



*Za Boha a národ*

*For God and Nation*

# Slovak Catholic Falcon

## Slovenský katolícky sokol

OFFICIAL PUBLICATION OF THE SLOVAK CATHOLIC SOKOL • MEMBERSHIP 30,000 • HOME OFFICE: 205 MADISON ST., PASSAIC, NJ 07055

Periodical Postage Paid at original entry of Passaic, NJ 07055 and additional mailing offices

VOLUME CXII

PASSAIC, NJ, OCTOBER 1, 2023

NUMBER 5180



## Message from our Supreme President

Michael J. Horvath

We all have our favorite season of the year that we think is better than the others but for me Autumn is the most beautiful and amazing season. There have been many poets that have used the seasons to explain life better than I can, but for me Autumn show the goodness of a year's trip around the sun, just as living our lives to see our children, nieces and nephew reach adulthood and be blessed to see our grandchildren and great nieces and nephews. This is the beauty and joys of our lives.



I am not alone in thinking Autumn is the best season of the year, some 40 percent of citizens of the world also view Autumn as the best season, especially those who are lucky to live in regions that see the four seasons. The 40 percent say they like Autumn because the fall foliage, Thanksgiving, the weather, fall food, Halloween, football, and the least liked is back to school. So, whatever you like about Autumn enjoy it since it will end quickly and all of us will have to wait another 270 days for the next time, we enjoy Autumn.

Our members in Canada will be celebrating their Thanksgiving on Monday, October 9, 2023. May all of you and your family and friends have a joyous holiday and being thankful for everything in your lives.

The Board of Directors held it 3rd quarterly meeting on Thursday, September 21, 2023, via Zoom. Our Supreme Secretary, Scott T. Pogorelec, F.I.C. gave the sales report for the past eight months highlighting insurance and annuity business and recommending new annuity rates beginning October 1, 2023, to position the Sokol to retain and attract new annuity business. The In-

vestment Team at PNC Institutional Asset Management gave the Board insight into the domestic and global economy, their outlook for the next six months, the current return on our investments and positioning of bonds to maximize returns for projected cash flow. Chairperson of the Auditors James G. Jerek presented the Semi-Annual Auditors report indicating all accounts were audited but the Slet and some other expenses will be audited at the annual audit. The Supreme Physical Fitness Board updated the Board on the Slet and Golf tournament and the sites of the 2024 fraternal activities.

Newly elected Director of Sport and Athletics, Kathleen S. Watkins is starting to plan for the next four years of Slovak Catholic Sokol fraternal activities and has reached out to the Board and the membership for ideas. Sister Kathy wants the Sokol to stand out by holding fraternal activities that will bring out the Sokol membership not only to socialize and compete but to bring in new members. If you have a fraternal activity you would like to see the Sokol organize or support send it to Sister Kathy, [kathyw323@gmail.com](mailto:kathyw323@gmail.com), and she will present the list to the Board for consideration.

During the Board of Directors meeting Brother Scott mentioned more member-to-member sales are needed to increase our membership. If each member brought in a new member we could double our membership. It seems like an easy task but will take a little work. If you have a family member or friend who is not a member introduce them to the Sokol and ask if Brother Scott can contact them to give them policy information. Let us see if the beauty of the Autumn season will increase Sokol membership.

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

## Slovak Catholic Falcon Slovenský Katolícky Sokol

ISSN:0897-8107

Established April 15, 1911

Official Publication  
of the Slovak Catholic Sokol

Issued Monthly

Editorial Staff:

Livia Karak

Daniel F. Tanzzone

Annual Subscription Rates:

United States \$40.00

All others countries \$45.00

POSTMASTER: Send address changes  
to

Slovak Catholic Falcon

P.O.Box 899, 205 Madison Street

Passaic, NJ 07055

Member of the Catholic Press Association  
and the

Slovak Newspapermen's  
Association of America

Proprietor and Publisher

SLOVAK CATHOLIC SOKOL

P.O.Box 899

205 Madison Street

Passaic, NJ 07055

HOME OFFICE HOURS:

MONDAY THROUGH THURSDAY

9:00 a.m. – 4:30 p.m.

FRIDAY

9:00 a.m. – 2:00 p.m.

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

### AWARENESS



I hope everyone is enjoying the beginning of the Fall season. This past month of September was, of course, Life Insurance Awareness Month which gave people the opportunity to examine their current and future insurance needs. As we move into October, the month brings awareness to another important condition that affects so many people and many of our very own members.



National Breast Cancer Awareness Month is an annual health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment, and cure. Breast cancer is the second most common kind of cancer in women. The good news is that most women can survive breast cancer if it is found and treated early enough. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of detecting breast cancer early.

There are many walks, runs, and activities around the country during this month to promote the awareness of this disease. There are also many charities associated with breast cancer that are looking for a donation of your time or financial assistance. I would like to urge all our members to get involved as we all know someone either in our family or circle of friends that has been affected by this disease. As a strong fraternal that has a membership that dedicates our time to helping others, I know the Slovak Catholic Sokol is up for the task!

With that in mind, I know that there are many local Assembly/Wreath functions planned for the Fall Season. I urge all our Officers to announce the events in our publication and to follow

up after the event with brief articles and photos. As I always say, it is so important to let everyone know the good work and volunteerism that our local lodges do!

With this past month being Life Insurance Awareness Month, I would like to ask all our members to examine how much life insurance you currently have. If you do not know, please contact the Home Office and we will be glad to help you. Unfortunately, a large portion of our membership are underinsured, leaving them one accident or terminal illness away from a financial catastrophe for their loved ones. What if you were suddenly gone? Would your family have enough financial stability to survive? If you believe that answer to be no or are unsure, please contact our Home Office at 800-886-7656, and we would be glad to answer your questions. If you believe that your insurance needs are covered, but you know a family member or friend that may need assistance, please go to our website, and fill out a referral card. Always remember, life insurance is for the living.

I would like to congratulate all our flight winners at the recent 68th International Golf Tournament held in Canfield, OH. 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 huge congratulations to our 2023 Frank S. Petruff Award winner, Donald J. Koval, from S-059, Wilkes-Barre, PA. Donny is a longtime attendee at our annual tournament and truly deserving of this special award. Congratulations Brother Don!

Until next time, enjoy the Fall Season and Happy Halloween to all our young Sokol and Sokolky!

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

## Sokol Calendar

**SUNDAY, OCTOBER 15, 2023**

### GROUP 11 ANNUAL MEETING.

Mass will be offered at the Church of Sts. Cyril & Methodius, 13<sup>th</sup> Ave. & 2<sup>nd</sup> 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.

**SATURDAY, OCTOBER 21, 2023**

**GOLF TOURNAMENT** sponsored by Assembly 261 and Wreath 155 at the Manor Club in Reading, PA starting at 1 p.m. \$75.00 per golfer. Food, drinks, prizes, cash prizes are included.

**SUNDAY OCTOBER 22, 2023**

**SEMI-ANNUAL MEETING OF GROUP 6 MSGR. ANDREW HLINKA** at 1:00 p.m. at the Clubhouse Grille (Cedarbrook Golf Course), Rostraver, PA. Reservations must be made by Tuesday, October 10, 2023. Please contact either Terri Gardner at 724-929-8675 or Anna Mae Warnick at 724-735-4032. Please plan to attend since we will be having election of officers.

**SUNDAY, OCTOBER 22, 2023**

**GROUP 18 ANNUAL MEETING** at 4:00 p.m. at the Lantern in Nesquehoning. Please contact President Len Benek at 570-645-4013 if planning to attend.

## SLOVAK CATHOLIC FALCON PUBLICATION DATE

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

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



Thoughts from our Supreme Chaplain,  
Rev. Andrew S. Hvozdo vic  
**PRO-LIFE DAY IN SILENT SOLIDARITY**  
**OCTOBER 17, 2023**

Pro-Life Day of Silent Solidarity takes place every year on the third Tuesday of October, falling on October 17 this year. It's a day for us to remain silent in remembrance of the children who have lost their voices as a result of abortion.



Pro-Life Day of Silent Solidarity began in 2004 by Bryan Kemper. According to his account, a student at McNeese State University posed the question, "What can I do to work with other students around the country, in solidarity, to help end abortion?" A lightbulb went on in Kemper's head and the idea occurred to him to rally students to not only stand in solidarity with others, but also with the lives that are lost to abortion every day.

On this day, we are all encouraged to wear a piece of red duct tape on our shirt with the word "life" written on it and remain silent in solidarity with aborted children.

The idea to use duct tape came about when Kemper was speaking at an event and some young people, whom he later discovered were supporters of pro-life organization Bound4LIFE, walked in with duct tape over their mouths.

Bound4LIFE is not a protest but is a grassroots prayer mobilization movement targeting the ending of abortion, the increase of adoptions, and the sending of revival to reform government and culture.

Pro-Life Day of Silent Solidarity is sponsored by the Stand True organization, a non-profit also founded by Bryan Kemper that stands against abortion. Today, the day is celebrated by thousands of Americans.

## GROUP 5 SLET CELEBRATION AND ANNUAL MEETING

Congratulations to Group 5 on winning the International Flag at the Slet. Let's Celebrate!! Group 5 will combine a Slet celebration with the annual meeting on November 12<sup>th</sup> at the Barberton Sokol Club. The annual meeting will be held from 10:00 a.m. – 11:30 a.m. The celebration will begin at 11:30, meal at 12:30 p.m. All members of Group 5 are invited to attend both the annual meeting and/or the celebration, whether you participated, watched, or wanted to be there. Let's Party.

All Group 5 officers must submit an annual report prior to the meeting to Sue

Blosser [sueb7433@gmail.com](mailto:sueb7433@gmail.com) or bring the report with them.

Please RSVP by November 1, 2023 if you plan to attend the celebration so appropriate meal plans can be made. Call or text Sue Blosser 770-853-7257 or email [sueb7433@gmail.com](mailto:sueb7433@gmail.com), or Kathy Figard 330-734-9275 or email [linus50@aol.com](mailto:linus50@aol.com) and let us know how many are in your party.

Look forward to seeing everyone on November 12<sup>th</sup>.

