

Za Boha a národ

For God and Nation

# Slovak Catholic Falcon Slovenský katolícky sokol

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# GROUP 5 TAKES HOME CHAMPIONSHIP FLAG AT 50<sup>TH</sup> INTERNATIONAL SLET











# Message from our Supreme President Michael J. Horvath

We are on the eve of Slovak Catholic Sokol 34th Quadrennial Conven-



tion at the Scranton Hilton, in Scranton, PA. Our Supreme Secretary, Scott T. Pogorelec, F.I.C. has doublechecked everything to make our stay in Scranton enjoyable and arrangements

to make the Convention run smoothly.

I ask each delegate to go to the Sokol website and under the Convention tab download and read all the updated convention documents to prepare yourself for the Convention.

The Governance Committee held its pre-Convention Zoom meeting on Thursday, July 20, 2023, for the Convention delegates to learn from the Committee what the Bylaw changes they were recommending. Then the Committee had the opportunity to hear from the delegates their concerns.

The Committee made a presentation to explain the process they used to produce the recommendations and then asked for comments. The delegates asked questions and given answers that explained the Committee's reasoning for the recommenda-

tion. Then there were questions that asked the Committee to include some additional thoughts in their proposals. Thank you to the Governance Committee for your hard work over the last 18 months to see how to improve our Society.

The 50<sup>th</sup> International Slet was a success. The Supreme Physical Fitness Board organized a great Slet for all the participants to enjoy. The athletes who competed representing their respective Groups in drill competition and in the various events showed all the Sokol membership, other Slovak fraternals and the world what Sokol Spirit, Excitement and Competition is all about. Many posts from the Slet were posted on the Sokol Facebook page for everyone to see the Spirit, Excitement and Competition.

Congratulations to all the participants and those who placed in their events. Special Congratulations to Group 5, Cleveland, Ohio for being the overall winner of the 50<sup>th</sup> International Slet and capturing the Slet Flag.

See all the delegates on August 5, 2023, in Scranton, PA, Safe travels to all.

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

### 2023 SLOVAK CATHOLIC SOKOL FRATERNALIST OF THE YEAR

The Slovak Catholic Sokol is currently accepting nominations for the 2023 Slovak Catholic Sokol Fraternalist of the Year Award. We encourage all Groups, Assemblies and Wreaths to nominate a member in your area who exemplifies what true fraternalism is to either your Group, Wreath, Assembly or Community. We ask that the nominee be someone who shows significant involvement in his or her local Assembly, Wreath or Group.

How has that nominee promoted the Slovak Catholic Sokol over the years? What parish or religious activities have they been involved in? How about Community Volunteer Efforts? I am sure there are numerous candidates that all our Groups, Wreaths and Assemblies have that fit this description. The Board of Directors will review all applications received and will announce a winner. That individual will be honored with a banquet in their honor and will also receive a small token of our appreciation.

Nomination forms can be attained on our website slovakcatholicsokol.org. Completed nomination forms can be returned to me at the following address or emailed to <a href="mailto:vp@slovakcatholicsokol.org">vp@slovakcatholicsokol.org</a>.

Nomination forms must be received by September 15, 2023.

Edward D. Moeller Supreme Vice President Slovak Catholic Sokol 2821 Waterman Avenue Pittsburgh, Pa 15227

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### FROM THE DESK OF THE SUPREME SECRETARY SCOTT T. POGORELEC, F.I.C. **COUNTDOWN IS ON**

Greetings from the Home Office! We are in the final stretch run before our 34th Quadrennial Convention and are



putting the final touches on what will be an eventful and memorable weekend! With that, I will be keeping this article short and sweet!

Our 50th International Slet was held at Kutztown University in Kutztown, PA from

July 13th-17th. Our Sokol youth from ten participating Groups displayed their fine athletic ability in the best traditions of the Sokol Movement. Congratulations to our Slet Flag winner, Group 5, Cleveland, OH, and to our John J. Stofko Memorial Spirit Award winner, Group 19, Toronto, ON! I would also like to thank our Supreme Physical Fitness Board, our Group Physical Fitness Staffs, and all who had a hand in making the 50th International Slet so successful and memorable. Great job!

Also, in a couple days, our Delegates will be meeting in Scranton, PA for our 34th Quadrennial Convention. Our delegates have received items over the past couple of weeks that they should have readily available at the Convention. Please note that all Convention related materials are also on our website, www. slovakcatholicsokol.org, under our Convention Menu. Looking forward to seeing everyone in Scranton!

We are also looking forward to our 68th International Golf Tournament to be held at Kensington Golf Club in Canfield, OH from August 18th-20th. If you have not already done so, please get your registration forms into our Supreme Director of Sports and Athletics, James C. Mat-

I also remind everyone that the Fraternalist of the Year nominations are due to our Supreme Vice-President, Edward D. Moeller, by September 15, 2023. If you have someone in mind, please submit a form. Forms can be found on our website under the "Contact Us" section. These are the individuals that make our organization go and they should be recognized appropriately.

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

Zdar Boh!

### Sokol Calendar

**AUGUST 5-8, 2023** 

34TH QUADRENNIAL CONVENTION, Hilton Scranton & Conference Center, Scranton, PA.

**AUGUST 13, 2023** 

18TH ANNUAL MAHONING VALLEY SLOVAK FEST on the grounds of St. Matthias Church, Our Lady of Sorrows Parish, at 2800 Shady Run Rd., Youngstown, OH. Slovak/English Mass at 10:30 a.m. at St. Matthias Church (915 Cornell Ave across the lot from the festival) and continues after Mass in the parking lot until 5:00 p.m.

**AUGUST 18-20, 2023** 

**GOLF TOURNAMENT** at Kensington Golf Club, Canfield, OH.

**AUGUST 25-27, 2023** 

33RD ANNUAL SLOVAK FESTIVAL at the grounds of Saints Cyril and Methodius parish, 41233 Ryan Rd., Sterling Heights, MI. Free admission and parking. Friday, August 25 from 6:00 p.m. until 11:00 p.m.; Saturday, August 26 from 3:00 p.m. until 11:00 p.m. and Sunday, August 27 from 12:00 noon until 8:00 p.m. Live entertainment, raffles, children's area, ethnic food and imported beer.

**SEPTEMBER 24, 2023** 

45TH SLOVAK HERITAGE FESTIVAL at Middlesex County Fair Grounds, 655 Cranbury Rd., East Brunswick, NJ. Mass starting at 10:00 a.m. Cultural program will start at 1.30 p.m. More information at www.slovakfest.org

### THE 2023 INTERNATIONAL SLET: RUN, JUMP, THROW FROM THE MOMENT WE SAID, "GO!" By: Janice Mation, Supreme Physical Fitness Board Member

The 2023 International Slet at Kutztown University in Pennsylvania from



Thursday, July 13 through Sunday, July 16 brought many changes from some of the traditions we were used to. There were combined junior and senior drill teams, no more gymnastics,

an over 30 age group, and one fewer day on our event schedule. These bigtime changes remind me of those that are present in this 2023 Major League

Baseball season: bigger bases, a pitch clock, and limited mound visits and throwovers to bases. Many baseball traditionalists thought that this would change the overall game forever, and some thought the changes would be for the worse. I am sure there were Sokol members out there who thought the changes made to the Slet format also had the potential to change Slets for the worse. However, as a huge baseball fan and as a person who thoroughly enjoys attending Slets, I have to say that our 50th International Slet felt very much like a familiar, enjoyable Slet just as baseball games still feel

very much like the baseball games that both Americans and Toronto Blue Javs fans (am I right, Group 19?) know and love.

The biggest change for me came on a more personal level, since this Slet was the first one I attended as a member of the Supreme Physical Fitness Board (SPFB). It was fun to arrive on Tuesday night and get right to work preparing for the arrival of participants. We took inventory of drawstring bags and t-shirts, made checklists for what had to be done the next day, and discussed

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

### WHO IS THE MONTH OF AUGUST DEDICATED TO?

Traditionally, each month is dedicated to some major aspect of our faith such as the Precious



Blood, St. Joseph, the Holy Name of Jesus and the Poor Souls. August has its major dedication too.

We know that traditionally May is dedicated to the Blessed

Virgin Mary. October to the Holy Rosary, and Our Lady of the Rosary. Now it's time to also remember something little realized or often forgotten. August is the month traditionally dedicated to the Immaculate Heart of Mary.

In fact, August once saw the celebration of the feast of the Immaculate Heart of Mary. In 1944 Venerable Pope Pius XII set this feast to be celebrated on Aug. 22 as the Octave of the Assumption. Two years earlier he had consecrated the Christian family and whole human race to the Immaculate Heart of Mary on the 25th anniversary of the Fatima apparitions.

Then in 1969, St. Pope Paul VI moved the date to the Saturday after the Solemnity of the Sacred Heart of Jesus (celebrated on the Friday before; the celebrations are next to each other). It means the Immaculate Heart of Mary feast falls on the third Saturday after Pentecost.

For the record, August still has three Marian feasts—the Dedication of the Basilica of St. Mary Major (also remembering Our Lady of the Snows) on Aug. 5; the Assumption on Aug. 15; the Queenship of Mary on Aug. 22.

The month of August a good time we begin, or increase, our honor and devotion to the Immaculate Heart of Mary?

