

Za Boha a národ

For God and Nation

Slovak Catholic Falcon Slovenský katolícky sokol

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PASSAIC, NJ, SEPTEMBER 1, 2022

NUMBER 5167



Message from our Supreme President Michael J. Horvath

This is the time of year of sadness and joy for most of us. The sadness is because the sweet joy of summer is about to come to an end. As it is the time of the year where most activities start to



change, we begin to put away our summer outdoor items, and we see the days getting shorter. The joy of this time of the year is back to school, the beginning of the harvest and the arrival of autumn sports. No

matter which side of the coin the coin lands on we all are winners and are on offense first.

To all who are going back to school may you do the very best and have a wonderful year of learning. Each year is easier and more exciting than the last since you are ready to learn and gain new knowledge you can use for the rest of your life. We all remember our calculus formulas?

I finally made the Golf Tournament this year, August 13-14, 2022, at Treasure Lake Golf Course in DuBois, PA. It was wonderful to see all the golfers who came from the Slovak Catholic Sokol, the GCU and the Jednota, especially our members from Canada, who came out to have two fine rounds of Golf. What was more exciting to see was how many younger members came out to participate as well as the families who came for the bragging rights.

Special thank you to the Supreme Physical Fitness Board members, Director of Sports and Athletics, James C. Matlon, Assistant Director, Frank Laury, Kristin Popik for organizing and working the tournament. Also, we thank the staff from the Jednota and the GCU for their assistance. We had the fun of hitting the little white ball and watch where it decided where to go. I also want to thank our Supreme Treasurer, James Knis and Chairperson of the Auditors, James Jerek, for assisting at the tournament. Their extra hands gave the others time to get other things done for the tournament.

Fraternalism was shown in so many ways but especially at the Friday, hospitality night, Saturday's Italian barbecue, and the Bloody Mary Bar at the hotel in memory of Mary Star that was hosted by Group 17 and Wreath 54 golfers

Congratulations to Linda Hruska Frank for being selected as the Slovak Catholic Sokol 2022 Frank S. Petruff Memorial Golf award recipient. A great award to a deserving Sokol fraternal golfer.

The upcoming 3rd Quarterly Board of Directors meeting will be held September 17-18 in Cleveland, Ohio. At this meeting, the Board will also attend the 100th Anniversary Celebration of St. Andrew's Abbey of Cleveland, Ohio.

The final plans have been made for the Group Presidents meeting to be held October 1, 2022, in Scranton, PA the site of our 34th Convention in 2023.

Members who have suggestions or comments for either the Board or President's meeting can submit them to the Home Office for consideration.

Labor Day our nation's holiday that recognizes all workers no matter what type of job an individual has contributes to the whole of our nation's greatness. There is no job that someone performs that is not important to the next job or we as consumers. As we are seeing COVID has changed the type of jobs, how we do these jobs and where the work is done. We also learned many jobs are considered and performed by front line and essential workers.

The worker of yesterday is still here, and this group is getting smaller as new jobs that require new skills never heard of before are surfacing every day. This is what change and progress is about.

So, no matter what you do, you are helping others do their jobs, the world to become a better place and for all of us to enjoy our American lifestyle. Enjoy your 2022 Labor Day.

Help your family enjoy the fruits of Labor Day without worrying about your future financial issues by opening an annuity to supplement your future or increase your life insurance to give financial security to your family. This all can be done by contacting the Home Office and ask for assistance to find what will help the best.

With God's Blessing to All! Stay Healthy and Safe! Zdar Boh!

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From the desk of the Supreme Secretary

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

As many of you know, September is the month when our kids begin school, and the pigskin gets thrown on the television (at least in



my house if Paw Patrol isn't on!). But September also happens to be an important month in the insurance industry as we celebrate Life Insurance Awareness Month.

Led by Life Happens, the campaign is designed to educate people about the importance of life insurance. If these times we have lived over the past couple of years have taught us anything, it is that life is fragile, and it is of the utmost importance to prepare for the unexpected. Research shows that over 40% of households would face financial hardship within six months should a wage earner die unexpectedly. I urge all our members to get up to date with your insurance needs. We are currently running the Drive to 50 Campaign that can provide you with the insurance you need, as well as offering support for our youth at the 50th International Slet in Kutztown in July 2023. Please give us a call at the Home Office at 800-886-7656 and we would be happy to help you. Remember, life insurance is for the living!

I know that there are many local Assembly/Wreath functions planned for the Fall Season. I urge our Assembly and Wreath Officers to announce the event in our publication and to follow up after the event with brief articles and photos. It is important for everyone in our organization to see and hear from our active local lodges. Please mark your calendars for our upcoming 34th Quadrennial Convention that will be held August 5th-8th, 2023 in Scranton, PA at the Hilton Scranton & Conference Center. You will be hearing more in the upcoming issues of the Falcon regarding this important event. It is hard to believe that we are less than one year away, and that time will go quick!

Brother President and I are pleased to announce that on October 1st, we will be meeting with our Group Presidents in-person at the Hilton Scranton & Conference Center in Scranton, PA, the site of our 34th Quadrennial Convention. We look forward to productive discussions and updating the Group Presidents on all the happenings of our Society!

I would like to congratulate all our flight winners at the recent 67th International Golf Tournament held in Dubois. PA. A wonderful time was had by all, and the spirit of fraternalism shone brightly. Thank you to our Supreme Director of Sports and Athletics, James C. Matlon, and his entire staff for their efforts to make this wonderful event a success. A huge congratulations to our 2022 Frank S. Petruff Award winner, Linda Frank, from V-054, Youngstown, OH. Linda is a longtime attendee at our annual tournament and is truly deserving of this special award. She had all her angels smiling down on her! Congratulations Linda!

Until next time, have a wonderful start to the Fall Season!

Stay safe, stay strong, and STAY POSITIVE!

Zdar Boh!

Sokol Calendar

BOARD OF DIRECTORS 3RD QUAR-TER MEETING – SEPTEMBER 18, 2022, Independence, OH, Embassy Suites-Independence Hotel.

SUNDAY, SEPTEMBER 25 – 44TH SLOVAK HERITAGE FESTIVAL at Middlesex County Fair Grounds, 655 Cranbury Rd., East Brunswick, NJ. Slovak Mass at 10.30 a.m. Cultural program will start at 1.00 p.m. More information at <u>www.slovakfest.org</u>

GROUP PRESIDENTS MEETING OCTOBER 1, 2022, Scranton, PA, Hilton Scranton & Conference Center. **GROUP 5** will hold its **ANNUAL** MEETING VIRTUALLY ON OCTO-BER 9 at 1:00 p.m. 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. - Sue Blosser, Secretary

SATURDAY, OCTOBER 15 – GROUP 16 ANNUAL MEETING at the Ss. Cyril & Methodius Activity Building Heritage Room, 41233 Ryan Rd. in Sterling Heights, MI at 3 p.m. All are invited to stay for the 5:30 p.m. Mass held at the Church. Come one.... Come All!!!! Let's make Group 16 Strong & Active!!! – Andrea Ames Papcun, Group 16 President

SUNDAY, OCTOBER 23 – SEMI-ANNUAL MEETING OF GROUP 6, MSGR. ANDREW HLINKA at the Back Porch Restaurant, 114 Speer St., Belle Vernon, PA (lower Speers) at 1:15 p.m. Reservations must be made no later than October 7 by contacting either Terri Gardner at 724-929-8675 or Anna Mae Warnick at 724-736-4032.

GROUP 18 ANNUAL MEETING will be held on **SUNDAY**, **OCTOBER 23** at 2:00 p.m. at the Lantern in Nesquehoning, PA. If planning to attend please contact President, Len Benek at 570-645-4013

Thoughts from our Supreme Chaplain, Rev. Andrew S. Hvozdovic SEPTEMBER 15: OUR LADY OF SORROWS PATRONESS OF SLOVAKIA

As a result of many invasions over the centuries by its ruthless neighbors, the people of Slovakia have always sought comfort in Our Lady of Sorrows. The center of this devotion is the town of Sastin, home to a miraculous statue dating back to the 16th Century.



The beginnings of this shrine date back to 1564, when a local nobleman, who was constantly mis-treating his wife, got into an argument with her one day while riding in their coach and pushed her out on to the road. That day she made a vow to have a statue created to the Virgin Mary if her husband would change his behavior. From that day forward he began to be gentler toward her and ask for forgiveness for his actions.

True to her word, she had a statue of the Blessed Virgin Mary made and had it placed on

the side of the road where she had been pushed out. The spot became a popular place of pilgrimage and soon a small chapel was built there. The history of the shrine is wrapped up in the tumultuous history of Slovakia itself.

In 1733 the Order of Saint Paul (the Paulines) took on the role of caring for the statue and began building a shrine as well as a monastery, which was not completed until 1773. Unfortunately, the Emperor Joseph II banished the order in 1786 and took control of the monastery. Local diocesan priests then took charge of the shrine.

In the 20th Century more change took place when the local apostolic administrator put the Salesians in charge of the shrine. including World War II, culminating in 1950 when Communist forces captured the Salesians and sent them all off to concentration camps.

With the fall of Communism in the 1990's the shrine has gained new popularity. In 1964 it was elevated to the status of Minor Basilica by Pope Paul VI.

In the Republic of Slovakia September 15th is a National holiday, as well as a Roman Catholic feast day that marks the seven sorrows of the Virgin Mary, the mother of Christ, patroness of Slovakia.

The holiday may also be called 'Day of Blessed Virgin Mary' or 'Virgin Mary of the Seven Sorrows Day'.

In Slovak, this holiday is called 'Sviatok Panny Márie Sedembolestnej, patrónky Slovenska'.

