

Za Boha a národ

For God and Nation

Slovak Catholic Falcon

Slovenský katolícky sokol

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SLOVAK CATHOLIC SOKOL 34TH QUADRENNIAL CONVENTION

HILTON SCRANTON & CONFERENCE CENTER, SCRANTON, PA – AUGUST 5-8, 2023



The newly elected Board of Directors of the Slovak Catholic Sokol – 2024-2027. Seated (l-r): Supreme Treasurer Mike J. Horvath, Supreme Secretary Scott T. Pogorelec, Supreme Chaplain Rev. Andrew S. Hvozdic, Supreme President Larry M. Glugosh and Supreme Vice-President, Andrea Tadlock. Standing: General Counsel John D. Pogorelec Jr., Supreme Physical Director Dusan Dorich, Supreme Physical Directress Katie Swift, Supreme Director of Sports and Athletics Kathleen Watkins, Chairperson of the Supreme Auditors James C. Matlon.



Members of the Supreme Assembly for 2020-2023 and 2024-2027.

Message from our Supreme President

Michael J. Horvath

The Slovak Catholic Sokol 34th Quadrennial Convention held August 5-8, 2023, at the Scranton Hilton in Scranton, Pennsylvania is now in our history book and memories. It is time to recognize and say Thank You to a few individuals.



Thank you to Abbott Gary Hoover, OSB of Saint Andrew's Abby in Cleveland, Ohio, Slovak Catholic Sokol Supreme Chaplain, Reverend Andrew S. Hvozdivic, Reverend Richard Bay, Chaplain Group 1 and Reverend Richard Cirba, Chaplain Group 7 for celebrating and celebrating the opening and Monday's Mass at the Convention. These two Masses along with the homilies set the tone for the Convention and reminded all delegates what our purpose is and how that purpose will lead us to follow Christ's teachings in life.

Thank you to all of the delegates who represented their Assemblies, Wreaths and Groups and gave up their personal time to attend the Convention to hear, listen, and discuss the Society's business over the last four years. Your discussion on certain issues helped us understand your concerns which in the end helped us have a smooth and fun filled Convention.

Thank you to the pre-Convention Governance Committee for the hard and dedicated work you did over two years to look at our Bylaws to see which ones needed updating and compare our structure with other fraternal to see if our structure needed updating to meet the business world of the Twenty First Century. Then as the Bylaw Committee you present your findings to the delegates with your reasoning as to why you were recommending the changes for the delegates to consider. Your handling of the discussions was professionally done so all delegates understood the changes and could vote to accept the changes or not.

Thank You to all delegates who offered to serve on the other Committees. Your willingness to serve helped

us take care of the Convention business and shows our membership is involved in the Society's business.

Thank You to our Supreme Secretary, Scott T. Pogorelec, F.I.C. for all the work you did in the past two years, especially the last twelve months organizing, seeing that all the Convention Bylaws requirements were met and done on time and setting up the Convention for the Society and delegates. In addition to this full time Convention coordinator responsibility you still were able to meet your other duties as Supreme Secretary to oversee and run the Society's business day-to-day. Your help and work ethic made the Convention run smoothly and my responsibilities as Convention Chair easy.

Thank You to Group 7 for the northeastern Pennsylvania welcome bags you put together for the delegates. The information and treats in the bags gave the delegates a taste of the region and what makes NEPA what it is.

Even though the Convention is over there is still work to do to keep our Society growing. As members I ask do what you can to bring in new members, spread the good word of the Slovak Catholic Sokol and the good work it does in your communities, so when we assemble in four years at our 35th Quadrennial Convention, God willing, we can celebrate again the success of our Society.

The 68th International Slovak Catholic Sokol Golf Tournament was held August 19-20, 2023, at the Kennsington Golf Club, Cannfield, OH and the Flying B Golf Course, Salem, OH. By all reports every golfer had a great time at this fraternal activity sponsored by the Sokol and our other fraternal Societies for our membership to enjoy. Our Societies and golfers appreciate all the work that was done by the organizers, especially the Slovak Catholic Sokol Supreme Physical Fitness Board for running a wonderful and competitive tournament. Congratulations to Don Koval on being awarded the Slovak Catholic Sokol, 2023 Frank S. Pettuff Memorial, Golf Sports Award. Mr. Koval now joins the list of the distinguished

(Continued on page 5)

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PHONE NUMBERS:

TOLL FREE NUMBER: 1-800-886-7656

HOME OFFICE: (973) 777-2605

or 777-2606

FAX NUMBER: (973) 779-8245

E-MAIL: Sokol205@aol.com

WEB SITE: www.scslife.org

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Slovak Catholic Sokol Public Group

FROM THE DESK OF THE SUPREME SECRETARY SCOTT T. POGORELEC, F.I.C.



LOOKING BACK AND MOVING AHEAD

It is hard to believe that the Fall Season is upon us! It is always my favorite time of the year as the air gets a bit crisper and the beautiful colors begin to



form. This time of the year also allows us the opportunity to not only look forward to the holiday season, but to look back at the wonderful times had over the summer months. The Slovak Catholic Sokol had a

busy summer calendar filled with great memories and true fraternalism.

Our 50th International Slet was held at Kutztown University from July 13th-16th. Our Sokol youth from eight 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!

Three weeks after our Slet, the elected delegates of the Slovak Catholic Sokol met in Scranton, PA for our 34th Quadrennial Convention. The Convention is the highest governing body in the life of a fraternal organization. I want to thank the 157 Delegates who took the time out of their busy schedules to participate and give back to the organization. Decisions that were made at this Convention will guide our organization in the coming four years and beyond. I would like to commend our Supreme President, Michael J. Horvath, who served as Chairperson of the Convention. It is not an easy job to navigate through the agenda, but Brother Mike did a wonderful job in being efficient and keeping us on task.

I would like to give a special thank you to Right Reverend Gary Hoover, O.S.B., Abbot of St. Andrew Abbey, who was the celebrant at our beautiful open-

ing Mass. Thank you to our Supreme Chaplain, Rev. Andrew S. Hvozdic for all his efforts in organizing the beautiful liturgy.

In the coming issues, you will have the opportunity to read about the proceedings at our 34th Quadrennial Convention. An important role of the Delegates is to elect members of the Supreme Assembly. In this issue, you will find the newly elected Supreme Officers who will serve our organization for the next four years. I would like to thank our Delegates for their trust in me to serve as your Supreme Secretary and I extend warm fraternal wishes to all our newly elected and reelected Officers. Once again, thank you!

Congratulations to all our flight winners at the recent 68th International Golf Tournament held in Canfield, OH at the beautiful Kensington Golf Club. A wonderful time was had by all and the spirit of fraternalism shone brightly. Thank you to our Director of Sports and Athletics, James C. Matlon, and his entire staff for their efforts to make this wonderful event a success.



A big congratulations to our 2023 Frank S. Petruff Award winner, Donald

Koval, from S-059, Wilkes-Barre, PA. Brother Donald is a longtime attendee at our golf tournaments and truly deserving of this honor. Congratulations Don!

Until next time, enjoy the last few days of summer and may God Bless you all!

Stay safe, stay strong,
and STAY POSITIVE!
Zdar Boh!

Introducing our newest member



Georgia Rose Bakita, born August 26, 2022, is the daughter of Alex M. and Katya Bakita of Barberton, OH. She was enrolled as a member of Assembly 167 in Barberton, OH.

Sokol Calendar

SUNDAY, 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

SATURDAY, SEPTEMBER 30, 2023
GROUP 1 GOLF OUTING at Preakness Valley Golf Course, 209 Totowa Rd., Wayne, NJ at 12:00 noon. For more information, please contact Group 1 President John D. Pogorelec, Jr., Esq. at (973) 778-1604.