One way is to make or renew our individual consecration to the Immaculate Heart of Mary. Pope Pius XII explained that this consecration "tends essentially to union with Jesus, under the guidance of Mary."

He consecrated the world to the Immaculate Heart of Mary on Oct. 31, 1942. Pope St. John Paul II renewed it twice, the second time in communion with the bishops of the Church, on Mar. 25, 1984. And Pope Francis did so at a Vatican ceremony on Oct. 13, 2013.

"By our consecration we promise to become dependent on Mary in all things: to offer all our prayers and oblations to God through Mary, and to seek every gift from God through Mary." "And we do this with the greatest confidence. Since she is our mother, she knows our needs better than we; and since she is Queen of Heaven, she has immediate access to the infinite treasury of graces in the Kingdom of her Divine Son."

No wonder we're advised to consecrate ourselves to the Immaculate Heart of Mary.

Jesus chose that we go to him through Mary — both the mystery of God coming to us through Mary, and our being led to God through Mary, is a work of the Holy Spirit.

If we make the consecration and honestly try to live it, what the Blessed Mother promised Lucia during one the Fatima appearances, applies to us too: I will never leave you; my Immaculate Heart will be your refuge, and the way that will lead you to God.

So, during August we should do something extra, something special, something extra special for Our Lady. Get enrolled in the brown scapular, wear a Miraculous Medal, begin praying the Angelus daily, or the Memorare, or why not both? Why not all? To Jesus through Mary.



Dear Sokol Scholarship Committee,

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

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

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

- Olivia Tadlock

Dear Scholarship Selection Committe,

I am incredibly honored to be one of this year's recipients of the Slovak Catholic Sokol Scholarship.

I currently play Division I baseball for Gardner-Webb University in North Carolina. I am also a member of the University Honors college. This award will assist me in pursuing my athletic and academic goals as well as helping others in the future.

Thank you for your support in helping me reach mine fullest professional potential.

Sincerely, Trevor Wilson

# SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the SLOVAK CATHOLIC FALCON will be that of SEPTEMBER 1, 2023. <u>DEAD-LINE</u> for all photos and information for this issue will be <u>AU-GUST 22, 2023.</u>

The next SLOVAK CATHOLIC SOKOL NEWSLETTER will be posted on our website on AUGUST 15, 2023.

# ASSEMBLY 11 PRESIDENT JOSEPH SELIGA INSTALLED AS PRESIDENT OF THE BOHEMIAN LAWYERS' ASSOCIATION OF CHICAGO

Joseph Seliga, President of Assembly 11, our first Assembly in Chicago, Illinois and oldest Assembly in the Midwest, was installed as President of the Bohemian Lawyers' Association of Chicago at the Association's 112<sup>th</sup> Installation Dinner on May 17, 2023, at the Alpine Banquet House in Westchester, Illinois. The Bohemian Lawyers' Association includes attorneys of Czech, Slovak, Silesian and Ruthenian ancestry as well attorneys with an interest in the culture or heritage of the Czech Republic or Slovakia. Brother Joe is the first President of the Association of Slovak heritage in recent memory. He is the son of our well-known Chicago Sokol, the late Joseph A. Seliga, who was the long-time Financial Secretary of Assembly 11 and was our 2001 Fraternalist of the Year.

In his remarks at the dinner, Brother Joe spoke of three themes that he intends to promote during his term as President: celebrating our heritage, promoting our culture and upholding democracy and the rule of law. Brother Joe recognized Slovak Honorary Consul for Illinois Rosemary Macko Wisnosky, who attended the dinner with her husband Dennis Wisnosky, and who was presented with the Association's Liberty Award in 2019, for her contributions to the Slovak community of Chicago. Brother Joe also acknowledged the presence at the dinner of Dr. Cecilia Rokusek, the President and CEO of the National Czech and Slovak Museum and Library (NC-SML) in Cedar Rapids, Iowa, who attended the dinner with her husband Robert Petrik. Brother Joe recently joined the Board of Trustees of the NCSML. In his remarks he said that "I think of Cedar Rapids as the Cooperstown of Czechs and Slovaks and the National Czech and Slovak Museum and Library as our shrine just as the National Baseball Hall of Fame is in Cooperstown."

Brother Joe also spoke about his Slovak background, telling the group of over 75 attendees at the dinner, "[m]y father instilled in me an appreciation of my Slovak identity and Slovak culture. He was the child of two Slovak immigrants, and for the entirety of his 95 years, was a parishioner at Slovak parishes in Chicago, first St. Michael the Archangel, in the Back of the Yards neighborhood and then, for over 70 years, St. Simon the Apostle in the Gage Park neighborhood. He was a fluent Slovak speaker who succeeded his father as Financial Secretary of Assembly 11 of the Slovak Catholic Sokol. He worked for nearly 30 years at Talman Federal Savings and Loan, founded by Ben Bohac, a great Bohemian, who was succeeded as President of Talman, by my father's brother, my uncle Emil Seliga. My dad had a large collection of books about Slovakia and Slovaks, one of which is entitled "Pride in Slovak Origin". He instilled in me pride in my Slovak origin and encouraged me to promote our culture and educate others about our culture."

Brother Joe concluded by speaking about the importance of upholding democracy and the rule of law, particularly in Central and Eastern Europe, stating "[w]hen I attended St. Simon School we were required to attend daily 8 a.m. Mass before school started and I remember praying each day at Mass for the liberation of Central Europe from communism. That was not that long ago. As attorneys with ties to the Czech Republic



From left to right: Dennis Wisnosky, Slovak Honorary Consul for Illinois Rosemary Macko Wisnosky, Brother Joe's wife, Assembly 11 Sokolka Vanessa Vergara, Brother Joe, Brother Joe's Daughter, Assembly 11 Sokolka Emmy Seliga, National Czech and Slovak Museum and Library President and CEO Dr. Cecilia Rokusek, Robert Petrik.

and Slovakia—now more than ever—we have an important role to play to upholding democracy and the rule of law in the Czech Republic and Slovakia, in Ukraine and in other countries in Central and Eastern Europe."

Brother Joe is a Partner in the Chicago office of the international law firm Mayer Brown LLP, where he has practiced law for nearly 22 years. He is co-head of Mayer Brown's Projects and Infrastructure Industry Team and leads Mayer Brown's Government Transactions practice. He is recognized as a national leader in advising governmental entities and private investors on infrastructure public-private partnerships in the United States. We wish Brother Joe great success during his term as President of the Bohemian Lawyers' Association of Chicago. Zdar Boh!

# 45<sup>TH</sup> NEW JERSEY SLOVAK FESTIVAL SET FOR SUNDAY, SEPTEMBER 24

45<sup>th</sup> annual New Jersey Slovak Heritage Festival will be on Sunday, September 24<sup>th</sup> at the Middlesex County Fair Grounds, 655 Cranbury Road, East Brunswick, N.J.

Slovak Mass will be celebrated at 10 a.m.

At 1:30 p.m. a children's group Limborčik from New York will perform, following by performances of Lipka, a children's group from Linden, NJ., singing group Litmanivky from Litmanová and folklore group Sarišan from Prešov, Slovakia. At 6 p.m. following muscians from Slovakia and Czech Republic will perform: D. Koller, M. Valihora and Lash&Grey.

Slovak culinary specialities along with traditional American picnic favorites will be available throughout the day.

# THE 2023 INTERNATIONAL SLET: RUN, JUMP, THROW FROM THE MOMENT WE SAID, "GO!" By: Janice Madon, Supreme Physical Fitness Board Member

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points that had come up since our last Zoom meeting a couple of weeks prior. Similar preparation continued on Wednesday as we tackled our checklists, put up directional and motivational posters around campus, and made sure all facilities and materials were ready to go. We welcomed Groups 4 and 11, who had the farthest to travel from Wisconsin and Minnesota respectively, as they arrived on campus Wednesday night in order to be ready to go the next morning. The SPFB had a meeting that night just as we did the next two nights to recap that day and review the events of the next day.

Of course, the big events got rolling on Thursday when the rest of the groups arrived. Certain age groups completed individual drills, we had a meeting for directors and directresses, we welcomed everyone briefly, and all participants went to Dorney Park, which is an amusement park and water park combined. Although our day was full from start to finish, the startling fact hit me during Thursday night's meeting that the next two days would be even more packed than anything I had previously witnessed, especially during our track and field events.

We prepared and finalized as much as we could on Thursday night, including posting printed sheets on a corkboard in the common area of the dorms, which included all events and who was participating in each one. However, members of the SPFB still needed an early start to ensure that track and field ran smoothly. I witnessed Sports Director Jim Matlon, Assistant Sports Director Frank Laury, and SPFB member Rob Palchanis getting everything set up before 7:00 on Friday morning when I first stepped outside of the dorms, and I knew we had our work cut out for us. We got as much set up as we could prior to our 8:30 Opening Ceremonies and Mass said by Supreme Chaplain Fr. Andrew Hvozdovic. We had tables and a tent set up at the finish line, our automatic timers were ready to go, we had all track events listed in chronological order, and we had separate clipboards set up for each field event. We had many pre-assigned volunteers report to the main tent for their assignments. We are very grateful to the following members of the Board of Directors and other Sokol members for their help measuring and recording the distances of jumps and throws in the field events: General Counsel John Pogorelec, Jr., Supreme Treasurer Jim Knis, Chairperson of the Supreme Auditors Jim Jerek, Supreme President Michael Horvath, Supreme Secretary Scott Pogorelec, Supreme Vice President Ed Moeller, Claire Matlon, Lori Matlon, and Gary Manyak. Without their hard work at each field event to which they were assigned, we truly would not have been able to run all of those events, so thank you to each of them. Many of those people, in addition to Fr. Andy, also helped distribute medals to our athletes on Saturday as well in order to make that process more efficient. Additional thank yous are owed to Kathy Watkins for taking pictures and video as well as refilling water jugs, to Megan Antosy for taking pictures with the official camera at the medal stand and beyond, and to Sue Blosser for aiding those

with injuries that most often happened during track and field.