The Seven Sorrows relate to events during the life of the Virgin Mary.

- 1. The Prophecy of Simeon
- 2. The Flight into Egypt
- 3. The loss of the child Jesus in the Temple
- 4. Mary meets Jesus on the way to Calvary
- 5. Jesus dies on the cross
- 6. Mary receives the body of Jesus in her arms
- 7. The body of Jesus is placed in the tomb

As a mark of devotion, Catholics may recite one Our Father and seven Hail Mary's for each of the sorrows.

Devotions to mark the sorrows of the Virgin Mary can be traced back to the $13^{\mbox{\tiny th}}$ century.

The Day of Our Lady of Sorrows was added to the Roman Catholic calendar as a feast in 1814. Pope Pius X moved the feast to 15 September in 1913.

GROUP 11 ANNUAL MEETING

Group 11 will hold their annual meeting on Sunday, October 16. Assembly 34 and Wreath 47 will be hosting the meeing.

Mass will be celebrated at 9:00 a.m. at the Sts. Cyril and Methodius Church locatd at 13th Avenue and 2nd Street in Minneapolis, Minnesota. The meeting will begin at 10:00 a.m. in Father Dargay Hall. Coffee and rolls will be served before the meeting.

All delegates and guests from Minneapolis, Duluth, MN/Superior, WI Wreath 21, and Irnwood, MI Assembly 155 are requested to register with the Group Secretary by October 9.

Zdar Boh! – David J. Genosky, President; James T. Genosky, 1001 – 42 1/2 Ave., NE, Apt. 102, Minneapolis, MN 55421; Tel. #: 763-789-9196.

SEMI-ANNUAL MEETING OF GROUP 6

Semi-Annual Meeting of Group 6 Msgr. Andrew Hlinka will be held Sunday, October 23 at 1:15 p.m. The meeting will be held at the Back Porch Restaurant, 114 Speer St., Belle Vernon, PA (lower Speers). Reservations must be made no later than October 7 by contacting either Terri Gardner at 724-929-8675 or Anna Mae Warnick at 724-736-4032.

Also, mark your calendars for Sunday, December 4 at which time a Christmas Party will be held at the Clubhouse Grille, Belle Vernon. Details regarding the Christmas Party will be provided at a later date. – **Terri Gardner**, *Secretary*

SLOVAK CATHOLIC FEDERATION 2023 "DOBRÝ PASTIER" – GOOD SHEPPARD

The Slovak Catholic Federation is accepting articles for its 2023 edition of the "Dobrý Pastier" Good Shepherd.

The Good Shepherd is a collection of literary articles submitted by contributing authors on all things Slovak, Catholic, faith, cultural and heritage, the arts, and personal essays or other topics the writer wishes to share with the readers. The Good Shepherd also serves as the only source for contact information for the Church in Slovakia, and those Slovak clergy and religious in the United States, as well as religious congregations, and places of worship. The articles come from authors in the United States, Slovakia and the Slovak Diaspora from around the world.

Anyone wishing to submit an article for publication can submit their articles to Sister Barbara Sable, SSCM, Villa Sacred Heart, Danville, PA 17821or barbarasable@hotmail.com. The Deadline for submitting an article is June 30, 2023. The articles submitted need to be double spaced typed in doc format and in Times New Roma font.

Any questions regarding the Good Shepherd, the articles, etc. can be sent to Michael Horvath, msjhm185@aol.com, Chairperson, Slovak Catholic Federation Communications Committee.

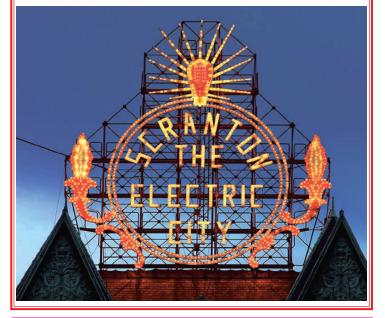


SLOVAK CATHOLIC SOKOL 34th QUADRENNIAL CONVENTION

AUGUST 5th - 8th, 2023

ATTHE

HILTON SCRANTON & CONFERENCE CENTER Scranton. PA



SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the Slovak Catholic Falcon will be that of OCTOBER 1, 2022. <u>DEADLINE</u> for all photos and information for this issue will be <u>SEPTEMBER 22, 2022.</u>

Find us on Facebook:



Slovak Catholic Sokol Public Group

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

PREPARATION FOR OUR 50TH INTERNATIONAL SLET

The Supreme Physical Fitness Board, Directors and Directess' were finally able to meet, in person, for preparation for our 50th International Slet. Seeing one another

in person was so amazing! We are all so excited about the 50th Slet and achieving this great milestone. Making this the greatest Slet with the most memories is our top priority. We want to honor our past, look to the future and keep our International Slet alive and thriving.



The Supreme Physical Fitness Board, with the help of our leaders, would love it if every Group could bring a team

for this grand celebration. I know this can be a challenge, so we have added some changes to hopefully make this doable. Here are a few changes we have made to help encourage members to come back and join us:

• There will be a male and female drill competition. All ages will compete together. Four (4) people will make a drill team. The first drill will be a traditional Slovak Drill. The second drill is a temporary modern drill and the third still is a combination of past drills. For the females, there are no parts on the ground so no worries about ups and downs.

• We have put in place a new 30 -44 age group and 45 and over age group. You will be exempt from team drill but must do individual drill, track in field (we added events just for this age group) and participate in the final exhibition.

• We will have 3 on 3 basketball for ages 8-12 and Volleyball for ages 13 and over.

• Saturday evening at the Slet, there will be a Sokol Gala to celebrate this milestone event. We will have music, dinner, and several special events.

We will be updating the schedule and more changes and exciting events as the planning continues.

The success and continuation of our International Slet is counting on you. We are hoping each Group can bring 50 participants!!!. 50 participants for our 50th Anniversary!!! We can do this!! So, talk to your friends, your brothers, your sisters, nieces and nephews, and other Sokol group friends and let's make this competition fierce and one to remember!

If you need any information or need to know who your Director or Directress is, please contact me! If you feel as though you have the calling to lead your Group and become active again, please contact me. If you have any questions or concerns, please contact me. I will be more than happy to guide you and help in any way possible.

> Zdar Boh Katie Swift Supreme Directress katieannswift@gmail.com

THANK YOU NOTES

Dear Slovak Catholic Sokol,

Thank you for awarding my family and I the Slovak Catholic Sokol Scholarship Grant for the 2022-2023 academic school year. The charity and compassion demonstrated by this affectionate organization have enabled my family to afford a higher level education at Desales University. Your unwavering support for the education of my family and all members of the Slovak Catholic Sokol is genuinely appreciated. The generous support provided by this organization to its members make a higher education a possibility for us.

With sincere appreciation, Maria Traglia, Allentown, PA

I would like to genuinely thank you for selecting me for a generous Scholarship. It will help me along my journey to become a Physician Assistant. I feel blessed to have received this award.

With sincere gratitude, Nicole Silinskie, W. Wyoming, PA

Dear S.C.S.

I am writing you to thank you for generous gift. I was thrilled to learn of my selection. I am looking forward to the next step in my education and hope to help others in the future.

Thank you, Matthew Silinskie, W. Wyoming, PA

I am writing this note to sincerely thank you for selecting me as a 2022 Slovak Catholic Sokol Scholarship recipient. I have received the check. This scholarship will help me to achieve my dream of becoming a veterinarian. Thank you again, Camille Griffith, Reading, PA

Dear Slovak Catholic Sokol,

Thank you for awarding my family and me the Crista Glugosh Memorial Scholarship Grant, which enabled me and my family to study at Desales University, Your support for my education is appreciated. The financial support provided by this organization makes higher education a possibility for all.

With sincere appreciation, Joseph Traglia, Allentown, PA

Dear Members of the Scholarship Committee,

I am in receipt of the scholarship check in the amount of \$500. I will forward the check to my high school. I want to thank you for your generous support. Sincerely, Rebeca Hess, Cedar Grove, NJ

Dear Slovak Catholic Sokol.

I am incredibly honored to be one of this year's recipients of the Slovak Catholic Sokol Scholarship. I was trilled to learn of my selection for this scholarship and I greatly appreciate yourß° support. Thanks to your organization, I am able to continue my education at the University of

Minnesota State Mankato with more financial security and confidence in my future. I am currently in my sophomore year in college in pursuit of Dental Hygiene degree and a minor in Health Sciences. In addition to my academics, I am actively involved at the St. Thomas More Catholic Newman Center with bible study and discipleship group. After my scheduled graduation in May 2023, I plan to obtain a career as a dental hygienist in a pediatric setting. Educational dreams would not be possible without the generous donations of the Slovak Catholic Sokol Scholarship. Thank you for your support towards me to help me reach my fullest personal and professional potential. Zdar Boh! Sincerely, Laura Matlon, Andover, MN

Dear Slovak Catholic Sokol Scholarship committee, I would like to acknowledge receipt of the \$2.000 check for the Emil Slavik Memorial Scholarship. I would like to thank you for choosing me to receive this scholarship. The money will help me to continue pursuing an ac-

counting degree at Seton Hill University. Sincerely, Gavin R. Watkins, Pittsburgh, PA

Dear Slovak Catholic Sokol,

Thank you so much for choosing me to be one of the Slovak Catholic Sokol Scholarship Grants recipient for upcoming academic school year. Your generosity means a great deal to me, and it has helped relieve much burden from my student debt.

Enjoy the rest of your summer! Sincerely, Zachary Beblar, Johnstown, PA

Dear Sokol Scholarship Committee,

I would like to thank you for choosing me to receive the Slovak Catholic Sokol Scholarship. I am sincerely honored to have received this opportunity. I greatly appreciate this scholarship as it will help my college education at the University of Delaware.

