

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 CXIII PASSAIC, NJ, JANUARY 1, 2024 NUMBER 5183

INTRODUCING THE MEMBERS OF THE SLOVAK CATHOLIC SOKOL SUPREME ASSEMBLY - 2024-2027



Rt. Rev. Gary A. Hoover, O.S.B. Abbot of St. Andrew Abbey Protector



Rev. Andrew S. Hvozdovic Supreme Chaplain



Larry M. Glugosh Supreme President



Andrea M. Tadlock
Supreme Vice-President



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



Michael J. Horvath Supreme Treasurer



James C. Matlon Chairperson of Supreme Auditors



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

MESSAGE FROM OUR SUPREME PRESIDENT LARRY M. GLUGOSH

To all of the members and officers of the Slovak Catholic Sokol, I would like to offer you a very happy new year and wish you all

the very best in 2024!



This is my first official address as the new Supreme President and I would like to begin by thanking the delegates

of the 2023 Convention for your continued confidence, guidance and support. It is my sincere honor and privilege to represent the Slovak Catholic Sokol and will do my best to uphold the high ideals, values and principles of our society, membership and for those that have walked before us.

As the new Board of Directors take office, we will begin planning our financial budgets, life insurance and fraternal programs and our spiritual requirements for the coming year. We have many challenges ahead like our declining membership and the need to increase the sale of life and annuity insurance, which in turn will increase our premium income. However, I am confident we have the experience within the Board of Directors to improve our financial future. In addition, we know our fraternal programs have been struggling from a lack of participation, so we need our newly elected Supreme Physical Fitness Board to bring forward some fresh ideas and a plan to resurrect our traditionally healthy program but in a cost effective

Keep in mind, our Board of Directors have not gathered together yet but we have scheduled our first quarterly meeting and I look forward to working with the newly elected officers and gain their input in order to establish our direction and business plan for the next four years. Later this month, Brother Scott and myself will be joining the annual meeting of the SPFB in Pittsburgh, PA. I look forward to working with this high energy and enthusiastic group, that has a good combination of experience and youth that will help enable a better future for our fraternal program.

As we close 2023, I would like to extend my personal thanks to all of our dedicated members and local officers that have worked diligently to improve our society. We look to your leadership and support in 2024 and I know I can count on you moving forward in my new role. I would especially like to thank our past Supreme Officers who are very dedicated individuals and endured some personal sacrifice and long hours for our society over the past four years. We appreciate your tremendous contribution to our organization and hope you will continue to work on behalf of our entire membership.

In closing, I would like to take a moment to thank the Home Office staff who create and distribute our monthly publications, process our policies and provide quality service to our membership. I look forward to working with you and being a part of your team. The organization has always held a special place in our family and our hearts and it is because of your efforts and commitment that makes this possible.

Finally, I look forward to working with all the newly elected Supreme Officers and I will provide any support and guidance with respect to your transition into your newly elected roles for the Slovak Catholic Sokol.

God Bless you all!

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

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

Member of the Catholic Press Association and the

Passaic, NJ 07055

Slovak Newspapermen's Association of America Proprietor and Publisher SLOVAK CATHOLIC SOKOL P.O.Box 899 205 Madison Street

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: <u>www.twitter.com</u>
INSTAGRAM: <u>www.instagram.com</u>

FIND US ON FACEBOOK:
Slovak Catholic Sokol Public Group

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

I would like to take this opportunity to extend my best wishes to all our members, family, and friends. I hope that 2024 will be one of good health, happi-



ness, and prosperity for all! The New Year will mark our organization's 119th Anniversary. Not many institutions can boast of more than a century of success with outstanding fraternal and sporting activities, along with our stable

financial strength. It was on July 4, 1905, that a group of young Slovak immigrants met in Passaic, NJ and established our great organization. Our founders, along with generations of hard-working members, have built our Society which today has over 26,000 members with assets of nearly \$90 million. I wonder if our founders would ever believe how successful their venture would become!

As you will notice in this issue, a new slate of Supreme Officers will be taking the lead over the next four years. I look forward to working with our new Supreme President, Larry M. Glugosh, and the entire Supreme Assembly. Our duty is to our members, and I have no doubt that our team will rise to the occasion. I would also like to thank our outgoing Officers, Edward D. Moeller, James G. Jerek, James F. Knis, and Frank P. Laury, III for their hard work and dedication to the Society. Thank you as well to our outgoing Supreme President, Michael J. Horvath, who will serve as our Supreme Treasurer for the upcoming term. I thank you for your service to the organization over the years, especially the past eight, as we worked together for the benefit of the Slovak Catholic Sokol.

As we enter our organization's 119th year, I would like everyone to ask themselves a question. What can you do for the Slovak Catholic Sokol? It could be the smallest of things that may take an insignificant amount of time in your weekly schedule. You can attend your

local Assembly/Wreath/Group meeting. You can tell someone, whether it be a family member or friend, about our organization and the benefits that go along with being a member. You can ask if their insurance needs are being met, and if not, give them the phone number of the Home Office. These are just a few things that do not take a lot of time but can go a long way in insuring our Society's future. It is the little things in life that make the most difference.

So, with it being a new year and resolution ideas start popping into your head, allow me to give you one that will not only make you feel good about yourself, but also benefit your community and our wonderful organization. Try to make a commitment this year to get more involved in your local Assembly/Wreath and/or Group. Local level functions are the cornerstone of the Slovak Catholic Sokol. It is through these events and our national fraternal functions that our message is delivered to our current members and potential members. We would especially like to see our younger members take a more prominent role in creating and assisting at your local level. Creating a Facebook page for your Assembly/ Wreath or Group would be a wonderful start that can kickstart some interest and participation at your local events. As we all know, this can be done very easily by the younger generation! For our youth, especially those who have received so much from the Slovak Catholic Sokol through scholarships or the ability to participate at our national functions, what better way to give back than to help at your local level. If you need assistance or are looking for ideas, please feel free to contact me at the Home Office at 1-800-886-7656 and I would be glad to help.

Until next time, have a blessed and healthy New Year, stay warm, and may-God bless you!

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

Sokol Calendar

JANUARY 12-14, 2024
The SUPREME PHYSICAL FITNESS
BOARD MEETING will be held at the Doubletree Hotel in Pittsburgh, PA If you have any recommendations, please email them to me at kathyw323@gmail. com prior to the meeting. I have already received many ideas for new things that we can do to promote fraternalism and activity within our organization. The new SPFB is looking forward to getting to work planning the sports and new activities for 2024. – Kathleen S. Watkins, Supreme Director of Sports and Athletics FRIDAY, JANUARY 19

ASSEMBLY 16 ANNUAL MEETING at the Cup-Ka-Joe, 31 South 27th St., South Side, Pittsburgh, PA at 6:30 p.m.

SUNDAY, JANUARY 21

WREATH 54, Youngstown Ohio will conduct the ANNUAL MEETING at 1:00 p.m. at Olive Garden, Boardman. Plans for activities for the 2024 year as well as election officers will take place. Please contact Virginia Bartos at 330-207-6511 if you are interested in attending. – Nancy Kropolinsky, Wreath 54 Secretary

SUNDAY, FEBRUARY 4

Milwaukee **FASIANGY** The **LENTEN DANCE)** sponsored by Slovak League, Assembly 20 will be held at 1:00 p.m. at Sacred Heart Church Hall. 917 N. 49th Street Milwaukee, Wisconsin, Slovak food and bakery will be available. A live band will provide music for dancing and your listening pleasure. The Tatra Slovak Dancers will have a performance at 3:00 p.m. Donation is \$5.00 per person. We are inviting all Wreath 93 and Group 4 members to attend. For more information, contact our Betty at 414-425-6137 or Ellen at 262-893-7483. - Kathy Valent, Secretary



INTRODUCING THE MEMBERS OF THE SLOVAK CATHOLIC SOKOL SUPREMEASSEMBLY - 2024-2027



BRADLEY P. HOECK Supreme Auditor



EDWARD P. BAJUS Supreme Auditor



KATHLEEN WATKINS Supreme Director of Sports and Athletics



ROBERT R. PALCHANIS, III Supreme Asst. Director of Sports and Athletics



DUSAN DORICH
Supreme Physical Director



MARTIN DEGNAN Supreme Asst. Physical Director



KATIE SWIFT Supreme Physical Directress



NANCY KROPOLINSKY Supreme Asst. Physical Directress



ZACHARY MANYAK Member of the Supreme Physical Fitness Board



CHRISTOPHER ANTOSY, JR.