Despite all of the organization and apparatus it takes to run field events, we could not let that take away from the focus and diligence that also had to occur with each race on the track. We knew that we had to fit many events in just a threehour window and that at the same time, some participants were going back and forth between track and individual drills to fit in all that we needed to do. SPFB member Kristen Popik and I were assigned to work at the starting line, and we were told to keep the meet moving as fast as realistically possible. The 50-, 75-, and 100-meter races got the meet going at such lightning speed that we realized we actually had to slow down a bit and were able to build in a break later that morning to let everyone get a chance to catch a breath before moving forward. This also meant that all athletes were ready to go right when they were called to the starting line just as they were told, and that made our jobs much easier than constantly waiting for people to come over from the tents at the other side of the track, so thank you to all runners for that! Our quick and efficient start allowed the men's 800, all 200 semifinals, the 400 finals, and the men's and women's relays to all be completed on time so that they ended before many of the field events did. Most participants were able to go to lunch at this time as some members of the SPFB stayed to clean up the track and put things away.

After our morning track and field and individual drill sessions were complete, everyone got a chance to pause a little before individual drills resumed and volleyball began around 2:15. Although it was still hot to be in a gym that wasn't air conditioned, I think we were all grateful to be out of the sun during the heat of the day as we got to watch and/or play a fun team sport. I enjoyed being a line judge for many games, especially during the finals in which Group 5 edged out Group 4 in a game that had to go to three sets to be settled in order to declare Group 5 as a champion. What a privilege it was to watch such high level volleyball with so many athletes who clearly knew how to play the game and play it well...wow! Then, Friday's final competition was team drill, and although this is the competition that I knew the least about, it was certainly enjoyable to watch all male and female teams compete and show their knowledge and expertise of the drills that they had worked so hard to learn and coordinate together. When everyone then returned to the dorms and spectators returned to their hotels or homes, it was time for the SPFB to make sure day two of track and all other final events were ready to go for the next day. All track events were finalized and posted in the same way they had been the previous night, and then we, too, could "turn in" for the night.

Saturday got going in a smoother fashion because some things were already set up, and many people knew and felt comfortable with their roles on the track. However, some of the challenges that were unique to that day were making sure that absolutely everyone had a fair chance to complete their field events if that was still needed and making sure that we

had time to hand out all track and field medals. Stakes also seemed higher all around because all track events were finals as opposed to semifinals. Regardless, most age groups, with the exception of 8-9 boys and 30+ women, had the opportunity to run the previous day and were used to the process of lining up in addition to handling the nuances that racing each distance brought. There was some disconnect as to when it would be best to hand out medals vs. start the next race since we also had to wait for people to be near the track area when their field events completed. Despite the challenge in that timing, all track and field events were completed successfully Saturday morning, and many medals were handed out due to all participants' patience throughout that process. The next challenge was finding the time to hand out the medals for field events as well as the 800- and 400-meter runs that had happened on Friday. Due to time constraints, those medals and ribbons were given out during Closing Ceremonies.

Now the "behind-the-scenes" race was on for Jim Matlon and Frank Laury to tally up all winners on both a group and individual level before Closing Ceremonies began at 4:30. I even assisted them in trying to triple check results of field events because they are not automated like track results are. Even figuring out all-around track and field winners proved to be a meticulous task because most age groups were in a close battle between the actual winner and the runner-up. Ultimately, the following All-Around track and field winners were awarded: Ellie Herschberger from Group 5 in Girls 8-9, Colin Swift from Group 14 in boys 8-9, Abby Herschberger from Group 5 in Girls 10-12, Cain Lambert from Group 1 in Boys 10-12, Riana Hoeck from Group 4 in Girls 13-15, Bryce Watkins from Group 14 in Boys 13-15, Annika Romine from Group 4 in Women 16-29, Chance Bush from Group 5 in Men 16-29, Kim Finch from Group 5 in Women 30+, and Tim Okicki from Group 5 in Men 30+. On a group level, Group 5 was the allaround track winners to help them earn the championship flag. Congratulations to all of the winners!

Overall, everything at the Slet happened so quickly that we as a SPFB found ourselves making many decisions in the moment despite all of the preparation and plans that we had made in advance. It was awesome to work with many people who have been on the SPFB during Slets before so that Kristen, Rob, and I could go to reliable people to help us in the decisions that we had to make. I am sure that many directors and directresses also found themselves making decisions based on the situation at hand as opposed to what the schedule directly stated. Therefore, I am grateful that all participants made the best of it and listened to leaders at all levels no matter what the situation brought! I heard many positive comments from fellow leaders, participants, and spectators who applauded us for running yet another great Slet. After its success and from learning many things along the way, I hope that we can do all of this again in 2025 (hopefully with an additional day for breathing room!). Changes were needed to adapt to our lower participant numbers and to try to bring as many people out as possible, and we have all done it together as a team effort and have successfully kept our Slovak Catholic Sokol's most important tradition alive and well: the chance for members to participate in our one-ofa-kind International Slet!











### DELEGATES TO THE 34TH QUADRENNIAL CONVENTION

### SUPREME OFFICERS

Rev. Andrew S. Hvozdovic Supreme Chaplain

Michael J. Horvath Supreme President

Edward D. Moeller Supreme Vice-President

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

> James F. Knis Supreme Treasurer

John D. Pogorelec, Jr., Esq. General Counsel

James G. Jerek
Chairperson of Supreme Auditors

James C. Matlon Supreme Director of Sports and Athletics

Martin Degnan Supreme Physical Director

Katie Swift Supreme Physical Directress

Bradley Hoeck
Supreme Auditor

Edward Bajus Supreme Auditor

Frank P. Laury Supreme Asst. Sports Director

Dusan Dorich Supreme Asst. Physical Director

Nancy Kropolinsky Supreme Asst. Physical Directress

Janice Matlon Member Supreme Physical Fitness Board

Kristen Popik

Member Supreme Physical Fitness

Board

Robert R. Palchanis, III Member Supreme Physical Fitness Board

### **HONORARY SUPREME OFFICERS**

Steven M. Pogorelec, Sr., F.I.C.
John D. Pogorelec, Sr., Esq.
Larry M. Glugosh
Roger J. Manyak
J. Gregory Milanek
Anne Marie Trethaway
Julie A. Dobbs.
Susan Blosser

## GROUP DELEGATES PRESIDENTS

**Group 1, Passaic, NJ**John D. Pogorelec, Sr., Esq. (A)

Group 2, Bridgeport, CT Albert O. Neudeck, III

**Group 3, Douglas, MA**J. Kevin Conway

Group 4, Milwaukee WI Jennifer Romine

**Group 5, Cleveland, OH**Kathryn Figard

Group 6, Perryopolis, PA Anna Mae Warnick

**Group 7, Wilkes-Barre, PA**Amy Degnan Blasco

Group 9, Johnstown, PA Joanne E. Spisak

**Group 12, Reading, PA**Joseph A. Harak

Group 14, Pittsburgh, PA Kathleen S. Watkins

Group 16, Detroit, MI Andrea Ames Papcun

Group 17, Youngstown, OH Thomas Shirilla (A)

Group 19, Toronto, CN Chet Dziuba

### **CHAPLAINS**

Rev. Richard Bay Chaplain – Group 1 Rev. Richard J. Cirba Chaplain – Group 7

### SPORTS DIRECTORS

Eric C. Topczij Sports Director – Group 1

Larry Wells
Sports Director – Group 2

Michael T. Matras Sports Director – Group 6

Dawn Palchanis Sports Director – Group 7

Deborah Unger Sports Director – Group 12

Rebecca Di Renna Sports Director – Group 14

Judith Babik Sports Director – Group 17

### **PHYSICAL DIRECTORS**

Steven M. Pogorelec, Jr. Physical Director – Group 1

Gary D. Manyak

Physical Director – Group 3

Christopher Antosy, Jr. Physical Director – Group 12

### PHYSICAL DIRECTRESSES

Judith A. Manyak

Physical Directress – Group 3

Jayme Blosser
Physical Directress – Group 5

Kelly Palchanis Physical Directress – Group 7

Kathleen Smolkowicz Physical Directress – Group 12

Anne Marie Wasilewski Physical Directress – Group 19

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David Matlon

Assembly 36, Detroit, MI John M. Papcun Mark Papcun Sharon A. Papcun

Assembly 48, Philadelphia, PA Anna Leso

Lawrence E. Leso

Assembly 59, Wilkes-Barre, PA

Abigayl Blasco
Heather M. Horvath
Suzanne Horvath
Anthony Rasimas
David H. Trethaway
Ritalynn M. Palchanis
August Palchanis
Frank C. Lipski
Pamela A. Lipski
Jennifer Kuren
Kelci Kuren
Joseph A. Hvozdovic, Jr.
Charles R. Tokach