I am an upcoming sophomore currently studying psychology, and I am grateful I will have the chance to continue studying something I am passionate about with the support of this scholarship.

I highly value all of the experiences I had with the Slovak Catholic Sokol as well as all of the people a part of the organization. Thank you again for this scholarship and for your generosity.

Sincerely, Olivia Tadlock, Hartford, WI

Dear Slovak Catholic Sokol,

I would like to thank you for awarding me one of the 2022 Slovak Catholic Sokol Scholarship. This scholarship makes it easier for me to further my education without the added worry of more financial stress later in life. I appreciate the careful consideration it took to get the final group of students selected to receive the scholarship.

Sincerely, Grayden Hogan, Bethlehem, PA

FINANCIAL REPORT OF THE SUPREME SECRETARY AS OF JUNE 30, 2022

ASSETS	2022-Q2	<u>2021-Q2</u>	S
Cash and Cash Equivalents	\$ 1,477,093	5,003,362	INCOME
Investments - Bonds & Bills	88,575,609	85,469,213	
Investments - Stocks	11,743,372	14,735,338	Investmen
First Mortgage Loans	574,805	592,851	Amortizatio
Loans on Certificates	313,912	279,521	Dividends
Accrued Interest Receivable	857,738	803,105	Interest on
Sokol Building/Land Accounts Receivable	315,794	319,533	Interest on
Due From Groups	39,900	35,835	Sale of Co Rent Rece
Due From Groups	-	-	Life Premi
TOTAL ASSETS	<u>\$ 103,898,223</u>	<u>107,238,758</u>	Annuity Ind
TOTAL ASSETS	<u>φ 100,030,220</u>	107,200,700	Scholarshi
			Capital Ga
LIABILITIES AND RESERVES	2022-Q2	2021-Q2	Miscellane
Life Reserves	\$ 85,612,893	87,252,585	TOTAL IN
Asset Valuation Reserve	622,939	2,327,244	
Interest Maintenance Reserve	402,516	250,082	
Reserve for Supplemental Cont		2,942,936	EXPENSE
Reserve Emp. Retirement Plan	4,775,870	4,801,045	
Reserve for Convention	140,000	90,000	Death Ben
Claims Payable	280,897	490,290	Interest Ex
Conversion - Canadian Currence		3,847	Fraternal E
Accounts Payable	30,000	10,000	General E
Sokol Secure Fund Mary Jane Rich Scholarship Fu	1,434,249 nd 85,000	945,603 85,000	Employee Commissio
Emil Slavik Scholarship Fund	100,000	100,000	Annuity Be
Dr's Lesko Medical Scholarship		20,000	Taxes & Fe
Yencha Memorial Scholarship	25,250	23,400	Reserve Ir
Krista L Glugosh Memorial	20,200	20,100	Cash Surr
Scholarship Fund	24,000	24,000	Cubir Curr
Dividend Payable	50,000	50,000	TOTAL EX
Advance Premiums	28,337	65,656	-
	,	,	TOTAL IN
TOTAL LIABILITIES	\$ <u>97,008,889</u>	<u>99,481,688</u>	
			ZDAR BO
Undistributed Funds - Sokol	<u>\$ 6,889,334</u>	<u>7,757,070</u>	Scott T. P
			Supreme S
TOTAL LIABILITIES & SURPLUS	3 <u>\$ 103,898,223</u>	<u>107,238,758</u>	Slovak Ca

STATEMENT OF INCOME AND EXPENSES

2022-Q2

2021-Q2

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Investment Income Amortization of IMR Dividends on Stocks Interest on Mortgages Interest on Cerfificate Loans Sale of Cookbooks Rent Received - Sokol Building Life Premium Income Annuity Income Scholarship Income Capital Gains Miscellaneous Income TOTAL INCOME	\$ \$_	1,685,658 33,769 152,000 11,000 11,800 57,000 940,000 2,630,061 - 279,500 9,890 <u>5,810,858</u>	$1,596,184 \\ 16,890 \\ 158,296 \\ 1,081 \\ 8,903 \\ 365 \\ 54,943 \\ 1,145,443 \\ 9,284,923 \\ - \\ 540,728 \\ 18,156 \\ 12,825,912 \\ - \\ 12,825,912 \\ - \\ - \\ - \\ - \\ - \\ - \\ - \\ - \\ - \\ $
EXPENSES		2022-Q2	<u>2021-Q2</u>
Death Benefit Claims Paid Interest Expense Fraternal Expenses General Expenses Employee Retirement Expenses Commissions Annuity Benefits Taxes & Fees Reserve Increase Cash Surrenders	\$	806,944 55,000 348,800 426,310 190,500 137,689 5,256,710 19,420 (1,731,000) 139,800	1,126,370 21,709 297,431 446,146 176,018 266,715 1,427,271 11,300 9,094,495 153,748
TOTAL EXPENSES	\$	5,650,173	<u>13,021,203</u>
TOTAL INCOME (LOSS)	<u>\$</u>	160,685	(195,291)
ZDAR BOH! Scott T. Pogorelec, FIC Supreme Secretary Slovak Catholic Sokol			

Dear Slovak Catholic Sokol,

Thank you for the Abbot Jerome M. Koval, O.S.B. Memorial Grant. I am so happy to have received this grant to put towards furthering my education at Seton-La Salle Catholic High School. I am grateful for the generosity of all the people who make this scholarship possible.

Liliana D'Andrea, Pittsburgh, PA

Dear Slovak Catholic Sokol,

Thank you very much for awarding me the 2022 Yencha Schilarship. this will greatly help as I conclude my studies at the University of Pittsburgh. Slovak Catholic Sokol has been very helpful throughout my academic career.

Thnak you, Sara Pavlick, Piuttsburgh, PA

Dear Slovak Catholic Sokol,

I wanted to formally thank you for the generous scholarship of \$2.000 granted to me on behalf of the Slovak Catholic Sokol Scholarship Committee. I am so thankful and grateful for this opportunity to continue my studies at the University of Florida pursuing my Doctorate in Physical Therapy. I look forward to what this next year brings both academically and with this organization. Thank you again for your time and consideration.

Sincerely, Kristen Mondik, West Palm Beach, FL

CARDINAL JOZEF TOMKO DIES AT 98 POPE FRANCIS LED FINAL CEREMONY AT CARDINAL TOMKO'S FAREWELL IN ROME

Cardinal Jozef Tomko, the Slovakian clergy member who was the oldest member of the Vatican's College of Cardinals, died on Monday, August 8 in his apartment in Rome.

Cardinal Jozef Tomko, Prefect emeritus of the Congregation for the Evangelization of Peoples and President emeritus of the Pontifical Committee for the International Eucharistic Congresses, was born on March 11, 1924 in Udavské (Slovakia). He studied at the faculty of theology of Bratislava and then at the Pontifical Lateran University and the Pontifical Gregorian University in Rome where he earned doctorates in theology, canon law and social sciences.

On March 12, 1949 he was ordained a priest and from 1950 to 1965 he was vice rector of the Pontifical Nepomuceno College.

From 1962 he served as an assistant and from 1966 he was head of the doctrinal office of the Congregation of the Doctrine of the Faith. In that period he was chosen as one of the special secretaries for the first synodal assembly of 1967.

In December 1974 he was named under-secretary of the Congregation for Bishops.

On July 12, 1979 he was named Secretary general of the Synod of Bishops. Contemporarily he was elected titular Archbishop of Doclea. He received his episcopal ordination on September15, 1979.

From 1980-1983 he prepared and took care of the activities of 2 ordinary general synods and in 1980 a particular synod of Bishops of the Netherlands. He also began the preparation of the extraordinary synod of 1985 on the occasion of the 20th anniversary of the closing of Vatican Council II and the ordinary of 1987 on the vocation and mission of lay people.

He has also been active on an international level in the area of ecumenism. In 1972, he was a delegate of the Holy See at the World Lutheran Federation and the World Council of Churches in Geneva. He has also headed the Holy See's delegation at the reunion of European Ministers for the Affairs of the Family held in Rome in 1981.

Cardinal Tomko, who was named a cardinal by Pope John Paul II in 1985.

After a brief experience teaching at the international University 'Pro-Deo' (1955-1956), he held courses at the Gregorian University from 1970-1978. Even with such a busy schedule he managed to carry out his pastoral ministry in the numerous parishes of Rome and in the diocese of Porto-Santa Rufina. He was co-founder of the Slovak Institute of Saints Cyril and Methodius in Rome and served as an assistant and leader in the doctrinal office of the Congregation for the Doctrine of the Faith. He has also visited many times the Slovak communities in the USA, Canada and Europe.

He has also been sent by the Holy See to bishops' meetings: Pan-Asiatic Conference in Manila (1970); Plenary Assembly in Oceania, Sydney (1973); Conference of Puebla (1979): Celebrations of the 25th Foundation of the CELAM in Rio de Janeiro (1980), meeting of SECAM in Yaoundé (1981).

Prefect of the Congregation for the Evangelization of

Peoples and Grand Chancellor of the Pontifical Urban University, 27 May 1985 - 9 April 2001.

President delegate of the Special Assembly for Asia of the Synod of Bishops (1998).

President of the Pontifical Committee for International Eucharistic Congresses, 15 October 2001 - 1° October 2007.

With Cardinal Jozef Tomko's passing, we've lost a person of firm faith, true spirituality and a lively religious feeling, said Giovanni Battista Re, Dean of the College of Cardinals, at the final farewell for the late Slovak cardinal held in the Vatican on Thursday, August 11 at which the final ceremony was led by Pope Francis.