Member of the Supreme
Physical Fitness Board



JANICE MATLON Member of the Supreme Physical Fitness Board



KRISTEN POPIK Member of the Supreme Physical Fitness Board

HONORARY SUPREME OFFICERS



JULIE LAURY



SUSAN L. BLOSSER



JULIE ANN DOBBS



DR. MARY Z. GASPARIK



JAMES JEREK



ROGER J. MANYAK



J. GREGORY MILANEK



MICHAEL J. PJONTEK, JR.



JOHN D. POGORELEC, SR. ESQ.



STEVEN M. POGORELEC, F.I.C.



DANIEL F. TANZONE



ANNE MARIE TRETHWAY

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

SPIRITUAL RESOLUTIONS FOR THE NEW YEAR

Losing weight, eating healthier, exercising more regularly, getting more



sleep, or quitting a bad habit probably top your New Year's resolution list for 2024. Have you thought about making a spiritual resolution for 2024? It's great to focus on physical health, but what

about your spiritual health? What might a spiritual resolution look like? Allow me to share a few examples:

Begin your day with the Morning Offering

What is the first thing you do when you wake up in the morning? Hit the snooze button? Roll over? Complain that you need more sleep? The heroic minute, meaning that once the alarm rings, get up, and say a prayer. There is a traditional prayer you could learn called the Morning Offering. It's a beautiful prayer which helps us give to God everything we will do during the day.

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the holy sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen

Daily or weekly rosary

Many Catholics learned the rosary as a child. Some pray it every day. Others occasionally. And the rest, rarely. The rosary is a great way for us to reflect on the life of Jesus and Mary, and to pray with the scriptures. Not only that, at Fatima, Mary asked us to pray the rosary daily for peace in the world. Maybe 2024 is the year to take the rosary more seriously. If you are new to the rosary, begin with a decade each day, and move your way up. Pray it once a week. Or strive to pray it daily. Give the rosary a chance.

Read a spiritual book

There are many books written y Catholic authors available for you to deepen your knowledge of Jesus, Mary, the Church, the saints, and other topics relevant to Christian living. Check out the catalogues for the prominent Catholic publishers such as Twenty-Third Publications, Ave Maria Press, Our Sunday Visitor, Sophia Institute Press, Tan Books, Ignatius Press and the Magnificat. Decide to read one book this year that will benefit your spiritual life. For me, I've decided to read books about saintly priests, so that I can be inspired by their example to strive for holiness as I serve God and his people as a priest.

End you day with an Examen

We often do an examination of conscience before we celebrate the sacrament of Penance and Reconciliation. But what if every day you did an Examen? It's not just identifying our faults, but also calling to mind how God was with you throughout the day, where you received his grace, and how you could respond to grace better tomorrow. Just as we begin our day offering it to God, it's just as good to end our day asking, "How did I live for God today?"

Introducing our newest members



Hunter W. Green from Monroe, CT, born December 21, 2013, son of Milysa Musial is a member of Wreath 39, Bridgeport, CT.



Markus Culen from from Glen Ellyn, IL, born August 9, 2021 a son of Michael and Jennie Culen is a member of Assembly 11, Chicago, IL.



Lucas Culen from from Glen Ellyn, IL, born October 18, 2022, a son of Michael and Jennie Culen is a member of Assembly 11, Chicago, IL.

SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the SLOVAK CATHOLIC FALCON will be that of FEBRUARY 1, 2024. <u>DEADLINE</u> for all photos and information for this issue will be <u>JANUARY 22, 2024.</u>

The next SLOVAK CATHOLIC SOKOL NEWSLETTER will be posted on our website on JANUARY 15, 2024.

WREATH 93 CHRISTMAS PARTY

On Saturday, December 2, 2023 young members of Wreath 93 and their families joined together to celebrate Christmas! We met for lunch, a visit from Sokol Santa, dessert and fellowship and then were inspired by a 2 hour Christmas Spectacular show which included Christmas songs, an orchestra and much acting that was surely loved by all ages!! After the show we headed outdoors to walk through the Christmas Market where we enjoyed hot chocolate, candy and snacks, games and activities, shopping, photo shoots and continued fellowship. It was an evening to remember! —Lisa Hoeck











\$62.000 IN S.C.S. SCHOLARSHIP GRANTS AVAILABLE TO ELIGIBLE MEMBERS IN 2024

We are pleased to announce that the Slovak Catholic Sokol will make available a total of \$62,000 in scholarship grants to eligible members in 2024. Previous recipients of Slovak Catholic Sokol scholarship grants may reapply for a 2024 grant; however, per Convention mandate - a student may receive a maximum of two (2) Slovak Catholic Sokol scholarship grant awards and a maximum of one (1) in each of the other categories.

Atotal of 30 Slovak Catholic Sokol college grants of \$1,000 each, two Theodore and Mary Jane Rich Memorial Scholarships one for a male and female in the amount of \$2,000 each, two Emil Slavik Memorial Scholarships one for a male and female in the amount of \$2,000 each, one The Doctors' Lesko Medical Memorial Scholarship in the amount of \$1,000, one Krista L. Glugosh Memorial Scholarship in the amount of \$1,000 and three Slovak Catholic Sokol (SCS) Memorial Scholarship in the amount of \$1,000.

With one application you may apply for all college scholarship grants for which you are eligible. (Strongly recommended that you apply for numerous) Note that only one grant per applicant will be awarded.

College scholarship eligibility requirements:

SLOVAK CATHOLIC SOKOL (a total of 30, \$1,000 grants will be awarded)

- Must have a minimum of \$3,000 permanent Life Insurance Coverage
- Must be a member of the Slovak Catholic Sokol for at least five years.
- Must have completed one semester of undergraduate studies as a FULL TIME student at an accredited college, university or professional school, or be enrolled in a graduate or professional degree program.
- Must have an accumulated grade point average of at least 2.5 or better
- One parent must be a Slovak Catholic Sokol member
- Essay- "How has being a member of the Slovak Catholic Sokol influenced my life?"

THEODORE AND MARY JANE RICH (one male and one female grant in the amount of \$2,000 will be awarded)

- Same requirements as for SCS scholarship AND
- One parent must be of Slovak Ancestry
- Must be majoring in medical curriculum

EMIL SLAVIK (one male and one female grant in the amount of \$2,000 will be awarded)

- Same requirements as for SCS scholarship AND
- Both parents must be members of the Slovak Catholic Sokol

 Must be majoring in liberal arts, the sciences, pre-law, pre-medical or business curriculum.

THE DOCTORS' LESKO MEDICAL MEMORIAL SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)

- Same requirements as for SCS scholarship
 AND
- Majoring in Nursing or Medical curriculum
- One parent must be of Slovak Ancestry

KRISTA L. GLUGOSH MEMORIAL SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)

- Same requirements as for SCS scholarship AND
- Majoring in curriculum with a focus in computer graphics, design or layout

YENCHA SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)

- Same requirements as for SCS scholarship AND
- Majoring in Liberal Arts Curriculum

SLOVAK CATHOLIC SOKOL MEMORIAL SCHOLARSHIP (3 grants in the amount of \$1,000 will be awarded to the applicant that best exemplifies the spirit of volunteerism)

- Same requirements as for SCS scholarship
- Essay- "Describe the one volunteer experience that made the biggest personal impact on you- how/why".

The process of applying for any of the above college level scholarships is completely on-line. Applications and instructions are **ONLY** available on our website @ www.slovakcatholicsokol.org

Questions regarding the Slovak Catholic Sokol Scholarship Program may be directed to:

Andrea Tadlock
Supreme Vice-President
Chairperson of the Scholarship Committee
vp@slovakcatholicsokol.org

DEADLINE FOR SUBMISSION OF ALL SCHOLARSHIP APPLICATIONS IS MARCH 31, 2024

In addition to our college grant program, we make available 18 Catholic High School Grants in the amount of \$500 each as well as 36 Catholic Grade School Grants in the amount of \$250 each. Please find these scholarship applications and directives in each of the next issues of the Falcon.

