

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, NOVEMBER 1, 2023

NUMBER 5181



Message from our Supreme President Michael J. Horvath

There are times someone will ask us to do something for them because they want us to be involved with a special event in their lives.



This privilege is among the highest and will be remembered

for all our lives. Our Supreme Secretary, Scott T. Pogorelec, F.I.C. honored me with such a privilege when he asked me if I could administer the oath of office to him and the rest of the officers of the New Jersey-New York Fraternal Alliance at their 90th Annual meeting held October 5, 2023 at the Tropicana Resort in Atlantic City, NJ. Brother Scott was elected as the President of the NJNY Fraternal Alliance for 2024. Congratulations to Brother Scott and all the incoming officers.

I want to extend a Happy Thanksgiving to all our members, their families, and friends. Let us be very thankful all the blessings God has given us and all that we have in our lives; and remember, be Happy for your family and friends, be Thankful for what you have in life and Give of what you have to help others that need help and do not have the basics and help those that are less fortunate than us.

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



Continued on page 7

Thanks to everyone who helped to deliver dinners to our senior members in Group 14. A very special thanks to Arlene Most who took care of all the organizing and shopping for gifts! – **Kathleen Shoberg Watkins**

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



THANKFUL

Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the same cause.

-Abraham Lincoln



Greetings from the Home Office!

November is upon us and the season of giving thanks is here. As the season of fall is in full swing, the month of November gives us the opportunity to reflect on the past year and to give thanks for all that we have. Fortunately, November has a couple days that we are able to do just that.

On Saturday, November 11th, we will have the opportunity to reflect on those who have served and who are currently serving to defend and protect our American way of life. In 1918, on the 11th hour of the 11th day of the 11th month, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in World War I, then known as "the Great War." Commemorated in many countries as Armistice Day the following year, November 11th became a federal holiday in the United States in 1938. In 1954, the name was changed to "Veteran's Day" in honor of all soldiers who served. These fine men and women make considerable sacrifices during their service and display great courage and valor. As a Fraternal with strong values, it is important for us to recognize these individuals who make considerable sacrifices. We should take this time to acknowledge these brave men

and women who put their lives on the line to protect our freedom.

I always like to put a small list out for our members of some things you could do to honor our soldiers and veterans during this season.

1. Express thanks: If you see someone in uniform or someone you know has served, simply say "thank you."

2. Send a care package: Send a package of gratitude to a soldier. There are many organizations to assist with this, such as Operation Gratitude.

3. Teach: It starts with our children. Let your children know how thankful they should be for our brave men and women in our military. Instilling strong values in our children to show respect is vital in everything we do.

4. Volunteer: Something near and dear to our hearts as a Fraternal. Volunteer at a local VFW or Veteran's Hospital.

5. Donate: Donate financially to the USO or another organization that helps our Veterans.

These are just a few ways you can show your support and gratitude to our wonderful men and women who serve this great country!

Finally, on behalf of my beautiful wife, Maggie, our sons, Reid and Cole, and my entire Family, I wish all our members a wonderful Thanksgiving Holiday. I urge you to value the special time you have with your families and do not take it for granted.

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

Zdar Boh!



Supreme Secretary Scott T. Pogorelec, F.I.C. was elected the New Jersey/New York Fraternal Alliance President for 2023/2024. Left is Joe Stefka, Jr., President and CEO of NSS Life, who is the outgoing President of the Alliance.

Sokol Calendar

SATURDAY, NOVEMBER 4, 2023
GROUP 12 ANNUAL MEETING at 10 a.m. in the Sokol Hall, 411 Crestmont Street, Reading, PA. Those interested in attending can contact Joann Antosy at 610-790-4086.

SUNDAY, NOVEMBER 5, 2023
SLOVAK HERITAGE FESTIVAL at the University of Pittsburgh, Cathedral of Learning Commons Room from 12 noon until 4 p.m. Ethnic food, cultural displays and lecture shop, Slovak and East Europeans import vendors, musical and folk dance performances.

GROUP 7 ANNUAL MEETING. Mass will be celebrated at St. Robert Bellarmine Parish, Wilkes-Bare, PA at 11:00 a.m. with the meeting to follow.

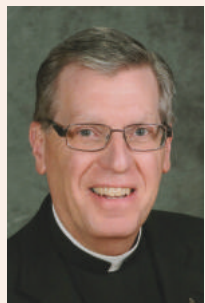
MONDAY, NOVEMBER 6, 2023
GROUP 14 DINNER MEETING at 6:30 p.m. at the Kollar Club, 3226 Jane Street, Pittsburgh, PA. We will have election of officers and discuss future events. Please reply to Kathy at 412-225-8233 so that we have a count for dinner. — **Kathy Watkins, Group 14 President**

(Continued on page 7)

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

NOVEMBER: MONTH OF THE HOLY SOULS

At this time of year, in the month before December, a lot of peoples' thoughts are turning towards Christmas. That is the particular season when the loss of loved ones will be most keenly felt in many families and circles of friends.



Most of us experience loss at some time in our lives; as a child the death of a pet; parents seeing their children leaving home or members of the family moving to locations around the globe. However, nothing truly prepares us for the death of a loved one. And yet we all know that we are going to die, for that is the great certainty of life, whether we are rich or poor, male, or female, Protestant or Catholic, Christian, or Muslim. Perhaps if we dwell on the fact too much, we might go mad! However, the whole purpose of the Christian life is to prepare us for the life which is to come. Christians believe they are on a journey home to God and that the life we have on earth is only a preparation for the next life.

The idea of a place between death and heaven, as well as the practice of praying for the dead, dates to the earliest days of the church. Words of hope and comfort appear on many early Christian monuments, especially in the catacombs. Believers gathered there on the anniversaries of the dead to ask for mercy for the departed souls. There is, for all practical purposes, no biblical basis for the doctrine of purgatory. This is not to say that there is no basis at all for the doctrine, but only that there is no clear biblical basis for it. In 2 Timothy 1:18, St Paul does offer prayers for Onesiphorus, who has died. The earliest mention of prayers for the dead in public Christian worship is by the writer Tertullian in 211 A.D.

The Catholic Church's teaching about Purgatory (Catechism of the

Catholic Church), says that all sin, unfortunately, has a life of its own and may have bad effects even after the sinner repents. Sincere repentance includes a desire to repair the damage done by one's sins. That may or may not be complete before the person dies. The idea is that the souls in purgatory died in the mercy of God, which is why they are called Holy Souls. However, because they still had attachment to sin at the time of their death, they must undergo a spiritual purification of their souls before they are able to fully love God with their whole heart, mind, and soul for all eternity. Therefore, purgatory is probably best understood as a process by which we are cleansed (purged) of our residual selfishness, so that we can really become one with God, who is totally oriented to others.

It is appropriate that the Catholic Church sets aside November which begins with All Saints Day and All Souls Day, as the Month of the Holy Souls in Purgatory – those who died in grace but who failed in this life to make satisfaction for all their sins. The Roman Catholic teaching on purgatory reflects its understanding of the communion of saints. We are connected to the saints in heaven, the saints-in-waiting in purgatory and other believers here on earth.

In November we are encouraged to pray for those who have gone before us, family, and friends, which is natural enough. However, it does not end there for we are asked also to pray for those who may have no one to pray for them. In this way we are joined to others in the Christian family and reminded that we are a wide community united in our belief in Jesus and his Resurrection. Those in purgatory cannot pray for themselves but one day they may be able to pray for us when we are in the same position. Perhaps this is why Pope St John XXIII wrote the following words "The devotion to the memory of the dead is one of the most beautiful expressions of the Catholic spirit."

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. Tanzone

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.

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

FOLLOW US ON:

TWITTER: www.twitter.com

INSTAGRAM: www.instagram.com

FIND US ON FACEBOOK:
Slovak Catholic Sokol Public Group

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING HELD VIRTUALLY

Thursday, September 21, 2023 – 3:00 p.m.

Supreme President, Michael J. Horvath, **Called to Order** the Quarterly Meeting of the Supreme Board of Directors at 3:00 p.m. on Thursday, September 21, 2023, and greeted all the members of the Board.

Supreme Chaplain, Rev. Andrew S. HvozdoVIC, offered the **Opening Prayer** leading the Directors in the reading of the Prayer to Practice the Golden Rule.

Supreme Physical Director, Martin Degnan, led the Board members in reciting the **Pledge of Allegiance to the Flag**.

Supreme Secretary, Scott T. Pogorelec, F.I.C. took the Roll Call and the following members responded:

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

The record will show that nine members of the Board of Directors are present and Supreme Vice-President, Edward D. Moeller is excused. Acknowledged

President Horvath informed the Board that they all have received the **Minutes** from our last Board meeting held virtually on June 28, 2023, and published in the August 1, 2023, issue of the Slovak Catholic Falcon. Brother President entertained a motion for their acceptance, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Supreme Treasurer, James F. Knis. Approved

President Horvath then asked our Supreme Secretary to give a brief overview of the **Membership/Sales and Market- ing Report**.

Brother Secretary gave the Board a brief overview of our life and annuity business to date, agency update, and the current agent sales campaigns. He also informed the Board of the various advertising efforts that are currently in place and will be expanded upon in the new year. He also updated the Board on the membership campaign, Drive to Fifty, centered around our 50th International Slet.

