

Za Boha a národ

For God and Nation

Slovak Catholic Falcon

Slovenský katolícky sokol

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MESSAGE FROM OUR SUPREME PRESIDENT LARRY M. GLUGOSH

We hope all of our members and families will enjoy their Thanksgiving long weekend later this month and will take some quality time to reflect on your many blessings that God has provided.



Since it is the season of giving, I hope that during your Thanksgiving festivities you manage to provide some comfort and support to those less fortunate than ourselves. Fraternalism is something that each of us can demonstrate in our local communities. With this in mind, we could go out and provide our time and energy at a veteran center or senior citizen home or just do something nice for someone in your parish or community. Last month for our Canadian Thanksgiving our family collected clothes and donated them to the salvation army. It was a wonderful feeling to help someone in need but also to show them compassion, kindness and love.

We are seeing these types of actions in our Sokol Forward program from our local assemblies, wreaths and groups like Group 3 and Assembly 18, who we recently recognized for their efforts to raise funds and awareness for cancer treatment. For the past few years, they have participated in the PAN-MASS challenge which is a remarkable event that exemplifies community, strength and fundraising power. Congratulations on your award and we hope your continued focus, on behalf of the memory of your family members, will help enable a cure for this terrible disease.

As you gather in the coming weeks for your annual group meetings, we hope you will take the time to nominate a dedicated member of your community for the Fraternalist

of the Year. Every year, our society selects a recipient that has spent many years devoted to helping others, embracing our ideals and fulfilling our fraternal spirit thorough good deeds and charitable actions. The board of directors will meet in the new year and select a worthy member that will represent our fraternal benefit society as the Fraternalist of the Year and we hope to have many worthy candidates to review.

As we approach the Christmas season next month, we sincerely hope all of our local assemblies, wreaths and groups will enjoy the generosity of our Supreme Assembly, which subsidizes your annual Christmas parties for our youth. Any member under the age of 16 qualifies for the annual allotment. This is a very nice benefit to all of our Slovak Catholic Sokol members and we sincerely hope that many will take full advantage of this wonderful opportunity. As well, for some groups it is also a good opportunity to gain new membership from families and friends within your parish, who witness our Christmas parties and youth in action. We wish you the very best as you gather together and look forward to seeing many youthful smiling faces in future editions of our publication.

As our 2nd year in office comes to a close at the end of next month, our thoughts and focus will turn towards our National Convention, which will be held in 2027. It is never too early to think about joining one of our many committees in order to bring fresh and new ideas forward for the betterment of our organization. In particular, we need to put some significant focus and thought leadership on the society's organizational structure and its board governance. As we have seen over the past few years, that the fraternal benefit society continues to change

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Slovak Catholic Sokol Public Group

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



GREETINGS FROM HOME OFFICE!

Greetings from the Home Office! The Holiday months are upon us and the season of giving thanks is here. As fall is in full swing, these months give us the opportunity to reflect on the past year and to give thanks for all that we have. Fortunately, this season has a couple of days that we can do just that.



On Tuesday, 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!

This being our last issue before the New Year, I would like to take this opportunity to thank our Supreme President, Larry M. Glugosh, our Board of Directors, and all our Supreme Officers for their dedication to the organization over the past year. I would also like to thank our Group Officers, Assembly Officers, and Wreath Officers for their effort and hard work in promoting our wonderful society. It is through your efforts that allows us to thrive as the Slovak Catholic Sokol. I ask you to continue your efforts and look for ways to not only increase membership but increase participation and frequency of your activities. The more people know about our organization, the better!

Speaking of membership, I urge all our members to evaluate not only your personal life insurance needs, but also the needs of your family, and consider purchasing life insurance protection from the Slovak Catholic Sokol. You can help strengthen and secure not only your financial portfolio, but also the organization that has given so much. Let us grow our "Sokol Family" together!

Finally, I would like to thank the un-

sung heroes of our organization. The Home Office Staff of the Slovak Catholic Sokol work tirelessly for our Society and rarely get the praise that is justified. I would personally like to thank them all for their hard work and dedication over the past year. You truly are the engine that makes us go!

On behalf of my beautiful wife, Maggie, our sons, Reid and Cole, and my entire Family, I wish all our members a wonderful Thanksgiving and a blessed Christmas! 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!

SOKOL CALENDAR

SUNDAY NOVEMBER 9, 2025

GROUP 3 ANNUAL MEETING at 10:00 a.m. at the Sokol Hall, Rt 16, Douglas, MA. Coffee and donuts will be served. All members are encouraged to attend this important meeting to learn out this past years success's and plan upcoming events. Officers please remember your annual reports.
– **Christine Manyak, Group 3 Secretary**

FRIDAY, NOVEMBER 14, 2025

GROUP 7 WILKES-BARRE ANNUAL MEETING at the North End Citizens Club at 5:30 p.m. Dinner will be provided. We encourage all members and officers to attend.

SATURDAY, NOVEMBER 22

GROUP 12 MEETING beginning at

(Continued on page 8)

SLOVAK CATHOLIC FALCON PUBLICATION DATE

The next issue of the **SLOVAK CATHOLIC FALCON** will be that of **JANUARY 1, 2026**. **DEADLINE** for all photos and information for this issue will be **DECEMBER 22, 2025**.

The next **SLOVAK CATHOLIC SOKOL NEWSLETTER** will be posted on our website on **NOVEMBER 15, 2025**.

**Thoughts from our Supreme Chaplain,
Rev. Andrew S. Hvozdovic
CHRISTMAS 2025 REFLECTION
– JUBILEE YEAR OF HOPE**



This Christmas carries a special grace, for it unfolds within the Jubilee Year of Hope — a sacred time when the Church invites us to rediscover the mercy, renewal, and joyful expectation that come from faith in Christ.

At Bethlehem, hope was born. In the silence of the night, beneath the humble roof of a stable, God entered our world not with power and might, but with tenderness and light. The Child lying in the manger is the living sign that God has not abandoned His people. He is Emmanuel — God with us — the promise fulfilled, the dawn breaking upon a weary world.

As we celebrate Christmas during this Jubilee Year, we are called to open our hearts anew to this hope that does not disappoint (Romans 5:5). The Holy Year reminds us that hope is not wishful thinking; it is a confident trust that God's love is greater than sin, suffering, or despair. It is the assurance that Christ's light still shines in every darkness, that mercy still heals, and that peace is still possible.

Like the shepherds who left their flocks to seek the newborn King, we too are invited to rise from the routine and the noise of the world to encounter Jesus personally. Like Mary, we are asked to treasure the mystery of God's love and ponder it in our hearts. Like Joseph, we are called to trust in God's plan, even when it unfolds in ways we do not expect.

May this Christmas be a time of spiritual renewal, a moment to rediscover the simple yet profound truth that God is near. In Christ, our hope is not an idea but a person — a Savior who enters our human story to redeem it from within.

Let us carry this hope into the new year, becoming bearers of peace, mercy, and joy to others. For in every act of love, forgiveness, and compassion, the light of Bethlehem continues to shine — and the promise of the Jubilee is fulfilled.

"Christ Jesus, our hope, be born anew in our hearts this Christmas and renew the face of the earth."

**SLOVAK HERITAGE SOCIETY
OF NORTHEASTERN PENNSYLVANIA**



Pictured, are board members of the Slovak Heritage Society of Northeastern Pennsylvania along with their Chaplain, Rev. Andrew S. Hvozdovic. Seated, left to right are: Helen Bacumpas, Anna Hudock, and Elaine Palischak. Standing left to right are: Rev. Andrew S. Hvozdovic, Anthony Palischak, Robert Zavada, and Michael Stretanski.

The Slovak Heritage Society of Northeastern Pennsylvania held their Annual Meeting at The Café Route 315 on September 10, 2025. Twenty-seven members were in attendance. Board members gave oral reports on the activities that were held during the year and the financial status of the society was presented by the treasurer, Helen Bacumpas.

Election of Board Members was held. The following members were elected to serve a 3 year term: Helen Bacumpas, Anna Hudock, Anthony Palischak, Elaine Palischak, Michael Stretanski, and Robert Zavada.