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

POPE FRANCIS IN SLOVAKIA, SEPTEMBER 15, 2021: OUR LADY OF SORROWS TEACHES US COMPASSION FOR THE SUFFERING

At Slovakia's national Catholic shrine on Wednesday, September 15, Pope Francis said that Our Lady of Sorrows is a model of how to live the faith with compassion and care for the suffering.



"Mary, Mother of Sorrows, remains at the foot of the Cross. She simply stands there. She does

not run away, or try to save herself, or find ways to alleviate her grief."

"Here," he said, "is the proof of true compassion: to remain standing beneath the Cross. To stand there weeping, yet with the faith that knows that, in her Son, God transfigures pain and suffering and triumphs over death."

On the final day of his visit to Slovakia, Pope Francis offered the **live-streamed** Mass outside the country's National Shrine of Our Lady of the Seven Sorrows in the young town of Šaštín. According to local authorities, around 60,000 people attended the Mass.

Francis, who himself has a special devotion to Our Lady of Sorrows, said in his homily: "In contemplating the Sorrowful Mother, may we too open our hearts to a faith that becomes compassion, a faith that identifies with those who are hurting, suffering and forced to bear heavy crosses."

The basilica in Šaštín was built to honor the image of Our Lady of the Seven Sorrows, a figure so important to the people of Slovakia that Pope Pius XI declared her the country's patroness in 1927.

The image of the Virgin Mary has also attracted pilgrim visitors such as Mother Teresa and St. John Paul II. The Polish pope offered Mass for 200,000 people in front of the basilica on July 1, 1995, during the second of

the three trips he made to Slovakia as pope.

In his homily on Sept. 15, Francis urged Slovaks to follow the example of Mary when she visited her pregnant cousin Elizabeth, living their faith as a mission to be carried out.

"For you, the Slovakian people, the Blessed Virgin is a model of faith: a faith that involves journeying, a faith inspired by simple and sincere devotion, a constant pilgrimage to seek the Lord," he said.

"In making this journey, you overcome the temptation to a passive faith, content with this or that ritual or ancient tradition," the pope continued. "Instead, you leave yourselves behind and set out, carrying in your backpacks the joys and sorrows of this life, and thus make your life a pilgrimage of love towards God and your brothers and sisters."

"Thank you for this witness. And please, persevere on this journey. Do not stop," he said, to an outbreak of applause.

Pope Francis also said that the "faith cannot be reduced to a sweetener to make life more palatable," urging Slovakian Catholics to not remain lukewarm about Jesus and to be "signs of contradiction" within the world.

Slovakia needs "Christians who can demonstrate the beauty of the Gospel by the way they live," he said. "Christians who are weavers of dialogue where hostility is growing; models of fraternal life where society is experiencing tension and hostility; bringers of the sweet fragrance of hospitality and solidarity where personal and collective selfishness too often prevails, protectors and guardians of life where the culture of death reigns."

"In contemplating the Sorrowful Virgin Mary, may we too open our hearts to a faith that becomes compassion, a faith that identifies with those who are hurting, suffering, and forced to bear heavy crosses," he said.

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 vp@slovakcatholicsokol.org.

Nomination forms must be received by September 15, 2023.

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

HOME OFFICE CLOSING

In observance of the Labor Day holiday, the Home Office will be closed on Monday, September 4th, 2023.



Message from our Supreme President

(Continued from page 2)

Sokol golfers who received this award in the past.

I was ready to participate in the tournament, had many normal practice rounds under my belt this summer, needed another fraternal activity to do before the year ends, my bags were packed and then like other things my plans were changed not by me, but by something else, I tested positive for COVID. That nasty five letter word ruined my chance to win the 68th International Golf Tournament. So my wife, Suzanne, and I kept our distances, took our medicine, Paxlovid, the vile tasting pill that ruined our taste buds until a day after the final dose when we tested negative. What a ride! As our doctor told us we do not have to get the COVID vaccine this year, sorry Doc, I rather get the vaccine than go through the pains of having COVID. So, my fellow Sokol, COVID is still around and get the COVID vaccine to avoid suffering with the symptoms of the virus.

The changes of the seasons are beginning, the days are getting shorter, cooler weather is around the corner and as I saw this past weekend my granddaughter and others return to their college campuses to start their fall semester. It is back to school time again, some members have already returned to school and others will return next week or after Labor Day, no matter when you return you are continuing your education. Education is a lifelong venture and you never should let it cease. Every day we learn something that will help us in the future to better than we did in the past. I congratulate all who are continuing their education and wish you a very successful year.

This September 4, 2023, the United States and Canada celebrates a National Holiday, Labor Day. This special day goes back to the end of the nineteenth century where trade unions celebrated their workers with parades and picnics. Then Congress recognized federal workers by giving them the first Monday in September off as appreciation for the work they do for the country. Then finally Congress made the first Monday in September, Labor Day, a national Holiday. On Labor Day we honor all workers who labor at whatever job they do to provide for themselves and their families. No matter what job it is that job helps and contributes to other jobs others do. If anything came out of COVID it is we saw and experienced how we all depend on others and the jobs they do that helps us live the lives we do in our two great nations. No one should look down on the job's others do, it is because of their work we are able to have food on our tables, enjoy the lifestyles we enjoy and our nations' freedoms. Happy Labor Day to all!

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

SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the SLOVAK CATHOLIC FALCON will be that of **OCTOBER 1, 2023**. **DEADLINE** for all photos and information for this issue will be **SEPTEMBER 22, 2023**.

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

LABOR DAY FACTS

The decision to make Labor Day the first Monday of September was approved on June 28, 1894. Labor Day started as a part of the labor union movement, to recognize the contributions of men and women in the US workforce.

The first U.S. Labor Day was celebrated on Tuesday, September 5, 1882 in New York City, planned by the Central Labor Union. 10,000 workers marched from City Hall all the way to 42nd Street and then met with their families in Wendel's Elm Park for a picnic, concert, and speeches.

Oregon was the first to declare Labor Day an official holiday in 1887.

Labor Day is considered the 'unofficial NFL season kick-off'.

Americans worked 12-hour days seven days a week during the 19th century! The Adamson Act was passed on September 3, 1916 to establish an eight-hour work day.



SOKOL

Golf Tournament

SLOVAK CATHOLIC

Assembly 261 Wreath 155

SOKOL
Reading, PA

◆ **Saturday - October 21, 2023**

◆ **1 p.m. Shotgun Start**

◆ **The Manor Golf Club**

• Food • Drinks • Prizes • Cash Prizes •

All Included!

Scramble Format with "3" Flights!

• **\$ 75.00 per golfer** •

Sign your foursome up now!

All entries MUST be received by Oct. 7, 2023!

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

Prizes and Buffet will be held at the SOKOL HALL

immediately following the Tournament!

• Call the Club at (610) 375-4500 •

• Registration and Payments can also be mailed or submitted to the bartender at the Sokol Club •

Foursome SignUp Sheet (threesome and pairs also welcome)

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

Please mail completed foursome sign up sheet, along with payment (\$75/golfer) to:

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

Make Checks Payable to:
Slovak Catholic Sokol

50TH INTERNATIONAL SLET

The 50th International Slet was an absolute success and amazing event! The International Slet kicked off with a welcome and a day spent at Dorney Park. This was a great way for all the participants to let loose, reconnect, and enjoy each other while creating memories.