Several questions were presented and addressed to the satisfaction of the Board and President Horvath thanked Brother Secretary for presenting the report. President Horvath then asked for a motion to accept the report, so moved by Supreme Chaplain, Rev. Andrew S. HvozdoVIC and seconded by Supreme Director of Sports and Athletics, James C. Matlon. Approved

President Horvath then called upon Mr. Thomas Calimano, Ms. Cynthia Cole, and Mr. Ralph Primavera, PNC Institutional Asset Management, for the **Investment Report**.

Mr. Primavera provided an overview of the recent performance of the economy, financial markets, and PNC's outlook for the balance of 2023 and 2024. Mr. Calimano then reviewed

the overall asset allocation, the equity markets, and corporate earnings. Ms. Cole reviewed the expectations for the Federal Reserve, inflation trends, and recent activity in the fixed income portfolio. Ms. Cole also provided commentary on the competitive insurance company landscape.

The team addressed various questions from the Board and President Horvath entertained a motion to accept the report, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Chairperson of the Supreme Auditors, James G. Jerek. Approved

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

Brother Counsel updated the Board on the potential sale of the Print Shop and a meeting with the Planning Board will take place on October 11th. He will update the Board on any developments. Acknowledged

President Horvath then called upon Chairperson of the Supreme Auditors, James G. Jerek, for the **2023 Semi-Annual Audit Report**.

Brother Jerek reported that the Audit for the first six months of 2023 was conducted at the Home Office in Passaic, NJ on August 15-16, 2023. Brother James proceeded to review the report and addressed several questions from the Board members. Brother Jerek expressed his thanks to the Supreme Secretary and the Home Office staff for their cooperation and appreciates the continued efforts of the various Boards to control and reduce many of the expenses.

After a lengthy discussion, Supreme President, Michael J. Horvath asked for a motion to accept the report, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Supreme Physical Directress, Katie Swift. Approved

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

Brother Matlon reported that the historic 50th International Slet took place at Kutztown, University from July 13th-16th after being postponed for two years due to COVID-19. The Fitness Board members arrived on Tuesday July 11th to make sure everything was ready for this historic event. The Groups arrived late Wednesday evening and early Thursday morning. Eight groups were represented with a total of 120 participants and 26 Group and Supreme Officers. The first agenda item was an informative initial meeting with the Group leaders and Physical Fitness Board to discuss the 2023 Slet schedule. The first scheduled event on Thursday afternoon was a trip to Dorney Amusement Park in nearby Allentown, Pa.

The Slet officially began on Friday morning with opening ceremonies and Mass celebrated by our Supreme Chaplain, Rev. Andrew S. HvozdoVIC. The track and field events began on Friday morning and in the afternoon volleyball/basketball and individual drills. The team drill competition took place on Friday evening. Bright and early Saturday morning track finals were held along with some additional field events. The Saturday evening closing ceremonies began with Mass followed

(Continued on page 6)

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING HELD VIRTUALLY

(Continued from page 5)

by the Grand March of the athletes and colors representing 11 Groups. The first event was the male and female Drill Exhibition, followed by the Mass Drill performed to "Chariots of Fire", with many past Slet participants invited to participate in the finale. The final event at the stadium was handing out the individual and team awards. Trophies were presented to all the individual male and female track and field winners by the five age groups. Group 5, Cleveland, OH, took 1st place in the team track & field and volleyball and Group 4, Milwaukee Wisconsin took 1st place in calisthenics. Group 19, Toronto, Ontario, Canada won the John J. Stofko Spirit Award. The 50th Slet International Championship Flag was presented to Group 5, Cleveland, OH in a very close race with the defending 2019 Slet Champions, Group 4, Milwaukee, Wisconsin. The Gala celebration began after closing ceremonies for all the athletes, serving tasty food and a DJ playing great music for the rest of the evening. The Slet participants enjoyed themselves and are looking forward to our 51st Slet in 2025.

The 68th International Golf Tournament was held at Kensington Golf Club in Canfield, Ohio and Flying B Golf Course in Salem, Ohio, August 18th through the 20th. We had a total of 165 golfers, 109 from the Slovak Catholic Sokol, 52 from FCSU and 4 from the GCU. The golfers and guests enjoyed beautiful sunny weather for the entire weekend. The Friday evening hospitality was held at the Waypoint Banquet Hall attached to the Courtyard hotel at the Kensington, Golf Course. On Saturday afternoon Fr. Thomas Nasta, the National Chaplain of the FCSU, celebrated Mass followed by the Golf Banquet at the Waypoint Hall. Donald J. Koval from Wilkes-Barre was the recipient of the 2023 Frank S. Petruff Memorial Sports Award. This was the first golf tournament in Ohio since 2006 and Group 17 provided great hospitality for all the golfers and guests. This year the senior male flight had 52 golfers, so we split them into two flights 62-69 and 70+. The SCS golfers were champions in three of the seven flights and finished in second place in six of the seven flights. The 2023 golf tournament article including pictures and flight leaders will be published in the October issue of the Falcon. Pictures from the golf tournament were also posted on Facebook. The golf scores for all participants are posted on our web site along with additional pictures from the tournament. I would like to thank all the Supreme Officers who participated in the 2023 golf tournament including Jim Knis and Jim Jerek who volunteered to hand out water and sports drinks on Saturday and Sunday. Frank Laury, Supreme Assistant Sports Director and Supreme Physical Fitness Board member, Robert Palchanis III, worked the tournament with additional help from Fitness Board members Kristen Popik and Nancy Kropolinsky.

Confirmed sights for the 2024 Sports Program:

May 17-18, 2024	Bowling	Bowlero Pittsburgh Pittsburgh, PA
August 9-12, 2024	Golf	Treasure Lake Resort DuBois, PA

The Supreme President thanked Brother James and questioned the Board members regarding the Annuity Interest Rate for the month of October 2023 and the Board mutually agreed to increase our crediting rates for the month.

Acknowledged

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

The Board also discussed the Fraternalist of the Year Nominations, and the winner will be announced in the December issue of the Falcon.

Acknowledged

After discussions with our Supreme President, Michael J. Horvath, the Supreme Secretary informed the Board members that the date for the **next Supreme Board of Directors meeting** will be December 3, 2023, with travel dates being December 2nd and December 4th, 2023, at a site to be determined.

Acknowledged

Having completed all the business on the agenda, Supreme President, Michael J. Horvath, entertained a motion to **adjourn**, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Supreme Physical Directress, Katie Swift.

Approved

Supreme Chaplain, Rev. Andrew S. Hvozdozovic, offered the **Closing Prayer** for all those in need as well as for all the ill and deceased members of the Organization.

The meeting was adjourned at 6:00 p.m. Zdar Boh!

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

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; 330-727-2487.

MEMBERS OF GROUP 14 DELIVERED DINNERS



Sokol Calendar

(Continued from page 3)

SATURDAY, NOVEMBER 11, 2023

GROUP 16 ANNUAL MEETING will be held at 3 p.m. at Saint Cyril and Methodius Church, 41233 Ryan Road in Sterling Heights, Michigan. The meeting will include election of officers as well as a memorial table honoring our recently departed President Andrea Ames Papcun. The meeting will be followed by Mass at 5:30 p.m. dedicated to those who have departed into eternal life including Andrea and our former Sports Director Ron Gallik, who passed away this past January. All members are invited to attend. Any questions or intentions can be directed to John Papcun at 586-212-3551. Call or text no voice mail please. Veterans Day will be celebrated in honor of all those who have served. Zdar Boh!

— John M. Papcun, *President*

SUNDAY, NOVEMBER 12, 2023

GROUP 5 SLET CELEBRATION AND ANNUAL MEETING 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 Group 5 officers must submit an annual report prior to the meeting to Sue Blosser 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, or Kathy Figard 330-734-9275 or email linus50@aol.com and let us know how many are in your party.

SATURDAY, NOVEMBER 18, 2023

GROUP 1 OFFICER'S MEETING at noon at the Home Office in Passaic, NJ.

SUNDAY, NOVEMBER 19, 2023

GROUP 3 ANNUAL MEETING will be at the Sokol Hall, Rt 16, Douglas, MA. The meeting will start at 10 a.m. with coffee and danish. All members are encouraged to attend. We will be planning activities for the upcoming year. — Christine Manyak, *Group 3 Secretary*