Rev Andrew S. Hvozdovic will serve as Chaplain. Dorothy Sullivan was recognized by Elaine Palischak for her years of service on the board.

Elaine Palischak announced the activities planned for the year. Upcoming events include a Mass honoring Living and Deceased Veterans and the celebration of the Feast of St. Nicholas.

A Mass honoring Living and Deceased veterans will be celebrated at the Chapel of Christ the King at King's College, 29 W. North Street, Wilkes-Barre, PA on Tuesday, November 25, 2025 at 12:05 P.M. The chapel is handicapped accessible.

The Feast of St. Nicholas will be celebrated on Sunday, December 7, 2025 at St. Ignatius Loyola Church, 339 North Maple Avenue, Kingston, PA at 2:00 P.M. The church is handicapped accessible. An afternoon filled with song and storytelling of past Slovak Christmas traditions will take place. Refreshments will be served followed by fellowship. Everyone is invited to participate free of charge; a free-will offering will be accepted. For further information, call Anna Hudock at 570 510-1655.



Once again it is nearly time for our American Slovak Cultural Association of the Mahoning Valley Vilija dinner. This is a Slovak tradition that we are determined keep alive every December.

This year our Vilija (or Štedrý Večer) will be held at 4:00 p.m. on December 14th in St. Christine's church hall at 3165 S Schenley Ave., Youngstown, OH 44511

Tickets reasonable the same as last year at only \$25 per person (\$10 for 4-11 years, free for 3 & under). There will be no tickets or meals purchased at the door. Come and enjoy with us the

Introducing our newest member



Theodore Jack Bakita, born March 30, 2025 is the son of Alex and Katya Bakita from Barbeton, OH. He is a member of Assembly 167, Barbeton, OH.



Celebrating the 60th anniversary of the dedication of the Chapel of Our Lady of Sorrows, Patroness of Slovak Republic, at the Basilica of the National Shrine of Immaculate Conception in Washington, DC.

traditional Slovak Christmas Eve meal starting with kapustnica polievka, a wonderful mushroom / cabbage soup, oplatky (made in Poland) and honey, pirohy, baked fish, and peas followed with nuttand poppyseed kolač and an apple.

All except the oplatky will be made locally.

We will also have a lotto tree,

a 50/50 raffle and a basket raffle. All in all, it will be a wonderful evening. We hope you can come and join us!

If you would like a reservation form, please text, email.

Reservations must be in by November 3rd.

Please let us know if you have any special needs:

call Loretta Ekoniak: 330-549-3760

or Email: loretta.ekoniak@gmail.com

SLOVAK CATHOLIC SOKOL FRATERNALIST OF THE YEAR AWARD NOMINATION

DEADLINE – NOVEMBER 30, 2025

Do you know a member who has significantly impacted your local Assembly, Wreath, or Group? Who supports and promotes the Slovak Catholic Sokol? Who is a fraternal role model in their parish and community? If a member you know comes to mind, take a moment and go online to submit a nominee for the Slovak Catholic Sokol Fraternalist of the Year Award.

The deadline to submit a nominee for the Slovak Catholic Sokol Fraternalist of the Year is November 30, 2025. Please take a moment to nominate a deserving member at

<https://www.slovakcatholicssokol.org/foty.asp>

Fraternally yours,
Andrea M. Tadlock
Supreme Vice-President

GROUP 3 CELEBRATES 50TH SOKOL OPEN MILESTONE

Saturday, September 6, 2025, was a beautiful sunny day and the perfect backdrop for Group 3's 50th Sokol Open golf tournament held at Blissful Meadows in Uxbridge, MA. 144 golfers arrived to participate in Group 3's biggest annual fundraiser.

On September 6, 1975, Brother Roger Manyak and his committee started the tradition of an annual golf tournament as a fund raiser to help support Group 3's athletic programs.

Golfers played a Scramble Style tournament and returned to the Sokol Club in Douglas, MA for a delicious feast of home cooked Slovak & Polish food. Over the years they have added raffles and hole sponsors to raise additional funds. These funds have allowed Group 3 to participate in many regional and international tournaments; basketball/volleyball, softball, golf, bowling and International Slet.

The tournament is held the first Saturday after Labor Day, and while the golf course, workers, and menus have varied, fraternalism, friendship and fun have not. The number of golfers has steadily increased and now there is a waitlist to be able to participate. Many golfers return each year; however, there is one organizer Brother Roger and one golfer Brother Richard McGrath who participated in all 50 tournaments and were presented with a commemorative golf shirt.

Twelve years ago, Brother Roger handed over the reins to his son John Manyak but continues to assist in many ways.

Brother John and his crew are planning on continuing this tradition for many years to come.

– **Christine Manyak**, *Group 3 Secretary*



GROUP 16 ANNUAL MEETING

Group 16 annual meeting was held on October 11, 2025 at Saint Cyril and Methodious Church in Sterling Heights, Michigan. The meeting was devoted to our beloved treasurer of many years Laverne Eland who passed away on August 20, 2025. A memorial table was displayed on her behalf for her many years of membership, participation and service as Treasurer. The meeting was followed by a 5:30 p.m. mass and then a corned beef and cabbage dinner hosted by the local Knights of Columbus as a fund raising event. The minutes will be forthcoming. – **John M Papcun**, President Group 16



GROUP 1 GOLF TOURNAMENT HELD OCTOBER 11, 2025 AT PREAKNESS VALLEY GOLF COURSE IN WAYNE, NJ



MESSAGE FROM OUR SUPREME PRESIDENT

(Continued from page 2)

through consolidation, reducing programs and cost to offset the shortfall in new membership growth. We can no longer operate the Slovak Catholic Sokol, as we have in the past. Changes have to come forward through leadership and courage from our members to help enable and charter our future. With this in mind, we ask you to give some serious consideration to work on our various committees, especially our Bylaw committee that will be formed next year, in order to have ample time to gather and deliberate the important changes necessary for our society and its future.

In closing, we wish all of our members continued good health and hope all of you have a safe and joyous Thanksgiving and Christmas season. We hope your interaction with family, friends and perhaps someone new as a result of your fraternal effort, will provide you some added strength and a renewed sense of hope for the future.

SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

The Saints Cyril and Methodius Appeal is in its 47th year raising money to assist the Pontifical Slovak College of Saints Cyril and Methodius in Rome with its day-to-day operations. The Appeal relies upon the generosity of individual donors in addition to collections taken up in personal parishes of Slovak ancestry. A direct mailing asking for donations was sent in January to local district and branch leaders from the four Catholic Slovak Fraternal Organizations, members of the Slovak Catholic Federation, clergy with Slovak ancestry, and previous donors.

A total of \$21,713.00 has been received from 169 donors for the 2025 Appeal, as of October 13. Among the 56 gifts received from various Catholic Slovak Fraternal Branches and Districts, donations totaling \$1,910.00 have been received from Assembly 11, Assembly 23, Assembly 24, Assembly 34, Assembly 48, Assembly 59, Assembly 78, Assembly 162, Assembly 182, Group 1, Group 7, Group 12, Group 17, Wreath 54, and the home office of the Slovak Catholic Sokol. Donations to date have also been received from 5 parishes, 21 clergy and religious, and 87 individuals. On behalf of the Pontifical College, thank you for your continued generosity and support.

Anyone who wishes to contribute to the 2025 Appeal but did not receive a solicitation letter in January is asked to fill out the information in the box at the bottom of this article and mailing it along with your check payable to the Slovak Catholic Federation to the address provided. Donations in any amount are deeply appreciated and are acknowledged. Gifts received after November 30, 2025 will be credited toward the 2026 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. Hvozdozovic, V.F., Supreme Chaplain of the Slovak Catholic Sokol and Pastor of Our Lady of Victory Parish, Harveys Lake, PA and Gate of Heaven Parish, Dallas, PA. Reverend Thomas A. Nasta, National Chaplain of the First Catholic Slovak Union and Parochial Vicar with Senior Priest status at Our Lady of Grace Parish, Pennadel, PA, serves as First Vice President of the Federation and is the Appeal Coordinator.