Respectfully submitted,  
**Sue Blosser**  
Group 5 Secretary



To the SCS Scholarship Committee,

*I want to sincerely thank you for the chance you have given me with my awarded scholarship. As I'm sure you're well aware of, college is not inexpensive. This scholarship will help immensely in aiding with the hefty costs of my books, housing, and meal plan. I am so grateful that you have presented me with such an amazing opportunity, and I'll make sure not to spend it all in one place.*

Thank you,  
Abi Blasco

## 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, 13<sup>th</sup> Ave. & 2<sup>nd</sup> 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



# Nov. 5, 2023

12 p.m. - 4 p.m. Cathedral of Learning Commons Room  
University of Pittsburgh (Oakland)

- **Ethnic Food**  
*(Polish, Hungarian, Czech, Slovak, Pastries & Cookies)*
- **Cultural Displays & Lectures Shop**
- **Slovak and East European Import Vendors**  
*(Clothing, Gifts, Food & More)*
- **Musical and Folk Dance Performances**

facebook.com/SlovakHeritageFestival  
youtube.com/SlovakHeritageFestival





## SLOVAK CATHOLIC SOKOL 34<sup>TH</sup> QUADRENNIAL CONVENTION HILTON SCRANTON & CONFERENCE CENTER, SCRANTON, PA – AUGUST 5-8, 2023



Group 4, Group 4, Milwaukee, WI





## GOLF TOURNAMENT – KENNSINGTON GOLF CLUB, CANFIELD, OH AUGUST 18-20, 2023

This year I had the pleasure of attending and working the 68<sup>th</sup> Slovak Catholic Sokol International Golf Tournament that was held in Canfield, Ohio at Kennsington Golf Club and Flying B Golf Course in Salem, Ohio on August 18-20.

After driving and getting to the hotel on Friday afternoon I settled in and got ready for the hospitality event that was held in the Kennsington Banquet Hall.

After all the golfers finished their practice rounds they all came back and enjoyed the hospitality food and beverages. The food and drinks served for the Friday evening hospitality included: Italian Sausage Eggrolls, BBQ Meatballs, Spanakopita, Antipasto Display, Vegetable Display, Fresh Fruit Display, beer and wine. It was nice to see all the golfers and the familiar faces who were participating this year during this social event.

After the hospitality was done it was nice to continue the fraternal gathering, sitting outside and talking to the golfers and guests about the past stories and events that they attended.

Well now Saturday arrived and it was time to get serious and have fun. At the Kennsington Golf Course which was right outside the hotel the golfers started to get ready and check in with the Supreme Assistant Director of Sports and Athletics Frank P. Laury and Physical Fitness Board Member Robert R. Palchanis III and Physical Fitness Board Member Kristen Popik. Our Supreme Director of Sports and Athletics James C. Matlon was at the Flying B Golf Course helping to check in the GCU, FCSU and SCS golfers at the second course. When the golfers checked in they received a souvenir cup and had the chance to get in on closest to the pin for both days.

Once everyone was checked in and ready, they got their instructions on what Par 3 holes were chosen for the closest to the pin and the out of bounds and drop points at Kennsington Golf Course. After all the golfers were out enjoying the beautiful weather our Chairperson of the Supreme Auditors James Jerek and Supreme Treasurer James Knis went out and distributed water and Gatorade using the beverage cart provided by the golf course.

When all the golfers where done with their round of golf on Saturday they attended the banquet that was held in the Kennsington Banquet Hall. Mass started at 4:00 p.m. and was held by Father Thomas Nasta, National Chaplain of First Catholic Slovak Union.

Dinner was served at 6:00 p.m. which was buffet style. Everyone enjoyed the food that included mixed garden salad, Chicken Francaise, Braised beef short ribs, Roasted pork loin with apple jack reduction, Orecchiette pasta in a vodka sauce, roasted red skin potatoes, roasted vegetables, rolls and butter coffee and tea.

After dinner the National Anthems of the United States, Canada, and Slovakia where played. Our Supreme

Sports Director James C. Matlon welcomed the FCSU Director of Fraternal Activities, Joanne Fibbi, who introduced the FCSU Officers who were present at the banquet. Frank P. Laury Supreme Assistant Sports Director introduced the SCS Supreme Officers that where in attendance which included Supreme Secretary Scott T. Pogorelec, Supreme Assistant Physical Director Dusan Dorich, Supreme Auditor Edward Bajus, Supreme Assistant Physical Directress Nancy Kropolinsky, Supremum Physical Fitness Board Member Kristen Popik, Honorary Supreme Officer Larry M. Glugosh and Supreme Physical Board Member Robert R. Palchanis III. After all the officers were announced, Frank Laury handed out the cash prizes to the winners for the closest to the pin for Saturday. On the Kennsington Course on hole #8, Zach Oravetz and on hole # 17, Derek Loehle. The winners on the Flying B course on hole #3, Ryan Burfield and on hole # 16, David Degol.



The last award for the evening was the Frank S. Petruff Memorial Sports Award that is given to an individual that Exemplifies Qualities of Dedication- Leadership- Sportsmanship. The past winners that where present included Thomas P. Muldoon, Jr., Loretta Smith, John S. Hornacek, Robert R. Palchanis, Jr, and Edward Baker. The winner of the 2023 Frank S. Petruff Memorial Sports Award went to Donald J. Koval from Group 7 Wilkes-Barre, PA. Donald is long time attendee of the national golf tournaments and also participates in golf tournaments at the group level.

Sunday morning was another beautiful day for round two of the tournament with all the golfers switching courses. For the ones that played Kennsington on Saturday they will play The Flying B course and the ones who played the Flying B will now play the Kennsington course.

Once everyone was checked in and given their closest to the pins holes, they were off at 8:00 a.m. to start their last round. Throughout the day all the golfers were enjoying their last round with some hitting golf balls into the woods or in the water. When the golfers finishing their round they started to make their way back to the club house and hand their cards in. So now with all the cards in it was time to find out who the winners where for the closest to the pin for both courses. For Kennsington Course it was Nick Sweitzer on

(Continued on page 19)





Scott T. Pogorelec, Steven M. Pogorelec, Jr., Eddie Bajus, Michael Kapitan



Judy Babik, Linda Frank, Loretta Smith, Karen Bakita



Robert Hritz, Dr. Joseph Baygtosh, Ken Hlebovy, Dennis Nye



Tony Rasimas, Bob Palchanis, Terri Palchanis, Kelly Palchanis



John Tutko, Dusan Dorich, Donal Koval, Kenneth Coley



Chet Dziuba, Derek Loehle, Larry Glugosh, Alebert Suess



Stephen Skorupka, Stephanie Skorupka, Andrew Dorich, Adam Dorich



Edward Baker, Frank Lipski, Joseph Hvozdic, Jr., Charles Tokach



# MINUTES OF THE 34<sup>TH</sup> QUADRENNIAL CONVENTION OF THE SLOVAK CATHOLIC SOKOL HELD AT THE HILTON SCRANTON IN SCRANTON, PA – AUGUST 5 – AUGUST 8, 2023

## OPENING SESSION – SUNDAY – AUGUST 6, 2023 – 12:00 P.M.

Supreme President, Michael J. Horvath, the Convention Chairperson in accordance with Section 2.4 (a) of the Constitution and Bylaws Called to Order the 34<sup>th</sup> Quadrennial Convention of the Slovak Catholic Sokol on Sunday, August 6, 2023, at 12:00 p.m. and welcomed all Clergy, Honorary Supreme Officers, Supreme Officers, delegates, and guests.

Supreme Chaplain, Rev. Andrew S. HvozdoVIC, was called upon to offer the Opening Prayer. The delegates recited the Prayer to Practice the Golden Rule together.

Brother Joseph Moeller led the delegates in singing of the American, Canadian, and Slovak Anthems.

Supreme Director of Sports and Athletics, James C. Matlon, led the delegates in reciting the Pledge of Allegiance to the Flag.

Supreme President, Michael J. Horvath, delivered his Opening Address to the Convention.

Supreme Secretary, Scott T. Pogorelec, F.I.C., was introduced and followed with his Opening Address.

The Convention Chairperson thanked Brother Scott for his opening address and asked the Supreme Secretary to give a report on behalf of the Verification and Eligibility Committee on qualified delegates and to read the roll call of delegates.

Brother Scott reported that the Verification and Eligibility Committee consisting of Supreme President, Michael J. Horvath and Supreme Secretary, Scott T. Pogorelec, F.I.C., as per the Bylaws, met on Wednesday, April 12, 2023, to review and verify 190 delegate and 5 alternate delegate forms. The Committee approved 188 delegate applications and 5 alternates, which included Supreme Officers, Honorary Supreme Officers, Group Officers, and Assembly/Wreath delegates.

The Supreme Secretary then proceeded to read the roll call with the following results:

18 Supreme Officers, 8 Honorary Supreme Officers, 11 Group Presidents, 2 Group Chaplain, 7 Group Sports Directors, 3 Group Physical Directors, 5 Group Physical Directresses and 103 Assembly/Wreath delegates responding for a total of 157.

Acknowledged

Brother Horvath thanked Brother Secretary and called upon the Chairperson of the Rules and Regulations Committee, General Counsel, John D. Pogorelec, Jr., Esq., to present the report of the Committee.

Convention Chairperson Horvath thanked Brother Counsel for the report and informed the delegates that as the Supreme President he has appointed the Convention Committees, and they were previously listed in the Falcon.

Acknowledged

## OFFICERS' REPORTS

The Convention Chairperson called upon Supreme Chaplain, Rev. Andrew S. HvozdoVIC, to begin the reading of the Supreme Officer's Reports.

A motion was made by Honorary Supreme Officer, Steven M. Pogorelec, Sr., that in lieu of time, we accept all reports as

published, seconded by Brother Joseph Harak, Jr. No discussion ensued and the motion was approved.

Chairperson Horvath then called on Mr. Allan Ferrone of CPS Actuaries for the Actuarial Report.

## REPORT OF THE ACTUARY

Mr. Ferrone thanked President Horvath and started his report by briefly describing what the Actuary does. The Actuary is mostly involved with most of the society's insurance math calculations. This means he helps with preparing the annual statement. He determines the reserves that must be held, which are the largest liability.

This report will provide you with an overview of Sokol's financial and membership results over the last five years. The graphs will illustrate the trends in the results for the important items from the annual statement.

## Surplus

The surplus now stands at \$6.1 million. 2019-2021 was consistent for the organization, but 2022 was a historically bad year for investments, specifically equities, which affected the unrealized gain/loss.

## Assets

Assets now stand at just below \$100 million.

The quality of the Sokol's bond portfolio remained at a very high level in 2022. The average NAIC bond quality designation, weighted by amortized value, is 1.60 (where "1.0" is "highest quality" and "2.0" is "high quality").

## Investment Income

Like many fraternal, the Sokol has been negatively impacted by the low interest rate environment that has existed for many years. These low market interest rates mean that Sokol does not earn as much from its bond investments as you have in the past. The rate earned on the bonds has gradually reduced from 4.20% to 3.38% over the past ten years as maturing bonds are reinvested in lower-yielding bonds.

## Expenses

The total 2022 expenses were very similar to the 2013 expenses, which shows the Home Office is doing a great job of controlling expenses. The fraternal expenses account for about 30% of total expenses each year, which is a high percentage compared with other fraternal.

## Conclusions

The items highlighted in this report were the following:

1. Surplus now stands at \$6.1 million.
2. Sokols need to continue to find ways to lower expenses.
3. Life insurance in force increased to more than \$239 million

Mr. Ferrone also went over the membership and certificate figures with the delegates and answered numerous questions to the satisfaction of the delegates.