Addressing the congregation during a requiem mass held in St. Peter's Basilica, the dean noted that Tomko, who died on August 8 at the age of 98, was the oldest of the cardinals and that he dedicated his entire long and intensive life to the service of God and his brothers in the Roman Curia, where he held many posts over the years.

The ceremony in the Vatican was also attended by a delegation of Slovak bishops led by Archbishop of Bratislava Stanislav Zvolensky and Kosice Metropolitan Archbishop Bernard Bober.

Following the final farewell in Rome, the cardinal's remains were transported by plane to Bratislava. They were displayed for the public in St. Martin's Cathedral in the Slovak capital on Friday and Saturday (August 12 and 13) and in St. Elizabeth's Cathedral in Kosice on Sunday and Monday (August 14 and 15). A holy mass including the funeral took place on Tuesday (August 16). The funeral Mass was celebrated by Cardinal and Archbishop Emeritus Dominik Duka from Prague. The concelebrants were the emeritus Archbishop of Krakow, Cardinal Stanislaw Dziwisz, and the Ostrihom-Budapest Archbishop and Primate of Hungary, Cardinal Péter Erdő. The Holy Mass was in Latin and Slovak.

The last farewell to the cardinal was attended by thousands of people, among them the highest constitutional offi-



Pope Francis at the funeral Mass for the late Cardinal Jozef Tomko. *Foto: Vatican News*

cials – the President of the Slovak Republic Zuzana Čaputová, the Chairman of the National Council of the Slovak Republic Boris Kollár and the Prime Minister of the Slovak Republic Eduard Heger.

For those who did not make it to the cathedral, there is a large screen in the square in front of the Urban Tower with a live broadcast of the ceremony.

At the Cathedral of St. Elizabeth according to Košice Archdiocese spokesman Jaroslav Fabian, approximately 9,000 people came to Alžbety, where the cardinal's remains were displayed for public veneration. Hundreds more said goodbye to him in the Chapel of St. Michael.

Cardinal Tomko was the oldest member of the College of Cardinals. According to his wishes, he was buried in the Košice Cathedral, the body will be placed in the hitherto empty underground crypt in front of the main altar.



The funeral Mass in St. Elizabeth's Cathedral in Kosice. Foto: TASR/František Iván



Cardinal Jozef Tomko is shown blessing the monument to the founders of the Slovak Catholic Sokol at St. Mary's Cemetery in Saddle Brook, NJ during the centennial celebratrion on July 9, 2005.

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 with Slovak ancestry, and previous donors.

As of August 19, the 2022 Appeal has received \$26,867.87 from 193 donors. Among the 61 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, Assembly 291, Group 6, Group 7, Group 9, Group 12, Group 14, Group 18, Wreath 1, Wreath 14, Wreath 147, as well as the Home Office of the Slovak Catholic Sokol have donated a combined total of \$2,225. Donations to date have also been received from 6 parishes, 32 clergy and religious, and 94 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			
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, Penndel, PA 19047-4052

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 www.scslife.org. Mail all completed Referral Lead Cards to:

> Slovak Catholic Sokol P.O.Box 899 205 Madison Street Passaic, NJ 07055

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

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2022 INTERNATIONAL GOLF TOURNAMENT TREASURE LAKE GOLF RESORT, DUBOIS, PENNSYLVANIA AUGUST 12TH- 14TH

Third times the charm! Since I was elected to be on the Supreme Physical Fitness Board all I have wanted to do was work at the International Golf tournament, I knew what the Slets and Clinics were all about so I was excited to be a part of this event. 2020 brought about covid and in 2021 the Canadian border was still closed for non-es-



sential travel but 2022 was finally my year!

Friday, August 12^{th,} after a five and half hour car ride, I arrived in DuBois, PA. This was the day I finally got to see all the golfers that would participate in the golf tournament. Most the participants played a practice round of golf and the Treasure Lake Resort Gold Course during the day, and at 7 p.m. I attended the hospitality at the Lakeview Lodge, seeing many

familiar and some new faces it was great to see everyone together again! The hospitality included antipasto, minimeatballs, chicken bites, pork sliders, stuffed pepperoni bread, fruit and vegetables trays and refreshments. There was a total of 146 golfers in attendance for the weekend, 105 from the Slovak Catholic Sokol, 38 from FCSU, and 3 from GCU. The number of golfers in each flight: 18 "A" Flight, 26 "B" Flight, 21 "C" Flight, 38 Senior Flight, 30 Callaway and 14 Women. It was great to see so many young golfers out this year, it was a great turn out and I was excited to see what this weekend would hold.

Saturday, August 13th, I woke up got ready and went outside only to be able to see my breath right in front of me! I ran back to my hotel and got a sweater, drove over to the Silver Course at Treasure Lake where the majority of the SCS golfers were golfing for the day. The remaining SCS colfers as well as the FCSU and GCU members played the Gold course on Saturday. Supreme Director of Sports and Athletics, James Matlon and Supreme Assistant Director of Sports and Athletics, Frank Laury along with myself waited for the golfers to arrive and register for the weekend. Upon registration the golfers received a golf towel and a ball marker souvenir as well as the opportunity to sign up for closest to the pin. At 7:55 a.m. the Canadian and American national anthems were played and the golfers were given their instructions and drove off in their gold carts to their specific holes for a shot gun start. As the sun rose higher in the sky the weather became warmer and it was perfect for a day of golf. James Jerek, Chairperson of Supreme Auditors and James Knis, Supreme Treasurer, came out for the day and distrusted cold water to the golfers. Their presence was a great surprise and enjoyed by all. Thank you both for coming out.

Once the golfer had completed their round for the

day they were invited to attend the banquet at the Silver Course Pavilion that night. Mass started at 4:00 p.m. and was held by Father Thomas Nasta, Supreme Chaplain of the First Catholic Slovak Union, and after the ceremony he blessed our meal. Dinner was served at 5:00 p.m. catered by Luigi's Italian Restaurant and everyone raved about the food. The buffet included, chicken romano, roast beef, meatballs, penne pasta with meat sauce, potatoes and vegetables. After dinner the National Anthems of The United States, Canada and Slovakia were played. James Matlon introduced the leaders of GCU, FCSU and the SCS Supreme Officer in attendance at the event, which included Honorary Officer Steven M. Pogorelec, Supreme Secretary Scott T. Pogorelec, Supreme President Michael J. Horvath, Supreme Vice President Edward D. Moeller, Supreme Treasurer James F. Knis, Chairperson of Supreme Auditors James G. Jerek, Supreme Auditor Edward Bajus, Supreme Director of Sports and Athletics James C. Matlon, Supreme Assistant Director of Sports and Athletics Frank P. Laury, Supreme Assistant Physical Director Dusan Dorich and myself: Physical Fitness Board Member Kristen Popik.

Other announcements that were made were the winners of closest to the pin on the Silver Course, congratulations to Joe Murray and Karen Bakita. James Matlon introduced our Supreme Secretary Scott Pogorelec to say a few words and give out the Frank S. Petruff Memorial Sports Award. He introduced the past winners of the award that were present including: Thomas P. Muldoon, Jr., Loretta S. Smith, John S. Hornacek, Robert R. Palchanis, Jr., and Edward Baker and then announced the winner of this year. Congratulations to Linda S. Frank from Youngstown, Ohio for being the 2022 recipient of the Frank S. Petruff Memorial Sports Award, your commitment and dedication to the SCS does not go unnoticed. The evening was full of great conversation and laughs with everyone catching up with those they have not seen in a while. Group 17, Wreath 54 Youngstown Ohio invited all the golfers back to the Lobby of the Farifield Inn on Saturday night to enjoy Bloody Mary's in memory of fellow golfer Mary Margaret Starr, there was a great turn out and it was a wonderful night.

Sunday morning at 8:00 a.m. the golfers were ready for round two! Today the golfers switch courses so those who were on the Silver Course yesterday played the Gold Course today and vice versa. The weather was warmer this morning as I no longer needed my sweater as it remained hot with a slight breeze throughout the day. Congratulations goes to Tom Iskra Jr. and Joe Underation for being closest to the pin on the Gold Course on Sunday.

The winners for the Golf Tournament are as followed: "A" Flight, from the SCS, Dave Iskra, Sr. with a score of 143, the best scratch score for "A" Flight from SCS, Joseph Murray with a 144! "B" Flight winner is from the SCS, Tom Iskra III with a score of 137, the best scratch score is Ryan Burfield from the SCS with a score of 164! "C" Flight the winner and the best scratch goes to Chris P. Macko from the SCS with a score of 141 and scratch score of 183! Senior Flight winner from the SCS is John Hornacek with a score of 135, the best scratch score goes to Anthony Nastasi from FCSU with a scratch score of 157! Callaway winner with the best score and the best scratch score is Hayden Macko from the SCS with a score of 147 and scratch score of 164! Women's winner is Carol Macko from SCS with a score of 150, the winner of the best scratch score is Stephanie Skorupka from SCS with a scratch score of 200! Congratulations to all the winners of this weekend.

This was an amazing event and I loved every moment of it. Thank you to everyone who came out to participate and a huge congratulations to all the winners this weekend. I definitely will volunteer to work this event again, I hope to see you all next year in Ohio!

Zdar Boh! **Kristen Popik** Supreme Physical Fitness Board Member







Group photo at Treasure Lake Gold Course. (Photo by Dr. Michael Kopanic)



KORCOK: I UNDERSTAND HUNGARY'S STANCES LESS AND LESS

Chief of Slovak diplomacy Ivan Korcok rejects claims by Budapest, according to which both the Czech Republic and Slovakia seek to endear themselves to the EU on the issue of the Russian – Ukrainian war, TASR learnt from its correspondent on Wednesday, July 23.