Friday morning, we were able to start our competition with a grand entrance and our traditional opening ceremonies. As always, each Group proudly entered with their representation banners. We had representation from Groups 1, 2, 3, 4, 5, 7, 11, 12, 14, 16, 17 and 19! Having this many groups represented was truly astonishing. Group 4, Milwaukee Wisconsin, entered last, as the reigning Championship Flag winners. After celebrating mass by our esteemed Supreme Chaplain Father HvozdoVIC and welcome greetings from Supreme President Micheal Horvath and Supreme Secretary Scott Pogorelec, the Supreme Physical Fitness Board was ready for all the participants to start the fierce competition. We had a morning filled with track and field events and individual drills. The afternoon was filled with Volleyball competitions and a basketball clinic, which is a newly added event for the 8-10 age group. We are very lucky to have the skills and leadership of Gary Manyak to help provide the SPFB with a basketball clinic. The children were able to learn new skills from such a talented coach. The afternoon was very busy but, everyone learned something new and had a blast. The volleyball competition, as always, was intense. The final championship game came down to Group 4 and Group 5. After a very close, point for point competition, Group 5 won the championship game.

Friday evening was all about team drilling. This year we combined age groups and had an all male and all female competition. This allowed several Groups to be able to form a full team and participate in the team drill competition. There were female teams from Group 4,5,7,11,12,14, and 19. There were male drill teams from Group 4,5, and 19. All the teams did a great job and all their hard work shined. The team drill competition is always intense. Drills are something that keeps our organization unique. During the year, the kids may complain or fuss about practice but when we are all together, the seriousness and competitiveness of the drill competition is like nothing else.

Closing of the 50th International Slet was a memorable moment. As always, we did our presentation of Group banners, and the drill exhibition. This year, we were happy to see past Supreme Officers in presence. These officers have been instrumental to guiding us to where we are today. In attendance for recognition were: Past Supreme Sports Directors: Larry Glugosh, Steven Pogorelec and Edward Moeller. Past Supreme Directors: Gregg Milanek, Joe Harak, Dusan Dorich, Roger Manyak. Past Supreme

Directress: Kathleen Smolkowicz, AnneMarie Trethaway, Susan Blosser and Kathleen Watkins. In honor of these leaders, the participants performed a MashUp drill that consisted of past songs and choreographing established during their time of leadership. We finished the exhibition with the long cherished Chariots of Fire Mass Drill. The participants performed it the first time and for the second performance, we asked all to join. Watching past participants, leaders and current participants all perform together as one was heartwarming.

The winners of the 50th International Slet were accomplished by Group 5! Group 5 is directed by David and Daniel Underation and Jayme Blosser. Their commitment, leadership skills and positive attitudes shined and led them to the Championship Flag.

The 50th International Slet was a celebration of a lifetime. As a supreme officer, this is my 20th year on the Supreme Physical Fitness Board and my first term as the Supreme Directress. I am so proud to have been able to have this position and see the organization continue in such great traditions. The amazing part of these events is seeing the children that once competed as cute, timid little 8 year olds are now fiercely competitive 20-30 year olds who continue to carry on the passion of the Slet and love of this great organization.

A huge thank you to the Supreme Physical Fitness Board for the endless hours we spent organizing this event. Our monthly zoom meeting, endless text, chats and emails provided an experience of a lifetime. Thank you to the Board of Directors who provided support when needed. Thank you to the group level Directress and Directors. Because of your leadership, organizational skills and love for this event, we were able to celebrate together. Lastly, thank you to my insanely supportive husband Nathan, and children Hailey, Connor, Colin. who have dealt with endless hours of me chatting on the phone with group leaders, discussions with the BOD and SPFB members, and having zoom meetings well into the night. The mom 'wave' to leave the room was in full effect for the last few months.

On a personal note, this was my first Slet to have all three of my children competing. I saw the excitement in their faces of winning and disappointment of losing. But, most of all, I watched them have the same excitement in their faces of meeting new friends and making new memories that I once did as a child and continue to do so as an adult. At the end of the Slet, all the scores, all the tiredness, and all the medals do not matter. The importance is we build friendships, memories and connections to keep us alive. Let's keep this alive for 50 more years!

Zdar Boh,
Katie Swift
Supreme Directress



L-r: Supreme President Michael Horvath, Honorary Supreme Officers Larry M. Glugosh and Steven M. Pogorelec, and Supreme Secretary Scott T. Pogorelec.



S.K.S. 34TH QUADRENNIAL CONVENTION



Group 6 Charleroi, PA



Group 2 Bridgeport, CT



Group 9 Johnstown, PA



Group 1 Passaic, NJ



Group 3 Douglas, MA



Group 7 Wilkes-Barre, PA



Group 12 Reading, PA



Group 5 Cleveland, OH



Group 11 Minneapolis, MN



Group 19, Toronto, ON



Group 16 Detroit, MI



Group 14 Pittsburgh, PA



Group 17 Youngstown, OH





UKRAINE RECEIVES TWO ZUZANA 2 HOWITZERS FROM SLOVAKIA



Ukrainian Ambassador to Slovakia Myroslav Myronovych Kastran received two Zuzana 2 self-propelled howitzers in Dubnica nad Vahom (Trencin region) on Tuesday, August 2, with caretaker Premier Ludovit Odor in attendance.

These are the first two howitzers of 16 that are being manufactured for Ukraine by Dubnica-based state-run company Konstrukta-Defence. The project, worth over €90 million, is being financed by Norway, Denmark and Germany.

The premier called the production of howitzers for Ukraine an example of how international cooperation works and proof of joint solidarity with Ukraine.

"The defence of Ukraine and the ability to face Russia's aggression is in the interests of all of us. "A world in which rules do not apply and international rules are not respected is unacceptable for us. It's our duty to help where we can and how we can," stated Odor.

According to the premier, the quality of the Zuzana 2 howitzers proves that Slovakia can produce modern technology that meets the toughest international criteria. Konstrukta-Defence is already in talks with a Ukrainian arms company concerning further cooperation. The result should be a prototype of a new howitzer.

Caretaker Defence Minister Martin Sklenar said that the idea of the international project was born last October. Konstrukta-Defence will hand over an additional 14 Zuzana howitzers to Ukraine over the upcoming months, with the last one due to arrive in the country next year.

Ambassador Kastran praised the support of the international community that resulted in the delivery of the Zuzana howitzers.

"This attests to the fact that fortune has changed,

and Russia is not succeeding in its ambition to tire us out, intimidate us and blackmail us with, for example, nuclear threats. Many thanks to the governments of Slovakia, Norway, Denmark and Germany. This project serves as a model of successful cooperation and the basis for new military and technical cooperation between Slovakia and Ukraine," stated the ambassador.

PRESIDENT HAS GIVEN PERMISSION TO NINE SLOVAKS SO FAR TO SERVE IN UKRAINIAN ARMY

President Zuzana Caputova has allowed nine Slovaks to serve in the Ukrainian army so far, TASR learnt from President Office's communication department director Jozef Matej.

"From February 24, 2022 to August 2, 2023, the Slovak president issued a total of 35 decisions, including nine permitting and 26 not permitting service in the Ukrainian Armed Forces," said Matej.

According to the law, service in foreign armed forces must be allowed by the Slovak president.

ILLEGAL MIGRANTS INCREASING

Almost 10,000 refugees, mainly from Syria, have been recorded since the beginning of the year in some regions of western and central Slovakia. They unintentionally become stuck in Slovakia. Hungary, from where they come across the common border, does not want to accept them back. The Czech Republic, to which they are trying to cross to get further west, returns them to Slovakia.

SLOVAKIA CONTINUES TO SUPPORT TRANSIT OF AGRICULTURAL COMMODITIES FROM UKRAINE

Slovakia supports corridors of solidarity through which agricultural products from Ukraine reach world markets, Agriculture and Rural Development Minister Jozef Bires, Transport Minister Pavol Lancaric, parliamentary agriculture and environment committee chairman Jaroslav Karahuta and Prime Minister's adviser for EU affairs Lubica Karvasova concurred at an online meeting with Ukraine's Agrarian Policy and Food Minister Mykola Solskyi and Ukrainian Ambassador to Slovakia Myroslav Kastran.