Slovak Catholic Sokol

Semi-Annual Audit – Report Period January 1st to June 30th

August 15-16, 2023

1. BOARD OF DIRECTORS MEETING EXPENSES	\$ 24,158.49	Supreme Officers Expenses	\$ 2,449.96
		<i>Note: Final report figures will be reflected in Annual Audit</i>	
2. BUILDING RENTALS		Total	\$ 4,374.96
A. First floor office space is leased by the Slovak League of America.	\$ 1,200.00	C. 68th International Golf Tournament August 18th-20th, 2023, Canfield, OH	\$ 0.00
		<i>Note: Final report figures will be reflected in Annual Audit</i>	
B. Tri County Plumbing rents supply storage space.	\$ 3,000.00	D. 50th International SLET July 12th - 16th, 2023 Kutztown University, Kutztown, PA	\$ (4,087.50)
C. Little Achievers Academic Child Care	\$ 42,166.95	<i>Note: Final report figures will be reflected in Annual Audit</i>	
D. Parking leases on a month to month basis	\$ 2,890.00	E. Clinic (Kurz)	\$ 0.00
E. Museum space rental	\$ 7,500.00	F. Other Sports Expenses Walking Program Insurance	\$ 0.00 \$ 336.00
Total Rental income January 1 to June 30, 2023	Total \$ 56,756.95	Total	\$ 336.00
3. FRATERNAL CONGRESS EXPENSES	\$ 5,938.45	Summary of Sports and Athletic Expenses	
4. 34th QUADRENNIAL CONVENTION	\$ 29,375.55	A. District Tournaments	\$ 0.00
August 5-8, 2023 Scranton, PA		B. 77th International Bowling Tournament	\$ 4,374.96
<i>Note: Total cost for the Convention will be reflected in the 2023 Annual Report</i>		C. 68th International Golf Tournament	\$ 0.00
5. OUTSTANDING SLET BALANCES	\$ 0.00	D. 50th International SLET	\$ (4,087.50)
6. PHYSICAL FITNESS BOARD EXPENSES	\$ 12,273.59	E. Clinic (Kurz)	\$ 0.00
7. PUBLICATION EXPENSES		F. Other Sports Expenses	\$ 336.00
A. Slovak Catholic Falcon		Total	\$ 623.46
Printing	\$ 14,670.00		
Postage	\$ 7,228.98		
Total	\$ 21,898.98		
8. REVIEW OF EXISTING MORTGAGES		11. OTHER ACCOUNTS REVIEWED	
A. Outstanding Mortgage Balances:	\$ 553,359.81	Accountant Expenses	\$ 18,080.26
2 mortgage payments are being received		Actuarial Expense	\$ 67,150.00
B. Interest income on mortgages	\$ 13,505.38	Advertising / Promotional	\$ 8,888.17
9. SCHOLARSHIP COMMITTEE		Agency Expenses	\$ 10,546.92
Scholarships Expenses	\$ 1,000.00	Annuity Commissions	\$ 28,779.91
Expenses	\$ 177.03	Annuity Surrenders/Withdrawal	\$ 6,926,280.12
Total	\$ 1,177.03	Bank Charges - Bond Department	\$ 78,916.21
10. SPORTS AND ATHLETIC EXPENSES		Building Maintenance and Repairs	\$ 3,256.07
A. District Tournaments		Computer Expenses	\$ 42,925.46
None Held	\$ 0.00	Death Benefit Claims Paid/ Paid Up Additions	\$ 1,221,934.10
B. 77th International Bowling Tournament May 19th-21st, 2023 Buffalo, NY		Donations and Contributions	\$ 3,817.89
Home Office Allotment	\$ 1,925.00	Dues & Subscriptions	\$ 945.00
		SKS 2020/Governance Committee	\$ 7,321.11
		Group Assessments	\$ 22,602.75
		Hospitalization/Employee Benefits	\$ 37,897.81
		Interest Expense	\$ 0.00
		Legal Expenses	\$ 600.00
		Marketing Expenses	\$ 12,328.35
		Miscellaneous Income	\$ 25,429.06
		Miscellaneous Publication Expense	\$ 0.00
		Office Expenses	\$ 8,983.82
		Operating Expense-Sokol Building	\$ 34,478.50
		Pension Plans Office/Officers Payments	\$ 204,140.52
		Pension Plans-Print Shop Payments	\$ 0.00
		Postage Office	\$ 7,774.28
		Property Taxes-Sokol Building	\$ 70,098.09
		Rental Area Expenses	\$ 4,895.61

Salaries-Editorial	\$ 17,640.00
Salaries-Office	\$ 165,586.51
Salaries-Supreme Officers	\$ 0.00
Sale of Cookbooks	\$ 93.00
State Insurance Licenses & Fees	\$ 11,253.86
Supreme Auditors	\$ 3,870.68
Supreme Officers Employee Bonding	\$ 2,051.00
Supreme Officers Travel	\$ 1,582.82
Supreme Officers Uniform Allowance	\$ 0.00
Telephone-Editorial	\$ 1,173.18
Telephone-Office	\$ 2,417.94
Workman's Compensation	\$ 4,634.47

We, the Supreme Auditors of the Slovak Catholic Sokol would like to thank the members for allowing us the honor and privilege to serve as your Auditors.

We, the Supreme Auditors, conducted our Audit in accordance with generally accepted auditing standards and practices. In reviewing the accounts of the Slovak Catholic Sokol, we found the accounts to be in order and in agreement with the financial report of the Supreme Secretary.

We, the undersigned Supreme Auditors of the Slovak Catholic Sokol, gratefully acknowledge the kindness and cooperation of the following during the audit: Supreme Secretary, Scott T. Pogorelec, F.I.C., Office Consultant, Peter Dobko, Bookkeeper, Melanie Sasiela, and the Home Office Staff of the Slovak Catholic Sokol.

We, the undersigned Supreme Auditors of the Slovak Catholic Sokol hereby acknowledge that on August 16, 2023, we reviewed the policy of the Slovak Catholic Sokol in accordance with PA Act 154 regarding the marketing practices and found that the Slovak Catholic Sokol is in compliance with PA Act 154.

We, your Supreme Auditors would like to assure the membership of the Slovak Catholic Sokol that we are active Slovak Catholic Sokols and participate in our Organization's activities on all levels in addition to our regular Supreme Auditor reporting responsibilities.

Respectfully submitted,

James G. Jerek, *Chairperson of the Supreme Auditors*

Bradley P. Hoeck, *Supreme Auditor*

Edward P. Bajus, *Supreme Auditor*



On September 28 Supreme Chaplain, Rev. Andrew S. Hvozdivoc presented Slovak Catholic Sokol Convention charity donations to Program Supervisor of Mothers Theresa's Haven in Scranton, PA Harry Lions (top picture) and to Development Director of Catherine McCauley Center, Mary-Pat Ward. Both organizations received \$1,966.00.



Nov. 5, 2023

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

- **Ethnic Food**
(Kolbase, Holušky, Holupki, Pirohy, Pastries & Cookies)
- **Cultural Displays & Lectures Shop**
- **Slovak and East European Import Vendors**
(Crafts, Gifts, Food & More)
- **Musical and Folk Dance Performances**

facebook.com/SlovakHeritageFestival
youtube.com/SlovakHeritageFestival

SLOVAK CATHOLIC FALCON PUBLICATION DATE

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

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



SMER-SD OFFICIAL WINNER OF GENERAL ELECTION

The Smer-SD party won the general election on Saturday, September 30 on 22.94 percent of the votes, gaining 42 seats in the 150-member House.

The election turnout was 68.51 percent with 3,007,123 voters casting their votes.

The runner-up is Progressive Slovakia that gained 17.96 percent of votes (32 MPs), followed by Voice-SD on 14.7 percent (27 MPs). The coalition of 'OLANO and Friends', the Christian Union and 'For the People' also got into Parliament thanks to 8.89 percent of votes that secured it 16 MP's seats. Other parties to make it into parliament are the Christian Democrats (KDH) on 6.82 percent (12 MPs), Freedom and Solidarity (SaS) on 6.32 percent (11 MPs) and the Slovak National Party (SNS) on 5.62 percent (10 MPs).

The far-right Republic party was closely left outside parliament on 4.75 percent, as was the ethnic-Hungarian Alliance on 4.38 percent. The Democrats on 2.93 percent and the former government 'We Are Family' party on 2.21 percent also failed to make it into the House.

The remaining political parties garnered less than 1 percent, including the former parliamentary far-right LSNS party (0.84 percent).

Slovakia's foreign policy orientation won't change, Smer-SD chairman Robert Fico told a press conference on Sunday, September 2 dedicated to the party's victory in Saturday's parliamentary election.

Fico stressed that Slovakia is part of the European Union, and he pointed out that Smer-SD supported the referendum on joining the EU. As for illegal migration, if the party forms part of the future government, it wants to restore checks on the border with Hungary at the first cabinet meeting.

"We aren't out of touch with reality, but that doesn't mean we won't be critical of things we don't like about the EU," said Fico, adding that he regrets, for example, that the EU isn't currently a peace project and that it isn't less dependent on the USA. "Not even a millimetre will change in the anchoring of Slovakia," he repeated.

As for aid to Ukraine, according to Fico, people in Slovakia have bigger problems. "Ukraine is a huge tragedy for everyone," he said, adding that if Smer-SD joins the future government, it will do everything it can for the fastest possible route to peace negotiations. He rejects further killings, expressing a preference for longer negotiations on compromises. According to him, his party is ready to provide humanitarian aid to Ukraine and also to help in rebuilding the state, but he has a different opinion when it comes to supplying armaments.

CAPUTOVA WAS AWARDED EMPEROR OTTO PRIZE FOR CONTRIBUTION TO EUROPEAN INTEGRATION

Slovak President Zuzana Caputova was awarded the Emperor Otto Prize in Magdeburg, Germany on Wednesday, receiving the award bestowed for extraordinary contributions to the European integration process for her pro-European orientation and determination to promote the rule of law, peace and freedom, TASR learnt on the same day.

"The prize you awarded me reminds us of the importance of European cooperation as a project based on peaceful and democratic values," emphasised the Slovak head of state in her speech in Magdeburg Cathedral during the ceremony. She pointed out that recently when Europe is confronted with several simultaneous crises and the effect of the Russian aggression in Ukraine, the defence of peace and democracy is all the more important. According to her, the importance of decisiveness and adherence to principles of democratic politicians is emphasised in these times. "Democracy requires leaders who see their mission as a service to the people, they don't want to be gladiators who desire to gain power over others," she pointed out.

Caputova also called for active defence against the dangers and spread of extremism. "Democrats must be courageous and resolute when defending democracy," she stated in connection with the attention that must be paid to the fundamental pillars of democracy, such as the separation of powers, lawfulness and the protection of human rights. However, she also emphasised the importance of defending democracy in the social media environment.