"We find it quite offensive when our close neighbour feels the need to claim that Slovakia and the Czech Republic are doing everything they can to endear themselves to Brussels. I reject that! Nothing can be further from the truth," underlined Korcok. "We're doing what we believe is right."

Korcok added that he's under impression that Budapest strongly cares for using every opportunity to deviate its course from joint EU solutions.

"This message and the stance that we're hearing from Budapest – including the one from last week – I understand less and less," stated Korcok and added that this perception is not just Slovakia's. However, Hungary is Slovakia's neighbour, with which Bratislava enjoys close ties and wishes to keep them.

Korcok pointed out that the remaining Visegrad Four countries – the Czech Republic, Poland and Slovakia – showed their clear stance on the conflict in Ukraine. If Hungary opted to straddle the fence, Korcok acknowledges that.

Speaking in the Romanian town of Baile Tusnad, Hungarian Prime Minister Viktor Orban stated that Hungary wishes to stay out of Russian – Ukrainian war because it's not a Hungarian war. "The Czechs and Slovaks had recent changes in government, and theirs now strive to get into Brussels' good graces. This is a decision similar to you trying to stable horses in a barn that's on fire," he commented.

According to Orban, supplying weapons to Ukraine only serves to prolong the war because Ukraine acquires western armaments that later fall into the hands of Russians. "The only way to end the war is through Russian-US talks," underlined Orban, adding that post-WW2 Europe has once again found itself in a situation when Americans and Russians are in the driving seat and Europe has no say over matters.

Orban also blamed the West for "ruining" ties within the Visegrad Four group. Ties with Poland had become complicated even before the war in Ukraine, despite the fact that both Warsaw and Budapest share the same strategic interests. "We want peace and we don't want Russians coming any closer to us," he added.

ELECTRICITY PRICE IN SLOVAKIA BREAKS RECORDS, EXCEEDING €400 PER MEGAWATTHOUR

Increases in energy prices aren't slowing down; the price of electricity for Slovakia with delivery next year has already exceeded the psychological threshold of €400 per megawatt hour (MWh) and on Tuesday (August 2) even reached €416 per MWh, according to the data published by the Prague Stock Exchange PXE. At the beginning of May, the electricity price was at half that level.

The price is also reaching record levels in other EU countries. The electricity price also surged over €400 per MWh in the Czech Republic, record prices were also posted in Germany and France. Trinity Bank chief economist Lukas Kovanda sees the cause of high prices not only in the war in Ukraine, but also in Germany's energy policy, and in extremely dry and hot weather.

KRAJNIAK: NEARLY €2.5 BN PAID OUT FROM 'FIRST AID' SCHEME DURING PANDEMIC

Almost €2.476 billion was paid out from the so-called 'First Aid' scheme designed to maintain employment during the novel coronavirus pandemic, Labour, Social Affairs and the Family Minister Milan Krajniak (We Are Family) told a press conference on Friday, presenting a Social Policy Institute (ISP) analysis, with ISP head Stefan Domonkos in attendance.

A total of 55,000 employers and 131,000 individual selfemployed people were supported. The 'First Aid' project helped to preserve 770,000 jobs.

According to Krajniak, the Labour Ministry supported employers and sole traders by paying out 5.7 million monthly salaries to more than 770,000 employees. According to him, the 'First Aid' scheme represents the largest aid for employment protection ever, which every third Slovak citizen personally felt.

"The ISP analysis proves that during the pandemic the Labour Ministry was the most successful body in delivering state aid to employers, employees and self-employed people. We kept jobs so that Slovak families could ensure income for their households through work," said the labour minister.

Krajniak further said that the most successful aid scheme was the 3A measure, so-called 'kurzarbeit' (short-time work), which became an inspiration for a permanent job protection tool in the form of the law on support during short-time work. According to him, employers have been receiving financial assistance based on this mechanism since March 2022.

According to Domonkos, the use of financial aid was dominated by micro-enterprises. "The share of micro-enterprises in the total disbursed 'First Aid' was close to half, while towards the end of the monitored period, the use of aid by micro-enterprises swelled to two-thirds of the total amount of monthly allowances," noted Domonkos.

Domonkos added that, the ISP analysis showed that companies which received 'First Aid' were, on average, more productive and less indebted than companies that didn't receive the aid. Analysts observed a positive effect on employment, especially in small companies (up to 50 employees).

UKRAINE AGREES TO OIL-TRANSPORT SOLUTION PROPOSED BY SLOVNAFT AND MOL

The Ukrainian transport company has responded positively to a proposal by (Bratislava oil refinery) Slovnaft and (Hungary's) MOL for them to pay transit fees for transporting oil through the southern branch of the Druzhba pipeline, Slovnaft spokesman Anton Molnar announced on Wednesday.

Slovnaft has already made its payment into the company's account, and based on this it expects oil supplies to be resumed

within the next few days, said Molnar, adding that the Russians have agreed to this solution as well.

"Oil supplies have been suspended following technical problems that occurred at the bank level in connection with the payment of transit fees by the Russians. Despite this, the production process at the Bratislava refinery continues without interruption and market supply is smooth," said Molnar.

According to Molnar, Slovnaft, in close cooperation with national carrier Transpetrol and the Economy Ministry, is using all available reserves in the system for processing in this period.

Slovnaft and MOL initiated a discussion with both the Ukrainians and Russians on the option of either MOL or Slovnaft paying the transit fees, enabling oil supplies to be resumed, said Molnar.

ECONOMY MINISTRY: SLOVALCO PRODUCTION SHUTDOWN DISASTER FOR SLOVAK INDUSTRY

The announced shutdown of primary aluminium production at the Slovalco plant in Ziar nad Hronom (Banska Bystrica region) is a disaster for Slovak industry as a whole, the Economy Ministry stated on Wednesday, August 17, adding that it will also have a noticeable impact on other European companies.

"I regret that despite the fact that we knew about this situation, we couldn't find an agreement with the Finance Ministry to implement targeted assistance for such an energy-intensive company," said Economy Minister Richard Sulik. The minister noted that Slovakia has an environmental fund for cases such as this one, which receives revenues from the sale of CO2 permits.

"[Slovalco] was asking for compensation from the state at the Finance Ministry for almost two years, but they apparently have other priorities than Slovak industry and its competitiveness," remarked Sulik.

Slovalco is one of the most environmentally friendly and modern aluminium plants in the world and has been one of the largest employers in Banska Bystrica region. Its production capacity is up to 175,000 tonnes of primary aluminium, and the capacity of its foundry is approximately 250,000 tonnes. The shutdown of the furnaces will not only affect 300 company employees, but also approximately 2,500 other related jobs, according to the ministry.

The Economy Ministry pointed to the environmental burden, which will be far greater if primary aluminium is imported from China, not only in terms of transport but also because of less stringent environmental criteria than those in the European Union. "Meanwhile, the Economy Ministry has taken all steps within its powers to reduce energy charges," added Sulik.

The Slovalco aluminium plant announced on Wednesday that it will definitely halt its production of primary aluminium by the end of September due to high electricity prices and insufficient compensation from the state.

Slovalco explained that due to high electricity prices for 2023, aluminium production would be economically unsustainable next year. Further problems have been caused by insufficient state compensation for energy-intensive industry, high prices of emission permits and low aluminium prices.

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





The international folklore festival "Jánošíkove dni" (Janosiks Days) is an original festival held every year in Terchová, the birthplace of the Slovak national hero Juraj Jánošík, situated in the norh-west of Slovakia. The festival listed on the UNES-CO Representative List of the Intangible Cultural Heritage of Humanity since 2013. Jánošík Days are held every year in middle of summer five days in beautiful surroundings and the organizers prepare a traditionally diverse and varied program with Juraj Jánošík theme variations. In addition to the main theme of folklore, the festival also incorporates world music concerts, exhibitions, presentations of traditional folk crafts, a theatrical performance, film screenings and support events.

KIDS' CORNER "Detský kútík" - - September 2022

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ANNOUNCING THE KIDS" CORNER SUMMER READING PROGRAM!!!!

Just a reminder......] will need the Completed reading lists returned to me no later than September 10th. Include your name, address, Group number and age so that I can recognize you in the paper. Don't forget to highlight your favorite books on the list!!! and have fun reading!!!! Please send your completed reading lists to:

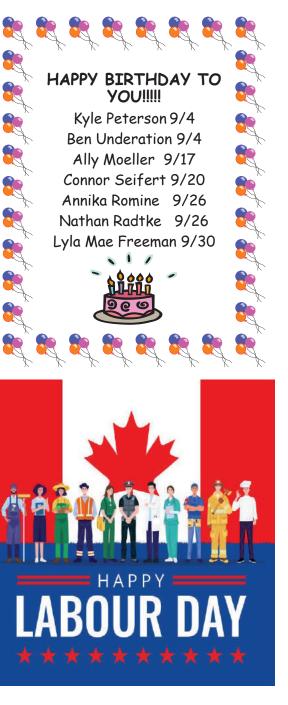
Edward D. Moeller– 2821 Waterman Ave, Pittsburgh, PA 15227



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

Keep reading and enjoy the rest of your summer!!