"We perceive that the crisis caused by the Russian invasion has affected the entire agricultural sector in the EU and, together with the European Commission, we will continue to look for common solutions that will contribute to improving the current serious situation in Ukraine. I consider Russia's attitude, which prevents the supply of agricultural products to world markets, to be unacceptable," stated Bires.

The head of the Agriculture Ministry emphasised that,

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

from Slovakia's point of view, it's also necessary to deal with the secondary consequences of imports from Ukraine due to overflowing storage capacities of regular buyers of cereals as well as further shortfalls in revenues and the growing volume of imports of sugar, honey and eggs, which also negatively affect European markets, but primarily the states bordering Ukraine.

TOTAL OF 72,993 PEOPLE APPLIED TO VOTE BY MAIL FROM ABROAD

A total of 72,993 people applied to vote by mail from abroad in the snap general election due to be held in September.

This is the highest-ever number seen in the history of independent Slovakia. Meanwhile, more than 3,000 people of the total have already submitted their ballot for the election.

"I believe that the significantly high interest in voting by mail can be attributed, among other reasons, to the fact that the system is now simpler and also because there was an information campaign by the Interior Ministry and other ministries, while other organisations were also involved quite effectively," Odor opined.

The premier noted the number of applications indicates voter interest but doesn't automatically mean that all those who applied will cast their vote in the end.

Votes sent by mail are processed and counted when they are delivered to the Interior Ministry, and they must be delivered by September 29.

The applications came from a total of 131 countries, with the largest proportion originating from the Czech Republic.

VATICAN SECRETARY OF STATE TO VISIT SLOVAKIA IN SEPTEMBER

The Vatican's Secretary of State Pietro Parolin will come Slovakia according to the Slovak Bishops Conference of Slovakia. Between September 14-16 he should visit Bratislava, Sastin (Trnava region), Kosice and Klokočov (Kosice region). The cardinal will arrive on the occasion of the 30th anniversary of the restoration of diplomatic relations between Slovakia and the Holy See, the 1,160th anniversary of the arrival of Saints Cyril and Methodius on Slovak territory, the 20th anniversary of a visit by St. John Paul II to Slovakia and the second anniversary of the visit of Pope Francis in 2021.

WOMAN ACCUSED OF TERRORISM RELEASED FROM CUSTODY

The Slovak woman accused of terrorism, Renata D., was released from custody on Monday. The decision was made by the Specialised Criminal Court (SCC) in Banská Bystrica. The decision is not final, her lawyer Rastislav Urbáni confirmed. The restrictions imposed on her include a ban on travelling abroad and the obligation to surrender her passport. Her whereabouts will be monitored by technical equipment. She was repatriated from Iraq to Slovakia and subsequently charged with terrorism in February.

Renata D. was charged with supporting a terrorist group, war crimes and endangering the moral education of young people. According to the prosecution, she travelled to Syria with her two children at the turn of 2014 and 2015 to join her husband, a doctor by trade and a fighter in the service of the Islamic State. She did so despite the risk of exposing her children to the dangers of the then ongoing Syrian civil war and the arbitrary rule of the Islamic State in the country. While in Syria, she and her husband allegedly raised their children in the ideology of radical Islam.

SLOVAK UNEMPLOYMENT STAYED JUST BELOW 4% IN JULY

Slovak unemployment was 3.98% in July, staying nearly identical to June when it reached 3.92%. It is the third month in a row when unemployment was below 4%.

In month-on-month terms, it is an increase of 0.06 percentage points, and compared to July 2021, it is a decrease of 0.62 p.p.

"The level of unemployment this year is nearing the historically lowest in post [communist] Slovakia, and it is nearing the level before the pandemic," the state secretary of the Ministry of Labour, Family and Social Affairs Juraj Kacer commented.

Kacer also noted that "the labour market is in good condition" though job openings are growing "surpassing 80,000".

The long-term number of job applicants has decreased for over 12 months, dropping from 74,215 in January to 69,962 in July. "There were more than 96,000 job applicants two years ago," general director of the labour office Karol Zimmer stated.

Analysts from the Institute of Social Policy noted that the m-o-m increase is seasonal, with the summer slowing down the drop-down among job applicants. In June, 16,022 job applicants obtained jobs, while it was 13,231 in July.

"August level should be comparable to the July one," analysts noted, adding that secondary school graduates could increase the overall unemployment level in September.

55 YEARS SINCE INVASION OF CZECHOSLOVAKIA

On Sunday, August 20th, Slovakia marked 55 years since the Warsaw Pact troops invasion of the Czechoslovak Socialist Republic which began on the night of 20-21 August 1968.

The event led to a halt in the country's democratisation process. In November 2020, Slovak MPs added 21 August to the list of commemorative days as the Day of the Victims of the Occupation of Czechoslovakia in 1968.

The list of commemorative days was also extended to include 21 June as the Day of the withdrawal of the occupying Soviet troops from Czechoslovakia in 1991. These two days mark 23 years of occupation.

The invasion of Czechoslovakia was the largest armed action in Europe since the end of the Second World War.

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.

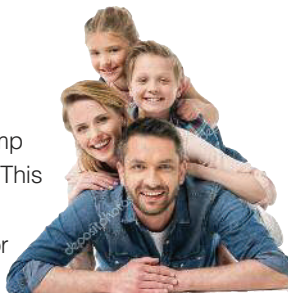
Legacy Life

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 Opportunity

The Vantage 5 and 7 are our longer-term deferred 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 contract

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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E-mail: sales@scslife.org

www.scslife.org

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Dear Brother Pogorelec,

I am thankful to have been selected as one of the recipients of Jerome M. Koval, O.S.B. Memorial High School Grants. I am thankful for the gift of Catholic School education and blessed to attend Berks Catholic High School. I am appreciative of the generosity of this grant to continue my education at Berks Catholic High School. Thank you again for this generous and thoughtful gift.

Zdar Boh!

Sincerely,

Cole R. Baker

Dear Slovak Catholic Sokol,

Thank you for choosing me as a recipient of the Slovak Catholic Sokol Catholic Grade School Grant for 2023. I am so Honored and Blessed to be a part of a Fraternal Organization that helps builds my faith and teaches me about my heritage. Zdar Boh!

Seamus Fitzmaurice

Slovak Catholic Sokols,

Dobrý deň! Thank you for selecting me as a recipient of the 2023 Catholic Grade School Grant. My education, faith, and heritage are very important to me. I am very blessed to be part of such an amazing Fraternal Organization. Thank you again for this opportunity.

Jonathan Fitzmaurice

Dear Slovak Catholic Sokol,

I am beyond blessed that you chose to support my education. This grant has relieved much financial burden regarding my studies. Following graduation, I am looking forward to repaying this generosity by supporting my community.

Thank you,

Jenna Troxil

Dear Slovak Catholic Sokols,

I am writing to express my sincere gratitude for the scholarship that I have been awarded.

Growing up in a large family with eight siblings, I learned the importance of hard work, independence, and the value of family. I am currently paying my own way through college, and receiving this scholarship will provide me with financial stability and alleviate some of the stress associated with pursuing higher education.

I will be starting an accelerated dental assisting program, and my ultimate goal is to pursue a degree in dental hygiene or dentistry. I chose this field because I am passionate about healthcare and helping others, and I love the idea of working in a small, close-knit medical office with flexible scheduling options that allow me to prioritize my family.