The Emperor Otto Prize has been awarded in two-year intervals since 2005. German ex-president Richard von Weizsacker, former German chancellor Angela Merkel, the Organisation for Security and Cooperation in Europe (OSCE) and Romanian President Klaus Iohannis have all become laureates.

IDEB DEFENCE & SECURITY FAIR OPENS IN BRATISLAVA, WILL

The tenth annual 'IDEB Defence & Security' fair was opened in Bratislava on Tuesday, October 4, with almost 100 exhibitors from 17 countries presenting their wares and equipment.

One new feature is that, in addition to defence equipment, IDEB was also focusing on internal security and fire-protection issues this year. The theme of this year is 'Protecting Slovakia - Protecting Europe'.

"With the ongoing war in Ukraine, a strong and dynamic defence industry in the transatlantic region is a basic prerequisite for peace and security. Protecting and defending Europe doesn't come at Slovakia's expense; quite the opposite - together we are stronger, more capable. Slovakia's level of security is higher when we protect not only Slo-

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

vakia, but the whole of Europe,” said caretaker Defence Minister Martin Sklenar in his opening speech.

The opening ceremony was also attended by other representatives of the Slovak government, Czech Deputy Defence Minister Daniel Blazkovec and members of other foreign delegations. The ceremony started with a low fly-past by a C-27J Spartan aircraft.

For the first time, the fair will showcase a prototype of the self-propelled BIA 6x6 howitzer made by Konstruktiva-Defence. Equipment belonging to the Slovak army, such as a remote-controlled Bozena 5 self-propelled mine-sweeper, a UH-60M helicopter, a Leopard 2A4 tank and a Zuzana 2 self-propelled howitzer, will also be on display.

PRESIDENT: ISSUE OF MILITARY AID TO UKRAINE NEEDS TO BE LEFT TO NEW GOVERNMENT

President Zuzana Caputova thinks that when it comes to providing further military aid to Ukraine, there's a need to respect the results of the election and wait for the conclusions of talks on the formation of a new government, stated Caputova's spokesman Martin Strizinec, stressing that the head of state supports military aid to Ukraine but doesn't provide approval or disapproval of its provision.

“First of all, the president doesn't provide approval or disapproval of the provision of military aid, so it isn't true that she's stopped another package of military aid to Ukraine. However, the president shares the opinion of the prime minister [Ludovit Odor] that on this issue it's necessary to respect the results of the election and wait for the conclusions of the negotiations on the formation of a new government that are currently underway,” said Strizinec.

The spokesperson added that at this time a decision to provide military equipment would create a precedent for changes of political power in the future as well. “The president continues, as before, to support the provision of military aid to Ukraine within the capabilities of the armed forces,” he added.

“Remember that the influence of Russian agents in Slovakia is simply enormous. What we can see today is the influence of the Russian Federation, which is trying to inflame the situation in Europe,” said secretary of Ukraine's National Security and Defence Council in response to Caputova's statement about the possible suspension of military aid to Ukraine. His statement was taken by TASR from Ukrainian agency UNIAN..

SMER-SD, VOICE-SD AND SNS SIGN COALITION AGREEMENT

The leaders of Smer-SD, Voice-SD and the Slovak National Party (SNS) signed a coalition agreement in the old parliament building on Zupne Square in Bratislava on Monday, October 16.

Robert Fico, chairman of the Smer-SD party, which gained the highest number of votes in the recent snap general election, was tasked with forming a new government. Progressive Slovakia (PS) held informal talks as well, seeking a coalition of four with Voice-SD, the Chris-

tian Democrats (KDH) and Freedom and Solidarity (SaS). In the end, Smer-SD, Voice-SD and SNS agreed to sign a coalition agreement and distribute posts last Wednesday (October 11).

SLOVNAFT REFINERY INSPECTED AFTER MISHAP

The Slovak Environment Inspectorate will carry out an inspection at the Slovnaft refinery in Bratislava. This after the explosions on the flare stacks, which caused black smoke seen rising from the refinery on Thursday, October 19.

The inspectorate was told that the incident was the result of a power outage. A spokesman said this had never happened in the refinery's history. The power outage caused the shutdown of several production units.

Over the next few days, people may continue to notice combustion, increased noise levels and a bad smell from the refinery caused by the gradual restart of production units.



As a unique example of medieval settlement and fortification architecture, Kremnica's town castle was declared a national cultural heritage monument in 1970. It is a cluster of buildings from the 14th – 15th centuries protected by a double wall connected to some of the best-preserved town walls in Slovakia. It was rebuilt several times and the present appearance is the result of an extensive Neo-Gothic renovation between 1883 and 1886. The castle complex and exhibitions are managed by the Museum of Coins and Medals under the responsibility of Národná banka Slovenska. At the heart of the castle is the Gothic church of St Catherine – the patron of the town – with a Neo-Gothic interior. The second ecclesiastical building in the castle is the Gothic St Andrew's mortuary chapel with an ossuary. The walls of the chapel are decorated with Gothic murals. The castle has a double wall and includes other typical town castle buildings such as the town hall, a parish office, an entrance gate with a barbican and defensive bastions. Unlike most castles, it was not built by the sovereign or a lord. It was built solely for the town's administration and defence and it was wholly owned by the townspeople.

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.

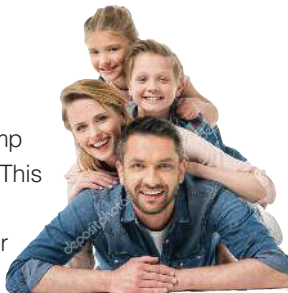
Legacy Life

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

GROUP 7, WILKES-BARRE, PA CELEBRATED ITS 87TH ANNUAL “SOKOL DAY” PICNIC



Group 7, Wilkes-Barre, PA celebrated its 87th annual “Sokol Day” picnic on Saturday, September 2, 2023 at the Plains Pavilion. Great weather, good food, music and fraternalism was enjoyed by all who came out.



SLOVAK CATHOLIC SOKOL -ANNUAL MEETING ASSEMBLY 227/ GROUP 19 TORONTO , CANADA – May 25, 2023 PLANET BOWL LANES, 555 EGLINTON AVE. WEST TORONTO

The Slovak Catholic Sokol Group 19 and Assembly 227 annual meeting was held on Sunday May 28, 2023 and there were a total of 8 members present. Everyone received a copy of the individual reports from the local officers that were present.

Brother Chet Dziuba opened the meeting with a prayer reflecting on the potential success of the meeting and also taking a moment of silence for all the family and friends who were not with us anymore .

Group President Chet Dziuba gave some brief opening remarks in regards to the upcoming important events in July and August .We were then asked to read the minutes of our annual meeting from Dec. 4, 2022 provided by Sister Diane Cincar and if required provide any comments or corrections .The minutes were approved by Steven Popik and 2nd by Dusan Dorich .

Next Brother Chet asked that we review the 2023 agenda provided by Brother Larry Glugosh which was approved by Dusan Dorich and 2nd by Kristen Popik .

The meeting continued with the presentation of individual reports from local officers .

Reports/ Comments

- President - Chet Dziuba
- Sports Director - Ed Bajus
- Physical Director- Steven Popik
- Physical Directress - Anne Marie Wasilewski

Report from Chet Dziuba - Group President

Brother Chet asked everyone to read the report he provided. He congratulated Brother Larry Glugosh for successfully organizing and running another Super Bowl draw this past February. He congratulated Sister Anne Marie and Brother Steven for all their time and effort in organizing the activities, scheduling the practices, booking the sites for the team drills and track and field events and running all the practices for the upcoming Slet in July. Their work was much appreciated by all the members. He also thanked Brother Ed and Brother Dusan for the work in booking Turtle Creek and making arrangements for our upcoming local golf tourney with an expected 48 participants. The report was approved by Kristen Popik and 2nd by Ed Bajus .

Report from Ed Bajus Jr. - Sports Director

Brother Ed Bajus gave a brief report on the upcoming golf tourney with 48 golfers participating with a start time of 8:00 a.m. He made a request that all golfers should wear something pink if possible to recognize that our charity donation this year would go to support Breast Cancer Foundation .We can now report that we made a generous donation of \$950.00. The report was approved by Mark Popik and 2nd by Ed Bajus .

Report from Anne Marie Wasilewski -Physical Directress & Steven Popik -Physical Director

A combined report was presented by Sister Anne Marie at the meeting. She stressed the importance of attending all the practices with all the dates and site(s) provided on a timely basis to all the participants. She also requested that they needed some field equipment namely shot puts and a javelin. That

equipment was provided to our group on the 1st track and field practice that was held at St. Marcellinus school. Sister Anne Marie has also provided all participants and parents with a detailed schedule of all daily Slet activities, nonSlet activities, appropriate dress on each day and a list of clothing items and personal individual products needed for daily care. The report was approved by Rebecca Bettencourt and 2nd by Chet Dziuba .

Report from Larry Glugosh - Treasurer

The report was presented at the meeting and approved by Dusan Dorich and 2nd by Chet Dziuba.

Remarks from Supreme Officers - Kristen Popik , Ed Bajus, Dusan Dorich.

Sister Kristen Popik spoke about the International Bowling Tournament that was held in Buffalo, NY on our Victoria Day long weekend. She stated that there were 104 bowlers in total from SCS, GCU, Jednota and National Slovak Society. The total number of bowlers was disappointing but was still enjoyed by those that attended.