Assembly 79, Lilly, PA Robert J. Shedlock Gary Risko

Assembly 82, Dunlo, PA Susan Blazosky Alice A. Podrebarac Dolores A. Yonkoski \*Paul Glovany

Assembly 108, Youngstown, OH

Glenn Kramer Stephen J. Bartos Monica Shirilla Michael Ekoniak, Jr. Douglas Pusateri

Assembly 162, Clifton, NJ

David A. Bulwin
Annie G. Pogorelec
Louis Smeriglio
Anna Walentowicz
Peter J. Walentowicz
Joseph Krzysik
Peter Dobko
Karen Dobko
\*Joseph Gnida
\*David Smeriglio

Assembly 167, Barberton, OH

John S. Hornacek Mary J. Hornacek Julie Marie Laury Daniel S. Dawson Donald Macko David Underation Nathan Underation

Assembly 180, Canton, OH Rose M. Croy Michele Knis

Assembly 182, New York, NY
Anna Korcak
Marcus J. Gurega
Ladislav Korcek

\*Jozef Korcak

Assembly 227, Toronto, CN
Julianne Rose Glugosh
John G. Tutko
\*Stephen Glugosh

Assembly 261, Reading, PA Laura Harak Mark J. Kopcik

**WREATHS** 

Wreath 13, Philadelphia, PA
Johanna Leso

Wreath 14, Johnstown, PA Dr. Michael J. Kopanic, Jr.

Wreath 15, Perryopolis, PA Mary Ann Erdely Wreath 22, Pittsburgh, PA
Janice Moeller
Cynthia Walkowiak
Jacqueline Pribila
Pamela M. Kuchta
Arlene Most

Patrice M. Fanty

Julia Hudson Mazurkiewicz

Wreath 39, Bridgeport, CT
Barbara Sheehy
Anne Marie Neudeck
Mary Ann Wells

Wreath 47, Minneapolis, MN Lori Matlon

Wreath 54, Youngstown, OH
Ruth Ann Troxil
Joanne Marie Bartos
Virginia M. Bartos
Carol J. Gonda
Tracey Pusateri
Mary M. Olexa
Loretta G. Smith

Wreath 93, Milwaukee, WI Steven Burican Noah C. Romine Caroline Gemoll Bonnie L. Cybela Lisa M. Hoeck Nancy A. Hoeck Suzanne E. Zeman Patricia Osterbrink

Wreath 85, McKees Rocks, PA Christine M. Sofranko Marianne Nalli

> Wreath 111, Lorain, OH Helen M. Zemanek Martin J. Zemanek Marlene H. Mc Cauley

Wreath 153, Parma, OH Joseph P. Moynihan Susan Gayle Moynihan John Moynihan

Wreath 155, Reading, PA Andrea M. Tadlock Patricia Latshaw Megan Antosy

(A) Acting President
\* Alternates

# MINUTES OF THE SUPREME BOARD OF DIRECTORS OUARTERLY MEETING HELD VIA VIRTUAL MEETING

### Wednesday, June 28, 2023 - 3:00 p.m.

Supreme President, Michael J. Horvath, **Called to Order** the Quarterly Meeting of the Supreme Board of Directors at 3:00 p.m. on Wednesday, June 28, 2023, and greeted all the members of the Board on the call.

Supreme Chaplain, Rev. Andrew S. Hvozdovic, offered the **Opening Prayer**.

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

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

Supreme Chaplain	Rev. Andrew S. Hvozdovic
Supreme President	Michael J. Horvath
Supreme Vice-President	Edward D. Moeller
Supreme Secretary	Scott T. Pogorelec, F.I.C.
Supreme Treasurer	James F. Knis
General Counsel	.John D. Pogorelec, Jr., Esq.
Chairperson of the Supreme	AuditorsJames G. Jerek
Supreme Director of Sports and	AthleticsJames C. Matlon
Supreme Physical Director	Martin Degnan
Supreme Physical Directress	Katie Swift

The record will show that all ten members of the Board of Directors are present.

Acknowledged

President Horvath informed the Board that they all have received the **Minutes** from our last Board meeting held on March 17-18, 2023, and published in the May 1, 2023, issue of the Slovak Catholic Falcon. Brother President entertained a motion for their acceptance, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Supreme Director of Sports and Athletics, James C. Matlon.

Approved

President Horvath then called upon our Supreme Secretary, Scott T. Pogorelec, F.I.C., to give a brief overview of the **Sales Report.** 

Brother Secretary gave a snapshot of the current life and annuity production for the year to date as compared to the 2023 projections. Also discussed was future marketing and sales campaigns to be considered over the next few years.

Several questions were presented and addressed to the satisfaction of the Board and President Horvath thanked Brother Secretary for the report. President Horvath then asked for a motion to accept the report, so moved by Supreme Chaplain, Rev. Andrew S. Hvozdovic, seconded by Supreme Treasurer, James F. Knis. Approved

President Horvath then called upon Mr. Thomas Calimano, Market Director/Senior Vice-President, and Ms. Cynthia Cole, Fixed Income Specialist, of PNC Institutional Asset Management to present the **PNC Advisor's Report.** 

Mr. Calimano and Ms. Cole reviewed PNC's outlook for

the financial markets and the economy with the Board. Additionally, he reviewed the investment strategies recently implemented in both the equity and fixed income portfolios.

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

Mr. Calimano and Ms. Cole addressed various questions from the Board concerning our performance outlook and Mr. Calimano indicated the Society is in a strong financial position, especially in this volatile fiscal environment. The Board members expressed thanks to Mr. Calimano and Ms. Cole for their presentation.

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

Brother Matlon reported that the Supreme Physical Fitness Board is making the final preparations for our historic 50<sup>th</sup> International Slet and held zoom calls on April 11<sup>th</sup>, May 2<sup>nd</sup>, June 6<sup>th</sup>, and June 27<sup>th</sup> to finalize the Slet schedule and job responsibilities for all the Fitness Board members.

The 77<sup>th</sup> Annual Bowling Tournament was held on May 19<sup>th</sup> & 20<sup>th</sup> at AMF Airport Lanes, in Buffalo, New York. We had a combined total of 102 bowlers from the SCS, GCU, FCSU, and the NSS. The Slovak Catholic Sokol had 34 men and 8 women, a total of 42 bowlers. The total prize money allocated this year was \$6,467, and the SCS bowlers received \$2,896. The tournament results and prize listings are posted on our website. Frank Laury and Kristen Popik worked the bowling tournament, and the article and pictures will be published in the July edition of the Falcon. The winner of the Frank S. Petruff Memorial Sports Award for Bowling was Kathleen Smolkowicz, from Reading, PA.

The International Slet will be held at Kutztown University on July 13th-July 16th. We currently have 120 participants registered from eight Groups. The Souvenir Book is complete, and we have received a total of \$5,040 in advertisement donations.

The 2023 Golf Tournament will be held at Kennsington Golf Course from August 18th-August 20th. We have a combined golf tournament for the third year with golfers from the FCSU and the GCU and expect to have over 150 golfers this year. I have already received 28 applications for the annual event.

2023 EventsLocationDatesStaffSletKutztown UniversityJuly 13-16S.P.F.B.Kutztown, PA

Golf Kennsington Golf Course August 18-20 Frank & Robert Canfield. OH

President Horvath thanked Brother Matlon, Sister Swift, and Brother Degnan for their report and entertained a motion to accept, so moved by Supreme Vice-President, Edward D. Moeller, seconded by Chairperson of the Supreme Auditors, James G. Jerek.

Approved

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

Counsel reported that there are two items to report on:

- Brother John updated the Board on the sale of the print shop in the rear of the Home Office Building and the potential sale of the entire property. A deadline date was given on behalf of the Board to the potential buyers of the print shop. Brother Counsel and Brother Secretary will keep the Board posted on any developments.
- Brother John also updated the Board on the city site change for Group 4 from Chicago, IL to Milwaukee, WI.

After a brief discussion regarding the above items, President Horvath entertained a motion to approve the report, so moved by Supreme Chaplain, Rev. Andrew S. Hvozdovic, seconded by Supreme Physical Directress, Katie Swift.

Approved

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

Brother Moeller reported that the committee was able to manage all business through email communication.

The winner's photos appeared in the June 1, 2023, issue of the Falcon publication. Checks will be mailed out from the Home Office in July to the applicants who were selected for a grant. Brother Moeller reported that 24 Slovak Catholic Sokol College Grant winners were selected, 2 Theodore and Mary Jane Rich Memorial Grant, 2 Emil Slavik Memorial Grant, 1 Doctors Lesko Medical Memorial Grant, 1 Krista Glugosh Memorial Grant, 1 Yencha Family Grant and 4 Museum Memorial Grants were awarded.

In addition, 7 Slovak Catholic Sokol Abbot Jerome M. Koval, O.S.B Memorial High School Grants and 15 Slovak Catholic Sokol Grade School Grant recipients were selected.