SLOVAK CATHOLIC SOKOL COLLEGE SCHOLARSHIP-TIPS FOR SUCCESS

I just wanted to take a moment to highlight the recent changes made to the Slovak Catholic College Scholarship Program. We will continue to use a completely on-line process as we have had few issues with the process over the past several seasons. With the help of our technical webmaster, we have redesigned the application process and you should find it to be much more user friendly. You will find the on-line application on our website at www.slovakcatholicsokol.org beginning December 1, 2023.

To be best prepared for this process a successful applicant should:

- Review the application on-line for required content and gather prior to beginning to complete the form
- Be prepared to attach both your essay (in PDF or Word format) and a color head and shoulders picture of yourself (in .jpeg format).

Please note, you may want to print a copy for your records prior to submitting. All applicants will

receive automatic confirmation that their e-mail has been received.

It really isn't that difficult to qualify for one of our many college scholarships. With now numerous years of the new College Scholarship Application process behind us, it is clear that there are a few ways to assure that your application will be reviewed.

1. ANSWER ALL QUESTIONS ON THE APPLICATION

For example- if something does not apply to you- say N/A. If you are fully independent from your parents-as in, you are not claimed by them on their tax return, you should indicate that in the space asking for total parent income. Leaving this blank does not tell the whole story.

2. INCLUDE ALL REQUIREMENTS FOR THE APPLICATION- I.E. PHOTO; TRANSCRIPT; ESSAY

Start the process for requesting your transcript NOW. I have found that sometimes this is the hold up for some applicants.

• **Transcripts-** please note that "official transcript" means that you have requested it from your University

or College and that is has been sent directly to me in a sealed envelope. We have not been as strict in the past on this issue, but began holding each applicant to this requirement last season and will continue to do so moving forward.

3. SUBMIT ALL REQUIRED ELEMENTS PRIOR TO THE DEADLINE

The application is clear and I just want to prevent a waste of your time and energy. Failure to include/complete any of the above items will result in the application being disqualified. To be honest, it is not easy for our committee when we need to disqualify applicants for simple yet important missing requirements.

Lastly, apply for all college scholarships for which you qualify in order to give yourself the best chance at receiving something. There were several applicants who limited themselves to a particular scholarship. Competition was fierce for the larger \$ scholarships, but there seems to be more opportunity with the other scholarship offerings.

Not every applicant receives a scholarship every time they apply. If you have not received one in the past, I encourage you to apply again this year. Before submitting your application- take some time to review the bullet points above in order to assure that your application will be included for consideration.

Good luck and Zdar Boh!

Andrea Tadlock

Supreme Vice-President Chairperson of the Scholarship Committee

Click on Image Below to View:

Myrtle Beach Trip Feb. 29 - March 3, 2024



Bali Bay Resort 701 S. Ocean Blvd Myrtle Beach, SC 29577

*****Golfer Package -- \$478.00 (includes 3-night resort stay, 2 rounds of golf, and breakfast each morning.



Friday: Burning Ridge Golf Club Conway

Saturday: MBN - South Creek Myrtle Beach



*****Non-golfer rate -- \$150 (includes 3-night resort stay and breakfast each morning)

There are 2 and 3 bedroom condos available.

We will be planning a whiskey/wine tour for the non-golfers (details to follow).

Please click the link below to book your trip.

LINK GOES HERE

If you have any questions, you can contact Kathy Watkins at 412-225-8233 or Katie Swift at 412-303-3338.

SLOVAK CATHOLIC SOKOL ABBOT JEROME M. KOVAL, O.S.B. MEMORIAL HIGH SCHOOL GRANT

As a fraternal benefit, the Slovak Catholic Sokol is pleased to offer \$500.00 grants to one young Sokol or Sokolka in each of our organization's nineteen Groups. These 18 Grants are available to any qualified Sokol member currently attending a Catholic High School.

ELIGIBILITY

- A. Applicant must be a member of the Slovak Catholic Sokol in good standing, holding a permanent Life Insurance Certificate in the amount of **not less than \$3,000**, and has been a member for at least five years.
 - B. One parent must be a S.C.S. member.
- C. The principal of the Catholic High School must verify the enrollment of the applicant.

APPLICATION

ALONG WITH THE APPLICATION you must submit a typed or written essay **DOUBLE SPACED** in 100 to 200 words on the following topic:

"WHAT DOES THE SLOVAK CATHOLIC SOKOL MEAN TO ME?" This essay must be submitted along with the application.

This application must be **received** on or before, **March 31**, **2024** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @

www.slovakcatholicsokol.org

DISQUALIFICATION

An applicant who neglects to submit or complete any part of these requirements before the established deadline will automatically be disqualified.

ACKNOWLEDGMENT

An acknowledgment of the Grant should be made in writing by the recipient as soon as possible, if you are awarded a Grant.

RETURN OF GRANT

If for any reason the Grant is not used by the recipient, the entire (or portion of) grant not utilized must be returned.

SLOVAK CATHOLIC SOKOL AI	BBOT JEROME M. KOVA	L, O.S.B. MEMORIAL HIGH S	CHOOL GRANT APPLICATION
Group # Assembly/W	reath # Name		
Address		City	
State Zip Code_	Date of Birth_		Current Age
Home Phone ()_area code	High School Phone	()_ area code	
S.C.S. Insurance Certificate #	Face Amoun	t	
S.C.S. Insurance Certificate #	Face Amoun	t	
S.C.S. Insurance Certificate #	Face Amoun	t	
Father's name		Are you a member?	
Mother's name		Are you a member?	
Parent's S.C.S. Insurance Certificate	e#	_ Face Amount	
Parent's S.C.S. Insurance Certificate	e#	_ Face Amount	
Are you a previous Slovak Catholic	Sokol Scholarship Recipient	(100/00)	
If yes, please indicate Grade School	or High School. What year?	(yes/no)	
High School verification (to be comp	leted by High School Princip	al)	
l,	s signature)	Principal of	(Name of School)
Catholic High School, verify that	,		(Name of School)
	(Name of st		
is a student at the above school and	will be attending	Grade in the 2023-2024 school y	/ear.
Are you currently participating in Slo	vak Catholic Sokol Activities	? Yes No	

SLOVAK CATHOLIC SOKOL CATHOLIC GRADE SCHOOL GRANTS

As a fraternal benefit, the Slovak Catholic Sokol is pleased to offer \$250.00 Grants to our young Sokols and Sokolky in each of our organization's nineteen Groups. Two grants each per Group are available to any qualified Sokol member entering a Catholic Grade School (Grades 2 through 8).

ELIGIBILITY

- A. Applicant must be a member of the Slovak Catholic Sokol in good standing, holding a permanent Life Insurance Certificate in the amount of **not less than \$3,000**, and has been a member for at least five years.
 - B. One parent must be a S.C.S. member.
- C. The principal of the Catholic Grade School must verify the enrollment of the applicant.

APPLICATION

This application must be **received** on or before, **March 31**, **2024** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @ www.slovakcatholicsokol.org

DISQUALIFICATION

An applicant who neglects to submit or complete any part of these requirements before the established deadline will automatically be disqualified.

ACKNOWLEDGMENT

An acknowledgment of the Grant should be made in writing by the recipient as soon as possible, if you are awarded a Grant.

RETURN OF GRANT

If for any reason the Grant is not used by the recipient, the entire (or portion of) grant not utilized must be returned.

SLOVAK CATHOLIC SOKOL CATHOLIC GRADE SCHOOL GRANT APPLICATION

Group #	Assembly/Wreath #	Name		
Address			City	
State	Zip Code	Date of Birth_		Current Age
Home Phone (area	code	School Phone	() area code	
S.C.S. Insurance	Certificate #	Face Amoun	t	<u> </u>
S.C.S. Insurance	Certificate #	Face Amoun	t	<u> </u>
S.C.S. Insurance	Certificate #	Face Amoun	t	<u> </u>
Father's name			Are you a member?	_
Mother's name			Are you a member?	_
Parent's S.C.S. Ins	surance Certificate #		_ Face Amount	_
Parent's S.C.S. Ins	surance Certificate #		_ Face Amount	_
Are you a previous	Slovak Catholic Sokol Sch	olarship Recipient		
If yes, what year?_			(yes/no)	
School verification	(to be completed by Grade	School Principal)		
Ι,			Principal of	
	(Principal's signature)			(Name of School)
Catholic Grade Sc	hool, verify that			<u></u>
is a student at the	above school and will be att		me of student) _ Grade in the 2023-2024 s	school year.
Are you currently r	participating in Slovak Catho	lic Sokol Activities	? Yes No	

DEADLINE FOR **RECEIPT** OF THIS APPLICATION IS **MARCH 31**, **2024**. Return completed application to: **SLOVAK CATHOLIC SOKOL**, **205 MADISON ST.**, **P.O. BOX 899**, **PASSAIC**, **NJ 07055**

77TH ANNUAL INTERNATIONAL BOWLING TOURNAMENT MAY 19TH – 20TH, 2023 AT THE AMF AIRPORT LANES, BUFFALO, NY



Clarence Checkton, the winner of the Frank S. Petruff Memorial Sports Award Kathleen Smolkowicz, Albert Pogorelec, Supreme Director of Sports and Athletics Jim Matlon.