Next Brother Ed Bajus spoke about a recent trip he had made to the Home Office and indicated the Home Office was in the process of selling the property. No other specific information was provided .

Next Brother Dusan Dorich spoke about the low number of participants (108 -110) in total for the upcoming Slet in July .He also indicated based on low numbers that ages 8 -12 would be combined in their events .He confirmed the time table for arrival to be on Thursday July 13th with a lunch provided followed by trip to a nearby Dorney Park and Wild Water Kingdom. He stated that Slet events would start on Friday morning .

Following these reports, we believe we have a finalized list of 8 delegates for the convention in Scranton, Pa. in August. They are: Kristen Popik, Anne Marie Wasilewski , Ed Bajus , John Tutko, Larry Glugosh, Julianne Glugosh, Dusan Dorich and Chet Dziuba. Everyone was reminded that they are responsible for calling and booking their rooms .

Finally the group discussed main issue of local bowling facilities being in such demand that our Family Day bowling will unlikely be possible again. Our Communion Breakfast went well with Sister Anne Marie and Brother Dusan in attendance .Brother Ed remarked that our golf tourney was the best ever in terms of participants. We also acknowledged our Scholarship recipients from SCS as Mark Popik, Adam Dorich and Emily Fallis.

A number of Group 19 golfers are looking forward to our International Golf Tournament which will be held in Canfield, Ohio in August .

With no other business on hand a motion to adjourn was presented and approved by Rebecca Bettencourt and 2nd by John Tutko .

Zdar Boh!
Chet Dziuba
Group 19 President

HERBS YOU CAN GROW IN WATER

CHIVES OR SCALLIONS (GREEN ONIONS)

Cut off the green portion of the chives, leaving the bulb behind (along with 4 inches of the green portion of the chive). Then submerge the bulb in water and place the jar in direct sunlight and soon your chives will begin to regrow. Harvest by cutting off the leeks or green portion of the chives each time.



OREGANO

Take a cutting of a couple of oregano stems and immerse them in a glass of water, making sure the leaves do not touch the water. If you live in a place with cold climate, then place it in full sunlight. If you live in a warm climactic region, place the jar in medium or partial sunlight.

MINT/PEPPERMINT/SPEARMINT

You can grow these herbs at home by simply immersing in water 4 to 6 stalks of healthy mint plant. The cutting should be around 4 to 5 inches in length. Remove Keep the container in a place with sufficient sunlight.

CILANTRO/CORIANDER/ PARSLEY

Fill a mason jar with water (until ¼th full), then immerse 5 to 6 cilantro or coriander stalks in the water until their roots are submerged and place under partial sunlight. This plant requires a root to grow even in water and just a stem will not do.

CELERY

Place the base of the celery plant in a jar of water and within a week to 10 days you will begin to see celery springs starting to grow from its base. Place the jar in medium sunlight.

ROSEMARY/ BASIL

Take a cutting of a stem from a rosemary plant. The cutting should be at least 6 to 8 inches long. Then, fill up a mason jar with water and immerse the ends of the stem into the water (let at least ¼ of the stem be covered in water), making sure that no leaves are touching the water. Keep this on your windowsill where you get partial sunlight.

TIPS FOR GROWING HERBS IN WATER ALL YEAR LONG

Always make sure that your stem cuttings are at least 5 to 8 inches long.

Cut the stem always below a leaf node.

Make sure to take off the leaves at the bottom of the stem before submerging it in water and no leaves should touch the water surface.

The jar with the herbs in water should always be kept in direct or partial sunlight at least for them to grow well.

The water should be changed once in two to three days. This is essential to avoid the breeding of mosquitoes and other types of bacteria.

You can add a hydroponic fertilizer to your water, to ensure sufficient nutrients get into the plants. To use the hydroponic fertilizer make sure to read the product label properly before use.

SLOVAK CATHOLIC SOKOL MUSEUM DONATIONS FOR THE PERIOD ENDING SEPTEMBER 30, 2023

We are pleased to acknowledge the following donations which were received during the period ending September 30, 2023 for our Slovak Catholic Sokol Museum located at our home office in Passaic, NJ. A donation in someone's honor is a great way to pay tribute to a Sokol member who has been active in your Group, Assembly, or Wreath.

The monies received from these donations fund our annual \$1,000 Memorial Scholarships which assist our young people in their educational endeavors. The number of scholarship grants the Museum Board gives out, depends upon the amount of donations received.

DONATIONS RECEIVED

In Memory of	Donated By	Amount
Irene Kuchta	Wreath 22	\$ 25.00
Bill Gemoll and Rachael Kaster	Honorary Supreme Officer Julie Dobbs and her husband James	100.00
Total Donations this Period:		\$ 125.00
Total Donations to Date in 2023:		\$ 825.00

Thank you for your generosity,
James F. Knis, Supreme Treasurer

30TH SLOVAK BALL IN GARFIELD, NJ

The black-tie affair will begin with cocktail hour at 7 p.m., followed by dinner, dancing and live Fashion Show by +421 Foundation. The raffle will once again feature unique prizes! Premium open bar all night! The Slovak Ball 2024 will take place on Saturday, January 27, 2024 at The Royal Manor in Garfield, New Jersey. For more information, visit our website: SlovakAmericanCC.org. Limited tickets available! Get your early bird tickets - October special - only \$165! Offer expires Oct 31st! Thereafter, tickets are \$185. Buy tickets via Ticketbarber.

HOW TO SIGN UP FOR ELECTRONIC FALCON

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



KIDS' CORNER "Detský kútik" - - November 2023

Thanksgiving Day is a national holiday celebrated primarily in the United States and Canada as a day of giving thanks for the blessing of the harvest and of the preceding year. Several other places around the world observe similar celebrations.



It's celebrated on the fourth Thursday of November in the United States and on the second Monday of October in Canada. Thanksgiving has its historical roots in religious and cultural traditions, and has long been celebrated in a secular manner as well.

fppt.com

HAPPY BIRTHDAY TO YOU!!!!

Alexandra Bond 11/6

Isabella Brill 11/21



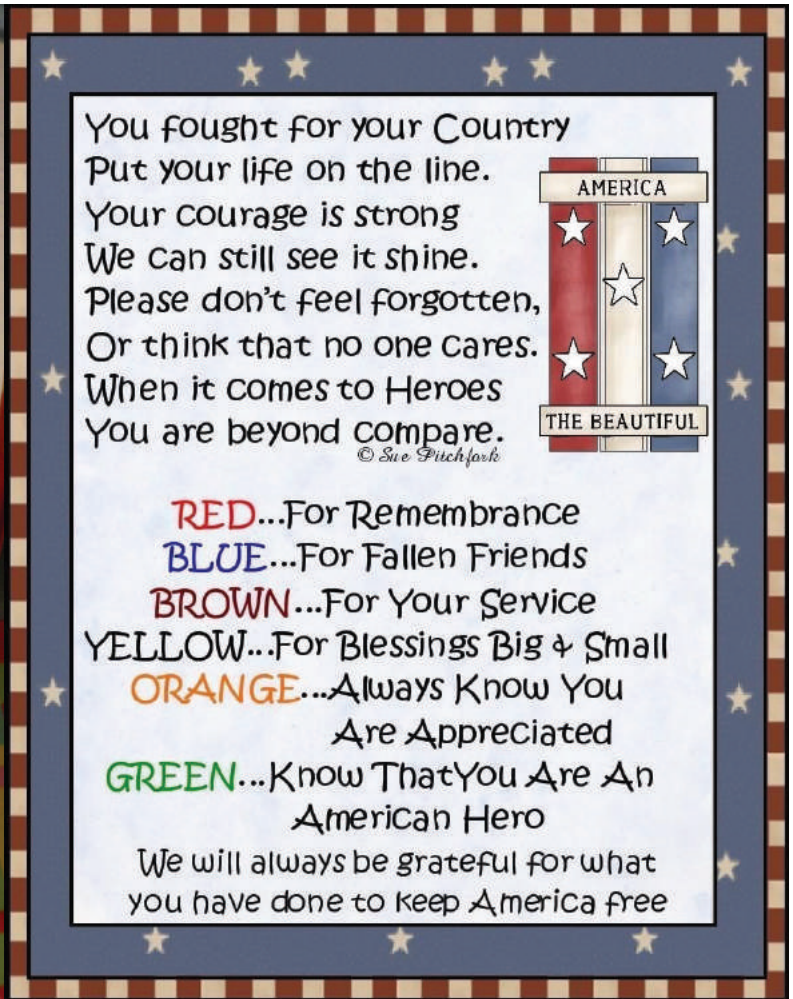
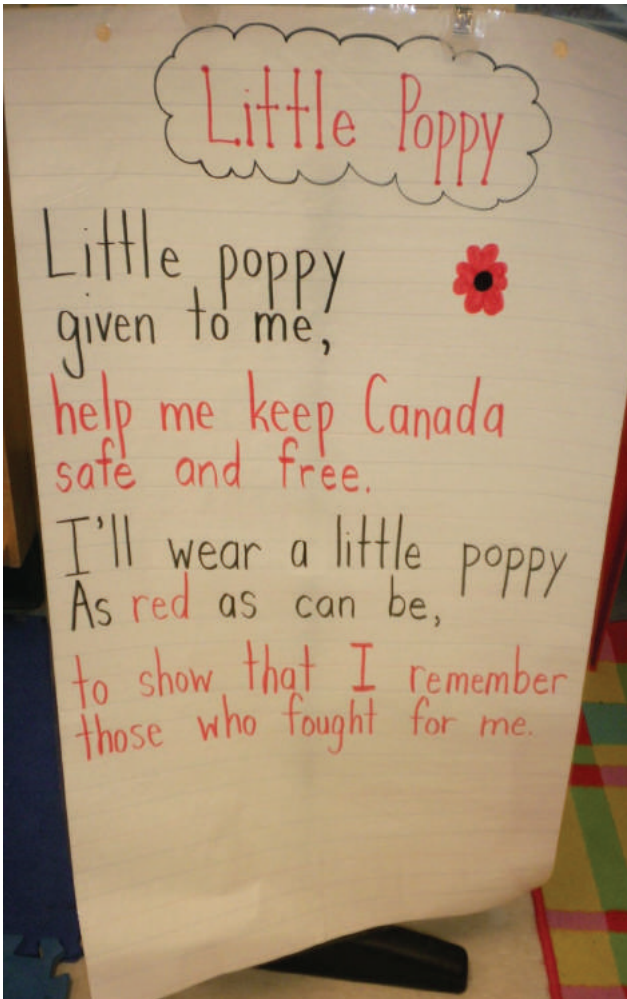
Why Do Celebrate Veterans Day?