Sister Claire Matlon made a motion to accept the report, seconded by Sister Andrea Tadlock.

Chairman Horvath thanked Brother Ferrone and called upon



the team from PNC Institutional Asset Management, led by Senior Vice-President, Thomas Calimano, Executive Vice President, Deborah Kolsovsky, and Vice President, Jeffrey Neer,

### **INVESTMENT REPORT**

The team discussed PNC's outlook for the financial markets and the economy with the delegates. Additionally, they reviewed the investment strategies implemented in both the equity and fixed income portfolios and future potential strategic changes in the portfolio. The risks of geopolitical unrest and global terrorist attacks will continue to sporadically impact the financial markets. Mr. Calimano highlighted the growth of the Slovak Catholic Sokol Portfolio and indicated that we are positioned well to offset any global headwinds. Along with the Board of Directors, PNC is actively looking for ways to increase investment income and will continue to maximize the portfolio's gains.

The team from PNC addressed various questions from the delegates concerning our performance outlook. Mr. Calimano indicated the Society is in a strong financial position, especially in this volatile fiscal environment.

A motion was made by Honorary Supreme Officer, John D. Pogorelec, Sr., Esq. to accept the Investment Report, seconded by Sister Jayme Blosser. **Approved**

Chairperson Horvath expressed his thanks and appreciation to our presenters for their professionalism and their reports. He also expressed his thanks on behalf of the organization for their monetary financial sponsorship to help defray some of the expenses during our Convention.

Chairperson Horvath indicated that no New Motions were received by the Home Office. He thanked the members of the **New Motions Committee** for their willingness to serve.

**Acknowledged**

Chairperson Horvath called up the Governance/Bylaw Committee consisting of Chairperson Kathleen Watkins, Julie Dobbs, Gary Manyak, Steven Burican, and Cynthia Walkowiak.

The committee explained the proposed changes to the organization's structure that was created based on the recommendations sent to them from the members of the Slovak Catholic Sokol. The committee provided a slide show explaining the rationale behind such changes. A motion to recess to allow time for delegates to review the proposals was made by Sister Kathleen Watkins, seconded by Brother John S. Hornacek. **Approved**

Convention Chairperson called the session back to order.

Sister Susan Blosser made a motion that the voting on the proposals be done so through a secret ballot, seconded by Brother John G. Tutko. **Approved**

A motion to accept Proposal #2 was made by Sister Kathleen Watkins, seconded by Brother John G. Tutko. A lengthy discussion ensued. Brother Joseph Harak called for the question. A secret ballot was taken: Yes: 26 No: 131. **Motion failed.**

A motion to accept Proposal #3 was made by Sister Kathleen Watkins, seconded by Brother John G. Tutko. A lengthy discussion ensued.

A motion to amend the proposal to specifically state one male and one female Assistant Fraternal Director was made by Sister Amy Degnan Blasco, seconded by Sister Jennifer Romine. **Amendment passed.**

Sister Claire Matlon made a motion to amend that the Vice-President position be put back in place of one of the Executive Director positions, seconded by Brother Joseph Seliga. **Amendment passed.**

Sister Jayme Blosser made a motion to amend the proposal to Include 2 male and 2 female Assistant Fraternal Directors, seconded by Brother Joseph Seliga. **Amendment failed.**

ended by Brother Joseph Seliga. **Amendment failed.**

A secret ballot was taken on Amended Proposal #3: Yes: 83 No: 74. **Motion failed.**

After a brief break, the Bylaw Committee continued with their further recommendations:

1. Title of Document: Change Supreme to Executive throughout bylaws. **Failed**

2. 1.0 (b) Change the Home Office of the SCS will be domiciled in New Jersey. **Approved**

3. 1.1 Change to Encourage the Assemblies to ease the burdens of deceased members. **Approved**

4. 1.2 (d) Change to have a corporate charter which details the governance, structure, functions, operations, and such other powers as expressly delegated by the laws of the respective states of the United States and Canada. **Approved**

5. 2.0 (c) Remove if feasible immediately preceded by Slet. **Approved**

6. 2.0 (d) Change to when a serious event requiring a bylaw amendment occurs, the President with call upon the delegates of the previous convention to vote upon the proposed amendment via virtual forum. **Approved**

7. 2.0 (f) TABLED—doesn't fall under Governance Committee

8. 2.1 (c) Change to Candidate must be an active member within the assembly for a period of at least one year, candidate must be present at the meeting at which they were elected either in person or virtually. However, if a member declares their intention to be a delegate and has a valid reason for not being present at the meeting, the members present may decide their eligibility and elect them as a delegate. **Approved**

9. 2.1 (d) Remove. **Approved**

10. 2.2 Remove all preconvention Committees. **Approved**

11. 2.3 Add Governance Committee: A 5-member Governance Committee will be chosen from the applications received from the membership who wish to serve on that committee. This will be a standing committee; a member may not chair the committee 2 consecutive times but may serve as a member of the committee. **Approved.**

12. 2.3 Remove Assistant Secretaries and change to recording secretaries. **Approved**

13. 2.3 Remove Resolutions, Public Relations, and Convention Reception Committee's. **Approved**

14. 2.4 Remove reports of the Supreme Officers at the Convention. **Approved**

15. 2.4 (h) Change to Presentations to Professional Reports. **Approved**

16. 2.4 (i) Remove recommendations of the sites of the next convention and Slet. **Approved**

17. 3.0 (c) Change to all Candidates for office must submit a resume at least 1 month prior to the start of the convention. Specific office does not have to be submitted. There will be no nominations from the floor. Also change verification and eligibility committee to Supreme President and Supreme Secretary.

Discussion ensued. Brother James Jerek made a motion to suspend this item # until tomorrow, seconded by Brother John D. Pogorelec Jr. **Approved**

Having completed the opening session agenda items, Brother Horvath asked for a motion to adjourn the First Session, so moved by Brother Glenn Kramer, seconded by Brother Michael Ekoniak, Jr.. **Approved**

Supreme Chaplain, Rev. Andrew S. Hvozdozovic closed the  
(Continued on page 10)

# MINUTES OF THE 34<sup>TH</sup> QUADRENNIAL CONVENTION OF THE SLOVAK CATHOLIC SOKOL

(Continued from page 9)

first session with a prayer.

The First Session was adjourned at 5:00 p.m.

## SECOND SESSION – MONDAY, AUGUST 7, 2023 – 9:00 A.M.

Convention Chairperson, Michael J Horvath, called to order the Second Session of the 34<sup>th</sup> Quadrennial Convention at 9:00 am on Monday, August 7, 2023.

Supreme Chaplain, Rev. Andrew S. HvozdoVIC, offered the Memorial Service in honor of deceased members. Father Andrew thanked Nancy Kropolinsky for assembling the beautiful Memorial Table. Father Andrew also announced the donation total as of this morning and noted the box will still be available throughout the Convention.

Supreme Physical Directress, Katie Swift, led the delegates in the Pledge of Allegiance to the Flag.

Supreme Secretary, Scott T. Pogorelec, F.I.C. took the roll call from the Group Presidents and reported a total of 157 delegates were present.

The Bylaw Committee was called up to resume their recommendations.

**18.** 3.0 c Change to “all Candidates for officer must submit a resume at least one month prior to the start of the convention. Specific Office does not need to be submitted.” After discussion and modification to final wording. **Approved**

**19.** 3.0 (g) Change to Every Board of Director (BOD) must fulfill her/her duties as outlined in the bylaws. A BOD will be removed from office for “just cause” by a two-thirds affirmative vote of the elective BOD’s excluding the BOD who is at issue at a meeting called for that purpose. A determination of cause shall be made in the reasonable direction of the BOD. The BOD whose status is at issue will not be entitled to vote in the matter. “For cause” for purpose of this section, will include:

\*Inability or failure to perform the duties and responsibilities outlined of a director

\*Engaging in conduct unbecoming in director

\*Absence from 2 meetings of the BOD during a calendar year, w/o just cause.

\*Breaching a fiduciary duty owned to the society, its members, or beneficiaries.

\*Materially violating these bylaws, the articles of incorporation, any code of ethics, conflict of interest party or other policies adopted by the society.

\*Delinquency in payment of premium or ceasing to be a member of the society.

\*Being convicted of a crime under the law of the state of his/her conviction is a felony of any degree.

\*Approving or propagating anti-Catholic, anti-Slovak, or anti-American news, papers, books, electronic or other media.

**Approved**

**20.** 3.2 (f) Change to: electronically submit an annual report prior to the first quarterly meeting. All reports will be added to the SCS website. **Approved**

**21.** 4.1 (h): Removed from request to change-due to changes not made. **Acknowledged**

**22.** 4.1 (n): Change to: The Supreme President shall interpret and enforce the Bylaws with the aid of the General Counsel. **Approved**

**23.** 4.3 Add: (q) should a vacancy occur for any reason; the Su-

preme President will convene an advisory committee to initiate a search for a qualified replacement to include both internal and external candidates. **Approved**

**24.** 5.0 (e) Each active group of the SCS shall be entitled to fifteen (15) cents per member from the fund on a monthly basis, paid quarterly. An Inactive group with over \$10,000 in their Group Account will not be issued a group assessment. A lengthy discussion ensued. **Recommendation removed and current language is sufficient.**

Brother Joseph Seliga made a motion regarding 5.0(c) that we change the wording Convention to Board of Directors to be in-line with the changes made to section 2.2, seconded by Sister Laura Harak. **Approved**

Chairperson Horvath indicated that we will be taking a 15 minute break.

The Session resumed at 10:23am.

**25.** 5.6 Remove (c), Add: Bylaw changes approved and adopted at any current convention will become effective January 1st of the following year with the exception of significant changes to the structure or function of the organization requiring them to be immediately implemented. **Approved**

**26.** 6.0 (f) Sister Julie Dobbs made a motion for change: 30 days and posted on Facebook or social media. Seconded by Sister Christine Manyak. After a lengthy discussion, a motion to amend the motion to just 30 days in the publication was made by Sister Claire Matlon, seconded by Sister Andrea Tadlock. **Approved**

**27.** 7.3 Remove additional information as it is redundant. **Approved**

**28.** 7.3 Upon any violation listed in 3.0 (g), a member of the BOD, Group officer, or an Assembly/Wreath officer will be removed from his/her officer and all his/her rights and privileges as an officer will cease. **Approved**

**29.** 8.5 (a) Changes to: at least a month to “quarterly” and add that it can be a virtual meeting. **Approved**

**30.** 8.5 (b): Removed due to redundancy

**31.** 9.0 (c): Change attend regular meetings to: **are active members.** Add specific duties to Group President responsibilities (submit a yearly article, organize at least one outreach activity per year, turn in a yearly activity report, submit one name for FOTY). **Approved**

Chairperson Horvath thanked the Bylaw Committee for all their hard work.