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

Several recommendations were presented by Brother Moeller and the Board agreed with them which would improve the application process. The website will be updated accordingly, and the applications will become available in November of 2023.

President Horvath called for a motion to accept the report submitted by Brother Moeller, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Chairperson of the Supreme Auditors, James G. Jerek.

Approved

President Horvath questioned if there was any Unfin-

ished Business to discuss.

Supreme Treasurer, James F. Knis, informed the Board that the Supreme Secretary supplied the Board with a Home Office Flow Chart, which was asked of him at the 4<sup>th</sup> Quarter Meeting in 2022. Acknowledged

Supreme Vice-President, Edward D. Moeller, updated the Board on the F.O.T.Y progress and set a date of September 15, 2023, as the deadline for any F.O.T.Y. nominations.

Acknowledged

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

Brother Secretary informed the Board that the 3<sup>rd</sup> Quarter Meeting will be scheduled for the end of September with a date to be determined. Acknowledged

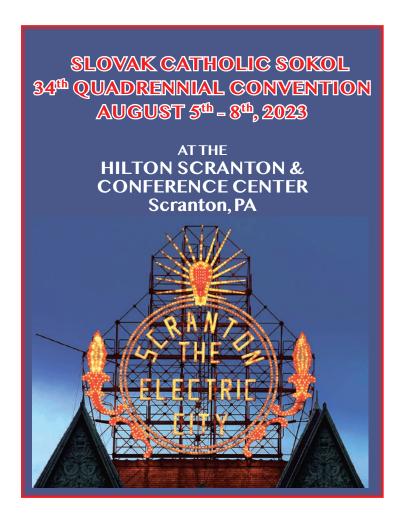
Having completed all the business on the agenda, Supreme President, Michael J. Horvath, entertained a **motion to adjourn**, so moved by Supreme Vice-President, Edward D. Moeller, seconded by Supreme Director of Sports and Athletics, James C. Matlon.

Approved

Supreme Chaplain, Rev. Andrew S. Hvozdovic, V.F., offered the **Closing Prayer** for all the ill and deceased members of our organization.

The meeting was adjourned at 6:30 p.m. Zdar Boh!

Respectfully Submitted, Scott T. Pogorelec F.I.C.



### SLOVAK CATHOLIC SOKOL

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

### **Permanent Life Insurance**

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

### **Cash Value**

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

### **Loan Value**

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



### **Dividends**

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

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

### **Tax Advantages**

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

### **Legacy Life**

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

Issue ages 0-80.

### **Legacy Single Premium**

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



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

Issue ages 0-90.

### Legacy 20

Premiums are paid for 20 years, at which time the certificate is 'paid-up' and remains in force for the lifetime of the insured, while cash values continue to grow for as long as you keep the contract. *Issue ages 0–80.* 

### **Term Life Insurance**

### 10 Year Renewable/Convertible Term

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

Issue ages are 18-60.

### 20 Year Convertible Term

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

Issue ages are 18-50.

### Youth Term to Age 30



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

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

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

The very affordable premiums can be paid:

- Annually, or
- Single Premium.

Issue ages are 0-22.



Find us on Facebook:
Slovak Catholic Sokol
Public Group

### **VANTAGE DEFERRED ANNUITIES**

This Collection of Deferred Annuity plans provides you with a varied range of investment options to fit your financial planning requirements.

### **Tax-Deferred Earnings**

Earnings grow tax-free until a withdrawal occurs. Due to the power of compound tax-deferred growth, your retirement savings will accumulate quicker compared to a fully taxable account.

### Cost

With all of our Annuity plans your investment can grow rapidly since there are no initial service, contract, transaction or premium fees. Every dollar you pay in premiums goes directly into your annuity's cash value and earns interest immediately.

### Safety

Your annuity deposits are protected by the total resources of the Slovak Catholic Sokol. Information regarding the solvency can be readily verified by our financial statements filed with the New Jersey Insurance Department. These financial statements are accompanied by the required Actuarial Certification and Opinion of an independent Certified Public Accountant.

### **Short Term Investment Opportunities**

We currently offer three annuity plans for the individual that is looking for a solid short-term investment alternative. Each of these products interest rates are guaranteed throughout the length of the annuity contract.

**Premiums:** One lump sum to open, additional premiums accepted for 30 days from opening of contract.

Issue Ages: 0—90

### **VANTAGE 1**

**Duration:** 1-year contract **Early Withdrawal:** 6%

### **VANTAGE 3**

**Duration:** 3-year contract

Early Withdrawal: 1st year: 6%, 2nd year: 5%,

3rd year: 4%

### **Longer Term Investment Opportunit**

The Vantage 5 and 7 are our longer-term deferre annuity plans that allows for savings, investment or a retirement program. The interest rate is high competitive. As a flexible annuity plan additional premium deposits are permitted and does not affect or extend the penalty withdrawal period.

### **VANTAGE 5**

**Duration:** 5-year contract

Guaranteed Interest Rate; 1st year of contract

**Early Withdrawal:** 

• Penalty Free: 10% Annually

• **Penalty:** 1st year: 6%, 2nd year: 5%, 3rd year: 4%, 4th year: 3%, 5th year: 2%

### **VANTAGE 7**

**Duration:** 7-year contract

Guaranteed Interest Rate; 1st two-years of contra

**Early Withdrawal:** 

• **Penalty Free:** 10% Annually

• **Penalty:** 1st year: 8%, 2nd year: 7%, 3rd year: 6%, 4th year: 5%, 5th year: 4%,

6th year: 3%, 7th year: 2%

### **Guaranteed Income**

This Single Premium Immediate Annuity contract when established pays a specified periodic distribution or for a lifetime of income. An Immediate Annuity provides an income benefit almost instantly.

### **Settlement Options**

- Life Only
- Specified Period
- Life and Period Certain
- Payments for Life, Joint and Survivor



### SLOVAK CATHOLIC SOKOL

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# SOME KEY DATES IN THE HISTORY OF SLOVAKIA

1<sup>st</sup> Century AD - Roman Empire establishes military forts and border settlements along the Danube.

377 - Huns cross the Danube and establish short-lived Hunnic Empire in the region under Attila.

5<sup>th</sup> Century - Slavic peoples begin settling in the area.

568 - Avars invade and settle in the Middle Danube region.

803 - Avar Khaganate collapses as a result of several successful military campaigns launched by the Franks against it.

825-870 - Principality of Nitra. First-known Christian church cnsecrated in 828 under its ruler, Pribina.

833-907 - Greater Moravia. The first major predominantly West Slavic state emerges in Central Europe.

11<sup>th</sup> Century - After collapse of Greater Moravia, Slovakia becomes part of the Kingdom of Hungary.

1536 - Following Ottoman conquests in Hungarian territory, Bratislava (historically Pressburg) is designated the new capital of Hungary rather than Buda. It remains the capital until 1848.

17th Century - Slovakia becomes the site of frequent wars between Catholics in the west and Protestants in the east, as well as against the Turks. The area is heavily fortified by castles and citadels.

1648- End of the Thirty Years War. The Counter-Reformation sees most Slovaks switch back from Lutheranism to Catholicism.

1848-49 - Slovak uprising against Hungarian domination, amid the wider revolutions an political unrest across the Austrian Empire and elsewhere in Europe.

1918 - Habsburg Empire collapses after defeat in World War One. Slovak and Czech lands unite to form Czechoslovakia, which emerges as the most democratic and prosperous of the Habsburg successor states.

1939 - Independent Slovak Republic formed after Nazi Germany and its allies dismember Czechoslovakia. It soon becomes a German satellite state.

1944 - Slovak uprising results in German occupation of Slovakia, which ends with the arrival of the Soviet Army and the re-establishment of Czechoslovakia in 1945.

1948-89 - Communist rule.

1993 - Independence after Czechoslovakia splits in the "velvet divorce".

1995 - Treaty of Friendship and Cooperation with Hungary signed, guaranteeing the existing border and ethnic minority rights.

1995 - New law restricting official use of any language other than Slovak gives rise to international condemnation.

1999 - Parliament ends nearly a year of constitutional crisis by passing a new law allowing president to be directly elected by the people.

2003 - Slovakia votes to join the EU.

2004 - Slovakia admitted to NATO and is one of 10 new states to join the EU.

2009 - Slovakia adopts the euro.

2019 - Pro-EU opposition candidate Zuzana Caputova beats government's Maros Sevcovic in the second round of presidential election. — *bbc.com* 

### MANOR HOUSE IN BETLIAR



Betliar is a village in the Rožňava District in the Košice Region of eastern Slovakia, known for its manor house. It is a stately hunting manor with romantic structures including an artificial cave and waterfall. Its interior is equally interesting, as it contains a picture gallery, music and hunting halls, a library, antique furniture and exotic collections.

Its reconstruction won a EUROPA NOSTRA award. The stately manor house the history of which is associated with the noble family of Andrássy was built in the valley of the Betliarsky potok below the thickly wooded slopes of the Volovské vrchy on the site of the original Bebek castle from the 15<sup>th</sup> century.

A part of the walls of this castle was used upon the alteration of the Gothic mansion into the Renaissance-Baroque three-storeyed manor house in the 17<sup>th</sup> -18<sup>th</sup> century. The appearance of the manor house from the 19<sup>th</sup> century has been preserved, with minor modifications, to the present day.