To prepare myself for this journey, I have been actively gaining experience in the dental field. I have been working as a receptionist and dental sterilization technician, which has provided me with valuable insights into the administrative and sterilization aspects of dental care. These experiences have reinforced my passion for the field and further solidified my commitment to pursuing a career in dentistry.

Receiving this scholarship means a great deal to me, as it will help me achieve my educational and career goals. With your support, I will be able to focus on my studies and graduate, which will allow me to give back to my community sooner. Thank you for investing in me and for supporting my aspirations. I

WALKING PROGRAM

We still have 4 months left for Groups, Wreaths or Assemblies to earn rewards for holding a Group Walk!! Send me a photo and summary capturing monthly themes. Include the type of organization (Group, Wreath or Assembly), contact person and address, and a photo. Send pictures and the summary to Nancy Kropolinsky, 1853 Wingate Road, Youngstown, Ohio 44514 or post on Face Book to be eligible for monthly prizes.



September- Celebrate any of the following on your walk- Talk like a Pirate Day, Hug your hound Day, Happy Cat Month, or Grandparent's Day.

October- To Celebrate positive energy, walk to "Do something nice", walk on October 7 for "World Smile Day", or walk on October 14 with a loved one for "National I Love you Day".

November- Walk with gratitude and thankful intentions.

December- Take a Wintry Walk.

The purpose of the Slovak Catholic Sokol Walking Program is to promote a heart-healthy lifestyle. By exercising, each Walker will reach milestones to be eligible for awards. The pursuit of reaching the milestones leads to a healthier way of life.

To be eligible for participation, a Walker of any age, must be a member of the Slovak Catholic Sokol.

A member can start the program at any time during the year. The final Tally Sheet for that year must be submitted no later than January 31 of the following year.

Miles walked can be sent to the coordinator monthly, quarterly or at the end of the year. Information should include total miles walked and location/setting.

Mileage from each year will determine the prize awarded. Every Walker will receive an award.

Awards will be given for each milestone achieved by the 100's and will be determined by the coordinator.

Awards will be given in March of the following year.

am honored to be selected as a recipient of this scholarship and will work hard to make the most of this opportunity. Once again, thank you so much for your generosity and support.

Sincerely,

Laura Matlon

Dear Slovak Catholic Sokol,

I am writing this letter to acknowledge that I received the check for the 2023 Theodore and Mary Jane Rich Scholarship award. I just want to again extend my extreme gratitude for this opportunity which means the world to me in assisting in furthering my education at Saint Francis University.

Thank you again,
Zachary Eckenrode

Mr. Moeller and the Slovak Catholic Sokol Scholarship Committee,

I am honored to receive once again the Slovak Catholic Sokol Scholarship! The check arrived yesterday. The money will help me to achieve my dream to become a vet.

I spent the summer as a giraffe and zebra keeper intern at the Lehigh Valley ZOO. The experience has been wonderful and has confirmed my decision to attend vet school.

Thank you again!

Camille Griffith

GROUP 11 ANNUAL MEETING

Group 11 will hold their annual meeting on Sunday, October 15, 2023 in Minneapolis, MN. Hosts for the meeting will be Assembly 34 and Wreath 47.

Mass will be offered at the Church of Sts. Cyril & Methodius, 13th Ave. & 2nd St. N.E. at 9:00 a.m. The meeting will begin at 10:00 a.m. in Father Dargay Hall. Coffee and rolls will be available before the meeting.

All delegates and guests from Minneapolis, Duluth MN/Superior, WI, Wreath 21, and Ironwood, Michigan Assembly 155 are requested to register with the Group Secretary, by October 8, 2023.

Zdar Boh!

David. J. Genosky,
President

James T. Genosky

1001 - 42nd Ave. N.E. #102 Minneapolis, MN 55421
tel. #: 763-789-9196

SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

The Saints Cyril and Methodius Appeal is in its 45th 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 17, the 2023 Appeal has received \$22,963.51 from 183 donors. Among the 56 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 94 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. Hvozdivic, 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.

45TH ANNUAL SS. CYRIL AND METHODIUS APPEAL

Name _____

Address _____

City _____

State _____ Zip _____

Amount \$ _____

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

45TH SLOVAK HERITAGE FESTIVAL
IN NEW JERSEY
24TH SEPTEMBER 2023

PROGRAM 2023

CATHOLIC MASS
10:30 AM

MAIN PROGRAM
1:30 PM

LIMBORÁČIK
2 PM | CHILDREN'S FOLKLORE ENSEMBLE | NEW YORK | NEW YORK

LIPKA
2:30 PM | CHILDREN'S FOLKLORE ENSEMBLE | LINDEN | NEW JERSEY

LITMANIVKY
3:40 PM | FEMALE FOLK SINGING GROUP | LITMANOVÁ | SLOVAKIA

ŠARIŠAN
4:30 PM | FOLK ENSEMBLE | PREŠOV | SLOVAKIA

M.VALIHORA | D.KOLLER | LASH&GREY
6 PM | BAND FROM SLOVAKIA & CZECH REPUBLIC

SUPPORT OUR FESTIVAL GOFUNDME

SCAN WITH YOUR PHONE CAMERA

at Middlesex County Fair Grounds | 655 Cranbury Rd. | East Brunswick | NJ 08816 | www.slovakfest.org
FOR VENDORS INFORMATION PLEASE FEEL FREE TO EMAIL US TO vendors@slovakfest.org OR CALL 203-536-1908

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POBORTO NAŠ FESTIVAL, SUPPORT OUR FESTIVAL

gofundme



KIDS' CORNER "Detský kútik" - - September 2023

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

Just a reminder.....I 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!!

HAPPY BIRTHDAY TO YOU!!!!!!

Kyle Peterson 9/4
Ben Underation 9/4
Ally Moeller 9/17
Connor Seifert 9/20
Nathan Radtke 9/26
Evan Radtke 9/29
Lyla Mae Freeman 9/30



Best Messages and Wishes for
LABOR DAY CANADA

©Bestmessage.org

"I wish that God imparts all the strength to each one of us to keep working harder in life, to keep moving ahead with greater force and focus and to keep growing in life...."

Warm wishes to you on Labor Day Canada."