Brother James Knis made a motion to reopen discussion regarding the structure of the Supreme Assembly. Brother Joseph Harak posed a question to the General Counsel if the motion was out of order as the Bylaw Committee was discharged. Brother Counsel clarified that motion was valid but needed a second. The motion was seconded by Brother Bradley Hoeck. A discussion ensued. Sister August Palchanis made a motion to postpone the discussion indefinitely, seconded by Sister Jayme Blosser. Motion to postpone approved.

Brother Chairman then called upon the Petition and Donations Committee for their report. Brother Scott T. Pogorelec, F.I.C. presented the report of the Petitions and Donations Committee

## PETITIONS AND DONATIONS COMMITTEE REQUESTS

**1. School Sisters of Saint Francis,** Pittsburgh, Pennsylvania, request from Sister Marian Sgriccia, OSF, Provincial Minister, School sisters of Saint Francis, request \$1,000 to help in the



building of an addition to the white house building at Monocacy Manor to accommodate sisters to age in place after handing off their active ministry duties.

**The Committee recommends** a donation of **\$1,000** in support of the School Sisters of Saint Francis.

2. **Our Lady of Victory Parish**, Harveys Lake, Pennsylvania, request from Andrew S. Hvozdivic, Pastor, Our Lady of Victory Parish, request for the painting of the church building in celebration of the 100th Anniversary.

**The Committee recommends** a donation of **\$1,500** in support of Our Lady of Victory Parish.

3. **Gate of Heaven Parish**, Dallas, Pennsylvania, request from Andrew S. Hvozdivic, Pastor, Gate of Heaven Parish, request for the replacement of the original front entrance concrete steps which are beyond repair.

**The Committee recommends** a donation of **\$1,500** in support of Gate of Heaven Parish.

4. **Kasigarda – Museum of Emigration from Slovakia to North America**, Kosice, Slovakia, request from Dr. Martin Javor, PhD, Director and founder, Museum of Emigration from Slovakia to North America, request \$900 to cover the cost of restoring and framing the pictures and posters brought from the Home Office to Slovakia.

**The Committee recommends** a donation of **\$900** in support of Kasigarda – Museum of Emigration from Slovakia to North America.

5. **Western Pennsylvania Slovak Cultural Association**, Pittsburgh, Pennsylvania, request from Joseph Senko, Executive Director, WPSCA, request \$4,000 to help over the next four years (\$1,000 per year) to defray the annual cost of programs offered including Slovak language classes, scholarships for students to study Slovak Abroad, Slovak wine and beer tasting and much more.

a donation of **\$500** in support of the Western Pennsylvania Slovak Cultural Association.

6. **Most Holy Trinity**, South Fork, Pennsylvania, request from Dolores Yonkoski, Assembly 82 President, request help with replacing the existing soffit and fascia for the rectory.

**The Committee recommends** a donation of **\$1,500** in support of Most Holy Trinity.

7. **Holy Name of Jesus Church**, Stratford, Connecticut, request from Lawrence A. Wells, Group 2 and Wreath 39 Treasurer, request help with the restoration of the church in celebration of its 100th Anniversary which is estimated to cost a remaining \$205,250 for the exterior and \$210,000 for the interior.

**The Committee recommends** a donation of **\$1,500** in support of Holy Name of Jesus Church.

8. **National Czech & Slovak Museum & Library**, Cedar Rapids, Iowa, request from Stefanie Kohn, Curator, National Czech & Slovak Museum & Library, request for \$5,000 to support the design and production of a traveling exhibition highlighting Slovakia's history and culture.

**The Committee recommends** a donation of **\$500** in support of National Czech & Slovak Museum & Library.

9. **Assembly 28 Sokol Club and Function Hall**, Douglas, Massachusetts, request from Randy V. Manyak, President Assembly 28, request \$2,500 to help with the replacement of the roof on both the Sokol Club and Function Hall which is estimated to cost \$28,500.

**The Committee recommends** a donation of **\$500** in support of Assembly 28 Sokol Club and Function Hall.

10. **Catholic War Veterans Lt. Raymond J. Bower Post**

1466, Bridgeport, Connecticut, request from Al Neudeck, Commander Post 1466, request help to repair & replace the roof of Post 1466 building.

**The Committee recommends** a donation of **\$500** in support of Catholic War Veterans Lt. Raymond J. Bower Post 1466.

11. **Wisconsin Federated Societies**, Madison, Wisconsin, request from Jennifer Romine, Group 4 President, request \$5,000 towards the Slovak Federated Society to encourage the continuation of our Slovak heritage through their participation in various activities that promote the Slovak culture in a variety of ways and reach a wide range of individuals.

**The Committee recommends** a donation of **\$500** in support of Slovak Federated Society through the Wisconsin Federated Societies.

12. **SCS Wreath 93**, Milwaukee, Wisconsin, request from Jennifer Romine, Group 4 President, request \$2,000 annual to be awarded to members of the wreath who attend a mission trip.

**The Committee recommends** a donation of **\$500** in support of funding mission trips for members of Wreath 93.

13. **Sisters of Saints Cyril and Methodius**, Wilkes-Barre, Pennsylvania, request from Anthony Rasimus, President Assembly 59, request help for the sisters to purchase new household items for their new Convent at St. Mary's.

**The Committee recommends** a donation of **\$500** in support of the sisters of Saints Cyril and Methodius.

14. **Parish of St. Robert Bellarmine**, Wilkes-Barre, Pennsylvania, request from Reverend Richard Cirba, Group 7 Chaplain, request help for the two churches that make up the Parish. St. Aloysius requests help repairing their pipe organ and Exaltation of the Holy Cross the installation of new security doors on the church.

**The Committee recommends** a donation of **\$1,500** in support of the Parish of St. Robert Bellarmine.

Chairperson Horvath thanked the committee for their report.

Brother Joseph Harak asked whether the minutes from the First Session would be distributed and approved. Brother Secretary explained that the minutes will be completed and distributed to all the delegates for review prior to publishing. The main reason was to avoid having our Convention secretaries working past midnight each night to complete the day's proceedings.

#### **Acknowledged**

Brother President then called upon the Compensation and Surety Bond Committee.

#### **COMPENSATION AND SURETY BONDS COMMITTEE**

Chairperson Louis Smeriglio introduced his fellow committee members consisting of Andrea Tadlock, Arlene Most, James Knis, and David Matlon.

Regarding the Surety Bond, the committee found no changes necessary as all limits and amounts are compliant.

The committee also recommends that we have no changes in Officer's salaries for the upcoming cycle. Furthermore, the committee recommends that the Supreme Secretary be evaluated annually by the Board of Directors with a 6% objective increase determined by annual goals set forth by the Secretary and Board of Directors.

#### **Supreme Officer's Salaries 2024**

Supreme Chaplain	\$ 6,000.00
Supreme President	\$ 20,000.00
Supreme Vice President	\$ 8,000.00

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Supreme Treasurer	\$ 5,000.00
General Counsel	\$ 15,000.00
Chairperson of Supreme Auditors	\$ 4,500.00
Supreme Auditor (2)	\$ 2,000.00
Supreme Sports Director	\$ 12,000.00
Supreme Assistant Sports Director	\$ 5,350.00
Supreme Physical Director	\$ 8,100.00
Supreme Assistant Physical Director	\$ 4,000.00
Supreme Physical Directress	\$ 8,100.00
Supreme Assistant Physical Directress	\$ 4,000.00
Members Supreme Physical Fitness Board (4)	\$ 2,000.00

Brother Lou Smeriglio made a motion for the acceptance of the Committee's recommendations, seconded by Brother Mark Kopic. Approved

Brother Horvath thanked the Compensation and Surety Bonds Committee and called upon the Resolutions Committee for their report.

Chairperson, Rev. Richard Cirba introduced his committee consisting of himself, Chet Dziuba, and Judith Babik.

The Chairperson presented the following resolutions:

## REPORT OF THE RESOLUTIONS COMMITTEE

As the 34<sup>th</sup> Quadrennial Convention of the Slovak Catholic Sokol is called to order in Scranton, Pennsylvania at the Scranton Hilton from August 5, 2023, to August 8, 2023.

AND,

As this convention calls us the delegates to be forward looking and innovative, but also, to recall the great gift of faith which the Slovak people received from God as a result of the missionary efforts of the renowned Apostles of the Slavs, Saints Cyril and Methodius, as well as relying upon the intercession of St. Martin.

AND,

As we share in that same faith which enabled Slovaks to endure against great adversity throughout their history,

AND,

So, we the members of the Resolutions Committee with a forward-looking vision and a deepened awareness of the fraternal spirit, present the following resolutions. Whereas our Holy Father, Pope Francis celebrates his 10<sup>th</sup> Anniversary of his election. as Pope and faithfully continues his mission as Vicar of Christ and that the Slovak Catholic Sokol stands united with our Holy Father In proclaiming the value and preciousness of every human life.

AND,

Whereas Bishop Joseph C. Bambera, the 11<sup>th</sup> Bishop of the Scranton Diocese celebrated his 10<sup>th</sup> Anniversary as Bishop welcomed us to the Diocese to hold our 34<sup>th</sup> Quadrennial Convention.

AND,

Whereas, Right Reverend, Abbott, Gary Hoover, OSB, of Saint Andrew Abbey, Diocese of Cleveland, celebrated the Convention Mass and preached the homily at the opening Mass of the Slovak Catholic Sokol, 34<sup>th</sup> Quadrennial.

AND,

Whereas, during this year of National Eucharistic Revival, we may have respect and reverence for the Most Blessed Sacrament the heart of our lives as Catholics.

AND,

Whereas the Republic of Slovakia celebrates with joy and gratitude its 30<sup>th</sup> Anniversary as a free and independent nation among the world's family of nations in 2023.

AND,

Whereas the Slovak Catholic Sokol celebrates 118 years of providing financial security since founded in Passaic, NJ on July 4, 1905, to members in the nineteen Groups under its charter in the United States, and Canada.

AND,

Whereas congratulations on the Slovak Catholic Sokol 50<sup>th</sup> International Slet, held July 13- 16, 2023 at Kutztown University, Kutztown, PA and all Sokol and Sokolky who competed in this milestone in Sokol history.

AND,

Whereas, in an age when tragic violence is used to express internal conflict, the Slovak Catholic Sokol motto, "A Sound Mind in a Sound Body" will truly impress over Sokol youth, who in turn will affect the mindset, in general, of other youth in our nation to respond to situations with civility, restraint, and balance.