One of the most remarkable things about the manor house is its main library. Leopold Andrássy established it in 1790 and the furniture and interior of the library are from the same period. More than 14 thousand volumes of mainly theological, historical, geographical and philosophical literature from the 15<sup>th</sup> to 19<sup>th</sup> century written in 6 different languages have been preserved in the library.

The manor house is surrounded by a beautiful English park. The park with the area of 57 hectares is one of the largest maintained parks in Slovakia and has been included in the list of the world historical gardens.

# 18<sup>TH</sup> ANNUAL MAHONING VALLEY SLOVAK FEST IN YOUNGSTOWN, OH

# CELEBRATE YOUR HERITAGE! By Loretta Ekoniak

The 18th Annual Mahoning Valley Slovak Fest will be held on Sunday, August 13, 2023 on the grounds of St. Matthias Church, Our Lady of Sorrows Parish, at 2800 Shady Run Rd, Youngstown, Ohio.

As usual, the day starts off with a Slovak/English Mass at 10:30 a.m. at St. Matthias Church (915 Cornell Ave across the lot from the festival) and continues after Mass in the parking lot until 5:00 p.m.

The food will be served outside. We will have pick up outside and we will have tents and tables for you to eat under. The meals will be ordered ahead so we can plan how many to get ready. Call ahead to order at the office phone number 330-788-5082.

Taste of Slovak Dinner: \$12 with holubky (stuffed cabbage), potato/cheese pirohy (bandurky a syr), halušky (sweet cabbage and dumplings), a cucumber salad (uhorkovy šalát) and roll and butter (chlieb a maslo).

Klobasa Sandwich Dinner: \$10 includes a large klobasa with Father Jerek's special sauerkraut sandwiches, bag of chips and a large delicious homemade cookies.

Also available will be Slovak Chicken fingers with special slaw and pickle (\$5).

And Salvadoran Papusas (fried onions, cabbage and cheese in a handmade tortilla (\$3).

And a great selection of Slovak baked goods including kolače and kiffles, and so much more will be in the bake sale.

There will be Slovak items and books for sale. There is also a great Slovak Heritage corner showing many beautiful items on display such as authentic Slovak kroj (folk costumes), maps, corn husk dolls, photos, books, embroidery and informational items (like free Slovak recipes!).

There will be a basket auction, a 50/50, and a cash raffle with total \$2000 in prizes from \$50 to \$1000. (The cash raffle tickets will also available if you call the office number).

We will have musical entertainment by the Del Sinchak Band, from 2 p.m. to 4 p.m. There's even room to dance! So you know the music will be wonderful!

Come to celebrate our Slovak heritage with great food, music and great friends! For more information just give me a call at 330.549.3760 or email me at loretta.ekoniak@gmail.com.



### NEW PERMANENT REPRESENTATIVE OF SLO-VAKIA PRESENTS CREDENTIALS

VIENNA, July 14 (UN Information Service) – The new Permanent Representative of Slovakia to the United Nations (Vienna), Peter Burian, presented his credentials today to the

Director-General of the United Nations Office at Vienna (UNOV), Ghada Waly.

During his career, Mr. Burian, who is also Permanent Representative to the Organization for Security and Co-operation in Europe (OSCE) and other International Organizations in Vienna, has served in various capacities, among them:

Ambassador-at-large for Human Rights, Ministry of Foreign and European Affairs (2021-2023); European

Union Special Representative for Central Asia (2015-2021); State Secretary, First Deputy Minister for Foreign and European Affairs (2012-2015); Ambassador to the United States (2008-2012); Permanent Representative of Slovakia to the United Nations in New York (2004-2008) and Ambassador, Head of Slovakia's Mission to North Atlantic Treaty Organization (NATO), Brussels (1999-2003).

Mr. Burian is a graduate of St. Petersburg State University, School of Oriental Studies.

### KIEV MAYOR VITALI KLICHKO VISITS BRATISLAVA AND MEETS MAYOR VALLO

Kiev mayor Vitali Klichko visited the city of Bratislava on Tuesday, July 18 and met with mayor of Slovakia's capital city Matus Vallo to discuss the importance of preserving European values and potential aid with the post-war recovery of Kiev, the partner city of Bratislava.

Klichko thanked Slovakia for its support and aid provided to Ukraine.

"The unity in the neighbourhood of Ukraine is very important. It guarantees peace in Europe. We're fighting for us, but we're also fighting for you. Your support is necessary to us," stated Klichko.

The mayor of Kiev assured Slovaks that the people of Ukraine won't stop fighting for European and civilisational values important for every nation and called the war in Ukraine a genocide of the Ukrainian nation. "Everyone must understand the meaning of this war: there's no meaning," he said.

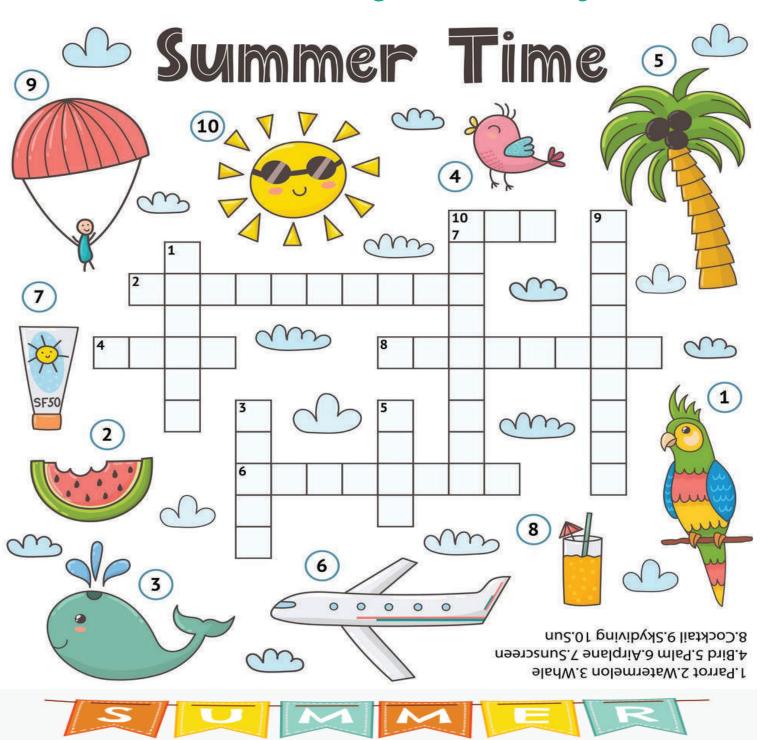
Klichko praised the progress that Slovakia has achieved in the past decades, since the Soviet times, and added that it serves as an inspiration for his country. "It's a roadmap for us," he claimed.

Vallo voiced support to his Ukrainian counterpart and underlined that Ukraine has friends in Slovakia. In his view, Klichko demonstrates that being able to walk safely in the streets and see children playing in parks is not something to be taken for granted.

"We must keep talking about Ukraine, about the war that shouldn't be. It's important to listen to testimonies of the people directly affected by the war," accentuated Vallo.



KIDS' CORNER "Detský kútík" - - August 2023





KIDS' CORNER "Detský kútík" - - August 2023

# Back to School WORD SEARCH

Playground

Lockers Crayons

Recess

Desk

Principal

Assembly

School Study

Bus

Classroom

Teachers

Pencil

Test

Music

Students

Hallway

Lunch Gym

Art

ATJGPLNGLUNCHTD
DESKRPGYUDHVCYK
TAUNIPMMSSDPNCO
PCASNLFUDTRBMYE
VHSTCABUSUELURG
FESUIYYZRDCOSOZ
UREDPGSOSEECIKE
OSMYAROTONSKCWI
TFBRLOAMFTSEULT
IALHLUCLASSROOM
DRYHPNQSBDVSASN
JTTPZDHALLWAYIO
JBKVTZOIEAWPEVV
RIQTESTRCRAYONS











# KIDS' CORNER "Detský kútík" - - August 2023

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

ahahahahahahahahahahahahahahahahah

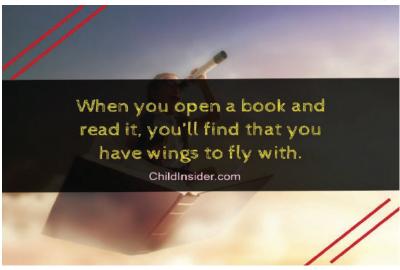
Just a reminder.....] will need the completed reading lists returned to me no later than September 10th. Include your name, address, Group number and age so that I can recognize you in the paper. Don't forget to highlight your favorite books on the list!!! and have fun reading!!!! Please send your completed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

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



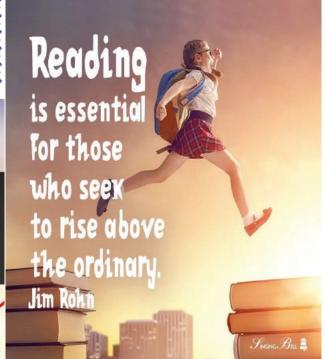
If you prefer to do it on-line you can e-mail it to me: Vp@slovakcatholicsokol.org

Keep reading and enjoy the rest of your summer!!