KIDS' CORNER "Detský kútik" - - September 2023

LABOR DAY WORD SEARCH

Name: _____

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

Barbeque
Celebrate
Cookout
Employee

Federal
Labor
Monday
Movement

Seersucker
Summer
Union
Worker



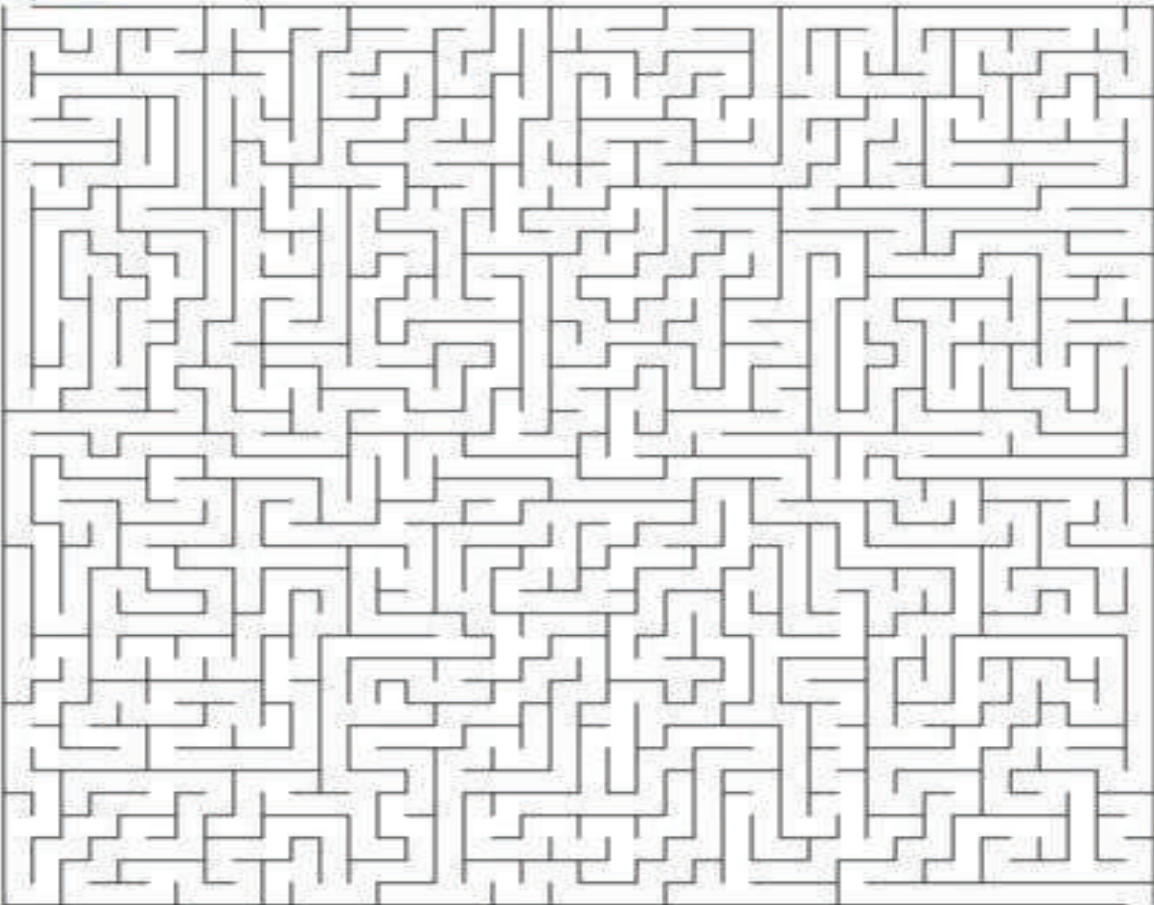
KIDS' CORNER "Detský kútik" - - September 2023



Name: _____

Find the Way to the School

Directions: Help Froggie get to school.



© www.HaveFunTeaching.com

BACK-TO-SCHOOL TIPS FOR A SUCCESSFUL START

The start of the new school year is always cause for excitement. It's also a big change to routines for both kids and parents. To help keep the beginning of the school year fun and not frightful, we have a list of tips to keep the whole family happy.



Many children get nervous about unknown situations. This can include a change of teacher, classroom, or maybe they are going to a whole new school. This doesn't just happen for children new to school. This can happen for students of all ages. Before school kicks off, take some time to do something fun with your child that will also give you time to chat. Maybe take a walk, make a picnic and sit together outside. Take this time to ask them what they are most excited for and if they are nervous about anything. This gives you a dedicated time to let them know it's natural to be nervous and you can talk through it together.

School year hours may vary widely from summer hours. Get your kids started early on their bedtime and wake-up routine! Adjusting wake-up times by 15-30 minutes for one to two weeks before classes start can help everyone have a happier morning when they need to get to class on time.

Depending on the age of your child they may start coming home with homework sooner rather than later. Have your child help pick a dedicated study spot in your home. Let them decorate, pick up supplies and even put their name on it so they know it's their special spot.

For children taking the bus for the first time it can be a daunting experience. Consider meeting up with one of your child's neighborhood friends a few minutes before the bus arrives so they can sit together. They can then support each other and help each other start the day off on the right foot.

Take some time over a meal to talk about your family's day – what did you enjoy the most and the least, what do you look forward to. Engaging in these conversations regularly with your child will help everyone understand each other better and give your child something to look forward to at the end of the day. The more consistent these conversations are, the more likely you are to avoid the dreaded, “nothing!”, when asking your child what they learned today.

During the school year, students sometimes like to participate in extra-curricular activities such as sports, band, clubs, and organizations. It is important for them to seek a balance between academics and after school programs, so they don't fall behind in school. Parents will want to keep an eye on their child's progress in school to see if grades are slipping. Typically, parents and students can keep track of grades on a weekly basis through the school's online grade book.

Parents may want to encourage their children to ask for help when they are struggling with assignments and projects. If students allow their pride to get in the way, it could result in poor homework grades and possibly failing the course for a marking period or even the year. Students will want to attend any office hours or help sessions the teachers offer in case they are struggling with the material. They will want to begin the year with a strong foundation of their courses, so they can continue to build upon new concepts as the school year progresses.

WHEN IS THE FIRST DAY OF FALL 2023?

As the summer heat lingers, we yearn for the first day of fall—time to go apple picking, or, perhaps, to take a long weekend to enjoy one of the best small towns for leaf peeping.

The first day of fall is Saturday, September 23, 2023—the same day as the autumn equinox—in the Northern Hemisphere. The date varies slightly year to year, but it is usually September 22 or 23. On rare occasions, it can fall on September 21 or 24.

In the Southern Hemisphere, then the seasons are reversed. The September equinox actually signals the start of spring.

What is an equinox?

An equinox occurs the moment that the sun is aligned with the Earth's equator. There are two equinoxes every year—one in September and one in March—and they occur at seasonal transition points, determining the first day of fall and the first day of spring.

Translated from Latin, the word equinox means “equal night.” However, in reality, this is not a precise definition. During an equinox, day and night are nearly equal in length.

When day and night are exactly 12 hours each, that is called an equinox, meaning “equal light.” Though the date of an equinox depends on your latitude (and never occurs on the equator), it usually falls a few days before a spring equinox and a few days after an autumn equinox.

The autumn equinox marks the first day of the fall season and the coming of nights that are longer than the days.

For those of us living in the Northern Hemisphere, the autumn equinox happens in September. (In the Southern Hemisphere, the autumn equinox happens in March, and the reverse is true for the spring equinox, also known as the vernal equinox).

After the autumn equinox, nights grow progressively longer than days through the last day of fall, or December 20 this year. Fall ends when we reach the shortest day of the year—the winter solstice.

How is the autumn equinox related to the Harvest Moon?

Though it is the angle of the moon's orbit in relation to Earth that is responsible for the qualities of the Harvest Moon—namely, a bright full moon that rises near sunset for three days in a row—it's the fall equinox that determines the date of this annual lunar event.

The Harvest Moon can occur in September or October, depending on which full moon on the calendar is closest to the autumn equinox. In 2023, that will be the full moon on September 29.

In the days before electricity, the Harvest Moon aided farmers working long hours to finish the fall harvest.

The autumn equinox happens at the same moment worldwide, so the answer depends on your time zone.

When does Daylight Saving Time end?

Once fall arrives, you might start thinking about changing your clock. Not so fast! We have a few more weeks before Daylight Saving Time ends. This year, we'll “fall back” on Sunday, November 5.

OBITUARIES

ANDREA AMES PAPCUN

AUGUST 10, 1951 - AUGUST 10, 2023

Andrea Ames Papcun, age 72, passed away peacefully on her birthday August 10th, 2023. She was born in 1951 in Detroit, Michigan, the second eldest daughter of Maryann & Lester Ames.



Andrea is survived by her husband Mark of whom she spend 42 wonderful years as best friends and partners in both work and retirement. Andrea and Mark met at a Fruehauf Trailer Company Christmas Party in 1978 where they were both employed and were later married on September 18, 1981. They resided in

Rochester Hills for nearly all of their married life. More recently, Andrea spent over twelve winters with Mark at their home in Coldspring, Texas in order for her to be close to her mother and siblings.