Veterans Day is a day for Americans to respect and thank our veterans. Veterans Day is a day for Americans to coax the courage and yield of every single United State veterans, both male and female. A few Americans don't have the foggiest idea about the reason we salute our veterans every year on Nov. 11. It is basic that all Americans know the significance and history of this day so we can respect our servicemen and ladies appropriately.



KIDS' CORNER "Detský kútik" - - November 2023





KIDS' CORNER "Detský kútik" - - November 2023

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

DRESSING
FAMILY
FOOTBALL
FRIENDS
GATHERING
GOBBLE
GRAVY
MASHED
MEMORIES
POTATOES
SHARE
SUPPER
THANKSGIVING
TURKEY



Gobble Gobble!

SOME FUN THANKSGIVING FACTS

Thanksgiving was originally celebrated in mid-October. The first Thanksgiving celebration wasn't in November at all. In fact, some historians suggest it was held in mid-October, similar to the present-day Canadian Thanksgiving. It was President Lincoln who set the November date in order to coincide with the Pilgrims' landing on Plymouth Rock.

Pumpkin pie isn't actually Thanksgiving's favorite pie. The dessert has been an important part of Thanksgiving meals since the 1700s. However, The American Pie Council is putting an end to the pumpkin vs. apple pie debate. According to its research, apple pies are America's favorite, with pumpkin coming in second place.

Female turkeys don't gobble. Only male turkeys make the well-known "gobble, gobble" sound that has come to be associated with the holiday. In fact, male turkeys are even known as "gobblers." Females make other noises, such as purring and cackling.

The first Thanksgiving was actually a three-day festival. The first Thanksgiving was celebrated in 1621 as a harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. Historians believe that only five women were present.

The tradition of football on Thanksgiving was started by college teams. It began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.

Benjamin Franklin wanted the turkey to be the national bird. In a letter to his daughter, Benjamin Franklin wrote, "For my own part I wish the Bald Eagle had not been chosen the Representative of our Country...For the Truth the Turkey is in Comparison a much more respectable Bird." Although Franklin didn't get his wish, his letter did inspire a song in the Tony-winning musical 1776, about the drafting of the Declaration of Independence.

The Macy's Thanksgiving Day Parade was originally called the "Macy's Christmas Parade" to kick off the holiday shopping season. Held in 1924, the first parade included monkeys, bears, camels, and elephants borrowed from the Central Park Zoo instead of the traditional character balloons we know today.

Sarah Josepha Hale was actually the "Mother of Thanksgiving." Famous for writing "Mary Had a Little Lamb," Sarah Josepha Hale was a 19th-century writer and editor who was nicknamed the Mother (or Godmother) of Thanksgiving. The name seemed fitting after she wrote a letter to President Abraham Lincoln and Secretary of State William Seward in 1863 calling for the declaration of Thanksgiving as a national holiday. Her hope was that the holiday would help the nation heal from the trauma of the Civil War.

Decades after President Lincoln declared Thanksgiving a national holiday, President Roosevelt decided to mix things up by moving it up a week, to the second to last Thursday in November, in 1939. By doing this, he added seven shopping days to the holiday season, but the change upset football coaches whose weekend Thanksgiving games were switched to regular weekday games. It also messed up printed calendars for years. After much consternation, Thanksgiving returned to the

last Thursday in November in 1942 and has been held then ever since.

Each year, about 46 million turkeys are cooked. Thanksgiving Day and turkey go hand-in-hand, so this number shouldn't be too much of a surprise. Although not all Americans celebrate the holiday or eat turkey, there are still millions of families gathering around the table to partake in one of the most special meals of the year—and for those who aren't satisfied with only one day of it, Christmas is also a popular occasion to cook another turkey.

Thanksgiving leftovers led to the invention of iconic TV dinners. Well, sort of. In 1953, an overzealous Swanson employee overestimated the number of frozen turkeys the company should order for Thanksgiving—and the company was left with 260 tons of extra turkey after the holiday. But rather than eat the loss (financially, we mean), salesman Gerry Thomas came up with the brilliant idea to create and sell individual turkey dinners complete with cornbread dressing, gravy, peas, and sweet potatoes on reheatable trays, just like airline meals. Each premade feast cost a grand total of 98 cents. By the end of 1954, Swanson had sold 10 million frozen turkey meals, and the TV dinner industry was born.

President George H. W. Bush was the first to pardon a turkey. In 1989, the 41st president pardoned the first turkey—that is, assured the bird that it would never become somebody's dinner—after noticing the 50-pound bird looked a little antsy at his official Thanksgiving proclamation. Since then, every president has upheld the tradition, and a few of the turkeys have gone on to serve a different purpose. In 2005 and 2009, the birds went to Disneyland and Disney World parks to participate in their annual Thanksgiving parades.

The turkey bird is actually linked to the country of Turkey. If you've ever wondered which came first, the bird or the egg country, we have a definitive answer: The turkey bird got its name from the country due to a case of mistaken identity! During the Ottoman Empire, guinea fowl were exported from East Africa via Turkey to Europe, and Europeans started calling the birds turkey-cocks or turkey-hens due to the trade route. So when Europeans first sailed to North America and discovered birds that looked similar to guinea fowl, they called them "turkeys."



OBITUARIES

JOHN S. HORNACEK

1940 – 2023

John Stephen "Jack" Hornacek, 82, of Barberton, OH, passed away peacefully on October 6, 2023. He was born in Barberton, OH on December 24, 1940, to the late John



J. and Anne (Strazan) Hornacek. John graduated from St. Mary's High School in 1958 and went on to join the International Brotherhood of Electrical Workers to become a journeyman electrician. During his career, he was an active member of the executive board and notably spent a year in Alaska during the construction of the Trans-Alaska Pipeline. He was committed and proud of his 64-year membership to IBEW Local

#306. John was an active member of St. Bernard's Catholic Church serving as a lecture, usher, Eucharistic minister, alter server and a member of the parish council. He was a lifetime member of the Slovak Catholic Sokol Assembly #167 serving as the Financial Secretary and presented the Fraternal Frank Petruff award. He is survived by his wife Mary J. (Hirschfeld) of 32 years, his children John (Michelle), Scott (Donna), Brian (Cynthia), Aimee (Mark) Jung, Adam (Tara) Kearns, David (Chelsea) Kearns, his grandchildren Andrew, Madeline, and Abigail Hornacek, Brooke and Noah Jung, Conner and Landon Hornacek, Cayson Kearns, brothers James and Stephen, brothers- and sisters-in-law Tina Hornacek, Joe (Cathy) Hirschfeld, Paul (LaDonna) Hirschfeld, and Joan (Jim) Dzuris. In addition to his parents, he was preceded in death by his brother Lawrence, sisters-in-law Kristine and Darlene, father- and mother-in-law Joseph (Mary) Hirschfeld. The family received friends from 5-8 pm on Tuesday, October 10th, 2023, at Silva-Hostetler Funeral Home, 1199 Wooster Rd. W., Barberton. Mass of Christian Burial was held at 10:00 a.m. on October 11th at St. Bernard Catholic Church, 44 University Ave, Akron, with internment following at Holy Cross Cemetery, 100 E. Waterloo Rd, Akron. The family would like to thank the care givers at Justin T. Rogers Hospice Care Center, Akron. In lieu of flowers, please consider donating in John's name to this facility.

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.



How important is it? Just think about how much your life has changed. Have you married,

divorced, had children, maybe you lost a loved one? This is an item you should consider annually. If you do need to make changes to any of your policies, contact the Home Office at 800-886-7656.

SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

Thank you to the Home Office and all the Assemblies, Groups, Wreaths, and Members of the Slovak Catholic Sokol who donated to the 45th Annual Saints Cyril and Methodius Appeal. The final totals will not be known for a few weeks, but **as of October 14, 2023, the Appeal has received \$23,458.51 from 191 donors.** Money raised goes to assist the Pontifical Slovak College of Saints Cyril and Methodius in Rome with its day to day operations.

A solicitation for the 46th Annual Appeal is being prepared and will be mailed sometime in January. This mailing is sent to members of the Slovak Catholic Federation, clergy with Slovak ancestry, Branches and Districts of Slovak Catholic fraternal societies, and previous donors. On behalf of the Pontifical College, thank you everyone for your continued generosity and support.