AND,

Whereas, through the efforts of the Saint Cyril and Methodius Annual Appeal, priests from Slovakia at the Pontifical College of Saint Cyril and Methodius, Rome, Italy are supported as they seek theological degrees, and then return to Slovakia to bolster the Church: the 34<sup>th</sup> Quadrennial Convention wishes to extend a sincere 'thank you' to all parishes, societies, groups, lodges, and individuals who support this appeal, and encourage ongoing support.

AND,

Whereas we pray for our Sisters and Brothers in the beautiful and Christian country of Ukraine that they overcome the invasion of their country by their aggressor, and that Peace will return to Ukrainian homeland through the prayer to our Blessed Mother.

AND,

Now therefore, be it resolved, that the Slovak Catholic Sokol, America's great athletic fraternal benefit society which provides insurance and annuities with added programs and activities, maintain, develop, and highlight its strengths, creatively advertise its benefits and vigorously foster the fraternal spirit in a way that attracts new and increased membership.

AND,

Finally, that the Slovak Catholic Sokol accept all the challenges presented at this 34<sup>th</sup> Quadrennial Convention in the spirit in which they are offered--fraternally, enthusiastically, and always with only the best Intentions for our beloved organization.

May God bless us and may God bless the Slovak Catholic Sokol.

Zdar Boh!

Brother President thanked the Resolutions Committee for the wonderful job they did and called upon the Nominations Committee for their report.

## NOMINATION COMMITTEE

Chairperson, Supreme Secretary, Scott T. Pogorelec introduced his committee members. Supreme President, Michael J. Horvath, Kelly Palchanis, Claire Matlon, and Judith Manyak. He thanked them for their assistance and efforts.

Brother Pogorelec then announced that the slate of nomi-



nees is as follows:

<b>Supreme Chaplain</b>	Rev. Andrew S. Hvozdivic – Group 7
<b>Supreme President</b>	Edward D. Moeller – Group 14 Larry M. Glugosh -- Group 19
<b>Supreme Vice-President</b>	James G. Jerek – Group 17 Andrea M. Tadlock --Group 12
<b>Supreme Secretary</b>	Scott T. Pogorelec, F.I.C. – Group 1
<b>Supreme Treasurer</b>	James F. Knis -- Group 5 Michael J. Horvath -- Group 7
<b>Chairperson of the Supreme Auditors</b>	James C. Matlon – Group 1
<b>Supreme Auditor</b>	Edward P. Bajus -- Group 19 Bradley P. Hoeck -- Group 4 Kathryn A. Figard -- Group 5
<b>General Counsel</b>	John D. Pogorelec, Jr., Esq. --Group 1
<b>Supreme Director of Sports and Athletics</b>	Kathleen S. Watkins -- Group 14
<b>Supreme Asst. Director of Sports and Athletics</b>	Robert R. Palchanis III -- Group 7
<b>Supreme Physical Director</b>	Dusan Dorich -- Group 19
<b>Supreme Asst. Physical Director</b>	Martin Degnan -- Group 7
<b>Supreme Physical Directress</b>	Katie Jozwiak Swift – Group 14
<b>Supreme Asst. Physical Directress</b>	Nancy Kropolinsky -- Group 17
<b>Supreme Physical Fitness Board Members</b>	
<b>Male</b>	Christopher Antosy, Jr. -- Group 12 Zachary Manyak -- Group 3
<b>Female</b>	Janice C. Matlon -- Group 1 Kristen A. Popik -- Group 19 Jayme Blosser -- Group 5 August Palchanis -- Group 7
<b>Honorary Supreme Officer</b>	Julie Laury -- Group 5

Chairperson Pogorelec confirmed that all candidates have accepted their nominations.

Brother Albert Neudeck, III thanked the Petition and Donation Committee for the donations to The Catholic War Veterans Lt. Raymond J. Bower Post 1466 and Holy Name of Jesus Christ Church. Acknowledged

Brother Frank Laury gave the delegates a recap of the 50<sup>th</sup> International Slet held in Kutztown University from July 13<sup>th</sup>-16<sup>th</sup> and thanked the Board of Directors and the numerous volunteers

who assisted during this wonderful event. Acknowledged  
Supreme Chaplain, Rev. Andrew S. Hvozdivic, informed the delegates that Mass will be celebrated at 11:45a.m. in the meeting room.

Sister Nancy Kropolinsky and Brother Louis Smeriglio demonstrated to the delegates how to sign up for the E-Falcon on our website.

Brother Joseph Seliga also thanked the Petition and Donation Committee on behalf of the National Czech and Slovak Museum for their donation and continued support. Acknowledged

Supreme Vice-President, Edward D. Moeller, also informed the delegates that the Fraternalist of the Year Nomination forms are currently on the website and the deadline for submission is September 15, 2023. Brother Edward also recognized the 2022 Fraternalist of the Year, Judith Manyak. Acknowledged

After a beautiful Mass and having completed the 2nd Session agenda, Brother Chairman entertained a motion to adjourn, so moved by Brother Steven M. Pogorelec, Sr., seconded by Brother Michael Matras. Approved

### THIRD SESSION – MONDAY, AUGUST 7, 2023 – 2:00 P.M.

Convention Chairperson, Michael J. Horvath, called the Third Session to order at 2:00 P.M. on Monday, August 7, 2023. Brother President called upon our Supreme Chaplain for an opening prayer.

Brother Secretary took Roll Call and indicated that there were 157 delegates in attendance.

Brother Horvath called upon the Chairperson of the Balloting Committee, Kevin Conway, to explain the voting process. Each candidate for a contested position was given two minutes to present their qualifications to the delegates.

After each candidate spoke, voting for Officers commenced.

After voting was finished, the Balloting Committee was excused to count the ballots.

At this time, drills from the 50<sup>th</sup> International Slet were performed by several of our male and female members to the great enjoyment of the delegation.

After the show, Brother Chairman called upon our Reception Committee to extend greetings on behalf of our brother and sister organizations.

### GREETINGS

Representing their organizations and offering greetings were the following.

- \* St. Andrew Abbey
- Right Reverend Abbot Gary Hoover, O.S.B
- \* Slovak Catholic Federation
- Rev. Andrew S. Hvozdivic, National President

Our Supreme Chaplain also read greetings from:

- \* Diocese of Scranton Most Reverend Joseph C. Bambera, Bishop of Scranton
- \* Apostolic Nunciature, United States of America
- Archbishop Christophe Pierre, Apostolic Nuncio

The Reception Committee read written greetings received from:

- \* Theresa Kluchinski, National President, Ladies Pennsylvania Slovak Catholic Union
- \* Cynthia Maleski, National President/CEO, First Catholic Slovak Ladies Association of the USA
- \* Joseph Stefka, Jr., F.I.C., President and CEO, National Slovak Society

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- \* Kenneth A. Arendt, National President, First Catholic Slovak Union

Chairperson of the Reception Committee, Sister Julie Laury introduced and thanked her committee members, Susan Moynihan, Martin Degnan, Janice Moeller, and Michael T. Matras.

Acknowledged

Brother Chairman thanked the Reception Committee and called upon the Publicity Committee for their report.

## PUBLICITY COMMITTEE

Committee Chairperson, Sister Jennifer Romine introduced her fellow committee members consisting of Dr. Michael Kopanic, Barbara Sheehy, and Anne Marie Neudeck.

The Committee announced various birthdays, anniversaries, and many special milestones affiliated with our delegates and organization.

The Committee also announced various events throughout the country that some of our delegates have direct association with and to speak to these individuals for any information.

Brother Horvath asked for a motion to accept the report.

A motion to accept the Publicity Committee report was made by Honorary Supreme Officer, Steven M. Pogorelec, Sr. and seconded by Brother John S. Hornacek. Approved

Brother Chairman thanked the Publicity Committee, and they were excused. Acknowledged

Brother Moeller then called upon the Chairperson of the Balloting Committee, J. Kevin Conway, to present the results of the election. Brother Kevin informed the delegates that the Supreme Secretary cast one vote for each of the unopposed Officers. He also thanked his fellow committee members for all their hard work and announced the results as followed:

## SLOVAK CATHOLIC SOKOL 34<sup>TH</sup> QUADRENNIAL CONVENTION OFFICIAL BALLOT RESULTS

<b>Supreme President</b>	<b>Larry M. Glugosh - 99*</b> <b>Edward D. Moeller - 58</b>
<b>Supreme Vice-President</b>	<b>Andrea Tadlock -- 92*</b> <b>James G. Jerek -- 65</b>
<b>Supreme Treasurer</b>	<b>Michael Horvath -- 113*</b> <b>James F. Knis -- 44</b>
<b>Supreme Auditor</b>	<b>Edward Bajus -- 104*</b> <b>Bradley Hoeck -- 96*</b> <b>Kathryn Figard -- 82</b>
<b>Supreme Physical Fitness Board (Female)</b>	<b>Kristen Popik -- 84*</b> <b>Janice Matlon -- 76*</b> <b>August Palchanis -- 68</b> <b>Jayne Blosser -- 52</b>

**Honorary Supreme Officer Julie Laury -- 146\***

Brother Joseph Harak made a motion to accept the Balloting Committee's report, seconded by Brother John Hornacek.

Approved

Brother Joseph A. Harak, Jr. also made a motion to destroy the ballots, seconded by Sister Patricia Osterbrink. Approved

Brother Horvath then asked that all newly elected Officers and Honorary Supreme Officers to come forward to take their Oath of Office. Acknowledged

## OATH OF OFFICE

Abbot Gary Hoover administered the Oath of Office to the elected Supreme Officers who will be serving for the next four years. Congratulations were extended to all with a round of applause.

## SUPREME OFFICERS

**Supreme Chaplain** – Rev. Andrew S. Hvozdozic – Gr. 7

**Supreme President** – Larry M. Glugosh – Gr. 19

**Supreme Vice-President** – Andrea M. Tadlock – Gr. 12

**Supreme Secretary** – Scott T. Pogorelec, F.I.C. – Gr. 1

**Supreme Treasurer** – Michael J. Horvath – Gr. 7

**Chairperson of Supreme Auditors** – James C. Matlon – Gr. 1

**Supreme Auditor** – Bradley P. Hoeck – Gr. 4

**Supreme Auditor** – Edward P. Bajus – Gr. 19

**General Counsel** – John D. Pogorelec, Jr., Esq. – Gr. 1

**Supreme Director of Sports and Athletics** – Kathleen Watkins – Gr. 14

**Supreme Asst. Director of Sports and Athletics** – Robert R. Palchanis, III – Gr. 7

**Supreme Physical Director** – Dusan Dorich – Gr. 19

**Supreme Asst. Physical Director** – Martin Degnan – Gr. 7

**Supreme Physical Directress** – Katie Swift – Gr. 14

**Supreme Asst. Physical Directress** – Nancy Kropolinsky – Gr. 17

**Supreme Physical Fitness Board**

**Members – Male** – Zachary Manyak – Gr. 3

Christopher Antosy, Jr. – Gr. 12

**Female** – Janice Matlon – Gr. 1

Kristen Popik – Gr. 19

**Honorary Supreme Officer** -- Julie Laury - Gr. 5

Brother Michael Ekoniak, Jr. made a motion that Brother James G. Jerek and Brother Edward D. Moeller be made Honorary Supreme Officers based on their years of dedicated service to the Slovak Catholic Sokol, seconded by Brother Steven M. Pogorelec, Jr. Approved

Having concluded all the Convention business, Brother Horvath asked for a motion to adjourn, so moved by Sister Megan Antosy, seconded by Brother Mark Kopcik. Approved

Supreme Chaplain, Rev. Andrew S. Hvozdozic offered the closing prayer of the 34<sup>th</sup> Quadrennial Convention.