Joann Antosy, Deborah Unger, Patricia Latshaw, Kathleen Smolkowicz



Marty Degnan, Supreme President Michael J. Horvath, Frank Lipski, Tony Rosimas



Heather Horvath, Kelly Palchanis, Anna Mae Nasta, Nicole Nasta



Albert Pogorelec, Frank Pavlica, Steve Pogorelec, John Termyna



Dave Matty, Clarence Checkton, Ron Johnson, Jr., Bernard Seruga



Don Macko, Chris Macko, Robert Macko, Dan Dawson



Jeremmy Francis, Justin Francis, David Iskra, Jr., Dave Iskra, Sr.

2023 INTERNATIONAL SLETJULY 13TH-16TH AT KUTZTOWN UNIVERSITY, KUTZTOWN, PA

















SLOVAK CATHOLIC SOKOL 34TH QUADRENNIAL CONVENTION

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



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











2023 GOLF TOURNAMENT

AUGUST 18TH - 20TH AT THE KENNSINGTON GOLF CLUB, CANFIELD, OH



Donald J. Koval from Group 7, the winner of 2023 Frank S. Petruff Memorial Sports Award that is given to an individual that Exemplifies Qualities of Dedication- Leadership-Sportsmanship with the past winners that where present included Thomas P. Muldoon, Jr., Loretta Smith, John S. Hornacek, Robert R. Palchanis, Jr, and Edward Baker.



Judy Babik, Linda Frank, Loretta Smith, Karen Bakita



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



Tony Rasimas, Bob Palchanis, Terri Palchanis, Kelly Palcha-



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



John Tutko, Dusan Dorich, Donal Koval, Kenneth Coley



Chet Dziuba, Derek Loehle, Larry Glugosh, Alebert Suess



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

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 eentraet.

Loan Value

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



Dividends

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

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

Tax Advantages

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

Legacy Life

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

Issue ages 0-80.

Legacy Single Premium

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



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

Issue ages 0-90.

Legacy 20

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

Term Life Insurance

10 Year Renewable/Convertible Term

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

Issue ages are 18-60.

20 Year Convertible Term

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

Issue ages are 18-50.

Youth Term to Age 30



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

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

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

The very affordable premiums can be paid:

- Annually, or
- Single Premium.

Issue ages are 0-22.



Find us on Facebook:
Slovak Catholic Sokol
Public Group

VANTAGE DEFERRED ANNUITIES

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

Tax-Deferred Earnings

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

Cost

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

Safety

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

Short Term Investment Opportunities

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

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

Issue Ages: 0-90

VANTAGE 1

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

VANTAGE 3

Duration: 3-year contract

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

3rd year: 4%

Longer Term Investment Opportunity

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

VANTAGE 5

Duration: 5-year contract

Guaranteed Interest Rate; 1st year of contract

Early Withdrawal:

• Penalty Free: 10% Annually

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

VANTAGE 7

Duration: 7-year contract

Guaranteed Interest Rate; 1st two-years of contra-

Early Withdrawal:

• Penalty Free: 10% Annually

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

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

Guaranteed Income

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

Settlement Options

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



SLOVAK CATHOLIC SOKOL

A tradition of providing sound financial protection and benefits to our members.

Phone: 800-886-7656 Fax: 973-779-8245 E-mail: sales@scslife.org www.scslife.org

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



SALE OF U.S. STEEL, INCLUDING KOSICE STEELWORKS, CONFIRMED BY TRADE UNION LEADER

The purchase of American corporation U.S. Steel, including Kosice steelworks, by Japan's Nippon Steel was confirmed for TASR by head of the trade union at U.S Steel Kosice Juraj Varga on Monda, December 18.

"What has been published is true. We had an afternoon meeting with the company management in Kosice, where they informed us that the entire corporation is being sold to a Japanese steel company. It will take place next year," he said.

Nippon Steel announced on Monday that it has secured financing for the \$14.9 billion (€13.61 billion) deal.

"Fundamentally, nothing will change for now, for the employees for sure, we still have work. All the agreements that are valid will continue to be valid. How will it continue as part of the strategy of the entire transaction, and what will be the consequences for us in Kosice, time will tell. I assume that maybe a year from now at this time we'll know more specific steps," said the union leader.

Taking over the factory will be a long-term process, and the collective agreement will be respected by all parties. A process of collective bargaining is currently underway. "Our employers have informed us that they don't accept our proposal, but that they want to meet after January 15, so we'll see and start negotiating around the table," stated Varga.

PROTESTS AGAINST GOVERNMENT ACTIONS HELD IN SEVERAL TOWNS

Protests against the government's actions organised by the opposition parties Progressive Slovakia (PS), Freedom and Solidarity (SaS) and Christian Democratic Movement (KDH) were held in several Slovak towns on Tuesday, December 12.

In particular, they objected to the scrapping of the Special Prosecutor's Office and spoke of the cabinet as a threat to the rule of law.

Leaders of political parties as well as well-known personages appeared at the Bratislava protest in front of the Government Office. People chanted slogans such as 'We won't let them take Slovakia', 'Enough of Fico' or 'We won't be quiet'.

In addition to the capital, protests were also held in Kosice, Nitra, Zilina and Banska Bystrica.

PS, KDH and SaS also launched an appeal against the destruction of the rule of law, which has already been signed by more than 30,000 people. The signatories are calling on the government to withdraw draft laws that abolish the Special Prosecutor's Office, reduce penalties for corruption, and

remove protected whistleblower status from members of the Police Corps.

GOVERNMENT BILLS POSE THREAT TO WHISTLEBLOWERS

Changes in the whistleblower protection law proposed by the government pose a threat to whistleblowers and might result in investigations into serious crimes being hampered, chair of the Whistleblowers Protection Office Zuzana Dlugosova told a news conference on Friday, December 15.

Among the provisions at issue, for example, are efforts to redefine qualified reporting and the introduction of an obligation to state the reasons for granting protected whistle-blower status. "In addition to having a deterrent effect on potential whistleblowers, this could mar investigations," said Dlugosova. "The content of a criminal report is the suspicion of criminal activity by people, employees or colleagues of an employer who might be directly affected by potential criminal proceedings," she noted.

Dlugosova also criticised the intention to exempt police officers from the law, viewing this as insufficiently justified by the government. "Partly considering the fact that the internal reporting system within the Police Corps, based on our knowledge so far, doesn't work," she said. Dlugosova also pointed out that the proposed change would retroactively revoke protection for police officers who have already acquired it and allow the revision of protection granted to date.

Dlugosova believes that several proposals for adjustments arose from misunderstandings or a lack of knowledge of application in practice. Therefore, on behalf of the office she's calling for the the premier, parliamentary chair and parliamentary caucuses to halt the related legislative proceedings and to make changes to the law only after a matter-of-fact and professional debate.

Prosecutor-General Maros Zilinka has also expressed doubts regarding the retroactive nature of the government bill. Parliamentary Chair Peter Pellegrini (Voice-SD) reacted by saying that his objections will be taken into account in the amending proposal.

Parliament is currently dealing with the amendment to the whistleblower protection law via a short-track legislative procedure.

NAKA HEAD DANKO TO LEAVE POST

Bratislava, December 18 (TASR) - National Crime Agency (NAKA) chief Lubomir Danko left his post as of December 31.

"The discussion about the possibility of Mr. Danko staying in the Police Corps was confidential, the decision to retire was accepted by the police chief," stated the Police Corps Presidium's communications department.