Anyone wishing to donate to the Appeal is asked to fill out the information in the box at the bottom of this article and mail 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. The 45th Annual Appeal runs from December 1, 2022 to November 30, 2023. 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, Harvey's 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.



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, Pennel, PA 19047-4052*



SEPTEMBER 2023

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 9	Rev. A. Leo Spodnik, New Britain, CT	101	September 4, 2023
Assembly 11	Rita M. Terstriep, Quincy, IL	87	September 1, 2023
Assembly 11	Rose Marie Kedzuf, Orland Park, IL	82	August 11, 2023
Assembly 59	Martha Kanellis, Edwardsville, PA	74	September 8, 2023
Assembly 63	David Medovich, Oak Ridge, TN	77	August 14, 2023
Assembly 72	Albert M. Fraind, Jr., Allentown, PA	102	September 6, 2022
Assembly 79	Mary Anne Nesbella, Lilly, PA	94	August 9, 2023
Assembly 104	Margaret J. Patsilevas, Pittsburgh, PA	88	December 14, 2021
Assembly 104	Mary Ann Gotkiewicz, Emsworth, PA	94	July 28, 2023
Assembly 136	John Joseph Matusek, Forty Fort, PA	69	September 7, 2023
Assembly 180	Jeanne H. Rumburg, Sebring, OH	90	September 16, 2023
Assembly 180	Rolland E. Thompson, Marietta, OH	89	September 25, 2023
Assembly 185	Mary Wyszowski, Whitney Point, NY	93	September 5, 2023
Assembly 219	Alex J. Jacobs, St. Pete Beach, FL	93	June 7, 2023
Assembly 312	Dolores Kapuscinski, Anchorage, AK	66	November, 2018
Wreath 11	Marian Romano, Johnstown, NY	92	July 21, 2023
Wreath 15	Rosemary A. Smetanka, Perryopolis, PA	78	September 1, 2023
Wreath 34	Nancy Joan Hansen, Westlake, OH	69	September 5, 2023
Wreath 34	Edward Szpak, The Villages, FL	85	September 11, 2023
Wreath 85	Eleanor M. Tress, Beaver Falls, PA	92	July 7, 2023
Wreath 93	Mary Bell Mueller, Wauwatosa, WI	93	June 23, 2023
Wreath 111	John J. Gluvna, Lorain, OH	83	November 18, 2022



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.

VÍTAZOM PREDČASNÝCH VOLIEB JE SMER-SD

Bratislava 1. októbra (TASR) - Víťazom volieb do Národnej rady SR sa stala strana Smer-SD, ktorá v sobotnom (30. 9.) celonárodnom hlasovaní získala 22,94 percenta hlasov, čo jej prinieslo 42 kresiel v parlamente. Oficiálne výsledky volieb potvrdila na nedeľnej tlačovej konferencii Štátna komisia pre voľby a kontrolu financovania politických strán. Volebná účasť dosiahla 68,51 percenta, hlasovalo 3.007.123 voličov.

“Volebný prah prekročilo šesť politických strán a jedna koalícia,” priblížil predseda štátnej komisie Ladislav Orosz. Prepadlo 16,5 percenta hlasov. Nárok na štátny príspevok za voľby má deväť kandidujúcich subjektov, ktoré prekročili trojpercentnú hranicu.

Na druhom mieste skončilo Progresívne Slovensko so 17,96 percenta so ziskom 32 poslaneckých mandátov. Za ním nasleduje Hlas-SD (14,7 percenta) s 27 poslaneckými kreslami. Do parlamentu sa dostala aj koalícia OĽANO a priatelja, Kresťanská únia a Za ľudí (8,89 percenta), ktorá obsadí v parlamente 16 poslaneckých miest. KDH získalo 6,82 percenta hlasov a v parlamente bude mať 12 poslancov, za ním nasleduje strana SaS (6,32 percenta), ktorá bude mať 11 poslancov. Do parlamentu sa dostala aj SNS (5,62 percenta), ktorá získala desať poslaneckých miest.

Tesne pred bránami parlamentu ostala Republika so ziskom 4,75 percenta a Aliancia so 4,38 percenta. Pod troma percentami hlasov sú Demokrati (2,93 percenta) a Sme rodina (2,21 percenta).

Ďalšie politické subjekty získali menej ako jedno percento hlasov - ĽSNS (0,84 percenta), KSS (0,33 percenta), Pirátska strana (0,31 percenta), Modrí, Most-Híd (0,26 percenta), strany okolo Maďarského fóra (0,11 percenta), MySlovensko (0,09 percenta), Karma (0,08 percenta), Spoločne občania Slovenska (0,08 percenta), Srdce - SNJ (0,07 percenta), Princíp (0,06 percenta), Spravodlivosť (0,04 percenta), Slovenské hnutie obrody (0,04 percenta), Vlastenecký blok (0,04 percenta), SDKÚ-DS (0,02 percenta).

SLOVENSKO ZASIAHLO ZEMETRASENIE



Na snímke škody na dome po zemetrasení v obci Ďapalovce v okrese Vranov nad Topľou v utorok 10. októbra 2023.

Foto: TASR Maroš Černý

Popraskané steny, popadané múry či narušená statika niektorých domov. To je výsledok zemetrasenia, ktoré v pondelok 9. októbra večer zasiahlo východné Slovensko. Podľa meraní malo dosiahnuť silu 4,9 lokálneho magnitúda. Epicentrum sa malo nachádzať v katastri obce Ďapalovce. Mimoriadne situácie z dôvodu poškodenia domov počas zemetrasenia vyhlásili v obciach Holčíkovce a Ďapalovce v okrese Vranov nad Topľou a Kolbovce v okrese Stropkov. Zranenia nie sú nahlásené.

Najhoršia situácia je v obci Ďapalovce. Poškodené sú budovy aj v Holčíkovciach a v obci Giglovce. Prednosta Okresného úradu v Prešove Peter Harvan, ktorý sa zúčastnil na utorkovom zasadnutí krízového štábu, priblížil, že v obci Girovce je jeden dom neobývatel'ný, poškodený je i kostol, ktorý je momentálne nepoužívatel'ný.

„V Holčíkovciach je mimoriadna situácia, je tam poškodený kostol, škôlka, škola a niekoľko rodinných domov. V Ďapalovciach je takmer každý dom poškodený, štyri značne a je do nich zakázaný vstup pre majiteľov,“ uviedol Harvan.

MZDY ZA ROK NARÁSTLI TAKMER O 10 PERCENT

Priemerná hrubá mesačná mzda stúpla v 1. štvrtroku 2023 ročne o 9,5 percenta. Pri reálnej mzde ale hovoria odborníci o poklese. Po započítaní vplyvu inflácie, ktorá bola medziročne na úrovni 15,1 percenta totiž priemerná reálna mzda v rovnakom období medziročne klesla o 4,9 percenta.

Najpomalšie rástli mzdy v IT sektore, pracovníci v priemysle si prílepili najviac. Vyplýva to z prieskumu agentúry Grafton, ktorý zisťoval finančné ohodnotenie pri stovkách pracovných pozícií v ôsmich kľúčových odvetviach.

Slováci zarábajú viac ako minulý rok, niektorým odvetviam sa však darí lepšie ako iným. V 1. kvartáli tohto roku vzrástla priemerná nominálna mesačná mzda zamestnanca v hospodárstve na Slovensku o 9,5 percenta, v 2. kvartáli o 9,9 percenta. Rast miezd tak stačí podľa Mala pokrývať infláciu a reálne mzdy začínajú rásť. Prieskum ukázal, že mzdy rástli najmenej v oblasti IT. Na mnohých pozíciách v tomto sektore ostali na rovnakej úrovni ako v minulom roku.

Za dátami zo sektora IT vidí Malo prepúšťanie na prelome rokov v nadnárodných spoločnostiach v zámorí. Slovenska sa priamo nedotklo, napriek tomu zamestnávateľia začínajú uvažovať nad hornou hranicou miezd v oblasti IT. Rast miest sa v sektore zastavil a podľa Mala v budúcnosti nebudú rásť.

Naopak, platy rástli najvýraznejšie v sektore inžinieringu a výroby. Vo výrobe sa navyše mzdy zvyšovali paušálne. Platy rástli rýchlejšie aj pri pracovných pozíciách, v ktorých sú zárobky najnižšie, či v oblasti ľudských zdrojov a obchodu. Tlak na rast miezd je aj pri pozíciách s nedostatkom pracovníkov.

„Miera evidovanej nezamestnanosti bola na Slovensku minulý rok na úrovni 5,9 percenta, v Nitrianskom, Trnavskom či Bratislavskom kraji to bolo dokonca pod hranicou 4 percentá. Je to pozitívna správa v tom, že trh práce je stabilný, na druhej strane je pre firmy ťažké nájsť vhodného kandidáta.

AKO TELU DODAŤ VÁPNIK AJ BEZ MLIEKA

Pre zdravé kosti je vápnik nevyhnutný. Najviac ho obsahujú mliečne výrobky, ale čo ak ich zle trávite alebo ich jednoducho nemáte radi? Pre tých, ktorým mlieko ani výrobky z neho nechutia, alebo sa stravujú vegánsky či trpia intoleranciou na mliečnu bielkovinu, je dobrou správou, že aj mnohé rastlinné potraviny poskytujú rovnaké alebo dokonca väčšie množstvo vápnika ako kravské mlieko s približne 120 miligramami na 100 mililitrov.