The 34<sup>th</sup> Quadrennial Convention of the Slovak Catholic Sokol was adjourned at 4:00 p.m. on Monday, August 7, 2023. Zdar Boh!

Respectfully submitted by,

Christine M. Manyak  
Jayme Blosser  
David A. Bulwin  
Convention Secretaries

Amended and corrected by  
Scott T. Pogorelec, F.I.C.  
Supreme Secretary



## WALKING PROGRAM

1. 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.
2. To be eligible for participation, a Walker of any age, must be a member of the Slovak Catholic Sokol.
3. 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.
4. 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.
5. Mileage from each year will determine the prize awarded. Every Walker will receive an award.
6. Awards will be given for each milestone achieved by the 100's and will be determined by the coordinator.
7. Awards will be given in March of the following year.
8. Coordinator contact information: Nancy Kropolinsky, Supreme Assistant Physical Directress, 1853 Wingate Rd. Youngstown, Ohio 44514; [kropolinskynancy@gmail.com](mailto:kropolinskynancy@gmail.com); 330-727-2487.

# 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** (threesomes 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

## 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.

**A total of \$23,163.51 has been received from 188 donors for the 2023 Appeal, as of September 20.** Among the 57 gifts received from various Catholic Slovak Fraternal Branches and Districts, donations totaling \$1,955 have been received from 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, and the home office of the Slovak Catholic Sokol. Donations to date have also been received from 6 parishes, 27 clergy and religious, and 98 individuals. On behalf of the Pontifical College, thank you for your continued generosity and support.

Anyone who wishes to contribute to the 2023 Appeal but did not receive a solicitation letter in January is asked to fill out the information in the box at the bottom of this article and mailing it along with your check payable to the Slovak Catholic Federation to the address provided. Donations in any amount are deeply appreciated and are acknowledged. Gifts received after November 30, 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. Hvozdo, 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 Parish, Pennel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator.*



### 45<sup>TH</sup> 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, Pennel, PA 19047-4052*



## KIDS' CORNER "Detský kútik" - - Octoberber 2023

### Christopher Columbus Facts for Kids

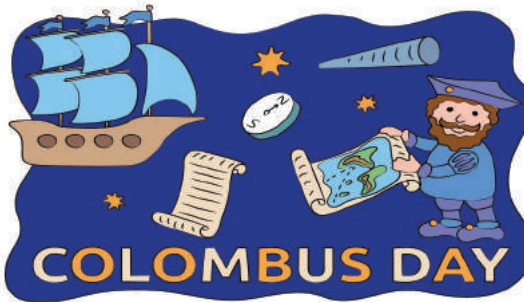
- Columbus was an Italian explorer.
- He believed he could reach Asia by sailing west.
- He convinced King Ferdinand and Queen Isabella of Spain to fund his voyage.
- He reached the Caribbean in 1492.
- He made four voyages to the Americas.
- His voyages led to the colonization of the New World.
- Columbus Day is celebrated in the United States.

### HAPPY BIRTHDAY TO YOU!!!!

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



Thanksgiving (French: l'Action de grâce), occurring on the **second Monday in October**, is an annual Canadian holiday to give thanks at the close of the harvest season. Although the original act of Parliament references God and the holiday is celebrated in churches, the holiday is mostly celebrated in a secular manner.



© www.ClipartsFree.com



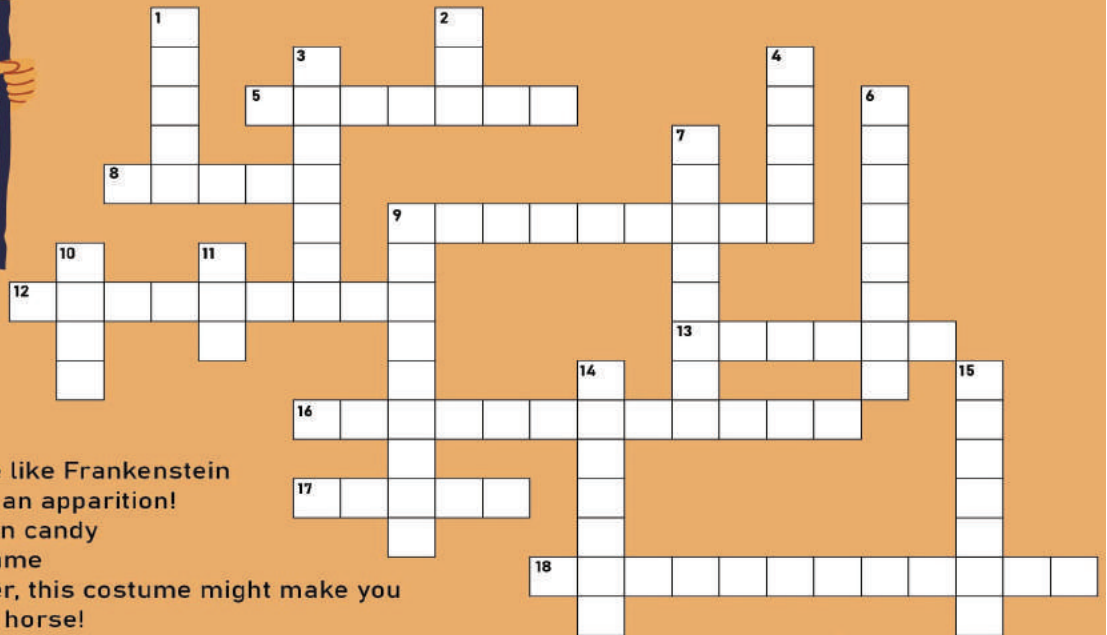




## KIDS' CORNER "Detský kútik" - - October 2023



### SPOOKY HALLOWEEN CROSSWORD PUZZLE



#### Across

5. Scary creature like Frankenstein
8. Boo! Yikes, It's an apparition!
9. Delicious brown candy
12. The holiday name
13. Howdy pardner, this costume might make you want to ride a horse!
16. Pumpkin carved
17. A celebration of the holiday with lots of people
18. Ring the doorbell and say..

#### Down

1. Pointy hat and broom
2. They fly, but they are mammals
3. What do you wear?
4. Bobbing for this fruit
6. All our bones
7. Meow, don't let this animal cross your path
9. No cob for this candy
10. Covering for your face
11. The round light in the sky at night
14. He wants to drink your blood!
15. A scary house filled with ghosts is said be...





## KIDS' CORNER "Detský kútik" - - October 2023

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

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

### 5 and under (EARLY & NON READERS)

Dinosaur Dig by Penny Dale  
Poppi by AVI

Bruce Knis Level 1  
James Nowak Level 3

### 11+ (ADVANCED READERS)

The Miracle Season- by Kathy Bresnahan  
Wy We're Catholic- by Trent Horn

Carissa Hoeck Level 3  
Rebecca Sherman Level 3



BILL  
BOOK  
CAPTION  
CARD  
CHAPTER  
CLAUSE  
DIARY  
ESSAY  
FORM  
LABEL  
LETTER  
MEMO  
MENU  
NOTE  
PACKAGE  
PHRASE  
PLAQUE  
PLAY  
POEM  
ROLE  
STORY

### READ TO ME!

#### WORD SEARCH PUZZLE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.



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www.puzzletoplay.com

Reading Pro-  
gram Partici-  
pants: Watch  
for your award  
in the mail soon



# READING

is to the

# MIND

what

exercise

is to the **BODY.**

Sir Richard Steele





## GOLF TOURNAMENT – KENNSINGTON GOLF CLUB, CANFIELD, OH AUGUST 18-20, 2023

(Continued from page 6)

hole #8 and for hole #17 it was Ken Hlebovy. For the Flying B Course on hole #3 it was Kyle Karaffa and hole # 16 it was Nate Keagy.

The 2023 Golf Tournament had 165 participants, 109 from the SCS, 52 from the FCSU and 4 from the GCU. This year we added an additional Senior Flight for the men over 62, a total of 7 flights. The “A” flight winner is John Rosa from FCSU with a score of 136 and the best “A” flight scratch score, and second place finish, David Degol from FCSU with a score of 151. “B” flight winner is John E. Pastorek, Jr. from FCSU with a score of 136 and the best scratch score for “B” flight is Jerry Hromada from FCSU with a score of 171. Peter Underation from the SCS finished in 2nd Place in the “B” flight with a score of 141. “C” flight winner and best scratch score is John Grottenthaler, from the FCSU with a score of 136 and 180. Jay Macko from the SCS finished in 2nd Place in the “C” flight with a 142 score. “Callaway” flight winner and best scratch score is Shawn Adam from FCSU with a score of 142 and 149. Thomas Hamrock from the SCS finished in 2nd Place in the “Callaway” flight with a score of 144. “Senior 62-69” flight winner is Paul Macko from SCS with a score of 133 and the best scratch winner is Vincent Pisano from SCS with a score of 156. Joe Burfield from the SCS finished in 2nd Place in the “Senior 62-69” flight with a score of 137. “Senior Flight 70+” flight and scratch winner is Robert Hritz from SCS with the score of 144 and 162. Keith Shedlock from the SCS finished in 2nd Place in the “Senior 70+” flight with a score of 145. “Woman’s Flight” winner is Terri Palchanis from SCS with a score of 151 and the best scratch winner is Stephanie Skorupka from SCS with a score of 200. Loretta Smith from the SCS finished in 2nd Place in the “Women’s” flight with a score of 152. All of the scores for the 165 golfers are posted on our web site under Family and Sports Programs.

With this being my first Golf Tournament, I had a blast working with everyone that was there from driving around on a golf cart both days and taking action shots and group four-some pictures with the Supreme Assistant Director of Sports and Athletics Frank P. Laury. When we had some extra time we took a few practice golf shots on both courses.

On Saturday evening, the Supreme Director of Sports and Athletics gave a quick lesson on calculating the handicap scores for the Callaway Flights. The Supreme Assistant Physical Directress Nancy Kropolinsky and Physical Fitness Board Member Kristen Popik offered their help during the weekend to insure another successful golf tournament.