It isn't yet known who will replace Danko. "The top brass hasn't yet decided on how to fill the NAKA director post," added the department.

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

MINUTES OF THE ANNUAL MEETING OF GROUP 3 - "REV. EDMUND MOCHAK"

Group 3, Rev. Edmund Mochak, held its annual meeting on Sunday, November 19, 2023, at 10:00 am at the Sokol Hall, Douglas, Massachusetts.

After everyone enjoyed coffee and Danish, the meeting was called to order by Group 3 President Kevin Conway at 10:10 am. Brother Kevin opened the meeting with a prayer. Brother Joe Bolte led us all in the Pledge of Allegiance.

Group 3 Secretary, Christine Manyak took roll call, there were 9 members present representing Wreath 18 and Assembly 28.

Welcoming Address:

Brother Kevin welcomed and thanked everyone for their attendance and commented that while we are few, are commitment is strong.

Brother Kevin reviewed the purpose of the group:

"The purpose of the Group is to help build sound minds and bodies of all our members by nurturing harmonious relationships, encouraging educational achievements, providing and supporting athletic programs and social functions, and to provide benevolence to those in need."

Minutes from the semi-annual meeting on Sunday, May 7, 2023, were reviewed by Secretary Christine Manyak. The minutes were accepted on a motion by Judy Manyak, 2nd by Joe Bolte. Accepted

Treasurer's report was presented by Julie Gresian; after discussion a motion to accept was made by Joe Bolte, 2nd by Zack Manvak; Accepted.

Physical Directress, Judy Manyak presented her report. The 50th Slet was held in July and even though we didn't have any participants I attended so I was able to reunite with so many old friends. I also attended the Convention in August, meeting up with more friends. At this time, I want to let the group know that I am resigning as Group 3 Physical Directress, and I want to thank you all for your support over the years. It was a position that I totally loved. I would like to nominate Jaque Manyak as Directress and Makenzie Parella as assistant. They have both worked with me for years and I know they will do a great job. They were part of the winning of the National Flag team in 2017. Thank you again for letting me lead the girls in Group 3.

Physical Director, Gary Manyak was not in attendance but forwarded his report. We did not have any participants for the 50th International Slet however I attended with my wonderful wife Maria and my parents the well-known sokols Roger and Judy Manyak. We assisted the Tech Board in field events and Basketball games. I also attended the 34th Quadrennial Convention where I had the honor of seeing my eldest son, Zackary, elected to the Supreme Physical Fitness Board. I look forward to continuing my service as the Group 3 Physical Director.

Sports Directors: Roger Manyak reported on his attendance at the 50th International Slet where he and his wife Judy, son Gary and daughter in law Maria assisted with various events and tasks. He also attended the 34th Quadrennial Convention. This year we did not have any participants in the

Bowling or Golf Tournaments.

Reports were accepted on a motion by Jaque Manyak, 2nd by Joe Brody.

Old Business:

*50th International Slet was held in July. Group 3 did not have any participants, however Roger & Judy Manyak and Gary & Maria Manyak attended and offered support where needed.

*34th Quadrennial Convention was attended by 9 delegates from Group 3. A new board of officers was elected including our own Zack Manyak who has been elected to the Supreme Physical Fitness Board. Plans to continue the Slet were discussed including possible changes. The board will welcome any new ideas for events and how to improve membership and participation.

*The 48th Sokol Open, chaired by John Manyak was held in September. This continues to be the biggest fund raiser. Golfers continue to come play and enjoy the home cooked buffet. This year the money raised will be used to pay for Club roof & chimney repair. Brother Kevin thanked everyone for their contributions making this a success. Brother Richard McGarth has attended all 48 tournaments.

*Group 3 Secretary obtained master list from Headquarters to reach more members. She sent meeting announcements to many members only to have about a dozen returned as undeliverable. She will reach out through announcement in Falcon the send mailings to try and update emails.

Grievances and New Motions:

*Joe Brody asked to have announcements of events sent to him so that he can include them in his church bulletin for Webster members to see.

*Sister Judy asked that some of the fundraising money be used to purchase new pots & pans for use in the kitchen, so they are readily available when needed.

Resolutions:

*Congratulations to Zackary Manyak on his marriage to Emma Campbell on 5/28/23

*Congratulations to Zack Manyak on being elected to the Supreme Physical Fitness Board

*Congratulations to Makenzie Cyr on her marriage to Adam Parella on 10/6/23

*Congratulations to Jaque Manyak for her appointment to Freshman Women's Volleyball Coach at Nashoba Regional High School & AAU Volleyball Coach

*Congratulations to our Group 3 Sokol Open Committee for another successful golf tournament.

*Congratulations to Douglas Boys Soccer team making it to state Championship

*Congratulations to 8th grader Makenzie Ahern for finishing 8th in the RI state Cross Country Championship

*Congratulations to Adian Ahern for competing in the RI state Cross Country Championship New Business:

(Continued on page 21)

OBITUARIES

ALBERT POGORELEC, SR.

Albert Pogorelec, Sr., 84, of Clifton, NJ passed away on December 5, 2023. Born in Passaic, NJ, Albert has been a resident of Clifton for most of his life. He was a graduate of Pope Pius XII High School ('57) in Passaic and Seton Hall University ('61) in Paterson. He worked as a claims adjuster with Allstate Insurance for 20 years and most recently as an



environmental specialist for the Passaic County Sewerage Commission for many years before retiring.

He was a parishioner of SS Cyril and Methodius RC Church in Clifton, NJ, a active member of the Slovak Catholic Sokol, Assembly 162 and the Knights of Columbus Regina Mundi 3969.

Hewas an avid bowler for over 60 years and an accomplished accordion player who loved playing "The Pogorelec Polka" and other polkas at family

gatherings. He enjoyed playing "Happy Birthday" to his family and friends. In his younger days he was a talented athlete starring on various baseball and basketball teams. In high school, he led his baseball team to a state championship. He was a left-handed pitcher who threw four no-hitters in his high school career. In college, he was a 1,000 point scorer for the basketball team.

Beloved husband for 47 years to the late Elizabeth "Betty" (Kalemba) who passed away in 2011. Devoted father of Albert Pogorelec, Jr., D.O. and his wife Marcela, and Michael Pogorelec, D.C. and his wife Loretta. Cherished grandfather of Zachary, Emily, Gregory and Natalie. Dear brother of John Pogorelec, Esq. and his wife Phyllis, Steven Pogorelec and his wife Annie, Eugene Pogorelec, D.O., and the late Emil Pogorelec, D.O. Uncle of many nieces, nephews, great nieces and great nephews.

Mass of Christian burial was held on Monday, December 11, 2023 at SS. Cyril and Methodius Church, Clifton, NJ. Interfollowed at St. Mary's Cemetery, Saddle Brook, NJ.

YOUR BENEFICIARIES

When was the last time you looked at your designated beneficiaries on your valuable Sokol insur-



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

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

SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

Thank you everyone who supported last year's Saints Cyril and Methodius Appeal. It is with great pleasure to announce that **204 donors gave \$25,725.51** last year. Here is a breakdown of donors and the amount given:

Parish Collections6 \$	4,309.51
Slovak Fraternal Organizations	•
(including Home Office donations)	9,010.00
Clergy and Religious	
of Slovak Heritage27 \$	3,890.00
	8,516.00

A direct mailing for the 2024 Appeal has been sent to local district and branch leaders from the four Catholic Slovak Fraternal Organizations, members of the Slovak Catholic Federation, and previous donors. Your support is needed each year because money collected in the Appeal goes to help pay for the operating costs of the Pontifical College of Saints Cyril and Methodius in Rome, the residence of priests from Slovakia selected by their bishops to undertake graduate studies.

Anyone who wishes to contribute to the 2024 Appeal but did not receive a letter asking for a donation 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, 2024 will be credited toward the 2025 Appeal. Thank you again for your goodness and generosity.

The Slovak Catholic Federation was founded in 1911 by Rev. Joseph Murgas, founding Pastor of Sacred Heart of Jesus Slovak Church, Wilkes-Barre, PA. The Federation brings together under one banner both individuals of Slovak heritage as well as Catholic Slovak Fraternal Organizations for cultural, religious and educational needs. Serving as Moderator is the Right Reverend Gary Hoover, O.S.B., Abbot of St. Andrew Svorad Abbey, Cleveland, OH. National President is Reverend Andrew S. Hvozdovic, V.F., Supreme Chaplain of the Slovak Catholic Sokol and Pastor of Our Lady of Victory Parish, 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 Church, Penndel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator Appeal Coordinator.