Andrea applied her many skills and talents throughout a wonderful financial working career. She proudly earned a Bachelor of Accounting degree from Walsh College soon after her years at Transfiguration at St. Stanislaus in Detroit. She put her degree to good use. She rapidly progressed through Fruehauf's Branch Accounting and Financial Analysis departments holding numerous supervisory positions. There at Fruehauf, she developed many dear and lifelong friends with whom she maintained a close and constant contact throughout her entire life.

Andrea's favorite rest and relaxation was cruising. She loved to travel and see the world, having been fortunate enough to visit destinations such as Spain, Italy, Iceland, England and France, those among many others. She was an excellent photographer. Every year she produced a family calendar that showcased her original handiwork and distributed them as Christmas presents to family members, making sure that everyone's birthday and anniversary dates were duly noted. She never missed anyone's birthday. It seems so fitting for her to have passed away then on her birthday.

Andrea had many hobbies and interests in addition to travel and photography. Throughout the years she enjoyed many crafts hobbies such as crochet, needle point and cross stitch. During her working years she was an avid bowler, golfer and baseball player. For each of her sports, she relished the weekly leagues' social gatherings with her competitive lady friends. Andrea was also an active participant and current President for Group 16 of the Slovak Catholic Sokol.

In addition to Mark, Andrea is survived by her mother MaryAnn Ames, siblings Suzanne Schettenhelm (Karl), Cynthia Burch (Joe), Steve Ames, Denise Shoaff (Rick), and Melanie Hanus (Matthew). She also is survived by

In-Law siblings Daniel (Barbara), John (Sharon), Donald (Claire), Stephen (Paula) and Elizabeth (Joseph). Andrea also leaves behind many loving nieces and nephews with whom she cherished as if they were her own.

Memorial donations for Andrea are requested to made to the Lighthouse of Michigan (46156 Woodward Ave, Pontiac MI 48342). Fond memories can be shared at Potere-Modetz Funeral Home web site modetzfuneralhomes.com



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.



IN MEMORIAM

JULY 2023

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 9	Andrew John Liscinski of Sebring, FL	89	July 18, 2023
Assembly 11	Joyce Ann Price of Merrifield, MN	66	June 27, 2023
Assembly 16	John P. Charmo of Glassport, PA	68	July 6, 2023
Assembly 24	Evelyn J. Eckardt of Bonton, NJ	98	March 24, 2023
Assembly 39	Miranda L. Hanson of Frederick, VA	41	May 1, 2023
Assembly 59	Frances Deets of Wilkes Barre, PA	76	July 29, 2023
Assembly 64	John P. Palkovic of Punta Gorda, FL	71	April 25, 2023
Assembly 71	George A. Germak of Forty Fort, PA	87	June 14, 2023
Assembly 78	Edward M. Bolcar of Bethlehem, PA	94	June 19, 2023
Assembly 78	Helen Dominguez of Milford, DE	96	July 6, 2023
Assembly 86	Mary A. Vitek of Pittston, PA	92	June 20, 2023
Assembly 104	David M. Miklos of Pittsburgh, PA	62	July 8, 2023
Assembly 108	Michael F. Sweda of Youngstown, OH	63	June 6, 2023
Assembly 108	Margaret Manofsky of Flat Rock, NC	92	June 26, 2023
Assembly 162	Elaine Parodi of Maywood, NJ	74	July 6, 2023
Assembly 182	Michael Drinka, Jr. of Flanders, NJ	75	March 20, 2023
Assembly 188	Bernard R. Gurka of Mt. Top, PA	69	July 12, 2023
Assembly 219	Mary R. Page of Wallkill, NY	81	July 15, 2023
Wreath 15	Darla McLaughlin of Charleroi, PA	73	July 10, 2023
Wreath 34	Augustine Stefanek of Naples, FL	96	May 9, 2023
Wreath 54	Terrah Lynn Yeager of Johns Island, SC	42	May 29, 2023
Wreath 54	Marilyn L. Antal of Youngstown, OH	65	June 17, 2023
Wreath 54	Doris L. Hruska of Youngstown, OH	71	June 27, 2023
Wreath 85	Dorothy Jezewski of Ambridge, PA	95	June 13, 2023
Wreath 93	Mai Xiong of St. Paul, MN	83	June 8, 2023
Wreath 93	Emily McNulty of Wauwatosa, WI	98	June 26, 2023
Wreath 93	Rachael J. Kaster of S. Milwaukee, WI	40	July 14, 2023
Wreath 157	Marie A. Reis of Nesquehoning, PA	87	May 11, 2023

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.



Originálny projekt rekonštrukcie Múzea moderného umenia Andyho Warhola v Medzilaborciach pod názvom MMUAW 2.0 sa po takmer štyroch rokoch rekonštrukcie stáva realitou. Od apríla 2023 začína etapa revitalizácie a dostavby tohto výnimočného múzea, ktoré je po Warholovom múzeu v Pittsburghu (USA) jediným svojho druhu na svete.

Múzeum moderného umenia Andyho Warhola v Medzilaborciach bolo založené v roku 1991 z iniciatívy J. Warholu, M. Bycka a F. Hughesa. Múzeum zvýrazňuje predovšetkým autobiografické časti jeho expozícií, ktoré poukazujú na rusínsky pôvod a život Andyho Warhola. Obec Miková, ktorá sa nachádza neďaleko Medzilaboriec, je dodnes akýmsi „teleskopickým“ rodiskom Andyho Warhola, keďže je miestom, kde žili jeho rodičia. Matka Andyho Warhola, ktorá začiatkom 20. storočia emigrovala do USA, neskôr sprítomňovala svojmu synovi rusínsky pôvod, ale i krajinu, ktorú sám nikdy nenavštívil.

Návštevníci múzea budú môcť okrem samotných diel Andyho Warhola vidieť aj diela ďalších svetoznámych umelcov.



UHORKY SÚ LETNÝ ZÁZRAK

Uhorky majú vysoký obsah vody, až 96 percent, sú preto vhodné na zlepšenie hydratácie organizmu v letných horúčavách. Obsahujú množstvo vitamínov (C, A, K, B) a minerálnych látok (draslík, horčík, mangán, kremík), ktoré pomáhajú posilňovať imunitný systém, srdcovú činnosť a prispievajú k skrásleniu pokožky, nechťov či vlasov. Okrem toho podporujú ich rýchlejšiu rast.



Kremík nachádzajúci sa v uhorkách posilňuje kĺby, šľachy, chrupavky a väzivá. Uhorky v sebe skrývajú dôležitý enzým erepsín, ktorý štiepi bielkoviny, a tým zlepšuje využitie bielkovín v organizme.

Protizápalový flavonol nazývaný fisetin zlepšuje pamäť a ochráni nervové bunky pred starnutím. Šťavy, ktoré sa z uhoriek uvoľňujú počas ich hryzenia a žuvania v ústach, potláčajú zápaly dásien a urýchľujú ich hojenie. Dostatočné množstvo vlákniny v zase zabezpečí správny pohyb čriev, v kombinácii s vysokým obsahom vody podporí vyprázdňovanie a zabráni zápche.

Výťažky z uhoriek sa vo veľkej miere používajú na kozmetické účely. Dokážu zjemniť, osviežiť, upokojiť a hydratovať pokožku, zmenšiť póry a celkovo rozjasniť a zlepšiť stav pleti. Vďaka obsahu polysacharidov vytvárajú tieto extrakty z uhorky na pokožke „gélovú“ vrstvu (podobne ako aloe vera), ktorá pôsobí ako bariéra a udržuje vlhkosť.

Výťažky z uhoriek sú účinné aj na slnkom spálenú pokožku a taktiež, ak treba zredukovať kruhy pod očami.