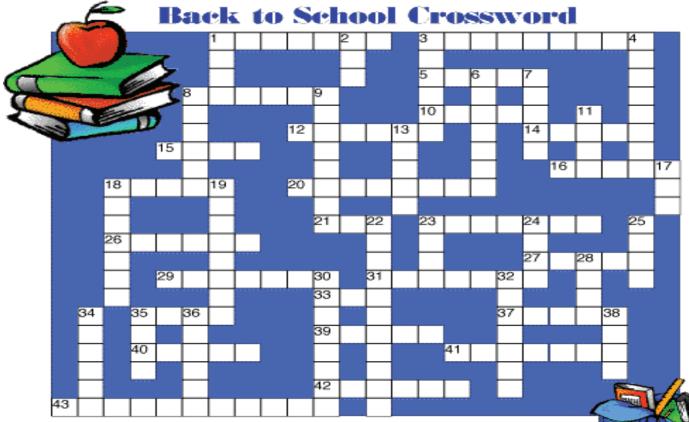


KIDS' CORNER "Detský kútík" - - September 2022

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KIDS' CORNER "Detský kútík" - - September 2022



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- Your mother might do this at your school You spell these 5.
- Long written reports
 Gain knowledge
- 12. Play time
- 14. Estimate
- 15. Short form of September

- You get this from experience
 Opposite of stale
 You do this in math
- 21. Where you play sports in school 23. A cafeteria has one of these
- 26. It takes away a mistake
- 27. Same as 10 across
- 29. A long report on a subject
- 31. Subject about the past 33. Female sheep

- 35. Chore, job 37. Book of maps
- Teachers write with this You do this before cursive writing 39
- 40.
- 41. Cursive ______ 42. Copy 43. Progress report to parents

Down

- Totals
- Small bed 2
- 3. A.E.I.O.U
- 4. Turnabout
- 6. and writing
- You sing these Artists use these 8.
- <u>9</u>. test, with words
- 11. Computers go on one of these 13. Prepare for a test 17. Short form of laboratory

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www.SquiglysPlayhouse.com

- 18. Your playmates
- School work you do at home
 Adding and subtracting, etc.
 Schools are full of these 22
- 24. The Bible
- A summer month Width times length 28.
- Instructors 30.
- 32 She was
- The principal's room 34 35. Do this on a keyboard
- 36. A ghost 38. Exit ____



a book

THERE IS A SLOVAK TOWN IN PRAIRIE COUNTY, ARKANSAS

Slovak (originally called Slovactown or Slovaktown), an agricultural community founded in 1894, still endures and is home to the Church of Saints Cyril and Methodius, who are also known as the Apostles of the Slavs. Slovak is the result of the promotional efforts aimed at encouraging immigrant settlement in Arkansas in the 1890s.

Various Slovak fraternal and nationalistic organizations,

such as the National Slovak Society, translated advertisements promoting the favorable agricultural areas of Arkansas into the Slovak language at presses in Pennsylvania, Ohio, and Illinois. Following such advertisements, the Slovak Colonization Company was organized in 1894 in Pittsburgh by Peter V. Rovnianek. The company bought 3,000 acres of Arkansas land for settlement in the southern portion of Prairie County. This site was planned for an agricultural community on



untouched grassland and included 160 acres in the center of the tract for a township and lots for farms, the church, and a school.

In the fall of 1894, twenty-five families arrived at the Slovactown site. Farmers and coal miners who had struggled in the northeastern United States headed many of these families. This first group of immigrants arrived at DeValls Bluff (Prairie County) by rail and then proceeded to their new homes by wagon. The newly arrived settlers erected a community house where the pastor of Stuttgart (Arkansas County), twelve miles south of Slovactown, provided religious services. By 1895, letters to the Bishop Edward Fitzgerald requested a Roman Catholic priest devoted solely to Slovactown. The growing Slovak congregation, under the guidance of another Stuttgart priest, built its first church in 1900.

By 1909, about fifty families had settled in Slovactown. Most of these families were Slovak. This community built another church, the Church of Saints Cyril and Methodius, around 1914, and yet the congregation still did not have a parish priest. In the absence of a priest, men of the Miklik, Matoske, Konecny, and Dolny families conducted services. By 1910, the Slovaks stopped cutting prairie hay and began farming rice as the region experienced the economic boom associated with the introduction of rice. By 1916, rice was the mainstay crop of the community.

The congregation of Saints Cyril and Methodius finally received its first resident pastor when Father Louis Glinski arrived in 1917. Dr. G. H. Keller replaced Father Glinski as the parish priest in 1923. Keller organized the youth of the community into the Slovac Catholic Club, blessed a new community house in 1924, and was also responsible for the installation of a water system and electric light plant in Slovactown. Slovactown was a parish of sixty farm families in 1925.

Several farmers in the Slovak area were forced to sell their land to make room for the 4,000-acre Peckerwood Lake, which Edgar Monsanto Queeny, a St. Louis, Missouri, industrialist, created by adding a levee to LaGrue Bayou in 1942. By 1948, the population was made up of about ninety families. In the early 1950s, an estimated 500 citizens of Slovak descent lived on farms in or around Slovak. During this time, businesses also came to include crop dusting, seeding, and private flying businesses. During the 1950s, Father Frank Janesko acted as clergy for the community. Janesko was raised in Slovak and came from a family of the original settlers to the area. The Slovak community continues to be largely defined by farming, kinship, and religion. The Church of Saints Cyril and Methodius is currently attended through Stuttgart via Monsignor John Janesko and continues to serve as the religious, social, and cultural locus for the community. The Knights of Columbus Oyster Supper is held at Slovak during the first part of the year – **Jamie Metrailer**, University of Arkansas at Little Rock



SS. Cyril and Methodius Church



Documents related to the history of the Slovak community in Arkansas

OBITUARIES

ANTHONY J. GLODAVA 1935 - 2022

Anthony J. Glodava, 87, of Clifton, died Thursday, August 11, 2022 at St. Mary's General Hospital, Passaic, NJ.

Born in Clifton, where he was a lifelong resident. He retired as an Inventory Planner for Becton Dickinson Co. where



he was employed for over 30 years. He was an avid bowler and enjoyed Country and Polka music. Mr. Glodava was an active lifelong parishioner and trustee of Ss. Cyril & Methodius RC Church in Clifton, where he was also a member of the Holy Name Society. Mr. Glodava was also a member and vice-president of Assembly 162 of the Slovak Catholic Sokol.

He was predeceased by his wife, the former Rosalind Imburgia, in 1991;

his parents, Joseph and Johanna (nee Bigos) Glodava; his siblings, Joseph, Steven, Daniel and John Glodava, Mary T. Pituch Mancin and Sr. M. Marie Glodava.

Survivors include: his children, Anthony Glodava and his wife, Susan, of Lehi, UT, Sheila Fontana and her husband, Tom, of Haymarket, Va., Stephen Glodava and his wife, Leslie, of Elmwood Park, NJ, and Michelle Martorano and her husband, John, of Clifton, NJ, and his five grandchildren, Luke, Daniel, Michael, RosaLynn and Samuel.

Concelebrated Mass of Christian burial with the Rev. Richard Bay was held Tuesday, August 16 at Ss. Cyril & Methodius RC Church, in Clifton, NJ. Interment followed at St. Mary's Cemetery, Saddle Brook. Memorial contributions to Ss. Cyril & Methodius RC Church would be appreciated by the family.

JERRY JAROSLAV KRUPA 1937-2022

Jerry Jaroslav Krupa, age 85, of Maitland, FL, passed away on Sunday, August 7, 2022.

Jerry was born in Valaska Bela, Slovakia, on February 5, 1937, and had 5 brothers and sisters. He lived a long and inter-



esting life, frequently telling stories of his family and their move from the country to the capital, Bratislava, their experiences during World War II, his escape from Communism, and his new life in the United States.

Jerry was a chemist by profession, but his real passion was serving as a freedom fighter. He attended and was vocal in underground anti-Communist meetings, and dreamed of escaping the Communist regime. He married his lovely wife, Maria Mestankova, on July 6,

1963, and their son, Roman, was born October 4, 1964. Shortly after he made the ultimate sacrifice: he left on a quest for freedom and a better life for his family, living by his motto, "No Risk,

No Gain". His original plan to head for Germany fell through and he ended up at a political refugee camp in Italy for 6 months, until the International Rescue Committee offered him a chance to go to America. For a short while he lived in New York City and then settled in New Jersey. It wasn't until 3.5 years later, on July 7, 1968, was he reunited with his wife and son. Their daughter, Diana, was born 10 years later on March 24, 1978.

After arriving in the U.S., Jerry participated in several Slovak cultural, social and political organizations in New York City. The Slovak League of America was the first organization he became a member of and was elected as Secretary of the New York branch. He established a newspaper, Slobodna Tribuna (Freedom Tribune), for which he worked as its Chief Editor. In 1970, the Slovak World Congress was established and he was one of its original members. He twice served as President of the Slovak-American Cultural Center, and spent a lot of time working towards promoting Slovak culture in the NYC area and towards gaining political independence for Slovakia. In the early 1990's, he led the political committee of the Slovak World Congress and drafted a document entitled, "Concrete Steps to an Independent Slovakia." Its message was that for a nation to be fully productive, it must be independent. This document served as a template for Slovakia's presidential platform. Aside from the end of Communism in 1989, his prayers were answered on January 1, 1993, when Slovakia became an independent nation.

Jerry spent 25 years in New Jersey working as a chemist for Unilever Research and earned 6 patents that are registered in the U.S., Canada, Great Britain and India. He went back to school earning degrees in business and chemistry, and he and Maria owned and operated a video store for several years. Jerry was also a published author of 4 books in Slovak: Laska a Myslienky (Love and Thoughts), Cesta k Uspechu (Road to Success), Vyber z Poezie a Prozy (Selection of Poetry and Novels), and Rastislavov Otcenas (Rastislav's Prayers).

He and his family lived many years in Rockaway, NJ, before he retired, after which he and Maria moved to Florida in 1999, first to Cocoa Beach and then settled in Maitland. Jerry served as President and Manager of a Slovak community in Slovak Garden in Winter Park, FL, where he also edited their Golden Jubilee Book, 50th Anniversary of the Slovak Garden, Inc.