I would like to congratulate all the winners of this year’s 68<sup>th</sup> International Golf Tournament and hope to see everyone that participated this year at Treasure Lake Resort in Dubois, PA, in August 2024.

Zdar Boh!

**Robert R. Palchanis III**

*Supreme Physical Fitness Board Member*



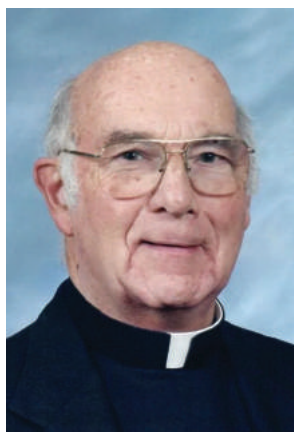


## OBITUARIES

### THE REV. A. LEO SPODNIK 1922 – 2023

The Rev. Father A. Leo Spodnik, 101, passed away Monday, September 4, 2023, at Monsignor Bojnowski Manor, New Britain, CT.

A native of Bridgeport, he was born there son of the late John G. and Maria Burcik Spodnik on June 5, 1922. His grandparents were natives of the Spis region of Slovakia. Father Leo was raised in the former



St. John Nepomucene Slovak Parish there and was graduated from its grammar school. He was a 1936 graduate of Warren Harding High School. Discerning a priestly vocation, he entered St. Thomas Seminary in Bloomfield and pursued his philosophical studies at St. Mary's Seminary in Baltimore and completed his theological studies at Theological College at The Catholic University of America. He was ordained a priest on May 27, 1948 at what is today the Cathedral of St. Augustine in Bridgeport by Bishop Henry J. O'Brien.

He celebrated his first Mass at the Church of St. John Nepomucene in Bridgeport on May 30, 1948.

Following ordination, he served in a number of parishes as a parochial vicar, including the former Sacred Heart Slovak Parish in Torrington, CT. In 1971, he was the founding pastor of St. Leo the Great Parish in Waterbury. Under his leadership a new parish plant was completed. After serving 20 years at St. Leo's, Father Spodnik was named pastor of the former Sacred Heart Slovak Parish in Torrington in 1991. During his ministry there, a complete restoration of the church was completed and re-dedicated in 1994 and stands as a monument to his great artistic and liturgical sense. He retired as pastor of the parish in July 1997.

Through the years, Father Spodnik had the honor of serving as assistant at Our Lady of Mercy Church, Plainville (1949-1951); Blessed Sacrament Church, Waterbury (1951-1955); St. Augustine Church, Seymour (1955-1956); St. Rose Church, East Hartford (1956-1957); Sacred Heart Church, Bloomfield (1957-1960); Mount St. Joseph Academy, West Hartford (1957-1960); Sacred Heart Church, Torrington (1960-1963); St. Thomas Church, Waterbury (1963-1968); Sacred Heart Church, Torrington (1968-1971); Sts. Peter & Paul Church, Waterbury (1971-1974).

Father Leo has been a member of Assembly 9 since his boyhood days and hails from a pioneer Group 2 Sokol family. His late father, John was an active Sokol and served for many years as an officer of Assembly 9. On the occasion of his ordination in 1948, Assembly 9 presented Father Leo with a chalice which he has used throughout his priesthood. In 1993, he was honored as the fraternalist of the year at the annual St. Martin Day celebration hosted by Group 2, "Rev. Stephen Panik." An avid traveler, Father Leo has visited Slovakia on several occasions, including the 1986 tour hosted by our or-

ganization. Active in the American Slovak community, he also supports the work of the Slovak Catholic Federation.

Father Spodnik had the honor of being the longest ordained priest in the Archdiocese of Hartford.

A funeral Mass of Christian Burial for Father Leo was celebrated Friday, September 15 by the Most Rev. Leonard P. Blair, STD, archbishop of Hartford. Burial was in Mount St. Benedict Cemetery, 1 Cottage Grove Road, Bloomfield.

Rest in peace Fr. Leo!

### SISTER RITA POLCHIN, SS.C.M. 1929 – 2023

Sister Rita Polchin died at Geisinger Medical Center in Danville, PA, on September 7, 2023. She was the daughter of Joseph and Anna (Fedor) Polchin, who had been married by Father Matthew Jankola, Founder of the Sisters of Saints Cyril



and Methodius. Rita Patricia Polchin was born in Coxeville, PA, on August 31, 1929, the youngest of 10 children.

After graduating from Hazle Township High School, and working in a factory for two years, she entered the Sisters of Saints Cyril and Methodius from Holy Trinity Parish in Hazleton, PA on September 8, 1949, and was professed on Aug. 13, 1952. Sister Rita frequently said that she was drawn to Religious Life

through the deep faith of her parents, who daily demonstrated that God was very much a part of their lives.

Sister Rita served in the ministry of education for most of her Religious Life, as a teacher in Charleston, SC; in Waynesboro, Bloomsburg, Nanticoke and Lebanon, PA; in Bridgeport CT; in Endicott and Yonkers, NY; and as a principal in Waynesboro, PA and Charleston, SC. She received her Bachelor's in Education from Marywood University in Scranton, PA, and a Masters in Educational Administration from Fairfield University in CT. When Sister Rita retired from her very active ministry, she was engaged in the Ministry of Prayer and Hospitality at Maria Hall in Danville.

On her 25<sup>th</sup> Anniversary as a Sister of Saints Cyril and Methodius, Sister Rita shared these words of wisdom: "Develop a deep spiritual life of prayer and a deep faith in all that God permits in your life. And another indispensable ingredient for happiness and holiness is a sense of humor." Anyone who knew Sister Rita knew that she also took these words to heart, being a woman of deep faith, prayer and good humor. Sister Rita's life of faith and service was rooted in the Gospel, summed up in one of her favorite quotes, "Be not afraid, I am with you."

Sister Rita was preceded in death by her parents and her 9 brothers and sisters. Sister is survived by many nieces and nephews.

Funeral Services and a Mass of Christian Burial were held on Wednesday, September 13, 2023 at Maria Hall in Danville, PA followed by burial in the Sisters' cemetery.

Donations in memory of Sister Rita Polchin can be made to the Sisters of Saints Cyril and Methodius, Villa Sacred Heart, 1002 Railroad Street, Danville, PA 17821.

— Sister Barbara Sable, SS.C.M.





## AUGUST 2023

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 24	Kathleen Ofsonka, Franklin Park, NJ	74	July 21, 2023
Assembly 36	Andrea Papcun, Rochester Hills, MI	72	August 10, 2023
Assembly 48	John W. Janetka of Philadelphia, PA	75	August 20, 2023
Assembly 59	Andrew Spencer, Jr., Shickshinny, PA	76	August 8, 2023
Assembly 59	Bernadette Yencha, Wilkes Barre, PA	88	August 18, 2023
Assembly 72	John J. Galgon, Allentown, PA	72	August 26, 2023
Assembly 78	Frances Clauss, Bethlehem, PA	96	August 2, 2023
Assembly 82	John Frieko, Johnstown, PA	88	August 14, 2023
Assembly 104	Robert Karlik, Cranberry Twp. PA	89	June 29, 2023
Assembly 136	Mary P. Kubasek, Mocanaqua, PA	96	July 16, 2023
Assembly 162	Rose Gladio, Winston Salem, NC	98	July 18, 2023
Assembly 162	Jacquelyn Szabo, Toms River, NJ	61	August 5, 2023
Assembly 162	John Mazur, Somerville, NJ	69	August 13, 2023
Assembly 167	Helen Krutky, Fort Myers, FL	92	August 15, 2023
Assembly 185	Evelyn Tatich, Endicott, NY	101	July 12, 2023
Assembly 188	Denom Krall, Albrightsville, PA	43	June 10, 2023
Assembly 219	Danielle Woods, Yonkers, NY	53	August 22, 2023
Assembly 261	Lynn Sprunger, Lititz, PA	76	July 30, 2023
Assembly 312	Frances Mokos, Englewood, FL	92	August 12, 2023
Wreath 11	Helen Kovar, Johnstown, NY	95	August 7, 2021
Wreath 34	David J. Vavro, Mentor, OH	72	August 26, 2023
Wreath 39	Dorothy S. Veronesi, Shelton, CT	89	August 12, 2023
Wreath 39	Teresa A. Noccioli, Bridgeport, CT	96	August 28, 2023
Wreath 93	Hilda B. Matson, Viroqua, WI	89	August 19, 2023
Wreath 93	Seng Vang Lee, Milwaukee, WI	78	August 12, 2023
Wreath 155	Linda Nace, Mechanicsburg, PA	80	July 28, 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.

## V USA ŽIADAJÚ METU, ABY PRED VOĽBAMI V SR NEŠÍRILA RUSKÉ DEZINFORMÁCIE

Washington 13. septembra (TASR) - Vplyvný americký demokratický senátor Bob Menendez v súvislosti s nadchádzajúcimi parlamentnými voľbami na Slovensku vyzval šéfa spoločnosti Meta Marka Zuckerberga, aby zaistil, že jeho sociálne siete nebudú poskytovať priestor dezinformáciám a skresleným správam, ktoré šíri Rusko. TASR o tom informuje v stredu na základe vyhlásenia zverejneného na webstránke Senátu USA.

“Som znepokojený nedávnymi správami o tom, že platformy sociálnych médií, ako je Meta, šíria ruské dezinformácie, ktoré už viedli k podkopaniu komunálnych volieb na Slovensku. Tie isté sily sa mobilizujú, aby v masívnom meradle podkopali slovenské parlamentné voľby, ktoré sa uskutočnia 30. septembra, s oveľa väčšími dôsledkami,” napísal v utorok v liste adresovanom výkonnému riaditeľovi Mety Bob Menendez, predseda senátneho výboru pre zahraničné vzťahy.

Súčasne vyjadril presvedčenie, že sociálne siete, akými sú Facebook a WhatsApp, dnes slúžia aj ako nástroje na ovplyvňovanie volieb v demokratických krajinách, predovšetkým v členských štátoch NATO a EÚ, ktoré sú terčom cielených ruských dezinformačných kampaní.

Menendez preto apeloval na spoločnosť Meta, aby nadchádzajúcim parlamentným voľbám na Slovensku bezodkladne venovala adekvátnu pozornosť a zdroje. Od Mety taktiež očakáva, že poskytne informácie o krokoch, ktoré podnikne na to, aby zabránila “cielenému zahraničnému škodlivému vplyvu a zasahovaniu do volieb na svojej platforme”.

“Slovensko je spojencom z NATO, členskou krajinou EÚ a pevný spojenec Ukrajiny v jej boji proti totálnej, brutálnej invázii Ruska, a tamojšie voľby (v SR) sú preto veľmi dôležité a ich dôsledky presiahnu hranice tejto krajiny,” napísal americký senátor.