47TH 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, Pennadel, PA 19047-4052*

“SOKOL FORWARD SPOTLIGHT”

♥ GROUP 16 ♥

♥ **Group 16 and Assembly 36 – Detroit, MI**
 ♥ **Burgess-Shadbush Center**

Theodore Roosevelt once said, “**It is not what we have that will make us a great nation; it is the way in which we use it.**” Group 16 and Assembly 36 honor the revitalization of nature and its use in their community by supporting the Burgess-Shadbush Nature Center.



The history of Burgess-Shadbush Nature Center.

In 1955, the United States Department of Defense initiated the construction of a Nike Missile Base in Utica, Michigan, primarily to safeguard Detroit from potential Soviet attacks during the Cold War era. The site included sections of Spring Hill farm, historically recognized in the 1830s as an Underground Railroad Station where enslaved individuals seeking freedom traveled northward towards Canada. The base featured missile silos surrounded by earth berms, along with a missile support and command center, and a battalion launch headquarters. Radar stations were also established on the site. By October 1957, the facility was operational, housing 20 Nike missiles. In 1962, these Ajax missiles were replaced by Hercules missiles, which offered enhanced range and accuracy and were capable of carrying nuclear warheads. However, with the advent of Intercontinental Ballistic Missiles (ICBMs) in 1974, these systems became obsolete, leading to the decommissioning of the complex. The dismantling process involved filling the missile silos, leveling the fuel mixing berms, and demolishing certain structures, while key buildings such as the missile support and power buildings remained. The property was subsequently transferred to the Department of Natural Resources. Following the site's closure, local community efforts, including those by Utica Community Schools and nature educator Jo-Ann Burgess transformed the area into an educational space, opening classrooms to teach children about the importance and awareness of nature. In the early 2000s, the Burgess-Shadbush Nature Center was designated by Shelby Township. The Nature Center is a log building constructed from 10-foot diameter white pine logs and contains live animals, natural history, and interactive displays about history and nature. There are several miles of nature trails on the grounds, including a boardwalk trail through a tamarack swamp leading to a pavilion at the Clinton River.

The Co-named Shadbush refers to a group of trees and shrubs commonly found on the site. These plants are often called Serviceberry, Shadblow, or Juneberry. Known for their beauty throughout all seasons, Shadbush varieties are an important part of nature's landscape. (Refer to “Gardening with Nature plants.”)

The Nature Center provides classroom and outdoor experiences to support children's learning and development, including creativity, cooperation, and awareness of nature. To support the Burgess-Shadbush Nature Center's mission, Group 16 and Assembly 36 made a \$100 donation to continue the education and utilization of the center.

We are grateful for Group 16 and Assembly 36's dedication to supporting their community and nurturing a profound respect for the natural world. Their compassion shines brightly, igniting a passion in others to not only embrace the beauty of nature but also learn from and protect it for generations to come.

May their Sokol Spirit continue to thrive through their generosity, and may they be blessed in all their inspirational endeavors!

If you'd like to submit an entry to be the monthly **Sokol Forward Spotlight**, please send me an email by the **15th of each month** to vp@slovakcatholicsokol.org and include the following information:

- **Group, Assembly, or Wreath Number with city and state**
- **The name of the charity or volunteer activity**
- **A description of the volunteer or charitable activity**
- **The date(s) of the activity**
- **The frequency of the activity**
- **How long the members have supported charity or participated in the activities**
- **Pictures of the event**

Thank you for all that you do, and keep Sokol Forward!

Andrea M. Tadlock
Supreme Vice-President

SOKOL CALENDAR

(Continued from page 2)

11:00 a.m. at the Sokol Hall in Reading, PA. Contact information is Joann Antosy 610-790-4086 or joann1029@live.com.

SUNDAY, DECEMBER 14, 2025

AMERICAN SLOVAK CULTURAL ASSOCIATION OF THE MAHONING VALLEY VILJA DINNER AT 4:00 P.M. in St. Christine's church hall at 3165 S Schenley Ave, Youngstown, OH. Tickets are \$25 per person (\$10 for 4-11 years, free for 3 & under). There will be no tickets or meals purchased at the door. For reservation form, please text, email, **reservations must be in by November 3rd**.

Loretta Ekoniak: 330-549-3760

Email: loretta.ekoniak@gmail.com



KEY FACTS ABOUT VETERANS DAY

The holiday started as Armistice Day on November 11, 1919, to commemorate the end of World War I.

Change to Veterans Day: In 1954, President Dwight D. Eisenhower signed legislation changing the name to Veterans Day to honor all veterans of all wars, not just WWI.

Date: The holiday is always on November 11th, marking the anniversary of the armistice that ended WWI.

Historical significance: From 1971 to 1977, the Uniform Monday Holiday Act moved the celebration to the fourth Monday in October for three-day weekends. However, the public preferred the original date, so President Gerald Ford signed a law in 1975 to return it to November 11th.

Difference from Memorial Day: Veterans Day honors all who have served in the U.S. military, living or dead. Memorial Day is a different holiday specifically for remembering and honoring those who died in service.

Spelling: The official name is “Veterans Day,” without an apostrophe, because it’s not a day belonging to one or more veterans, but a day of honor for all.

Commemorations: A significant event is the annual memorial ceremony held at the Tomb of the Unknown Soldier at Arlington National Cemetery.

DID YOU KNOW?

While you might not know their names, Slovak inventors have quietly revolutionized our daily lives.

Jozef Murgaš pioneered wireless telegraphy—before Marconi.

Štefan Banič invented the military parachute in 1913.

Jozef Karol Hell transformed mining with his hydraulic machinery.

Ján Bahýľ built a flying helicopter in 1901—decades ahead of his time.

Jozef Kroner developed the contact lenses we use today.



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.

Find us on Facebook:



**Slovak Catholic
Sokol Public Group**

**Get quick updates on the latest events
going on in our organization**

\$64,500 IN S.C.S. SCHOLARSHIP GRANTS AVAILABLE IN 2026

***Qualified Trade School Students & High School Seniors with 12 College Credits Can Apply
Increased Scholarship Awards – Krista L. Glugosh & SCS Memorial Scholarships***

The Slovak Catholic Sokol is pleased to announce that \$64,500 in scholarship grants will be available to eligible members in 2026. Previous recipients may reapply for a grant in 2026; however, please note that, per a Convention mandate, each student may receive a maximum of two Slovak Catholic Sokol scholarship grants and only one grant in each of the other categories. Additionally, the Slovak Catholic Sokol Board of Directors is excited to share enhancements to our Scholarship Program. We are proud to include now trade school students and high school seniors who have earned 12 or more college credits, opening new opportunities for success. Furthermore, the Krista L. Glugosh Memorial Scholarship and the Slovak Catholic Sokol Memorial Scholarship now offer increased awards, helping our members pursue their dreams. We encourage all qualified members to take advantage of this opportunity and move closer to achieving their goals through our distinguished Scholarship Program.

“Slovak Catholic Sokol College Grant” Eligibility Changes

The Slovak Catholic Sokol College Grants are now open to students currently attending trade schools and high school seniors who have earned 12 or more college or university credits and have been accepted into an accredited college or university. These exciting new opportunities empower our members to pursue their dreams—academically and professionally—and turn their aspirations into reality.

“Krista L. Glugosh Memorial Scholarship” Award Increase

The Glugosh family has proudly increased the “Krista L. Glugosh Memorial Scholarship” award to \$2,000, inspiring students pursuing majors in computer science, information technology, or related fields. Their unwavering commitment ignites a passion for innovation and academic excellence in the next generation of technology leaders.

The “Slovak Catholic Sokol (SCS) Memorial Scholarship” Award Increase

The Slovak Catholic Sokol Board of Directors is proud to announce the elevation of the “Slovak Catholic Sokol (SCS) Memorial Scholarship” to \$1,500, opening new opportunities and support for our dedicated members who give to their community.