Name	
Address	
City	
State	Zip

Amount \$_____

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



NOVEMBER 2023

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 9	John V. Grega, Jr., Stratford, CT	72	October 24, 2023
Assembly 11	Howard L. Severs, Jr., Lynchburgh, VA	69	September 19, 2023
Assembly 16	Roger A. Stewart, West Newton, PA	93	August 18, 2023
Assembly 16	George Mistrick, Allegheny, PA	94	November 13, 2023
Assembly 25	Edward A. Hoholick, Uniontown, PA	88	October 2, 2023
Assembly 25	Peter E. Hegyes, Perryopolis, PA	80	October 29, 2023
Assembly 28	Ruth Manyak, Vero Beach, FL	93	October 7, 2023
Assembly 59	Andrew Kovalik, Morrisville, PA	64	November 11, 2023
Assembly 59	Andrew Kacmurak, Wilkes-Barre, PA	65	November 11, 2023
Assembly 78	Helen G. Begany, Bethlehem, PA	92	October 17, 2023
Assembly 82	George A. Gdula, Windbar, PA	68	April 29, 2023
Assembly 167	Lawrence S. Hornacek, Copley, OH	77	April 22, 2023
Assembly 219	Darlene M. Fata, Yonkers, NY	54	May 31, 2023
Assembly 219	James Holodak, Yonkers, NY	89	November 3, 2023
Assembly 234	John Hmelnicky, Bel Air, MD	97	October 21, 2023
Wreath 22	Agnes E. Galla, Verona, PA	91	November 1, 2023
Wreath 54	Rita Ann Bakalar, Youngstown, OH	88	June 26, 2023
Wreath 93	Fern Bina, Viroqua, WI	75	September 8, 2023
Wreath 93	Fern Gerald, Viroqua, WI	75	September 8, 2023
Wreath 111	Susan Matthews of Travenier, FL	72	November 1, 2023

MINUTES OF THE ANNUAL MEETING OF GROUP 3 - "REV. EDMUND MOCHAK"

(Continued from page 19)

The club will again be selling homemade golumpki on 12/9/23. Pre-orders only. Info will be sent out on the Sokol Club Facebook page. Volunteers are needed for the 3 days leading up to the event to assist with preparing and cooking the golumpki.

Since we are now a lodge, we need to transfer the money in the Wreath 18 account to the Assembly. Sister Judy who was acting Wreath treasurer will close out the account.

NOMINATIONS

President: Kevin nominated brother Roger who declined. Christine nominated Kevin Conway to continue as president, accepted. Running unopposed

Vice President: Roger nominated Joe Bolte. Accepted. Running unopposed

Treasure: Judy nominated Julie Gresian. Accepted. Running unopposed

Secretary: Kevin nominated Christine Manyak, accepted. Running unopposed

Physical Director-Gary Manyak offered to continue, running unopposed.

Physical Directress: Judy nominated Jaque Manyak, accepted. Running unopposed

Assistant Physical Directress: Judy nominated Makenzie Parella, accepted. Running unopposed

Sports Director: Christine nominated Roger Manyak, accepted. Running unopposed

Since all positions were running unopposed, A motion to vote all positions at one time was made by Brother Kevin, seconded by sister Christine. Accepted

Vote on all officers: unanimous!

New Officers were sworn in by Zackary Manyak.

A motion to Adjourn was made by Judy Manyak, 2nd by Joe Bolte and accepted.

Brother Kevin Conway recited the closing prayer. Sulhas.

Respectfully submitted by Christine Manyak
Group 3 Secretary

WREATH 93 FRIENDSGIVING PARTY

Members of Wreath 93 were able to enjoy a festive day at the Holiday Folk Fair for their Friendsgiving Party on Sunday, November 19, 2023.

The day started by participating in the Children's show with a performance by the Czech gymnasts, followed by enjoying a large variety of delicious ethnic food.

The Holiday Folk Fair International is an event that enables cultures from around the world to showcase their traditions and heritage. We were able to enjoy cultural crafts, learn unique traditions and customs through interactive exhibits, watch traditional dances (and even learn some ourselves) and purchase items from many different countries. Some members even got dressed up and volunteered at one of the booths. It is our culture that shapes our identity and influences our behavior and we are so happy we can share this experience with our Sokol family. — *Lisa Hoeck*







MINUTES OF THE GROUP 12 ANNUAL MEETING - NOVEMBER 4, 2023

President Joe Harak called to order our annual Group 12 meeting with the opening prayers Our Father and Hail Mary followed by reciting of the Pledge of Allegiance to the Flag.

The roll call of officers: present were President Joe Harak, Vice President Greg Milanek, Recording Secretary Joann Antosy, Financial Secretary/Treasurer Lar'e Leso, Physical Director Christopher Antosy Jr., Physical Directress Kathleen Smolkowicz, and Assistant Sports Director Robert Latshaw. Not present Sports Director Deb Unger.

Delegates in attendance: Laura Harak, Anne Leso, Megan Antosy, Pat Latshaw, Stephen P. Barrasso, Chris Antosy Sr., Andrea Tadlock and attending via zoom Olivia Tadlock and Victoria Tadlock.

A copy of the minutes from the 2022 Group 12 meeting were given to everyone and time was given to read the minutes. With no questions or corrections, a motion was made by Kathleen Smolkowicz to accept the minutes seconded by Andrea Tadlock.

President's report: Joseph Harak:

I remain active in Assembly 261 and in our Home Association as the treasurer.

In July I attended the 50th Slet at Kutztown, PA. as a judge for the male drill events and a participant in the closing ceremonies performing the mass drill with current and pass drillers.

In August I attended the 34th Quadrennial Convention held at Scranton, PA.

We congratulate all the 2023 Sokol scholarship winners especially those from Group 12:

College Scholarship Grant:

Camille Griffith attending Albright College

Carolun Halgas attending George Mason University

Olivia Tadlock attending University of Delaware

 Abbot Jerome M. Koval O.B.S. Memorial Catholic High School Grant

Cole Baker attending Berks Catholic High School

Andrew McVicker attending St. John Paul the Great High School

Catholic Grade School Grant

Megan McVicker attending Holy Family Catholic School

A motion made by Pat Latshaw to accept the President's report seconded by Laura Harak.

Vice President's report: Greg Milanek

I attended the 50th Slet held in Kutztown, PA in July. I was a judge for the male individual and team drill events. I also participated in the Saturday exhibition performing the mass drill with current and pass drillers to the song Chariots of Fire

(Continued on page 24)

MINUTES OF THE GROUP 12 ANNUAL MEETING - NOVEMBER 4, 2023

(Continued from page 23)

I was available to help or attend events if the president could not attend himself.

A motion was made by Chris Antosy Jr. to accept the Vice President's report. Robert Latshaw seconded the motion.

Treasurer's report: Lar'e Leso:

Our income came from our assessments from the Home Office, which is on a decline due to declining membership. We also earn income from the interest from our saving, money market, and checking accounts.

Our expenses were for the Slet, our annual donations and group meeting.

Greg Milanek asked the question "Why do we not have other income for this year?" Lar'e explained the other income in previous years was from the loan payments from SCS Assembly 261 and Wreath 155 Inc. The loan had been paid in full in 2022.

A motion made by Greg Milanek to accept the Treasurer's report. Laura Harak seconded the motion.

Physical Fitness Board: Physical Directress Kathleen Smolkowicz and Physical Director Christopher Antosy Jr.

In May we had 4 participants attend the FCSU, GCU, NSS & SCS combined national bowling tournament in Buffalo, NY. They were Joann Antosy, Deb Unger, Pat Latshaw and Kathleen Smolkowicz. The Frank S. Petruff Memorial Sports Award for 2023 was given to Kathleen Smolkowicz.

A suggestion from our Physical Fitness Board to the Supreme Physical Fitness Board is to teach the drills better at the Clinic and have the CD for the routines ready sooner. The Clinic was in July we received the CD in January.