### GROUP 16 DETROIT/ROSSFORD ASSIST WITH THE GIANNA HOUSE PROJECT

The Misson of Gianna House is to provide support, education and life skills for young pregnant women & mothers. They may be at-risk or need safe housing to transition into a life of independence. The program was named after St. Gianna who was beatified by Pope John Paul II in 1994 and canonized a Saint on May 16,2004. Since its beginning, Gianna House has provided direct services to women struggling during a very challenging period in their lives. When others may turn away; Gianna House accepts them and helps them! Not only are they given a safe place to stay; they are provided with healthy food, living skills, education, medical assistance, parenting classes, adoption counseling if needed, and a wide variety of other needed skill areas. When clients attend these programs, they are provided with "baby bucks" which they can use at the distribution store. This allows the clients to achieve a feeling of earning their way instead of a simple hand-out. It is another way to achieve the confidence skill needed for evervdav life!!!

The Detroit Gianna House officially opened its door in 2019 at the former convent of St. Veronica Catholic Church in Eastpointe Michigan. It became the 1<sup>st</sup> Licensed pregnancy home for the State of Michigan. It has developed the dream of offering a safe, loving, spiritual atmosphere that develops a sense of pride and self-worth. It has changed the lives of these young women who have chosen life for their babies.

Gianna
Programy & Parenting Residence

Unfortunately, due to old pipes at the facility and the cold Michigan winters, the quarters became flooded this past winter. Clients and supplies had to be moved out to allow for renovations. With the help of grants & many donations.... this process is coming close to completion. Group 16 member, Beth

Penxa, brought this information to our Group and volunteered to head up this project as our Hands Across America Project Beth was able to make the presentation of the donation from Group 16 to the Executive Director. Beth even wore her Sokol jacket she wore at one of the years ago Slet. Also, the S.C.S. Organization graciously matched our donation to this Special Cause. SS. Cyril & Methodius Parish Sterling Heights, Michigan has also held a Baby Shower Event to supply needed items for Gianna



House. Donations are always welcomed at 21357 Redmond Ave., Eastpointe, MI 48021. – **Andrea Ames Papcun**, *President, Group 16* 



On August 18, 2022, Christopher Michael Swist, a member of Assembly 299 in Brooklyn, NY, married Lori Ann Eggleston in Layton, Utah. Christopher is the son of Michael and Marion (Puta) Swist of Brooklyn, NY. Lori is the daughter of Michael and Debra Eggleston of Clinton, Utah. About 300 guests attended the wedding. Afterwards the newlyweds drove across the country to have their New York wedding. On September 1, 2022 the couple were married in St. Helen's R.C. Church in Howard Beach, NY. A reception for 75 guests followed in rima view. The bride was married in Christopher's The honeymoon continued on the way back to Clear Field, Utah, where the couple resides.

# THESE CLEANING TRICKS WILL MAKE YOUR LIFE EASIER

You don't have to use towels or cloth whenever you want to clean your computer, television, or other screens. Coffee filters are the perfect tool because they won't scratch your screen.

After using your silver-plated items, they may tarnish due to oil stains and dirt after some time. You may also come across tarnished silver pieces that have been kept under poor conditions for a long time. Instead of using store-bought tarnish remover, you should consider using baking soda. Mix one liter of water with a single tablespoon of baking soda to make a chemical solution. Soak the badly tarnished silverware in the solution for about 10 seconds (but you can extend this time depending on the extent of damage).

Although having pets is a good idea for many people, many don't love the fur and hair they leave behind. If you've tried to vacuum up the pet hair, you're aware of the frustration. However, removing pet hair from the carpet should not be stressful when you use a squeegee. A squeegee will enable you to extract the hidden pet hair in your house easily. Move the squeegee back and forth across the carpet until there's no more hair. Now you can live happily with your pets.

Vinegar and baking soda should be your number one goto ingredients for cleaning your burned pans. Some people think that cleaning a burned pan requires a lot of effort. Others even think of replacing the burned pans with new ones altogether. However, vinegar is all you need. Fill your burned pan with clean water, and then add two cups of vinegar. After bringing the mixture to a boil, turn off the heat, and add two tablespoons of baking soda. Let the solution sit for a few minutes. Pour the mixture and remove the burnt residue with a spatula. Sometimes you may have to repeat the process until your pan starts looking new. Now clean your pan normally.

If you love drinking coffee, you'll agree that it's not uncommon to be dealing with coffee stains on hard surfaces, carafes, or mugs. After the stains have dried, removing them with water can be stressful. However, you can get rid of these stains with baking soda. You only need to sprinkle a little baking soda on the affected areas, form a paste with water, and scrub. Within a few minutes, the gentle abrasion of the baking soda will remove the stains.

### HOW TO SIGN UP FOR ELECTRONIC FALCON

At the group presidents' meeting, all group presidents were tasked with three goals. One is to gather emails for people who may not be getting the electronic Falcon or other correspondence. If you are not receiving the monthly Falcon or Newsletter and you are not receiving emails regarding upcoming events, reach out to your group president. If your "older" parents, grandparents, aunts, or uncles do not have email, call 1-800- 886-7656 and ask to have the information mailed to them.

The 50<sup>th</sup> Slet is coming up. It is going to be a big year for Sokols! You don't want to miss the important information. – **Kathleen Shoberg Watkins** 



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.

### 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.

# SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

The Saints Cyril and Methodius Appeal is in its 45<sup>th</sup> 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 July 17, the 2023 Appeal has received \$22,603.51 from 177 donors. Among the 55 donations received from various Catholic Slovak Fraternal Branches and Districts, Assembly 23, Assembly 24, Assembly 34, Assembly 59, Assembly 71, Assembly 78, Assembly 82, Assembly 108, Assembly 162, Assembly 182, Group 4, Group 9, Group 12, Group 16, Group 17, Group 18, Wreath 14, Wreath 54, Wreath 93, as well as the Home Office of the Slovak Catholic Sokol have donated a combined total of \$1,955. Donations to date have also been received from 6 parishes, 27 clergy and religious, and 89 individuals. On behalf of the Pontifical College, thank you for your continued generosity and support.

All wishing to contribute to the 2023 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, 2023 will be credited toward the 2024 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.

	CYRIL AND METHODIUS APPEAL	•
Name		
Address		
City		
State	Zip	
Amo	ount \$	

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



### **JUNE 2023**

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 9	Robert Vicini, Derry, PA	85	April 13, 2023
Assembly 9	John W. Harcarik, Trumbull, CT	96	May 3, 2019
Assembly 9	Maria V. Brecko, New Britain, CT	92	June 19, 2017
Assembly 15	Judith Morris, Dunbar, PA	85	May 20, 2023
Assembly 16	Michael E. Wardzinski, Pitcairn, PA	76	June 2, 2023
Assembly 16	Harry H. Madden, Pittsburgh, PA	63	June 3, 2023
Assembly 23	Andres J. Tomala, Branford, CT	59	July 7, 2021
Assembly 23	Michael Farkas, Harwinton, CT	91	June 5, 2023
Assembly 24	Edward Drazek, Garfield, NJ	73	June 1, 2023
Assembly 59	Dolores Tirpak, Wilkes Barre, PA	92	March 21, 2023
Assembly 78	Anna Casciano, Allentown, PA	93	April 18, 2023
Assembly 79	Larry J. Behe, Cresson, PA	79	June 20, 2023
Assembly 108	Donald Florian Komara, Youngstown, OH	90	March 13, 2023
Assembly 167	Rita H. Polacek, Barberton, OH	94	May 31, 2023
Wreath 15	Barbara A. Felak, Monessen, PA	90	June 3, 2023
Wreath 29	Joanne A. Hedrick, Pulaski, PA	74	March 31, 2023
Wreath 93	Dennis J. Nemec, Menomonee Falls, WI	77	May 13, 2023
Wreath 93	William R. Gemoll, Montello, WI	67	June 1, 2023
Wreath 111	Mark S. Marinik, Sandusky, OH	66	June 14, 2023



Ukrajinský prezident Volodymyr Zelenskyj pricestoval 7. júla na Slovensko. Spoločne s prezidentkou Zuzanou Čaputovou rokovali v prezidentskom paláci. Ide o jeho prvú návštevu Slovenska od začiatku vojny na Ukrajine. Návštevu sprevádzali prísne bezpečnostné opatrenia. Ďeň predtým navštívil Zelenskyj Českú republiku. Prezidentka Zuzana Čaputová navštívila poslednýkrát Ukrajinu koncom apríla spolu s českým prezidentom Petrom Pavlom. - Foto: TASR

### DEŇ SLOVÁKOV ŽIJÚCICH V ZAHRANIČÍ

Úrad pre Slovákov žijúcich v zahraničí usporiadal tradičné oslavy pamätného Dňa Slovákov žijúcich v zahraničí, ktoré sa uskutočnili v bratislavskom Sade Janka Kráľa v stredu 5. júla 2023. Okrem štátnych predstaviteľov a predstaviteľov úradu sa ceremónie slávnostného kladenia kvetov zúčastnili aj zahraniční Slováci z celého sveta – kanadský folklórny súbor Domovina, predstavitelia Slovenského divadla v Londýne, členovia slovenských folklórnych súborov z Argentíny, aj zástupcovia tradičných slovenských komunít z Dolnej zeme.