Jerry J. Krupa was a long time member of Assembly 182 in New York City.

He will be always remembered for his love for freedom and his beloved Slovakia, his bravery, his leadership, his writing, his powerful speeches, his love for culture, art and beautiful music, his love for life and laughter, his amazing encyclopedia-like mind, his Catholic faith, but most of all the love he had for his family.

He is preceded in death by his parents, Jozef Krupa and Vilma Krupova, and siblings Andrej, Jozef, Vincent, and Helena.

Jerry is survived by his loving wife, Maria Krupa, son, Dr. Roman Krupa, daughter, Diana B. S. Swiderski, son-in-law, Joseph J. Swiderski, grandchildren, Sofia A. Tiberio-Krupa, Chiara J. Tiberio-Krupa, Adriana T. Swiderski, Sienna T. Swiderski, and sister, Hana Hafnerova.

Visitation and funeral service was Wednesday, August 17, 2022 at Newcomer Cremations, Funerals & Receptions (Winter Park Chapel), 3806 Howell Branch Rd, Winter Park, FL.

ASSEMBLY/ MEMBER



Life insurance is always a perfect gift for that special loved one. It's a gift that will last a lifetime. It cannot be lost, stolen, broken or squandered away. It is economical, worth something immediately and appreciates in value over the years.

Of course it is a Slovak Catholic Sokol life insurance policy or annuity plan. By providing your child, grandchild or other members of your family and friends with a Sokol insurance policy, you have a number of advantages which should be considered. It is first and foremost a lifetime of insurance protection at a cost that can never be replicated. It also creates a cash value account that may be used for future college expenses or some other of life's emergencies. And, you will have also protected that loved one's insurability which means that no matter what happens to their health in the future, they will always be insured under the policy you purchased for them.

Another important fact about life insurance is that it is the cornerstone of any financial plan. By purchasing a policy today when rates are low, you will have started that special child or grandchild off on the right road to financial success.

And in addition, the Slovak Catholic Sokol offers a number of fraternal benefits. Our athletic and gymnastic programs emphasize our belief in both physical and mental health, as well as our commitment to our fraternal way of life. Each year, our organization provides scholarship grants to our members. As a firm believer in the Catholic school system, we provide grants to students attending Catholic grade school and high school. We also offer a generous number of college scholarships as well.

So why not purchase that life insurance policy or annuity plan now so that the new year can start that loved one on the road to financial success. Give a call to our Home Office at 1 800 886-7656. We will provide you with all the rates and applications or see your local Assembly or Wreath officers.

Sokol life insurance policy makes a wonderful birthday gift, first Holy Communion, Confirmation or graduation gift as well. Think about it and start that favorite loved one on the road to financial success.



JULY 2022

AGE DATE OF DEATH

Kenneth E. Goletz, Cross Hill, SC	66	June 27, 2022
Edward Murcko, Greenville, PA	73	July 10, 2022
Rose Marie Klisiewecz, Brick, NJ	83	May 19, 2022
Richard E. Brenzy, Uniontown, PA	76	July 2, 2022
Anthony Stefanik, Webster, MA		
Albert Remenec, Owosso, MI	88	June 28, 2022
Anna Mae Cipollini, King of Prussia, PA	93	March 22, 2022
David O'Kane, Edwardsville, PA	62	June 11, 2022
Edward P. Pastir, Hellertown, PA	93	June 30, 2022
Barbara Ann Booker, Falls Church, VA	83	Nov. 7, 2021
Dave Williams, Struthers, OH	83	March 7, 2022
Mathew S. Burbacher, Ft. Myers, FL	43	June 22, 2022
Lawrence Borosko, Poland, OH	94	June 28, 2022
Eleanor Rossi, Mocanaqua, PA	90	July 12, 2022
Delphine Jean Hussar, Canton, OH	90	June 21, 2022
Helen Walachy, Ewing Township, NJ	72	June 15, 2022
Barbara Woods, Carteret, NJ	76	July 1, 2022
George R. Hrubovcak, Akron, OH	82	March 13, 2022
Anna Spodnik, Yonkers, NY	93	June 22, 2022
Thomas Butchko, Exeter, PA	81	July 1, 2022
Stephen Gombar, Reading, PA		June 6, 2022
Genevieve L. Krisak, Rahway, NJ		Aug. 8, 2021
o	58	May 29, 2022
	87	June 24, 2022
		July 15, 2022
		May 12, 2022
• •		May 15, 2022
		July 1, 2022
.		June 12, 2022
-		July 4, 2022
-		May 17, 2022
	87	July 14, 2022
Helen M. Gebura, Westlake, OH	84	July 14, 2022
	Edward Murcko, Greenville, PA Rose Marie Klisiewecz, Brick, NJ Richard E. Brenzy, Uniontown, PA Anthony Stefanik, Webster, MA Albert Remenec, Owosso, MI Anna Mae Cipollini, King of Prussia, PA David O'Kane, Edwardsville, PA Edward P. Pastir, Hellertown, PA Barbara Ann Booker, Falls Church, VA Dave Williams, Struthers, OH Mathew S. Burbacher, Ft. Myers, FL Lawrence Borosko, Poland, OH Eleanor Rossi, Mocanaqua, PA Delphine Jean Hussar, Canton, OH Helen Walachy, Ewing Township, NJ Barbara Woods, Carteret, NJ George R. Hrubovcak, Akron, OH Anna Spodnik, Yonkers, NY Thomas Butchko, Exeter, PA Stephen Gombar, Reading, PA Genevieve L. Krisak, Rahway, NJ Donna Karagits, Middletown, DE Anna L. Povanda, Tinton Falls, NJ Mark James Cintula, Middle Grove, NY Petronella A. Semko, Buffalo, NY Khou Thao, Minneapolis, MN Molly Cheng, St. Paul, MN Margaret Bada, Youngstown, OH Anne Marie Chonko, Athens, OH	Edward Murcko, Greenville, PA73Rose Marie Klisiewecz, Brick, NJ83Richard E. Brenzy, Uniontown, PA76Anthony Stefanik, Webster, MA78Albert Remenec, Owosso, MI88Anna Mae Cipollini, King of Prussia, PA93David O'Kane, Edwardsville, PA62Edward P. Pastir, Hellertown, PA93Barbara Ann Booker, Falls Church, VA83Dave Williams, Struthers, OH83Mathew S. Burbacher, Ft. Myers, FL43Lawrence Borosko, Poland, OH94Eleanor Rossi, Mocanaqua, PA90Delphine Jean Hussar, Canton, OH90Helen Walachy, Ewing Township, NJ72Barbara Woods, Carteret, NJ76George R. Hrubovcak, Akron, OH82Anna Spodnik, Yonkers, NY93Thomas Butchko, Exeter, PA81Stephen Gombar, Reading, PA92Donna Karagits, Middletown, DE58Anna L. Povanda, Tinton Falls, NJ87Mark James Cintula, Middle Grove, NY64Petronella A. Semko, Buffalo, NY97Khou Thao, Minneapolis, MN76Molly Cheng, St. Paul, MN23Margaret Bada, Youngstown, OH97Mary Hrinko, Boardman, OH99Eric M. Hammerly, Wadsworth, OH47Anne Marie Chonko, Athens, OH87

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.

ZOMREL KARDINÁL JOZEF TOMKO

Vo veku 98 rokov zomrel v pondelok, 8. augusta vo svojom bydlisku v Ríme kardinál Jozef Tomko.

Jozef Tomko sa narodil 11. marca 1924 v obci Udavské v okrese Humenné. Na Rímskokatolíckej cyrilo-metodskej bohosloveckej fakulte Slovenskej univerzity v Bratislave začal študovať v školskom roku 1943/1944. V roku 1945 ho košický biskup Jozef Čársky poslal na štúdiá do Ríma. V Pápežskom kolégiu sv. Jána Nepomuckého dostal ďalšiu kňazskú formáciu a študoval na Pápežskej lateránskej univerzite v Ríme.

Po roku 1948 sa Tomko nemohol vrátiť do vlasti. V Ríme prijal 12. marca 1949 sviatosť kňazstva. V rokoch 1950 - 1965 pracoval ako vicerektor a ekonóm Pápežského kolégia sv. Jána Nepomuckého v Ríme a pokračoval v štúdiu na Pápežskej lateránskej i na Pápežskej gregoriánskej univerzite.

V roku 1959 bol signatárom iniciatívy na vybudovanie Slovenského ústavu sv. Cyrila a Metoda v Ríme - inštitúcie na výchovu kňazského dorastu a zároveň i strediska náboženského a kultúrneho života Slovákov v zahraničí.

Počas Druhého vatikánskeho koncilu (1962 - 1965) pracoval ako odborný poradca pre vieroučné otázky. Pápež Ján Pavol II. ho 12. júla 1979 vymenoval za titulárneho arcibiskupa a generálneho tajomníka Synody biskupov. Biskupskú vysviacku prijal 15. septembra 1979 v Ríme a obrad vysvätenia vykonal pápež Ján Pavol II.

V roku 1985 sa stal prefektom Kongregácie pre evanjelizáciu národov aj kancelárom Pápežskej Urbanovej univerzity a bol vymenovaný za kardinála. Po zrieknutí sa úradu prefekta Kongregácie pre evanjelizáciu národov 9. apríla 2001 ho pápež povolal do sedemčlennej komisie kardinálov pôsobiacej vo Vatikáne a súčasne sa stal členom dozornej rady Vatikánskej banky IOR. Od 23. októbra 2001 do 1. októbra 2007 bol predsedom Pápežského komitátu pre medzinárodné eucharistické kongresy.