In July was the international Slet held at Kutztown University in Kutztown, PA. Our Slet participants were Physical Director Chris Antosy Jr., Physical Directress Kathleen Smolkowicz, Christopher Antosy III, Megan Antosy, Adeline Antosy, Viktoria Tadlock and Olivia Tadlock. The Slet was very hectic due to the schedule being one day less. We did win various track events and Chris Jr. won 1st place in the 30 and over drill competition and Chris III placed 4th in the 8 and under drill competition.

Beginning in July each Sunday we had open court volleyball in the Sokol hall but due to not being able to have a set schedule volleyball did not continue.

Pickleball lessons will begin in November at our Sokol hall in Reading. Two sessions each Sunday for four weeks.

At the convention Christopher Antosy Jr. was elected to the Supreme Physical Fitness Board. Greg Milanek asked if had any contact with the new board members. Chris said the Supreme Physical Fitness Board will meet in January in Pittsburgh.

Robbert Latshaw made a motion to accept the Physical Fitness report. Megan Antosy seconded the motion.

Old Business:

Greg Milanek inquired about the local Sokol Day. Chris Antosy Jr. said there were discussions on it, but no action was taken. Although he along with his son, Kathleen Smolkowicz, and Andrea Tadlock had attended the Group 7 Sokol Day and discussed having the same type of gathering.

Greg also asked about the suggestion for school scholarships Group 12 would give to their members. We will continue to pursue this for college and high school levels. A committee consisting of Laura Harak, Andrea Tadlock, Kathleen Smolkowicz, Greg Milanek and Lar'e Leso should meet by the end of February 2024.

New Business:

Robert Latshaw inquired about suggesting to Head Quarters the possibility of having the combined international golf tournament here in Reading at Willow Hollow and Hidden Valley golf courses or Group 12 host the bowling tourament. Andrea Tadlock suggested reaching out to the Supreme Sports Director Kathy Watkins as soon as possible. All in favor.

Greg Milanek also suggested to reach out to Head Quarters to have the International Convention at Valley Forge Convention Center in Valley Forge, PA or Hollywood Casino in Morgantown, PA. All in favor.

Christopher Antosy Jr. asked if there are funds to draw from for a children's Christmas party or Easter egg hunt. Head Quarters will give \$5.00 per child towards a children's Christmas party if the child has a life insurance policy with the Slovak Catholic Sokol's. Christopher made a motion for Group 12 to contribute money for the Children's programs. Seconded by Kathleen Smolkowicz.

Greg Milanek made a request from the Group 12 treasury that any amount over \$500.00 must be approved.

Kathleen Smolkowicz mentioned she is planning a Group 12 reunion of our past drillers and sports recipients. Greg Milanek will also help. This will be held in 2024.

Christopher Antosy Jr. mentioned our Group 12 banner needs to be replaced. It is in disrepair. Andrea Tadlock suggested calling the Home Office and asking about a replacement.

At the Convention it was mentioned but not approved at this time regarding the amount of money in a group's banking ac-



Picture from the Slet of Joe Gasperec and some Group 12 present and past participants.

counts if over \$20,000 their assessments would be held.

Joe Harak mentioned a request from our Supreme Secretary Scott Pogorelec to send pictures of our events to be published in our Sokol Falcon. Send to Livia Karak at sokol205@aol.com

There is a Reading Sokol's bus trip to Longwood Gardens and Kennett Square shopping and dining area and will be held Saturday, December 16th. Those interested contact Robbie Latshaw at dkblaze7469@ aol.com

Congratulations goes out to the newly elected Supreme Officers especially those from Group 12: Christopher Antosy Jr. was elected to the Supreme Physical Fitness Board and Andrea Tadlock was elected as our Supreme Vice President. They were elected at the 2023 Convention held in Scranton, PA.

Donations:

Greg Milanek made a motion for the following donations and seconded by Andrea Tadlock.

The donations are as followed:

- \$200.00 to the SCS Memorial fund in memory of our deceased members of Group 12.
- \$100.00 to the Sisters of SS. Cyril and Methodius Danville, PA.
- \$100.00 to Walk the K Polka show at I Heart Radio.
- \$100.00 to the Slovak Catholic Federation.

- \$50.00 to each athlete from Group 12 participating in the international golf and/or bowling tournaments.
- \$100.00 to Reading Sokol local golf tournament which is be held tentatively in April 2024.
- \$200.00 for expenses to hold pickleball instructions at the Reading Sokol Hall.

Greg Milanek made a motion to keep the salaries for the officers the same. The motion was seconded by Kathleen Smolkowicz.

Nomination of Officers:

- President: Chris Antosy Sr. nominated Joe Harak. Joe accepted the nomination. There are no other nominations. Joe Harak is the president.
- Vice President: Andrea Tadlock nominated Greg Milanek. Greg accepted the nomination. There are no other nominations. Greg Milanek is the vice president.
- Financial Secretary/Treasurer: Pat Latshaw nominated Lar'e Leso. There are no other nominations. Lar'e accepted the nomination. Lar'e Leso is the financial secretary/treasurer.
- Recording Secretary: Chris Antosy Sr. nominated Joann Antosy. Joann accepted the nomination. Joann Antosy is the recording secretary
- Sports Director: Greg Milanek nominated Robert Latshaw. There are no other nominations. Robert accepted the nomination. Robert Latshaw is the sports director.
- · Assistant Sports Director: Andrea

Tadlock nominated Megan Antosy. Megan accepted the nomination. Joe Harak nominated Mark Kopcik. Megan withdrew her nomination. Mark accepted the nomination via Joe Harak. Mark Kopcik is the assistant sports director.

- Physical Director: Andrea Tadlock nominated Megan Antosy. There are no other nominations. Megan accepted the nomination. Megan Antosy is the physical director.
- Assistant Physical Director: Joe Harak nominated Deb Unger. There are no other nominations. Deb accepted the nomination via Pat Latshaw. Debra Under is the assistant sports director.
- Physical Directress: Kathleen Smolkowicz nominated Victoria Tadlock. There are no other nominations. Victoria accepted the nomination. Victoria Tadlock is the physical directress.
- Assistant Physical Directress: Kathleen Smolkowicz nominated Olivia Tadlock.
 There are no other nominations. Olivia accepted the nomination. Olivia Tadlock is the assistant physical directress.

Greg Milanek made a motion to close the nominations. Steve Barrasso seconded the motion.

The new officers took the oath and were sworn in.

A motion was made by Kathleen Smolkowicz to adjourn the meeting. Megan Antosy seconded the motion. All in favor.

- Joann Antosy, Group 12 Secretary

SLOVAK TRADITIONS AND CUSTOMS ON THE OLD AND NEW YEAR

The tradition of celebrating the arrival of the new year began only after World War II. Until then, all entertainment was banned until the feast of the Three Kings.

The habits of the "old year" also included sweeping garbage into the corner of the room, but not out of the house. It was so that someone would not be "swept away" from the house, which meant that he would not die.

It was also interesting that a very rich dinner, similar to Christmas Eve dinner, was served on this day. It differed only in that meat dishes were also served on New Year's Eve.

As on the last day of the old year, on the first day of the new year, Slovaks in the past observed various customs and traditions. New Year's traditions and customs in Slovakia were supposed to protect homes and families from disasters, contribute to well-being, and bring happiness.

One of these traditions was also cleanliness and order throughout the home, so it will be the whole year. The garbage was not taken out for fear that no one in the family would die, but also so that happiness would not be brought out of the house.

A tradition that is still observed today is a visit to the church

and the Holy Mass. Slovaks thank you for the new year and meet together and wish you all the best for the new year.



During the first day of the year, children walked around the village wishing everyone a happy new year: "We wish you a happy new year that God has given us to survive the old year and live to see the new one!"

MINUTES OF THE SEMI-ANNUAL MEETING OF GROUP 14

HELD MONDAY, NOVEMBER 6, 2023

The meeting was called to order by Group President Kathy Watkins who welcomed everyone, including our members who attended virtually via Zoom. A total of 20 officers and members were in attendance.

Opening prayer and the Pledge of Allegiance was performed, along with roll call.

President Watkins thanked Arlene Most for organizing the dinner deliveries to our senior members. Numerous thank you notes were received both written and verbally by those that enjoyed the delicious food. It was agreed that we would do this activity again, perhaps around Easter.

Minutes of the last meeting and officer reports were and provided and approved.