A total of 30 Slovak Catholic Sokol college grants of \$1,000 each, one Krista L. Glugosh Memorial Scholarship for \$2,000, 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 for \$1,000, one Yencha Scholarship for \$1,000, one John J. Yanosick Memorial Scholarship for \$1,000, and at least three Slovak

Catholic Sokol (SCS) Memorial Scholarship for \$1,500.

The collegiate application process starts on **December 1, 2025**, and is **ONLY ONLINE** on the Slovak Catholic Sokol website. Please take the time to review the application process and the required documentation to meet eligibility. You can find instructions, frequently asked questions (FAQ), and the application at

https://www.slovakcatholicsokol.org/family_scholarships.asp.

DEADLINE FOR SUBMISSION OF ALL SCHOLARSHIP APPLICATIONS IS MARCH 31, 2026

Applicants may submit one application to be considered for all scholarships for which they are eligible. We strongly encourage applying for multiple scholarships, but please be aware that only one grant will be awarded per applicant.

College scholarship eligibility requirements: SLOVAK CATHOLIC SOKOL (a total of 30, \$1,000 grants will be awarded)

- Must have a \$3,000 Permanent Whole Life Plan
- A member of the organization for at least 5 years
- One parent must be a Slovak Catholic Sokol member
- Must have an accumulated grade point average of at least 2.5 or better while attending a credited college or university.
- High school seniors must have 12 or more college or university credits and an accumulated grade point average of at least 2.5 or better.
- Trade school students must have an accumulated grade point average of at least 2.5 or provide proof of mastery of the currently required trade skills.
- Essay- “How has being a member of the Slovak Catholic Sokol influenced my life?”

KRISTA L. GLUGOSH MEMORIAL SCHOLARSHIP (1 grant in the amount of \$2,000 will be awarded)

- The same collegiate requirements as the SCS scholarship AND
- Majoring in a curriculum focusing on computer science, information technology, or related subfields.

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

- The same collegiate requirements as the SCS scholarship AND
- One parent must be of Slovak ancestry.
- Must be majoring in a medical curriculum.

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

- The same collegiate requirements as the 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)

- The same collegiate requirements as the SCS scholarship AND
- Majoring in a nursing or medical curriculum.
- One parent must be of Slovak ancestry.

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

- The same collegiate requirements as the SCS scholarship AND
- Majoring in a liberal arts curriculum.

THE JOHN J. YANOSICK MEMORIAL SCHOLARSHIP (1 grant in the amount of \$1,000 will be awarded)

- The same collegiate requirements as the SCS scholarship AND
- Group 14 scholarship candidates will be given preference.

SLOVAK CATHOLIC SOKOL MEMORIAL SCHOLARSHIP (3 grants in the amount of \$1,500 will be awarded to the applicant who best exemplifies the spirit of volunteerism)

- The same collegiate requirements as the SCS

scholarship AND

- Essay- "Describe the one volunteer experience that made the biggest personal impact on you- how/why."

Catholic High School and Catholic Grade School Grants

To inspire greater participation in Catholic education, the Slovak Catholic Sokol Board of Directors is thrilled to announce the removal of the two-grant limit for all Catholic School recipients. This new policy reflects our unwavering commitment to supporting your parochial academic journey.

18 Catholic High School Grants, each in the amount of \$500, and 36 Catholic Grade School Grants, each in the amount of \$250, are available to qualified students. You can find the applications starting December 1, 2025 online at https://www.slovakcatholicsokol.org/family_scholarships.asp or in each of the next few issues of the Falcon.

If you have questions regarding the Slovak Catholic Sokol Scholarship Program, please contact:

Andrea M. Tadlock

Supreme Vice-President

Chairperson of the Scholarship Committee

vp@slovakcatholicsokol.org

SLOVAK CATHOLIC SOKOL SCHOLARSHIP TIPS FOR SUCCESS

You can start applying online at

https://www.slovakcatholicsokol.org/family_scholarships.asp

from **December 1, 2025, through March 31, 2026.**

To help you put your best foot forward, here are a few friendly tips for a successful application:

1. **Take some time to explore the application process online and check the eligibility requirements for each scholarship.** This will help you identify which scholarships you can apply for.

2. **Prepare your essay(s) beforehand so you can easily upload them when applying online.**

3. **Have a wallet-size (2x3) headshot photograph ready in jpeg format** to submit with your application.

4. When you fill out the online application, **please answer ALL questions.** If something doesn't apply to you, simply put N/A. For example, if you're fully independent from your parents and they can't claim you on their tax returns, enter N/A in the

parent income field.

5. **Don't forget to request your official transcripts** from your university or college after your fall term wraps up. For trade school students, please provide your current official transcripts or proof of current mastery of the currently required trade skills. Make sure the transcripts are sent to the Chairperson of the Scholarship Committee by email or mail:

Andrea M. Tadlock

Supreme Vice-President

VP@slovakcatholicsokol.org

100 Fletcher Farm Rd

Vermontville, NY 12989

I encourage you to apply for all the scholarships you qualify for to enhance your chances of receiving one! Just so you know, applicants can only receive one scholarship each year.

Make sure all your required documents are submitted by the DEADLINE of March 31, 2026. It's a good idea to submit everything early to ensure your application, essay(s), photograph, and transcripts are all received on time. If you're mailing documents, remember they must be postmarked by the deadline.

Although not every applicant will receive a scholarship this year, we encourage you to apply again next year if it doesn't work out this time! If you have any questions, please don't hesitate to contact me at vp@slovakcatholicsokol.org.

Wishing you the best of luck, and Zdar Boh!

Andrea M. Tadlock

Supreme Vice-President

Chairperson of the Scholarship Committee

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, 2026** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @

https://www.slovakcatholicsokol.org/family_scholarships.asp

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 ABBOT JEROME M. KOVAL, O.S.B. MEMORIAL HIGH SCHOOL GRANT APPLICATION

Group # _____ Assembly/Wreath # _____ Name _____

Address _____ City _____

State _____ Zip Code _____ Date of Birth _____ Current Age _____

Home Phone (_____) _____ High School Phone (_____) _____
area code area code

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

Father's name _____ Are you a member? _____

Mother's name _____ Are you a member? _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Are you a previous Slovak Catholic Sokol Scholarship Recipient? _____
(yes/no)

If yes, please indicate Grade School or High School. What year? _____

High School verification (to be completed by High School Principal)

I, _____ Principal of _____
(Principal's signature) (Name of School)

Catholic High School, verify that _____
(Name of student)

is a student at the above school and will be attending _____ Grade in the 2026-2027 school year.

Are you currently participating in Slovak Catholic Sokol Activities? Yes _____ No _____

DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2026. Return completed application to:
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 0705

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, 2026** with a clear, small (2"x3" wallet size) head and shoulders photograph.

Application is also available on the Internet @ https://www.slovakcatholicsokol.org/family_scholarships.asp

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 (_____) _____ School Phone (_____) _____
area code area code

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

S.C.S. Insurance Certificate # _____ Face Amount _____

Father's name _____ Are you a member? _____

Mother's name _____ Are you a member? _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Parent's S.C.S. Insurance Certificate # _____ Face Amount _____

Are you a previous Slovak Catholic Sokol Scholarship Recipient? _____
(yes/no)

If yes, what year? _____

School verification (to be completed by Grade School Principal)

I, _____ Principal of _____
(Principal's signature) (Name of School)

Catholic Grade School, verify that _____
(Name of student)

is a student at the above school and will be attending _____ Grade in the 2026-2027 school year.

Are you currently participating in Slovak Catholic Sokol Activities? Yes _____ No _____

DEADLINE FOR RECEIPT OF THIS APPLICATION IS MARCH 31, 2026. Return completed application to:
SLOVAK CATHOLIC SOKOL, 205 MADISON ST., P.O. BOX 899, PASSAIC, NJ 07055

SLOVAK CATHOLIC SOKOL

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

The Legacy Collection of Life Insurance

Permanent Life Insurance

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

Cash Value

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

Loan Value

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

Dividends

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

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

Tax Advantages

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

Legacy Life

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

Issue ages 0–80.

Legacy Single Premium

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



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

Issue ages 0–90.