Na Slovensko kardinál Tomko mohol prísť až v roku 1968, ale v čase tzv. normalizácie jeho nedobrovoľné vyhnanstvo pokračovalo. Vo vlasti sa opäť objavil až v roku 1989. Jeho vystúpenie na zasadnutí pléna Slovenskej národnej rady (SNR) 21. apríla 1991 bolo historickou udalosťou.

Bohatá bola aj jeho literárna tvorba. Okrem iných diel napísal napríklad štúdiu Význam sv. Cyrila a Metoda v slovenskom katolicizme a v slovenských dejinách (1984), ktorú vydal aj v angličtine. Publikoval aj viacero kníh približujúcich jeho misijné cesty na rôznych kontinentoch.

V roku 2002 mu prezident SR Rudolf Schuster udelil Rad Bieleho dvojkríža 1. stupňa.

Karinál Tomko sa 9. júla 2005 zúčastnil osláv 100. výročia založenia Slovenského katolíckeho sokola v Passaicu, NJ.

ROZLÚČKA S KARDINÁLOM TOMKOM

Vatikán sa rozlúčil so zosnulým kardinálom Tomkom 11. augusta. Zádušnú omšu viedol kardinál Giovanni Battista Re a záverečný rozlúčkový obrad vykonal pápež František.

Pohrebné obrady vo Vatikáne sa uskutočnili podľa zvyklostí pri pohreboch členov kardinálskeho zboru. Omša sa slávila v latinčine a taliančine s liturgickými rúchami tmavočervenej farby.

Pri oltári katedry v zadnej lodi baziliky ju spolu s kardinálmi, arcibiskupmi a biskupmi celebroval dekan kardinálskeho zbo-

ru. Tým bol taliansky kardinál Re, ktorého s Tomkom spájalo dlhoročné priateľstvo.

V závere eucharistického slávenia pápež František predsedal obradu posledného odporúčania (ultima commendatio) a rozlúčky (valedictio). Na obradoch vo Vatikáne sa zúčastnili aj slovenskí biskupi. Delegáciu v talianskej metropole viedol bratislavský arcibiskup metropolita Stanislav Zvolenský a košický arcibiskup metropolita Bernard Bober.

Po rozlúčke v Ríme prepravili pozostatky zosnulého kardinála slovenským vládnym lietadlom do Bratislavy. V piatok a v sobotu (12. a 13. augusta) boli vystavené na verejnú úctu v Katedrále sv. Martina, v nedeľu a v pondelok (14. a 15. augusta) v Katedrále sv. Alžbety v Košiciach.

Omša s pohrebnými obradmi bola v utorok 16. augusta. Hlavným celebrantom bol emeritný pražský arcibiskup kardinál Dominik Duka. Koncelebrantmi boli emeritný krakovský arcibiskup, kardinál Stanislaw Dziwisz a ostrihomsko-budapeštiansky arcibiskup a maďarský prímas, kardinál Péter Erdő. Svätá omša bola v latinskom a slovenskom jazyku.

Na poslednej rozlúčke s kardinálom sa zúčastnili zúčastnili tisíce ľudí a najvyšší ústavní činitelia -prezidentka SR Zuzana Čaputová, predseda NN SR Boris Kollár a predseda vlády SR Eduard Heger.

Podľa Košickej arcidiecézy sa pohrebu zúčastnilo dokopy 5500 ľudí. Medzi nimi aj 35 biskupov zo Slovenska, Maďarska, Čiech i Moravy, Poľska a Ukrajiny, 350 kňazov a zasvätených a približne 80 rehoľných sestier. Do služby sa zapojilo 50 dobrovoľníkov.

V závere pohrebnej svätej omše čestná stráž rakvu presunula na miesto, odkiaľ ju uložili do centrálnej krypty pod hlavným oltárom, kde boli následne zamurované a zapečatené.

V košickej katedrále sú štyri krypty. Pozostatky kardinála uložili do takzvanej hlavnej. Táto krypta bola doposiaľ prázdna, má šesť otvorov na rakvy.



Na snímke zľava košický arcibiskup metropolita Bernard Bober, emeritný krakovský arcibiskup a kardinál Stanislaw Dziwisz, hlavný celebrant kardinál Dominik Duka, emeritný pražský arcibiskup, ostrihomsko-budapeštiansky arcibiskup a maďarský prímas, kardinál Péter Erdö a bratislavký arcibiskup metropilita Stanislav Zvolenský počas pohrebnej svätej omše a rozlúčky so zosnulým slovenským kardinálom Jozefom Tomkom v Katedrále sv. Alžbety v Košiciach. *Foto: TASR - František Iván*

POZNÁTE FAKTY O LIEČIVEJ SILE CITRÓNOVEJ VODY?

Voda s citrónovou šťavou sa jednoznačne podpisuje pod kvalitu trávenia či zdravie pokožky. Jednoduchý nápoj, ktorý si nachádza svoje miesto nielen na stoloch v domácnostiach,



ale aj v reštauráciách. Citrónovú vodu si môžeme vylepšiť aj plátkami citróna, zázvorom, mätou, ale aj uhorkami či kurkumou.

Citróny patria do skupiny ovocia s vysokým obsahom ovocných kyselín a vitamínu C. Nemajú žiadny cholesterol, tuk a aj nízky obsah kalórií. Hlavnou úlohou tohto osviežujúceho nápoja je

hydratácia organizmu a dodanie základných živín, ktoré povzbudzujú telo.

Vitamín C, na ktorý su cotróny bohaté, patrí k popredným antioxidantom. Ide o látky, ktoré bojujú proti voľným radikálom a tie sú zodpovedné za vznik rôznych chorôb vrátane rakoviny. Jediný kus citróna obsahuje takmer 35 mg vitamínu C, čo je až polovica dennej odporúčanej dávky. Vitamín C pomáha aj v boji proti infekčným ochoreniam.

Citróny majú aj protizápalové účinky a chránia kardiovaskulárny systém. Zaujímavý je najmä vplyv citrónovej vody na kvalitu pokožky. Vitamín C totiž podporuje tvorbu kolagénu. Ide o dobre známu bielkovinu, ktorej účinky oceňujú najmä ženy. Kolagén totiž zabezpečuje pružnosť pokožky. Jeho hladina prirodzene klesá po dosiahnutí dvadsiateho piateho roku života a ovplyvňuje ho aj horší životný štýl, fajčenie a pitie alkoholu. Keďže spomínaný nápoj obsahuje aj kyselinu citrónovú, pomáha aj pri trávení ťažších jedál. Navyše, pitie väčšieho množstva citrónovej vody bráni zápche a upravuje vyprázdňovanie.

Pravidelné pitie citrónovej vody môže pomôcť aj pri rozpúšťaní obličkových kameňov. To však nie je všetko. Chutný, osviežujúci nápoj môže napomôcť aj pri chudnutí. Nejde však o všeliek nadváhy či obezity. Citrónová voda zaberá najmä vtedy, ak ňou nahradíme pitie sladených nápojov, džúsov a sladených čajov. V takomto prípade dochádza k celkovej redukcii kalórií, čo znamená, že telo si neukladá nadbytok energie do tukových zásob.

😕 ACH, TÁ NAŠA SLOVENČINA! 🤔

Urazený Wright **lajkuje** Slafkovského **hejterov** na Instagrame. - *pravda.sk*

Last minute v Turecku vyjde o polovicu lacnejšie. - *pravda.sk* Slovensko bude môcť **participovať** na významných európskych projektoch... - *tasr.sk*

Fejkové bilbordy odštartovali neférové hry. - pravda.sk

...myšlienka konceptu krátkodobých výstav diel Andyho Warhola na netradičných miestach vznikla počas prvého **lockdownu**... - *pravda.sk*

Pitie chutných **drinkov**... - *sme.sk*

...teploty budú atakovať tridsiatku. - *tasr.sk* Český **kouč** sa sťažuje... - *pravda.sk*

KRÁTKE SPRÁVY ZO SLOVENSKA 🥣

Ceny nehnuteľhostí na Slovensku rastú najrýchlejšie za posledných viac ako 10 rokov. Pre bežnú domácnosť s priemerným príjmom je už bežná nehnuteľhosť takmer nedostupná, upozorňujú v novom analytickom komentári analytici úseku meny, štatistiky a výskumu Národnej banky Slovenska. Analytici porovnávali ceny nehnuteľhostí s ich dostupnosťou. Po dlhom období lacných hypoték a relatívnej dostupnosti bývania prichádza obrat. "Priemerné ceny nehnuteľhostí na Slovensku sú už vyššie ako hodnota, ktorú by vedela zafinancovať rodina s dvoma deťmi s priemerným platom bez vlastných úspor iba formou úveru," píšu v novom komentári odborníci z NBS.

Jednou z hlavných príčin úmrtí na Slovensku sú choroby obehového systému. Stále častejšie sa medzi obeťami objavujú aj mladší ľudia do 40 rokov. A stále častejšie sa v posledných rokoch objavujú aj správy o úmrtiach športovcov, ktorým zlyhalo srdce.

Na Slovensku zaznamenali v polovici agusta extrémne sucho najmä v Podunajskej nížine, v Slovenskom rudohorí a na dolnom Zemplíne. Celkovo extrémne sucho zasahuje podľa meteorológov až 15 percent územia. Extrémne sucho je na letisku v Bratislave, v Senici a Spišských Vlachoch.

Slovensko hlási najväčší počet úmrtí turistov v horských oblastiach za posledných desať rokov. Najviac obetí pri 30 smrteľných nehodách od začiatku tohto roka do 11. augusta - trinásť - tvorili podľa oznámenia ministerstva vnútra Takmer polovica tragických úmrtí v sledovanom období boli pády z výšky. Slováci. Horská záchranná služba nabáda turistov na opatrnosť a dodržiavanie jej odporúčaní.

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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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