Záštitu nad podujatím prevzal minister zahraničných vecí a európskych záležitostí Slovenskej republiky Miroslav Wlachovský.

Pamätný Deň zahraničných Slovákov symbolicky pripadá na deň štátneho sviatku sv. Cyrila a Metoda – 5. júla, oslavujú ho už od vzniku Slovenskej republiky v roku 1993. V roku 2000 bol 5. júla v centre Sadu Janka Kráľa v bratislavskej Petržalke osadený 4,5-tonový monument z červeného mramoru z Tardošského lomu, ktorý darovali krajania z Maďarska. Od toho roku sa tento základný kameň budúceho pamätníka slovenského vysťahovalectva a zahraničných Slovákov stal miestom pripomenutia si krajanov žijúcich za hranicami Slovenska.

### **KÚTIK HUMORU**

V nemocnici sa pred operáciou pýta anesteziológ pacienta: "Želáte si lacnú anestéziu.alebo drahšiu?"

"Skôr teda tú lacnú."

Anesteziológ si k nemu pritiahne stoličku,pohladí ho po hlave a začne spievať:

"Hajaj môj anjelíčku,hajaj a spi...."

### POLÍCIA ZAČALA TRESTNÉ STÍHANIE KOMUNISTOV ZA SYMPATIE K HNUTIU, KTORÉ POTLÁČA ĽUDSKÉ PRÁVA

Polícia začala na podnet občianskeho združenia Post Bellum trestné stíhanie vo veci prečinu prejavu sympatie k hnutiu smerujúcemu k potlačeniu základných práv a slobôd.

Organizácia podala v júni trestné oznámenie na slovenských komunistov po tom, čo na poslednom zjazde KSS v Banskej Bystrici boli na pódiu vystavené nielen tradičné komunistické symboly, ale aj portréty zločincov, ktorí majú na svedomí tisíce životov.

20.mája sa v Banskej Bystrici konal X. zjazd Komunistickej strany Slovenska. Z obrazového materiálu vyplýva, že na pódiu, za predsedníckym stolom, boli vystavené transpa-renty s obrázkami sovietskych komunistických diktátorov, ako napríklad V.I. Lenina a J.V. Stalina. Stalin je podľa konzervatívnych odhadov historikov zodpovedný za smrť približne sedem miliónov ľudí.

Podľa českého Úradu dokumentácie a vyšetrovania zločinov komunizmu bolo za komunizmu v Československu z politických dôvodov popravených 248 ľudí, vyše 4 500 ľudí zomrelo v komunistických väzeniach a najmenej 282 ľudí bolo zabitých pri pokuse opustiť republiku. - *SITA* 

### NÁČELNÍK GENERÁLNEHO ŠTÁBU OS SR NAVŠTÍVIL AMERICKÚ ZÁKLADŇU

Náčelník Generálneho štábu OS SR so svojou delegáciou vykonal návštevu základne Morris Leteckej národnej gardy štátu Arizona v Tucsone, kde sa v súčasnosti cvičia piloti Vzdušných síl OS SR na novú leteckú techniku - lietadlá F-16, ktoré budú do SR dodané v priebehu nasledujúcich dvoch rokov.

Počas dvojdňovej návštevy NGŠ OS SR rokoval s veliteľom základne a štábom 162. stíhacieho krídla a bol podrobne informovaný o súčasnom stave aj o plánovanom priebehu ďalšieho výcviku, ktorého cieľom je obnovenie vlastnej spôsobilosti ochrany vzdušného priestoru Slovenskej republiky už v roku 2025. Predstavitelia výcvikovej letky vyjadrili spokojnosť s priebehom výcviku slovenských pilotov a ocenili vysokú úroveň ich pripravenosti na plnenie úloh ako aj ich motivácie k zvládnutiu tejto vysoko sofistikovanej leteckej techniky.

Druhý deň návštevy sa NGŠ OS SR ako člen osádky jedného zo štyroch lietadiel F-16 zúčastnil výcvikového letu dvoch slovenských pilotov, ktorí v súčasnosti dosiahli najvyššiu úroveň pripravenosti na plnenie úloh ochrany vzdušného priestoru SR.

Na záver tejto časti návštevy USA sa NGŠ OS SR stretol so všetkými pilotmi a ich rodinami. Na záver cesty sa stretols predstaviteľmi partnerskej Národnej gardy štátu Indiana, kde si pripomenul 30 rokov spolupráce pri obrane mieru a demokracie vo svete.

### POTRAVINY, KTORÉ PREDLŽUJÚ ŽIVOT

ORECHY – pravidelnou konzumáciou orechov sa výrazne znižuje predčasná úmrtnosť na rôzne, najmä

civilizačné ochorenia. Mandle, arašidy, pistácie, lieskovce a mnohé ďalšie z kategórie orechov prekvapujú vysokým obsahom takzvaných zdravých tukov. Ide najčastejšie o mononenasýtené a omega-3 mastné kyseliny. Orechy



majú okrem zdravých tukov aj veľa vlákniny, antioxidantov a vitamínu E, ktoré chránia srdce, ale dokonca aj mozog. Zlepšuje sa vďaka nim pamäť, schopnosť učenia a sústredenia.

KURKUMA je tradičným doplnkom indickej kuchyne. Vyniká príjemnou vôňou, chuťou a sladkým či slaným jed-



lám dodá ten správny šmrnc. Hlavnou výhodou tohto korenia je obsah látky zvanej kurkumín. Ide o bioaktívnu zlúčeninu so silnými protizápalovými a antioxidačnými vlastnosťami. Ak nás trápia bolesti kĺbov či máme problémy

s chronickými ochoreniami, kurkumu by sme mali zaradiť do jedálneho lístka.

**OLIVOVÝ OLEJ** je bohatý na antioxidanty. Má vysoký obsah zdravých tukov a je základom takzvanej stredomor-

skej stravy, ktorá pomáha predlžovať životy ľudí nielen vďaka oleju, ale aj olivám, syrom, orechom, semenám rastlín a ďalším. Výskum, ktorý zverejnil časopis Journal of the American College of Cardiology prišiel so zistením, že ľudia, ktorí konzumovali viac ako polovicu polievkovej lyžice olivového oleja



denne mali až o 19 % nižšie riziko úmrtia, a to z akejkoľvek príčiny. Zaujímavé je, že riziko Alzheimerovej choroby kleslo o 29 % a vznik srdcových chorôb o takmer 20 %.

CIBULA patrí do skupiny najzdravších potravín.



Tvorí základ mnohých polievok, mäsitých i vegetariánskych jedál. Varenie bez cibule je v niektorých prípadoch takmer nepredstaviteľné. Cibuľa nás však neteší len pre jej využitie v kuchyni a neopakovateľnú chuť. Patrí k najbohatším zdrojom látky zvanej kvercetín. Ide o silný antioxidant, ktorý plní ochrannú funkciu proti starnutiu.

DROBNÉ BOBUĽOVITÉ OVOCIE ako čučoriedky, maliny, černice či ríbezle majú okrem vysokého množstva

vitamínu C aj takzvané flavonoidy. Ide o druh antioxidantov, ktoré idú ruka v ruke s dlhším životom. Podľa výskumu z magazínu British Journal of Nutrition existuje priama súvislosť medzi konzumáciou potravín bohatých na antioxidanty a nižším rizikom úmrt-



nosti z rôznych príčin. Viaceré druhy tohto bobuľovitého ovocia však pomáhajú aj pri ochrane pokožky, zjemňujú vrásky, napomáhajú pri redukcii stareckých škvŕn a v neposlednom rade zlepšujú zrak.

### KRÁTKE SPRÁVY ZO SLOVENSKA



Ministerstvo obrany už poslalo vláde USA žiadosť na spracovanie konkrétnej cenovej ponuky na bojové vrtuľníky Viper a ich vybavenie, výcvik a logistické zabezpečenie. Informoval minister obrany Sklenár. Potvrdil, že Slovensko by za techniku mala zaplatiť približne 340 miliónov dolárov, pričom ich hodnota je vyše jednej miliardy eur.

Ministerstvo obrany (MO) SR obstará za financie z fondu USA 160 ľahkých taktických viacúčelových vozidiel. Cena kontraktu predstavuje takmer 190 miliónov dolárov. Vozidlá budú dodávané v dvoch variantoch v priebehu roku 2025. Vybavené majú byť interoperabilnými komunikačnými a informačnými systémami, ktoré Ozbrojené sily SR aktuálne požadujú a zavádzajú aj v ďalších druhoch novej techniky.Ozbrojené sily (OS) SR plánujú vozidlá využívať pre potreby manévrových jednotiek pozemných síl, jednotky Síl pre špeciálne operácie, Prápor obrany a ochrany 81. krídla Sliač či vybrané jednotky bojového zabezpečenia brigády spoločnej podpory OS SR. Z fondu FMF (Foreign Military Financing – zahraničné vojenské financovanie) vyčlenili Spojené štáty pre Slovensko celkovo 200 miliónov dolárov.



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# CHANGE OF ADDRESS OR REQUEST FOR SLOVAK CATHOLIC FALCON P.O.BOX 899 • 205 MADISON STREET PASSAIC, N.J. 07055 NEW CHANGE CANCELLATION Certificate No. Name New Address City State Zip Old Address City State Zip

### 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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