Legacy 20

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

Issue ages 0–80.

Term Life Insurance

10 Year Renewable/Convertible Term

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

Issue ages are 18–60.

20 Year Convertible Term

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

Issue ages are 18–50.

Youth Term to Age 30



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

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

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

The very affordable premiums can be paid:

- Annually, or
- Single Premium.

Issue ages are 0–22.



Find us on Facebook:
Slovak Catholic Sokol
Public Group

VANTAGE DEFERRED ANNUITIES

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

Tax-Deferred Earnings

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

Cost

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

Safety

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

Short Term Investment Opportunities

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

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

Issue Ages: 0—90

VANTAGE 1

Duration: 1-year contract

Early Withdrawal: 6%

VANTAGE 3

Duration: 3-year contract

Early Withdrawal: 1st year: 6%, 2nd year: 5%, 3rd year: 4%

Longer Term Investment Opportunity

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

VANTAGE 5

Duration: 5-year contract

Guaranteed Interest Rate; 1st year of contract

Early Withdrawal:

- **Penalty Free:** 10% Annually
- **Penalty:** 1st year: 6%, 2nd year: 5%, 3rd year: 4%, 4th year: 3%, 5th year: 2%

VANTAGE 7

Duration: 7-year contract

Guaranteed Interest Rate; 1st two-years of contract

Early Withdrawal:

- **Penalty Free:** 10% Annually
- **Penalty:** 1st year: 8%, 2nd year: 7%, 3rd year: 6%, 4th year: 5%, 5th year: 4%, 6th year: 3%, 7th year: 2%

Guaranteed Income

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

Settlement Options

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



SLOVAK CATHOLIC SOKOL

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

FALLING BACK WITHOUT FALLING APART

By Janice Matlon, Supreme Physical Fitness Board Member

November: a month during which we “fall back” when daylight savings time ends and when we might find ourselves falling back into a state of hibernation or for some, even a tendency to seasonal depression due to the waning daylight. This is a natural biological response, but as we know, most aspects of everyday life don’t slow down even though our bodies and minds might want to. How do we keep up our energy level while realizing that a larger proportion of it will have to be spent indoors whether we like it or not?... unless you’re one of those people into year-round camping or something, and if so, power to you! The rest of the world can benefit from some tips and tricks to get ourselves through these times when we have to make our own “light.”

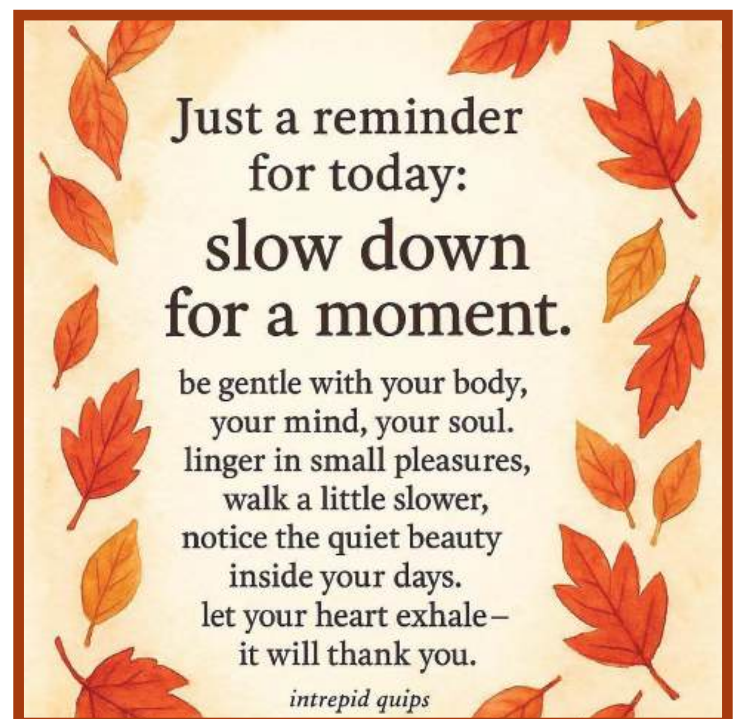
The first easy answer is to literally turn on some extra lights and create a bright, motivating atmosphere overall. More efficient lightbulbs in all sources of light make this an easy thing to do without being wasteful about it. This is also where I see the sole benefit of jumping the season and hanging Christmas lights early, but may I suggest the white ones first? These don’t even have to signify Christmas and instead simply bring the cheer that we’re all searching for. Another thing that lightens up your living space is to turn on some upbeat music more often when you are doing chores or tasks or just hanging out and relaxing. Having music on might also help to decrease your mindless screen time. What I mean by this is when we have a free moment, I think that by already having music playing, it makes us less likely to go onto a social media platform or onto something like YouTube where our actions become quite mindless pretty quickly. Lots of time passes before we even know it, and I don’t know about you, but I usually don’t walk away feeling any more satisfied than before I was scrolling through pages or watching random videos.

Another helpful hint is to embrace the fact that there is a good chance that more time indoors will probably end up with more time on a screen, but there are ways to make that actually fulfilling. My preferred viewing will always be sports, and in the winter months, I turn to college basketball. The NHL and NBA also start up along with the NFL continuing. This coming year, we can also look forward to the Winter Olympics in February, so hopefully one of those sports sounds intriguing to you! If watching sports isn’t your thing, pick a series to watch for 30-60 minutes a day, and this can even be educational or informational shows if you’re getting bored of sitcoms, dramas, or reality TV. You probably also find yourself watching movies more frequently, and that’s ok, too! You can also play games on any platform you

choose, which often gets a negative reputation. However, by setting a time limit for yourself just like you would for TV viewing, it can be a fun and even relaxing outlet. Finally, I would be remiss if I did not mention a website such as formed.org where we can dive into informative videos about a wide variety of aspects about our Catholic faith. This could be an excellent practice to initiate when Advent and/or Lent roll around.

One final piece of advice would be to find a way to get in some movement, even if the cold, dark weather keeps you indoors. Many fitness centers, community centers, and gyms have seasonal memberships that you can use just for the late fall through early spring in order to actually give yourself the best opportunity to stay active. Some people also find it easier to just work out at home. If you already have a home gym or are able to motivate yourself to work out in your living or family room by watching an exercise video, I admire you greatly. I need my space to run and kind of have an aversion to treadmills, so I prefer an indoor track to remain sane when running outdoors is not a realistic option.

Whether you take in all of these points, some of them, or even just one, I hope that you are able to find some way to brighten your days when the sunlight just isn’t around during all the hours that we wish it could be. God’s design is great, and it’s by powering through these times that makes us appreciate our spring and summer that much more!



“THE HISTORY OF THE BURGESS-SHADBUSH NAUTRE CENTER”

In 1954 the United States Defense Department decided to construct a Nike Missile Base in Utica Michigan. The U.S. Army leased sections of Spring Hill farm which was historically known in the 1830's as an underground Railroad Station for slaves from the South who were seeking freedom on their way to Canada.

Construction began on the site in 1955. This was during the Cold War with Russia to protect Detroit from Soviet Bombers. Missile Silos were built with earth berms surrounding the Ajax rocket fuel mixing building. Other buildings were missile support and command center and battalion Launch headquarters. Radar stations were built and by October 1957 the site was armed with 20 Nike missiles and operational.

In 1962 the Ajax missile was replaced with the Hercules missile which had improved range and accuracy and equipped with a nuclear warhead that could take out several bombers at one time. These missiles became obsolete with creation of the Intercontinental Ballistic Missile in 1974.

The site was dismantled by filling in the silos, leveling the fuel mixing berms and demolition of some buildings. The missile support building and power buildings remained and the property was signed over to the Department of Natural Resources. Soon after the closing of the site, at the behest of Utica community schools and nature educator Jo-Ann Burgess, classrooms were opened for children teaching the value and awareness of Nature.

In the early 2,000's the Burgess-Shadbrush Naute Center was designated by Shelby Township. The Nature Center is a log building constructed from 10' diameter white pine logs and contains live animals, natural history, and historical and interactive displays. There are several miles of nature trails on the grounds including a boardwalk trail through a tamarack swamp leading to a Pavillion at the Clinton River.