Pripomenul, že Slovensko v tomto smere nie je výnimkou. Aktéri vystupujúci na podporu ruských záujmov sa podľa neho opakovane pokúšajú ovplyvniť výsledky volieb a narušiť dôveru v demokratické procesy po celom svete.

Menendez tiež vyjadril znepokojenie nad tým, že Meta v minulosti nedokázala podniknúť zmysluplné kroky, aby zastavila dezinformácie a zámerne skreslené správy, ktoré šíri Rusko, Čína a ďalší aktéri usilujúci sa ovplyvniť voľby v iných krajinách.

“Vyzývam vás, aby ste týmto otázkam venovali náležitú pozornosť. Teším sa na vašu odpoveď a uvítal by som trvalé úsilie smerujúce k tomu, aby platformy Mety posilňovali a aby nepodkopávali ľudské práva, transparentnosť a dobré spôsoby vládnutia,” napísal v utorok americký senátor v liste Markovi Zuckerbergovi.

## NA SLOVENSKO PRICESTOVALA MISIA OBSE, POSUDZOVAŤ BUDE PRIEBEH VOLIEB

Na Slovensko pricestovala hodnotiaca misia Organizácie pre bezpečnosť a spoluprácu v Európe (OBSE), ktorá bude posudzovať prípravu a priebeh parlamentných volieb.

Predstavitelov misie prijal v 18. septembra štátny tajomník Ministerstva zahraničných vecí a európskych záležitostí (MZVEZ) SR Peter Mišík.

Misia má sedem členov, posudzovať prípravu a priebeh volieb bude z pohľadu dodržiavania medzinárodných záväzkov a pravidiel právneho štátu.

“Pozornosť budú venovať implementácii volebnej legislatívy a vyváženosti a nezávislosti mediálneho prostredia,” uviedol v stanovisku tlačový odbor MZVEZ.

Misia po voľbách vypracuje a zverejní hodnotiacu správu, súčasťou ktorej budú prípadné odporúčania Úradu Organizácie pre bezpečnosť a spoluprácu v Európe pre demokratické inštitúcie a ľudské práva (ODIHR) na odstránenie eventuálnych identifikovaných nedostatkov.

Mišík ocenil expertízu Úradu OBSE pre demokratické inštitúcie a ľudské práva v oblasti pozorovania volieb.

“Výkon tejto činnosti potrebnej na upevňovanie demokratického charakteru spoločnosti bude Slovenská republika naďalej podporovať. Slovenská republika bude naďalej aktívne spolupracovať s Úradom OBSE pre demokratické inštitúcie a ľudské práva na implementácii odporúčaní zameraných na skvalitnenie volebného procesu,” uviedol štátny tajomník.

Predčasné parlamentné voľby budú v sobotu 30. septembra. Kandiduje v nich 24 politických strán a hnutí a jedna koalícia. - *sme.sk*

## NASA VYBRALA ZA SNÍMKU DŇA FOTOGRAFIU, KTORÁ VZNIKLA PRI PREŠOVE

Americký Národný úrad pre letectvo a vesmír (NASA) v pondelok, 11. septembra, vybral ako prestížnu astronomickú snímku dňa fotografiu, ktorá vznikla v sobotu (9. septembra) neďaleko obce Záhradné v okrese Prešov. Na snímke je jasná planéta Venuša a kométa Nishimura. TASR o tom informoval autor fotografie Petr Horálek z Fyzikálneho ústavu v Opave.

Kométa Nishimura bola objavená japonským astronómom Hideom Nishimurom 12. augusta tohto roku. V tejto chvíli sa podľa Horálka už veľmi približuje k Slnku a jej pozorovanie je veľmi ťažké.

Astronomická snímka dňa NASA je prestížny výber najzaujímavejšej astronomickej fotografie dňa, ktorú na každý deň vyberajú a následne dopĺňajú popisom editori Jerry Bonnell z Michiganskej technologickej univerzity a Robert Nemiroff z Univerzity v Marylande, spolupracovníci NASA. Od roku 1995, keď sa začal výber, sa stal jedným z najznámejších svojho typu po celom svete. Sprievodné texty sú prekladané do 23 svetových jazykov. – TASR



## TÝCHTO 10 POTRAVIN VÁM POMÔŽE ZNÍŽIŤ HLADINU CHOLESTEROLU

Vysoká hladina cholesterolu je príčinou aterosklerózy, čiže kôrnatenia tepien, čo vedie k vážnym zdravotným komplikáciám, ako je srdcový infarkt, cievna mozgová príhoda, nedokrvnenie dolných končatín, postihnutie obličiek.

Cholesterol je tuková látka, ktorá sa nachádza jednak v krvi a zároveň je súčasťou prakticky každej bunky v organizme. Bez cholesterolu nemôže naše telo fungovať – potrebujeme ho na tvorbu žlčových kyselín nevyhnutných pre vstrebávanie tukov v čreve a aj vitamínu D. Cholesterol je tuk, takže nie je rozpustný v krvi. Medzi bunkami ho prenášajú špeciálne bielkovinové nosiče nazývané lipoproteíny. Existujú dva hlavné druhy lipoproteínov – dobrý HDL a zlý LDL. V skutočnosti je teda iba jeden cholesterol, len v krvi cirkuluje vo väzbe na rôzne bielkoviny.

### 10 potravín cholesterolu

Ovsené vločky: obsahujú vlákninu beta – glukán, ktorá môže pomôcť znížiť hladinu zlého LDL cholesterolu.

Orechy: vhodné sú najmä vlašské orechy, mandle a lieskové orechy, pretože obsahujú zdravé tuky a vlákninu, ktoré prispievajú k zníženiu cholesterolu.

Červený ryžový extrakt: obsahuje látku monakolín K, ktorá sa prirodzene vyskytuje v Číne a môže podporiť zníženie hladiny cholesterolu.

Cesnak: obsahuje allicín, čo je látka, ktorá môže pomôcť znížiť hladinu LDL cholesterolu.

Artičoky: obsahujú vlákninu, ktorá môže podporiť zníženie hladiny cholesterolu v krvi.

Kurkuma: obsahuje kurkumín, ktorý má antioxidačné vlastnosti a môže pomôcť pri regulácii hladiny cholesterolu.

Chia semienka: sú bohaté na vlákninu a omega 3 mastné kyseliny, ktoré môžu pomôcť znížiť hladinu LDL cholesterolu.

Zelený čaj: obsahuje katechíny, čo sú antioxidanty, ktoré môžu pomôcť pri znížení hladiny cholesterolu.

Červená repa: obsahuje betalainy a vlákninu, ktoré môžu podporiť zdravú hladinu cholesterolu.

Slnčnicové semienka: obsahujú zdravé tuky, vlákninu a vitamín E, ktoré môžu pomôcť pri kontrole cholesterolu.



**ACH, TÁ NAŠA SLOVENČINA!**



**Najsamlepšia omáčka na špagety... - pravda.sk**

Po manželskej kríze už má byť krásna Natalie Portman **single**. - pravda.sk

Tesco na Slovensku **expanduje**. - pravda.sk

...vzniká v bratislavskom **downtowne** v susedstve prémiových projektov.. - pravda.sk

Po letnom hodovaní sa môže objaviť tráviaci **diskomfort**. - sme.sk

## KRÁTKE SPRÁVY ZO SLOVENSKA



Štrnásť tankový prápor Trebišov si prevzal ďalšie dva tanky typu Leopard 2A4. Ozbrojené sily (OS) SR ich majú vo výzbroji celkovo už šesť. Počas augusta bol doručený aj kompletný balík munície pre tanky, v septembri má byť dodaný aj balík náhradných dielov. TASR o tom informovala hovorkyňa Ministerstva obrany (MO) SR Mária Precner. "Na túto novoza-vádzanú techniku sú už priebežne pod vedením inštruktorov nemeckých ozbrojených síl preškolované posádky - príslušníci trebišovského tankového práporu. Prvých z nich absolvovali osemtyždňový kurz v Centre výcviku Lešť v auguste tohto roka vrátane teórie o údržbe a starostlivosti o techniku, ov-ládania zbraňového systému či bojových streliab," uviedla. Pripomenula, že zvyšných deväť tankov bude v súlade s har-monogramom OS SR dodaných priebežne do konca roka. Päťnásť tankov získalo MO SR ako náhradu od Nemecka za darované bojové vozidlá pechoty sovietskej výroby. Nemecko tiež natrvalo a bezodplatne poskytlo Slovensku dva komplety protivzdušnej obrany Mantis v hodnote 225 miliónov eur.

Panorámu slovenskej metropoly doplní dvojica štíhlych veží s výškou 99 a 117 metrov. V modernom srdci Bratislavy vyras-tie nový rezidenčný komplex Portum Towers. Portum Towers vzniká v susedstve prémiových projektov Eurovea Tower a Sky Park. Rezidenčný komplex tvorí päť objektov, dve veže s 36 a 30 podlažiami a tri nižšie budovy. Ponúkne 518 bytov, od dvojizbových s cenovkou od 270 tisíc eur až po dizajnové veľkometrážne s terasami.

Na najvyšších horách na Slovensku zaznamenané extrém-enali mimoriadne teplé počasie. Lomnický štít zaznamenal tri dni za sebou priemernú dennú teplotu nad desať stupňov Celzia. 9. a 10. septembra bola na spomínanej stanici zna-menaná vôbec najvyššia priemerná denná teplota za sep-tember v histórii meraní, oba dni zhodne 11,1 stupňa Celzia. Rekordy padli aj na Chopku, kde bol vyrovnaný septembrový rekord najvyššej priemernej dennej teploty 14,7 stupňa Celzia. Aj na niekoľkých staniách na východe Podunajskej nížiny a na Honte meteorológovia 12. septembra namerali 33 stupňov Celzia. V Dudinciach túto hodnotu v druhej septembrovej dekáde zaznamenali len druhý raz v histórii meraní (od roku 1977), prvý raz to bolo v roku 2015. Podobne s hodnotou 32 stupňov Celzia to bolo aj v Mochovciach. Rovnako teplo bolo aj v Žiari nad Hronom.

Slováci spolu s Číňanmi ohlásili veľké plány. Vybudujú novú baterkárňu a solárnu elektrárňu, prácu dajú tisíckam ľudí. Spoločnosti InoBat a Gotion High-Tech podpísali predbežnú dohodu o spoločnom podniku na výstavbu gigafabriky na výrobu batérií. Výstavba továrne by mala začať v roku 2024, s plným spustením sa počíta v roku 2026. Mala by sa rozprestierať na ploche viac ako 100 hektárov. Počiatočný plán vybudovať gigafabriku s kapacitou 20GWh bude možné postupne navýšiť. Spoločnosť Gotion High-Tech dokonca plánuje ako súčasť tohto investičného programu postaviť aj najväčšiu agro-solárnu elektrárňu v Európe, ktorá bude giga-fabriku zásobovať zelenou energiou.



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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.

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