Uhorky pochádzajú z Indie, patria medzi najstaršie úžitkové plodiny. Veľmi obľúbené boli v starovekých civilizáciách Egypta, Grécka a Ríma, kde ich nielen konzumovali, ale využívali aj blahodarné účinky uhoriek na hojenie pokožky. Dnes poznáme veľké množstvo odrôd uhoriek, ktoré sa pestujú po celom svete. Majú rôzny tvar a ich sfarbenie je zvyčajne tmavozelené. Vnútri sa nachádza výdatná, chrumkavá a šťavnatá dužina, vrátane semiačok, ktoré sú tiež jedlé. Ideálne je konzumovať uhorky čerstvé, možno ich však pridať do citrónovej vody, alebo si pripraviť osviežujúcu uhorkovú šťavu.

REZORT OBRANY: NEUTRALITA SR BY BOLA HAZARDOM

Neutralita Slovenska by bola hazardom s bezpečnosťou. Znamenala by aj obrovské navyšovanie financií na obranu. Ministerstvo obrany (MO) SR na to upozornilo v reakcii na niektorých verejných aktérov volajúcich po neutralite SR a vystúpení z NATO. Podotklo, že neutralita ako možnosť pre Slovensko neexistuje.

“Takýto scenár by bol priamym ohrozením nášho bezpečia a potenciálne aj hrozbou pre existenciu nášho štátu,” skonštatovalo MO SR na sociálnej sieti. Ako argumentovalo, Severoatlantická aliancia je najväčšou, najsilnejšou a najúspešnejšou obrannou alianciou na svete a spolu s Ozbrojenými silami SR je hlavným garantom bezpečnosti.

Členstvo v NATO podľa ministerstva dáva istotu, že si na Slovensko netrúfne zaútočiť potenciálny agresor. “Rusko si dovoľilo napadnúť Ukrajinu, lebo bola neutrálna a priamo ju nechránil aliančný dáždnik,” poznamenalo MO SR. Pripomenulo aj udalosti z roku 1968.

MESAČNÁ MINIMÁLNA MZDA V ROKU 2024 BUDE VO VÝŠKE 750 EUR

Zástupcovia zamestnávateľov a zamestnancov sa na rokovaní Hospodárskej a sociálnej rady (HSR) SR dohodli na určení sumy mesačnej minimálnej mzdy na rok 2024. Mesačná minimálna mzda v roku 2024 bude predstavovať sumu 750 eur. Na tlačovej konferencii o tom informoval premiér Ľudovít Ódor.

“Nie je to štandard na Slovensku a už vôbec nie v poslednom období, že existuje konštruktívna diskusia a podarí sa nájsť kompromis, aj keď je každá strana svojím spôsobom nespokojná. Odborári by chceli vyššie mzdy pre svojich zamestnancov a podnikatelia si musia chrániť konkurencieschopnosť,” povedal Ódor s tým, že ho teší, že k dohode došlo.

Ministerka práce, sociálnych vecí a rodiny Soňa Gaborčáková v súvislosti s dohodou medzi zamestnávateľmi a zamestnancami pripomenula, že žiadna strana nie je stopercentne o dohode presvedčená. Rokovania o mzde by mali byť postavené na dátach a nie emóciách. “Teším sa, že Aliancia sektorových rád bude zastrešená zástupcami obidvoch strán a do budúcnosti sa môžeme oprieť o tieto dáta,” uviedla Gaborčáková.

Zástupcovia organizácií zamestnávateľov a odborárov tiež potvrdili, že je potrebné, aby sa vláda ku mzdám postavila zodpovedne a poskytovala dáta, na základe ktorých budú môcť viesť diskusiu. – TASR

KRÁTKE SPRÁVY ZO SLOVENSKA



Podľa posledných dát Národnej banky Slovenska klesli ceny nehnuteľností v priebehu necelého roka až o deväť percent. Rovnako ceny spadli aj v medziročnom porovnaní, o 6,5 percenta. Aktuálne hodnoty sa tak priblížili k tým z roku 2008. Podľa odborníkov na realitný trh je však dnes situácia oproti minulosti odlišná. Do budúcnosti očakávajú ďalší pokles.

O voľbu poštou zo zahraničia v septembrových predčasných parlamentných voľbách požiadalo 72.993 občanov. Ide o historicky najvyšší počet. Žiadosti prišli zo 131 krajín sveta. Najviac záujemcov bolo z Českej republiky. Slováci však prejavili záujem voľiť napríklad aj z Madagaskaru, Grónska či Zimbabwe. Predčasné parlamentné voľby budú 30. septembra. Volebná kampaň sa začala 9. júna, keď bol vyhlásený termín volieb.

Peter Sagan sa lúči s cestnou cyklistikou a rovnako dáva zbyhom aj tímu TotalEnergies. Vo francúzskej stajni pôsobil dve sezóny a hoci sa špekulovalo, že 33-ročný Slovak zostane súčasťou tímu a na budúci rok absolvuje niekoľko prevažne exhibičných pretekov na ceste, opak je pravdou. Žilinský rodák už dávnejšie informoval, že jeho budúcnosť je v horskej cyklistike. Tam ho budú podporovať jeho už tradiční partneri – výrobca cykloobuví Sportful, výrobca športových okuliarov „100%“ a predovšetkým jeho dvorný dodávateľ bicyklov, americká firma Specialized. Sagan bude v budúcej sezóne jazdiť za tím Specialized Factory Racing. Popularitu v USA, ktorá prehĺbila spoluprácu s dodávateľom bicyklov, získal aj vďaka úspešným výsledkom na Okolo Kalifornie, kde štartoval pravidelne od roku 2010.

Prezidentka Zuzana Čaputová dočasne pozbavila riaditeľa Slovenskej informačnej služby (SIS) Michala Aláča výkonu štátnej služby. SIS vedie jeho námestník. Voči Aláčovi vzniesli obvinenie zo zločinu založenia, zosnovania a podporovania zločineckej skupiny a zo zločinu zneužívania právomoci verejného činiteľa. S obvinením sa stotožnili dozorujúci aj službukonajúci prokurátor Úradu špeciálnej prokuratúry, pripomenul Štrížinec. Príslušník SIS sa podľa zákona musí dočasne pozbaviť výkonu štátnej služby, ak by jeho ďalšie ponechanie vo výkone štátnej služby ohrozovalo dôležitý záujem štátnej služby a je dôvodne podozrivý, že spáchal trestný čin.

“Tieto dôvody boli naplnené, keďže uvedených trestných činov sa podľa vyšetrovateľa mal Michal Aláč dopustiť v priamej súvislosti s výkonom funkcie riaditeľa SIS, jeho ponechanie vo výkone štátnej služby by ohrozovalo dôležitý záujem štátnej služby, ktorým je efektívne fungovanie domácich a zahraničných partnerských vzťahov založených na vzájomnej dôvere,” vysvetlil hovorca. Zároveň poukázal na to, že rovnaký postup uplatnila hlava štátu aj v minulosti v prípade obvinenia vtedajšieho riaditeľa SIS Vladimíra Pčolinského.

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2 PM | DETSKÝ FOLKLÓRNÝ SÚBOR | NEW YORK | NEW YORK

LIPKA
2:30 PM | DETSKÝ FOLKLÓRNÝ SÚBOR | LINDEN | NEW JERSEY

LITMANIVKY
3:40 PM | SPEVÁCKA SKUPINA | LITMANOVÁ | SLOVENSKO

ŠARIŠAN
4:30 PM | FOLKLÓRNÝ SÚBOR | PREŠOV | SLOVENSKO

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[http://slovakcatholicsokol.org/
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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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