The Co-named Shadbrush is for the various trees and shrubs featured on the site. The Shadbrush is a common group which is sometimes called Service berry, Shadblow or Juneberry. It is an all-season beautiful variety of Nature plants.
(Refer to “Gardening with Nature plants.”)

The Nature Center provides classroom and outdoor experiences to support child learning and development skills such as creativity, cooperation, and the awareness of nature.

The Burgess-Shadbrush Nature Center is our choice for “Join Hands Day.”

Assembly 36 and Group 16 are proud to donate to this wonderful cause for child education and for the enjoyment of people of all ages.

A check for \$100 was donated.

Respectfully submitted,

John M. Papcun

President Group 16



Left to right: Stephen Papcun, Vice President Group 16; Elizabeth (Lizzy) Schultz, Nature Center Coordinator; John Papcun, President Group 16; Zac, Assistant Coordinator.

SAVE THE DATES!

EXPLORING THE EXTREMES

Dr. Michaela Musilova's
Film Premiere of *The Boss-Aconcagua*

📍 Bohemian National Hall Cinema, NYC

Wed, October 15 | 7:00 PM

BRAIN POWER OF YOUNG SLOVAK MINDS

Virtual Webinar

Sat, November 15 | 12:00 PM

FROM THE DANUBE TO THE HUDSON

Classical Concert featuring
Filip Pogady & Peter Fancovic

📍 St. John's in the Viliage, NYC

Fri, December 5 | 6:00 PM



KIDS' CORNER "Detský kútik "

November 2025



THE KIDS' CORNER SUMMER READING PROGRAM PARTICIPANTS & THEIR FAVORITE BOOKS

Intermediate Readers

Mackenzie Peterson	Level 3	<i>Mel's Diary</i> by Gloria Patrick
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Advanced Readers

Carissa Hoeck	Level 1	<i>The Maze Runner</i> by James Dashner
Juliana Hoeck	Level 1	<i>Never Fall Down</i> By Patricia McCormick
Riana Hoeck	Level 1	<i>Between Two Kingdoms</i> by Suleika Jaouad
James Nowak	Level 3	<i>A New Hope: The Live of Luke Skywalker</i> by Ryder Windham
Alyssa Peterson	Level 3	<i>The Diary of a Young Girl</i> by Anne Frank
Andrew Peterson	Level 1	<i>What You Should Know About Politics</i> by Jessamyn Conrad
Kyle Peterson	Level 1	<i>Hillybilly Elegy</i> by J.D. Vance
Amber Radtke	Level 3	<i>Little Visits with God</i> by Allan Hart Jahsmann and Martin P. Simon
Evan Radtke	Level 1	<i>Game Changers: Inspirational Sports Stories</i> by Dan Gold
Nathan Radtke	Level 2	<i>Calvin and Hobbs</i> by Bill Waterson
Annalise Romine	Level 2	<i>Aftermath</i> by Clara Kenzie

Reading Participants: Your award will be sent to you soon via mail.

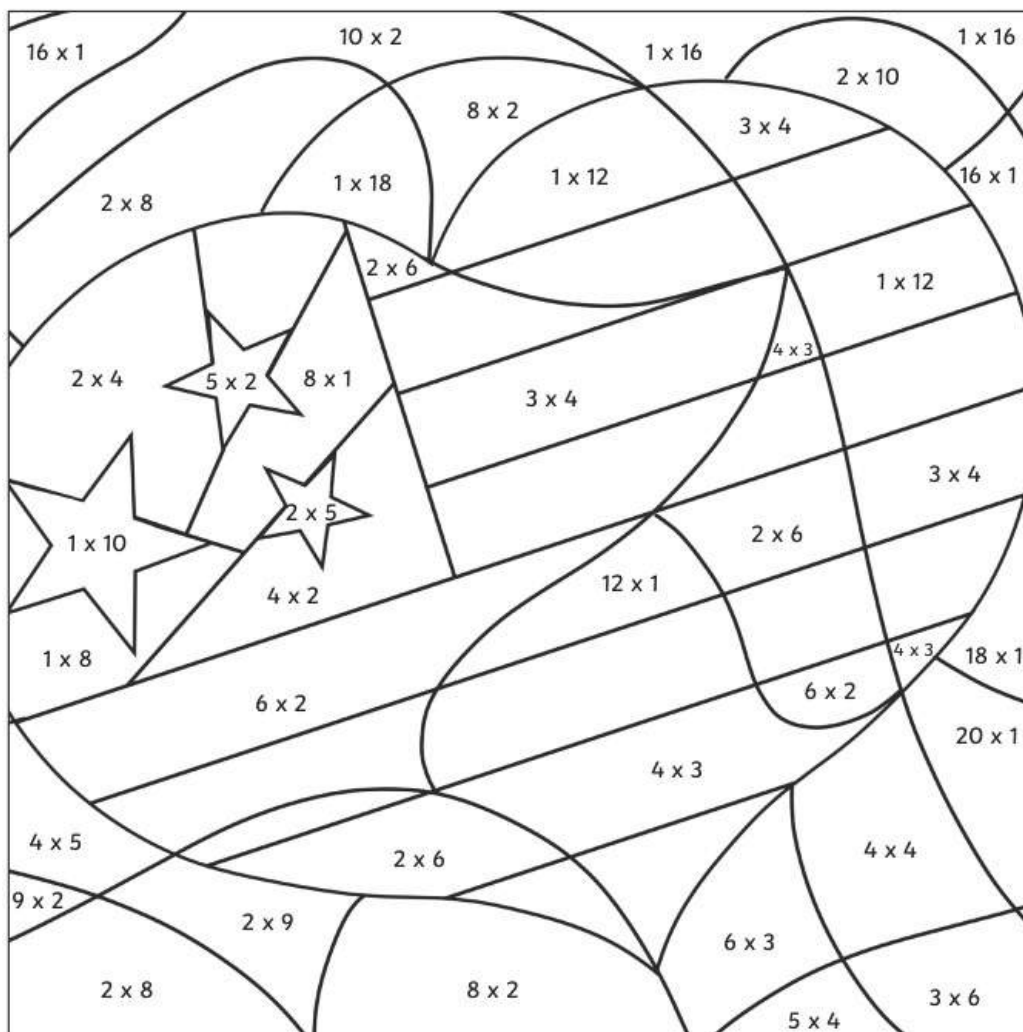


KIDS' CORNER "Detský kútik "

November 2025

Veterans Day

dark blue = 8	yellow = 10	red = 12
pink = 16	purple = 18	light blue = 20





KIDS' CORNER "Detský kútik "

November 2025

Native American Heritage Day

y j g v e c n e t s i s b u s
 s p s e l p o e p e v i t a n
 p m n n p s u z s o g x i o c
 r t o h h x u n r o l k p d r
 s y g t g a e o x l c u p q t
 v n a g s b r g n g r c j q n
 l u o h j u m v a e v m t c o
 v f r i c y c l e t g a s k i
 h e f r t s g o y s i i g k d
 s h r j b i m w h j t r d v t
 j o e v y q d n x x m e e n h
 c d l m u s y a o k i l z h i
 y z l w w o b o r o n h u q t
 l p l o i g t p u t m q o d u
 q g m a c e r e m o n y e o t

ceremony	heritage	subsistence
customs	Indigenous	traditions
cycle	moon	
harvest	Native peoples	



Hannah Reash	11/1
Phoneix Brown	11/12
Ashlynn Dunleavy	11/14
Samuel Smolkowicz	11/25

Congratulations
to
Jimmy Nowak
from
Group 4!
The Winner of
the Word Grid
Worksheet!



Send me your Native American Word Search for a Chance to Win a Prize!!

If you want to win a **\$25 gift card**, send me a copy of your word search by **November 30th**. I'll randomly select a winner from all the entries I receive. **GOOD LUCK!!**

Send your completed entry by email to vp@slovakcatholicsokol.org with your name, group, address, and email address.