Group Sports Director Becky DiRenna advised that there were 11 kids at the Sky Zone jump event recently held. All had a great time. Haley Schank and Aaron Kercell provided a report on the Slet. Everyone had fun, made new friends, and had a great time. They anticipate and are looking forward to participating in the next Slet.

New business was then discussed as follows:

Children's Christmas Party – will be brought back but will be a different format than previous - to be held in early December

Family Bowling Party – anticipated January or February date

Senior Dinner Delivery - late March

Join Hands Day activity - May

A request for a donation to Children's Hospital was made and the donation was approved by all.

An inquiry was made by a member regarding the sale of the Sokol Club, assembly meetings and meeting notifications and information available regarding this. A discussion ensued and it was decided that the member will inquire via written forum to the President of the Assembly and will respond back to the group on the findings

The next order of business was the election of officers. Prior to nominations occurring, President Watkins thanked the current officers for their service. The following officers were nominating and approved by all:

President – Kathy Watkins
Vice-President – Ryan Jozwiak
Treasurer – Arlene Most
Secretary – Cindy Walkowiak
Auditors – Pam Kuchta/Julie Kotvas
Sports Director – Becky DiRenna
Assistant Sports Director – Victor Mejia
Physical Director – Aaron Kercell
Assistant Physical Director – Gavin Watkins
Physical Directress – Haley Schanck
Assistant Physical Directress – Autumn Nichol

A motion was made to close the meeting and seconded. All joined for a closing prayer for our living and deceased members.

Respectfully submitted,

Cindy Walkowiak *Group 14 Secretary*

GROUP 16 AND ASSEMBLY 36 PROVIDE HELP FOR NEEDY FAMILIES



Group 16 and Assembly 36 from Detroid, MI partnered up with Saint Cvril and Methodius Church and their Christian Services Program. With pride and compassion we carry out the Great Tradition of Slovak Catholic Sokol to help those in need during difficult times. Sokols John Papcun and Beth Penxa accepted the challenge along with Sokolky Colleen Papcun who provided the logistics and support. Beth led the coordinated effort with Office Manager Sandi Brady at the Church. Together they provided food and cheer for one family of eight and another family of five whom were chosen among many others that needed help. Pictured at the church donation site is Group President John Papcun (on right), Assistant Pastor Father Juraj Nuota, Assembly 36 President Beth Penxa, and Group Vice President Stephen Papcun. We thank Colleen Papcun whom did not make the photo. The red basket is for the family of eight and green for the family of five. Also included were gift cards for perishable items enclosed in a Christmas card with well wishes for Blessings, cheer, and Hope. With Great Pride and Fraternalism we submit our gift.

> John M. Papcun, Group16 President Zdar Boh!

MAĽOVANÉ DREVENIČKY V ČIČMANOCH



Dedina s "perníkovými domčekmi" ako z rozprávky. Také sú Čičmany - najvyššie položená obec v Žilinskom okrese s osobitou ľudovou architektúrou. Rázovitá obec je obkolesená Strážovskými vrchmi a Malou Fatrou v južnej časti Rajeckej doliny. Preslávila originálnymi drevenicami s charakteristickou bielou ornamentálnou výzdobou. Jedinečným a charakteristickým prvkom čičmianskych dreveníc sú geometrickými ornamentmi zdobené exteriéry domov. Autormi ornamentov boli ženy, ktoré najskôr hlinou a neskôr vápnom zdobili pôvodne len nárožia domov. Od 19. storočia však postupne pribúdali ozdobné motívy v celom exteriéri drevených neomietaných domov.

Maľba mala chrániť drevené trámy pred vlhkosťou a pred rozpraskaním spôsobeným slnečnými lúčmi. Geometrická ornamentika sa používala aj vo výšivkách, ktoré zdobili čičmianske kroje, obrusy a obrázky. Pamiatkovú rezerváciu tvorí 136 dreveníc.

3 VITAMÍNY, KTORÉ VÁM V ZIME NESMÚ CHÝBAŤ

V chladnom zimnom počasí je náš organizmus náchylnejší na ochorenie. Preto treba mať poruke správnu kombináciu zdravej stravy a dostatok pohybu. V tomto období sa čoraz viac spomína imunitný systém, ktorého hlavnou úlohou je chrániť organizmus pred nebezpečnými škodlivými látkami z vonkajšieho (baktérie a vírusy), ale aj z vnútorného prostredia (stres a starnutie). Funkcia imunitného systému však môže byť z rôznych príčin narušená. Aby ste tomu predišli, tak do určitej miery pomáha zdravý životný štýl, teda správne stravovanie s dostatočným množstvom zeleniny a ovocia, pravidelné cvičenie, dobrý spánok či otužovanie. Životne dôležité sú tiež vitamíny. Rovnako ich nedostatok imunitný systém oslabuje. V zimným mesiacoch sú zvlášť dôležité vitamín C, kyselina listová a vitamín D.

KRÁTKE SPRÁVY ZO SLOVENSKA



Bývalý policajný prezident Štefan Hamran zvažuje kandidatúru na prezidenta SR. Jeho rozhodnutie uchádzať sa o post hlavy štátu bude závisieť od toho, či sa mu podarí vyskladať tím, zohnať peniaze na prezidentskú kampaň a vyzbierať potrebných 15.000 podpisov od občanov. Do boja o prezidentské kreslo nechce ísť ako politický kandidát. Zámer kandidovať ohlásili už diplomati a exministri zahraničných vecí Ivan Korčok a Ján Kubiš a zakladateľka Iniciatívy za vymazaných rodičov Beáta Janočková. Spomína sa aj kandidatúra exministra spravodlivosti a exšéfa Najvyššieho súdu SR Štefana Harabina. Súčasný predseda Národnej rady (NR) SR Peter Pellegrini (Hlas-SD) zatial nepotvrdil, či bude kandidovať na funkciu hlavy štátu. Voľby sa majú konať v roku 2024. Funkčné obdobie prezidentky Zuzany Čaputovej sa končí 15. júna 2024. Čaputová avizovala, že o funkciu sa nebude opätovne uchádzať.

Počet ľudí so srdcovocievnymi ochoreniami na Slovensku rapídne narastá. Týkajú sa už každého zhruba ôsmeho Slováka. V minulom roku sa s kardiovaskulárnymi ochoreniami liečilo 720 122 Slovákov, zatiaľ čo v roku 2021 ich bolo 697 577 a v roku 2009 len 467 629. Vyplýva to z dát, ktoré na webe zverejnilo Národné centrum zdravotníckych informácií. Kardiologické ambulancie vlani zaznamenali 1 428 277 návštev. To je o 16,1 percenta viac ako v predchádzajúcom roku.

Japonský oceliarsky koncern Nippon Steel kupuje americkú skupinu U.S. Steel v košiciach. Nippon Steel, štvrtý najväčší výrobca ocele na svete, považuje Spojené štáty za perspektívny trh, ktorý mu pomôže kompenzovať klesajúci domáci dopyt, informoval japonský denník Nikkei. Všetky záväzky skupiny U.S. Steel voči zamestnancom, vrátane kolektívnych zmlúv, budú dodržané, ubezpečoval japonský koncern.

Minister obrany Robert Kaliňák navštívil pred Vianocami príslušníkov Ozbrojených síl SR pôsobiacich na Mierovej misii na Cypre. Kaliňák na Cypre zároveň poďakoval vojakom slovenského kontingentu za službu a vysoké nasadenie. Na Cypre aktuálne pôsobí 240 vojakov, ide o najväčší príspevok slovenskej armády do zahraničnej misie. Vojaci budú v plnom nasadení aj počas vianočných sviatkov. Kaliňák im preto priniesol 20 horských bicyklov na voľné chvíle, vianočné stromčeky, oblátky.



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)

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

SLOVAK CATHOLIC SOKOL MEMORIAL SCHOLARSHIP FUND

Have you found yourself looking for a way to memorialize a lost loved one or fellow Group/Wreath/Assembly member? Why not make a donation in their honor to the newly developed Memorial Scholarship

fund? Your donation will assure that an annual scholarship be given out to a college age student who best exemplifies the meaning of fraternalism and volunteerism. Here's how it works: Send a check or money



order to the Memorial Scholarship Fund clearly indicating the name to be memorialized. You can find a donation form on line at

http://slovakcatholicsokol.org/members/memorialfrmframe.htm

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

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

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