutina. Scedíme do tenkej útierky, zaviažeme a zavesíme. Keď trochu vychladne, vyžmýkame prebytočnú



tekutinu a necháme zavesené odpočívať aspoň 3 hodiny.

VEĽKONOČNÝ ZEMIAKOVÝ ŠALÁT

13 ks stredne veľkých zemiakov uvarených v šupke, 5 ks uvarené vajce, 4 ks uvarená mrkva, 1 konzerva hrášok, 1 malá

cibuľa, 6 ks kyslá sterilizovaná uhorka, soľ, mleté čierne korenie, 1,5 dl voda z kyslých uhoriek, 2 PL, horčica, 400 ml majonéza

Do misy si pretlačíme zemiaky, vajíčka a mrkvu. Pridáme sterilizovaný hrášok, cibuľu nakrájanú na jemno

a na malé kocky nakrájané uhorky, korenie a soľ. Pridáme horčicu a majonézu. Všetko spolu premiešame a necháme v chlade (najlepšie cez noc) odstáť, aby sa prepojili chute.

KRÁTKE SPRÁVY ZO SLOVENSKA

Na Slovensku od 15. marca pôsobí 2100 vojakov Severo-atlantickej aliancie. Počet príslušníkov ozbrojených síl súvisí aj s technikou, ktorú budú vojaci pri zabezpečovaní obrany SR obsluhovať a ktorá doplní vybrané nedostatkové spôsobilosti Ozbrojených síl SR. Ide napríklad o systém protivzdušnej obrany Patriot či možné nasadenie radarovej techniky Sentinel. Slovenskú jednotku tvorí 600 českých, 200 holandských, 100 poľských a slovinských, 400 amerických a 700 nemeckých vojakov. Mnohonárodné bojové skupiny v rámci tzv. posilnenej predsunutej prítomnosti (eFP) NATO vznikli ako odstrašujúci nástroj Aliancie v reakcii na anexiu Krymu. Sídlia v Poľsku, Litve, Lotyšsku a Estónsku. Po útoku Ruska na Ukrajinu sa členské štáty Aliancie zhodli na zriadení mnohonárodných bojových skupín eFP pozdĺž celého východného krídla NATO vrátane Rumunska, Bulharska, Maďarska a tiež Slovenska.

Miera evidovanej nezamestnanosti dosiahla vo februári 2022 úroveň 6,86 %. Vo februári minulého roku bola na úrovni 7,90 %. Za uplynulých päť mesiacov zostáva nezamestnanosť pod siedmimi percentami. Ústredie práce, sociálnych vecí a rodiny poukazuje aj na skutočnosť, že za posledný rok výrazne poklesol počet uchádzačov o zamestnanie. V evidencii úradov práce je ich v porovnaní s februárom minulého roka približne o 15 % menej.

Vojna na Ukrajine ochromila bratislavský Volkswagen. Automobilka prerušila výrobu pre nedostatok polovodičov, ako aj výpadok dodávok. Výroba bola prerusená vovšetkých segmentoch.

Volkswagen Slovakia situáciu naďalej pozorne sleduje a priebežne vyhodnocuje. Volkswagen Slovakia začínal na Slovensku v roku 1991 ako spoločnosť so stovkou zamestnancov v areáli bývalých Bratislavských automobilových závodov. Nemecká automobilka v SR počas tridsiatich rokov investovala 4,6 miliardy eur a vyrobila viac ako 6 miliónov vozidiel.

🥮 ACH, TÁ NAŠA SLOVENČINA! 😫

Chrumkavú krustu pripravíte... - pravda.sk

Najskôr rozšľaháme vajcia s ďalšími ingredienciami.

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Počas pandémie a **lockdownu** majú mnohí nariadený **home office.** *- pravda.sk*

- ...ukázal obrovský **progres.**.. sme.sk
- ...je to skvelý **bodyguard.**.. pravda.sk

Mysleli sme si, že **hejt** na Emmu Čaputovú ostane na Facebooku... - *sme.sk*

...modelky a wellness koučky... - pravda.sk

Nissan Navara patril medzi najpopulárnejšie **pikapy** v Európe. - pravda.sk

u neho ide tiež o hviezdny status. - pravda.sk



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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://slovakcatholicsokol.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.

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- * Upload the Instagram app on your phone or go to www.instagram.com
- * Click "Sign up" and enter your e-mail
- * Create a username and password
- * Provide basic information about yourself. ...
- * Click "Create my account."
- * Search physical fitnessboard and click follow