Sides Dishes for the Thanksgiving Menu

GREEN BEANS WITH CARAMELIZED ONIONS AND ALMONDS

Kosher salt
3 pounds green beans
1/2 cup skin on sliced almonds
3 tablespoons unsalted butter
5 tablespoons extra-virgin olive oil
2 large onions, sliced thin
2 tablespoons chopped fresh thyme leaves
Freshly ground black pepper

Fill a large high sided skillet with some water, adding enough to be just shy of the rim of the pan by about 1 inch. Place over high heat and bring up to boil; add a big pinch of salt and the green beans. Cook for about 5 minutes, the beans should still be crisp. Drain the beans and then run them under some cold water to stop them from cooking. Reserve the beans while you start the onions. Return the skillet you cooked the beans in to the cook top over medium heat. Add the almonds and toast stirring every now and then until golden, about 3 to 5 minutes. Remove the almonds from the skillet and reserve. Return the skillet to the heat and add the butter and olive oil and heat until the butter has melted. Add the

onions, season with salt and pepper, and cook stirring frequently until the onions caramelize, 20 to 25 minutes. Add the thyme, and cook for another 5 minutes. Add the cooked cooled green beans and almonds, and stir well to combine. Season with salt and pepper, to taste.

HOLIDAY ROASTED VEGETABLES

3/4 lb. Brussels sprouts, trimmed and halved
2 large carrots, peeled and sliced into 1/2" pieces
extra-virgin olive oil
1 tbsp. balsamic vinegar
1 tsp. chopped rosemary leaves
1 tsp. chopped thyme leaves
1/2 c. toasted pecans
1/2 c. dried cranberries

Preheat oven to 400 degrees F. Scatter vegetables on a large sheet pan. Toss with enough olive oil to coat each piece, then toss with balsamic vinegar. Season with salt and pepper. Scatter herbs around the pan. Bake for 20-25 minutes, until the vegetable are tender, shaking the pan halfway through. Before serving, toss roasted veg-

etables with pecan and cranberries.

BAKED CREAM CORN

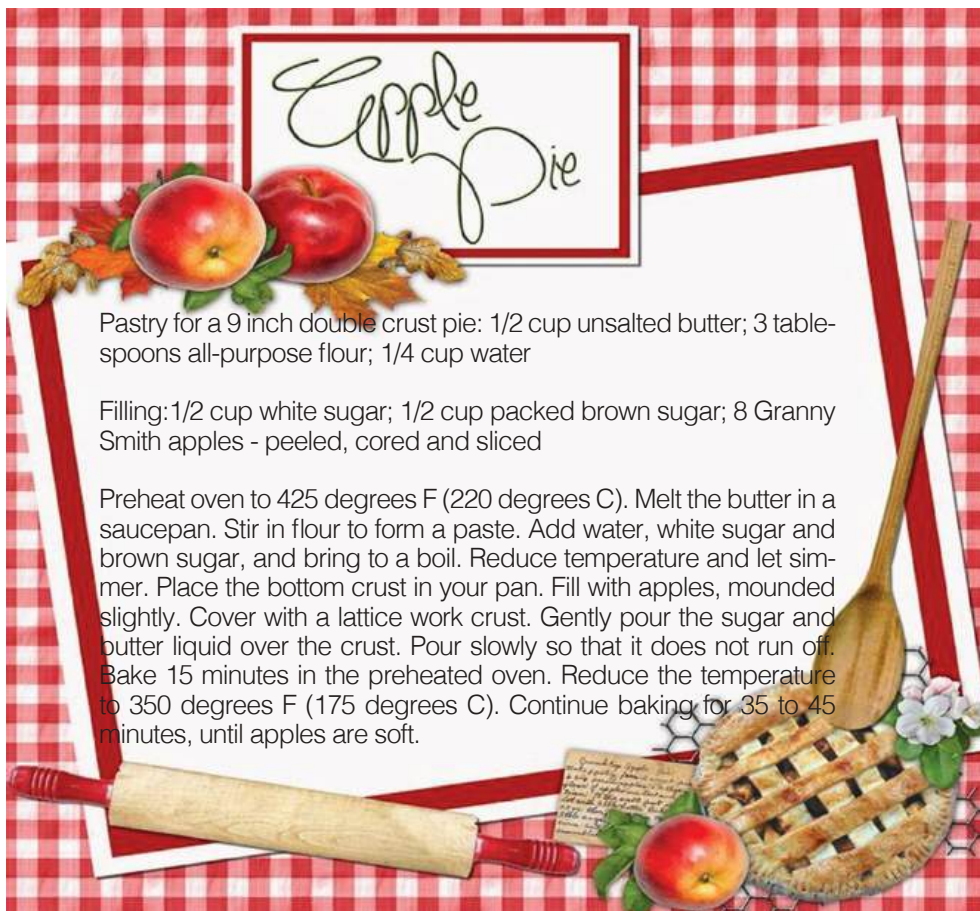
6 slices bacon, chopped
Cooking spray
3 c. corn kernels (fresh, canned, or frozen and thawed)
1/4 c. all-purpose flour
2 c. shredded Cheddar
1 jalapeño, minced
1 tbsp. sugar
2 large eggs, lightly beaten
1/4 c. melted butter
1 c. milk
kosher salt
Freshly ground black pepper

Preheat oven to 375 degrees F. In a medium skillet over medium heat, cook bacon until crisp. Transfer to a paper towel-lined plate; drain. Spray a baking dish with cooking spray. Add corn, flour, 1 1/2 cups cheddar, jalapeño, sugar, cooked bacon, beaten eggs, melted butter, and milk. Season generously with salt and pepper and mix together until combined. Top with remaining 1/2 cup cheddar. Bake 1 hour, then let cool 20 minutes to firm up.

EASY CRANBERRY STUFFING

1 large sourdough boule, cut into cubes
6 tbsp. butter, divided, plus more for baking dish
2 apples, cored and chopped
1 c. dried cranberries
2 medium onions, chopped
Kosher salt
Freshly ground black pepper
2 tbsp. freshly chopped parsley, plus more for garnish
1/2 tbsp. freshly chopped sage
1/2 tbsp. freshly chopped thyme leaves
1/2 tbsp. freshly chopped rosemary
2 c. low-sodium vegetable (or chicken) broth

Tear or slice bread into cubes and leave out overnight to dry out or place it on baking sheets and bake at 200 degrees F for 20 minutes. Preheat oven to 350 degrees F and butter a large baking dish. In a large skillet over medium heat, melt butter. Add onion, celery, and apple and cook until soft and fragrant, 8 minutes. Stir in parsley, sage, thyme, and rosemary and cook until fragrant, 1 minute more. Season with salt and pepper. Stir in remaining 3 tablespoons butter and parsley. Place bread and cranberries in a large bowl and add onion mixture and chicken broth. Transfer mixture to prepared baking dish and cover with foil. Bake until cooked through, 45 minutes, then remove foil and cook until bread is golden, 15 minutes more. Garnish with parsley before serving.



Pastry for a 9 inch double crust pie: 1/2 cup unsalted butter; 3 tablespoons all-purpose flour; 1/4 cup water

Filling: 1/2 cup white sugar; 1/2 cup packed brown sugar; 8 Granny Smith apples - peeled, cored and sliced

Preheat oven to 425 degrees F (220 degrees C). Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar and brown sugar, and bring to a boil. Reduce temperature and let simmer. Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off. Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F (175 degrees C). Continue baking for 35 to 45 minutes, until apples are soft.



RASI: MPS' SALARIES TO BE FROZEN NEXT YEAR

Salaries and flat-rate allowances for members of Parliament will be frozen next year, and along with 10-percent higher taxation in comparison to that faced by ordinary people, this will result in an effective reduction in their incomes, House Chair Richard Rasi (Voice-SD) announced alongside the heads of the coalition parliamentary caucuses Jan Richter (Smer-SD), Robert Puci (Voice-SD) and Roman Michelko (SNS).

Legislator's salaries will decrease by €220 per month, or by €2,600 annually, according to an agreement reached by the governing coalition.