Človek by mal denne prijať 1000-1500 mg vápnika, pričom je dôležitý nielen jeho obsah v potravinách, ale aj to, ako ho dokáže telo vstrebať. Vstrebávanie podporuje napríklad vitamín D.

Naopak kyselina fytová v obilninách alebo kyselina šťaveľová v špenáte či rebarbore zase majú inhibičný účinok, teda zabráňujú vstrebávaniu tohto minerálu. Tento ich účinok sa zmiernuje, keď sa uvaria alebo fermentujú, preto by sa nemali konzumovať surové.

Tieto potraviny sú dobrým zdrojom vápnika:

Žihľava je v kuchyni všestranne využiteľná a dá sa ľahko pridať do smoothie, do cesta na slané lievance alebo palacinky či do šalátov.

Minerálne vody s obsahom vápnika viac ako 150 miligramov na liter sa považujú za bohaté na vápnik. Niektoré druhy môžu obsahovať viac ako 600 miligramov vápnika na liter. Keďže je v ionizovanej forme, telo ho lepšie vstrebáva.

Ľanové semená majú tiež vysoký obsah vápnika, približne 230 miligramov na 100 gramov. Obsahujú aj mnoho dôležitých životne dôležitých látok, ako sú omega-3 mastné kyseliny a vláknina, preto zasýtia na dlhú dobu.

Makové semienka sú jednou z potravín s najväčším obsahom vápnika vôbec. V 100 gramoch sa nachádza 1460 miligramov vápnika. Na pokrytie dennej potreby stačia tri až štyri polievkové lyžice semienok rozložené počas dňa. Niektorí ich má rád aj surové, ale možno ich nasypať do músi, smoothie a samozrejme použiť do koláčov alebo sladkých jedál.

Na vápnik sú bohaté aj orechy a semená. Napríklad mandle obsahujú 260 miligramov na 100 gramov. Môžete ich jesť samotné ako snack, urobiť z nich pastu, dať do músi, smoothie, vo forme múky do koláčov a tiež si z nich urobiť mandľový nápoj.

O niečo menej vápnika ako mandle obsahujú lieskové orechy, približne 220 miligramov na 100 gramov. V kuchyni ich môžete použiť rovnako ako mandle. Ak niekde vo vašej blízkosti rastú liesky, alebo ich máte v záhrade, je škoda oriešky nechať na strome.

Sezamové semienka obsahujú až 750 miligramov vápnika na 100 gramov. Môžete ich použiť rovnako ako orechy, pridať do chleba, posypať nimi drobné slané pečivo, alebo si len tak nasypať na chlieb s maslom alebo s nátierkou.

Kel v surovom stave obsahuje približne 210 miligramov vápnika na 100 gramov. V zime je čerstvého ovocia a zeleniny málo a kel je jednou z mála výnimiek. Dajú sa z nehorobiť šaláty, závitky, polievky, prílohy.

Cícer obsahuje takmer 110 miligramov vápnika na 100 gramov a dá sa pripraviť na veľa spôsobov. Od pečeného cez nátierky, do šalátov alebo ako falafel.

KRÁTKE SPRÁVY ZO SLOVENSKA



V treťom štvrtroku 2023 zbankrotovalo 2396 obyvateľov Slovenska, čo v medziročnom porovnaní s rovnakým obdobím minulého roka predstavuje nárast o 7,01 %. V porovnaní s predchádzajúcim štvrtkom, keď od apríla do júna 2023 zbankrotovalo 2660 dlžníkov, ich v tretej štvrtine roka bolo o 9,92 % menej. Vyplýva to z údajov analytickej spoločnosti CRIF - Slovak Credit Bureau. V septembri 2023 bolo na Slovensku vyhlásených 692 osobných bankrotov. V porovnaní so septembrom 2022 so 747 osobnými bankrotmi to predstavuje medziročný pokles o 7,36 %. V porovnaní s augustom 2023, keď zbankrotovalo 864 dlžníkov, ich v deviatom mesiaci bolo o 19,91 % menej.

Vládny špeciálom 16. októbra priletelo z izraelského Tel Avivu do Bratislavy 46 slovenských občanov a 44 občanov z iných krajín. Ide už o štvrtý a zároveň posledný repatričný let, ktorý zabezpečil Letecký útvar Ministerstva vnútra SR. Prvý vládny letecký špeciál na repatriáciu Slovákov z Izraela pristál v Bratislave 11. októbra 2023. Keďže v lete zostala voľná kapacita, Vel'vyslanectvo SR v Izraeli ju ponúklo ostatným štátom, ktoré potrebujú pomoc pri evakuácii svojich občanov z Izraela. Ponuku využilo 14 štátov – Česká republika, Rakúsko, Kanada, Nemecko, Litva, Macedónsko, Portugalsko, Poľsko, Ukrajina, Veľká Británia, USA, Španielsko, Chorvátsko, Čierna Hora a Izrael. Predchádzajúce tri vládne špeciály počas týždňa priviezli z Izraela na Slovensko dokopy 272 občanov SR, ktorí z krajiny odišli pre zhoršenú bezpečnostnú situáciu. Vznik modulu leteckej evakuácie je výsledkom projektu s finančnou podporou EÚ. Vybudoval ho Letecký útvar Ministerstva vnútra SR v spolupráci s partnermi z mimovládneho sektora, Asociácia samaritánov SR, Johanniter-Unfall-Hilfe z Nemecka a Civilná ochrana Vlády Štajerska z Rakúska. Modul leteckej evakuácie je v poradí tretím špecializovaným záchranným tímom z rezortu vnútra a len druhým svojho druhu v Európskej únii, ktorý je registrovaný a certifikovaný v databáze európskeho zoskupenia v oblasti civilnej ochrany.

Francúzsky výrobca áut Citroën, patriaci do skupiny Stellantis, predstavil nové elektrické SUV e-C3, nízkonákladový model, ktorého cena sa začína na 23.300 eur. Je zameraný na boj s čínskymi automobilkami na cenovo dostupnom trhu s elektrickými vozidlami. TASR o tom informuje na základe správy Reuters. Elektromobil sa bude montovať na Slovensku a bude uvedený na trh v 2. štvrtroku 2024.

Situácia v Izraeli nebude mať vplyv na dodanie objednaných radarov pre Slovensko. Rovnako by nemala ovplyvniť ani potenciálne dodanie systémov protivzdušnej obrany. Potvrdil to minister obrany Martin Sklenár. Záverečný termín dodania radarov by mal byť podľa Sklenára dodržaný. "Prvý radar príde neskôr, ale celkové dodanie nebude omeškané," skonštatoval v nadväznosti na už publikované informácie o neskoršom dodaní prvého kusu. Uskutočnilo sa už aj úvodné rokovanie k možnému nákupu systémov protivzdušnej obrany od Izraela, pri ktorom zatiaľ nie je podpísaná zmluva. Partneri podľa neho potvrdili schopnosť dodržať termíny uvedené v ponuke.



Slovak Catholic Sokol

205 Madison St., P.O. Box 899, Passaic, NJ • USA • 07055

Our Ever-Popular, 304-Page Sokol Cook Book

is Now in its Fourth Edition

Just \$15.50 which includes postage and handling
Sokol Assemblies and Wreaths can order a case of
12 cook books for just \$170.00

Place your order today!

Make check or money order payable to:

Slovak Catholic Sokol

P.O. Box 899 – 205 Madison Street

Passaic, N.J. 07055

(Canadian orders kindly add an additional \$15.00 for postage)



NAME _____

ADDRESS _____

CITY, STATE & ZIP _____

NUMBER OF BOOKS _____

(Effective January 1, 2015)

SLOVAK CATHOLIC SOKOL MEMORIAL SCHOLARSHIP FUND

Have you found yourself looking for a way to memorialize a lost loved one or fellow Group/Wreath/Assembly member? Why not make a donation in their honor to the newly developed Memorial Scholarship fund? Your donation will assure that an annual scholarship be given out to a college age student who best exemplifies the meaning of fraternalism and volunteerism. Here's how it works: Send a check or money order to the Memorial Scholarship Fund clearly indicating the name to be memorialized. You can find a donation form on line at



[http://slovakcatholicsokol.org/
members/memorialfrmframe.htm](http://slovakcatholicsokol.org/members/memorialfrmframe.htm)

or simply send your donation to: James F. Knis, SCS Museum Treasurer, 6385 Harbor Drive, N.W., Canton, OH 44718. Your bequest will be recognized in the Falcon as well as permanently added to the Memorial Scholarship Donation Log which will be kept at the Sokol Museum. Depending on the amount of funds collected, we will be able to award at least two \$1,000 scholarships annually. The hope is that the donated funds will begin a self-perpetuating interest bearing scholarship account.

Have you recently lost a loved one? You might consider earmarking donations to this fund in their memory.

CHANGE OF ADDRESS OR REQUEST FOR SLOVAK CATHOLIC FALCON

P.O. BOX 899 • 205 MADISON STREET
PASSAIC, N.J. 07055

☐ NEW ☐ CHANGE ☐ CANCELLATION

Certificate No. _____

Name _____

New Address _____

City _____ State _____ Zip _____

Old Address _____

City _____ State _____ Zip _____

Follow Us On TWITTER

- * Upload the Twitter app on your phone or go to www.twitter.com
- * Click "Sign up for Twitter."
- * Provide basic information about yourself. ...
- * Choose your username. ...
- * Click "Create my account."
- * Search physicalfitnessboard and click follow

INSTAGRAM

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