Rasi pointed out that MPs' salaries are linked to the average salary in Slovakia, which is expected to rise next year. Without such an intervention, this would have also increased the salaries of MPs and other constitutional officials.

"I consider it extremely important that, in difficult times, not only the state should save money, but also politicians themselves," stated Rasi. "This declaration is a sign of solidarity from us — politicians and MPs representing the coalition and our parliamentary caucuses — showing that consolidation efforts will affect us personally as well".

According to Rasi, the salary adjustments will be submitted by the coalition as an amending proposal during the second reading of the consolidation measures package, which was scheduled to begin September 23, 2025.

"I expect that all 150 MPs will support this, including those in the current opposition, who, when in government, did absolutely nothing, remarked Rasi, who added that the need for fiscal consolidation stems directly from the economic management of previous governments.

Discussions on the salaries of other constitutional officials are also underway among coalition party leaders. "The public will be informed in the coming days about additional measures via which politicians will contribute to the consolidation by reducing their own salaries," he added.

SLOVAKIA HAS NO AIR DEFENCE, PELLEGRINI WARNS AFTER DRONE INCIDENT IN POLAND

The violation of Polish airspace by Russian drones in September was a very dangerous matter, stated President Peter Pellegrini during his visit to Japan, calling for a de-escalation in tension.

In this context, he said that Slovakia doesn't have air defence. In his view, this is a gamble with the security of the country.

The Polish military shot down several drones after multiple violations of the country's airspace.

"I'd like to point to what I often say, which is that the Slovak Republic is in a very dangerous position today, as it doesn't have and doesn't possess any means of air defence," stressed the head of state. If a similar situation were to occur

in Slovakia, said the president, people could only hope that drones wouldn't fall on a populated area.

According to Pellegrini, the absence of air defence is a gamble with security, so there's a need to do everything possible to ensure that Slovakia provides such a system. He described the situation in Poland as "a big reminder and a warning finger".

Pellegrini currently has no information about the risk of a targeted attack on Slovakia. However, he's concerned about technical failures that could cause a drone or missile attacking targets near the Slovak border to deviate from its trajectory and hit an unintended target. "Slovakia today is naked and barefoot and unable to react immediately if our airspace is violated by a drone, as was the case in Poland," he stated.

PRESIDENT: CONSTITUTIONAL MAJORITY ON CHANGES TO CONSTITUTION

President Peter Pellegrini fully respects the decision of Parliament to amend the Slovak Constitution and noted that, at a time of deep societal division in Slovakia, a constitutional majority sends out a strong signal that there is consensus across the political spectrum on a specific issue and that such agreement must be respected.

The President's Office told TASR that President Pellegrini will thoroughly review the constitutional amendment upon its delivery and will express his official position within the legal timeframe. He indicated that a similar approach will be taken also regarding the forthcoming fiscal consolidation package for next year.

On September 26, 2025 the Parliament approved the government's amendment to the Constitution. It will enshrine the definition of two genders — male and female — in the Constitution. The amendment also introduces a guarantee of equality between men and women in terms of pay for work performed and further addresses child adoption and the educational process.

RRZ LOWERS SLOVAK ECONOMIC GROWTH FORECASTS FOR 2025 AND 2026

The Council for Budgetary Responsibility (RRZ) has revised downward its economic growth expectations for both the current and following year, citing a harsher-than-expected impact of ongoing fiscal consolidation on the Slovak economy, as well as the structure of the planned consolidation package for next year.

The revised economic growth estimate for 2026 drops by more than one percent, although it assumes a smaller consolidation effort than currently announced, RRZ reported.

"Other contributing factors include ongoing global uncertainty and a worsening economic outlook in countries more closely tied to the Slovak economy," the experts noted.

RRZ now expects economic growth in 2025 to reach 0.9 percent. Uncertainty surrounding US tariffs and global economic developments is, according to analysts, resulting in slower performance in domestic industry.

A deteriorating outlook for the European economy is expected to delay a modest recovery in foreign trade until at least 2027.

Inflation could reach 4.1 percent, driven in part by faster

price growth in food and market services.

In addition to the negative outlook for the European economy, macroeconomic developments in Slovakia in 2026 will also be shaped by the impact of the announced consolidation package and the final form of energy subsidies, RRZ noted.

As a significant portion of cost-saving measures has not yet been specified and energy subsidies are expected to further increase budget expenditures, the council estimates the total net volume of government measures at €1.7 billion.

„A significant part of the detailed consolidation measures so far (over 80 percent) relies on increasing state revenues, primarily through higher labour taxation. An agreement reached between the EU and the USA on tariffs could help reduce global uncertainty and slightly boost investment activity,” experts stated.

In the following years, economic growth is expected to stabilise at around 1.5 percent. The gradual introduction of the new ETS2 emissions trading system may slow progress towards long-term inflation targets, RRZ added.

The year 2027 will be influenced by the launch of Volvo's new car plant and the expected lack of consolidation efforts in the election year. Post-election years 2028 and 2029 are projected to see renewed fiscal consolidation.

The labor market is anticipated to experience a gradual decline in workforce due to ongoing demographic changes, the council added.

NEXT LOCAL ELECTIONS TO BE HELD IN 2026, TERM EXTENSION REJECTED

The debate on extending the current term of local governments is definitively closed, and the next municipal elections will take place as planned in 2026, TASR learnt from the Parliament Office's press department on October 20, 2025.

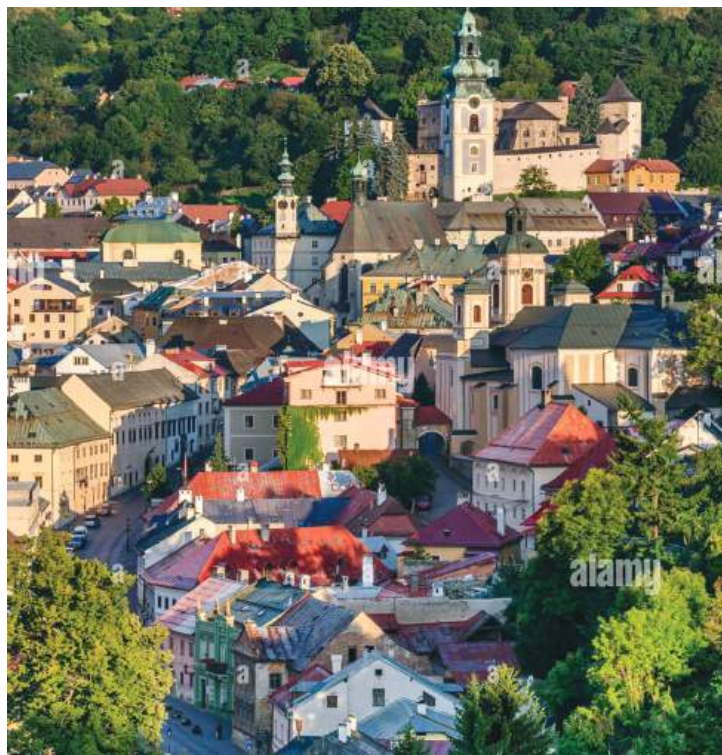
This decision emerged from a discussion held on the same day between House Chair Richard Rasi (Voice-SD) and representatives of all municipalities and regions in Slovakia. They unanimously agreed that any extension of their current term would violate constitutional principles and existing legal standards.

Rasi discussed the issue with the heads of the Slovak Association of Towns and Municipalities (ZMOS), the Association of Self-Governing Regions of Slovakia (SK8), and the Union of Slovak Cities (UMS). Also present was Deputy Interior Minister Michal Kalinak.

According to Rasi, the debate on the upcoming municipal elections is now definitively closed. He declared that the election date will be announced in due time at the end of October 2026.

The idea to postpone the municipal and regional elections by one year was introduced in October by Prime Minister Robert Fico during a congress of Smer-SD.

He proposed moving the elections to 2027, after the parliamentary elections, arguing that local elections should also reflect the outcomes of the general elections.



The Historic Town of Banská Štiavnica and the Technical Monuments in its Vicinity is an outstanding example of an important mining settlement that has developed since the Middle Ages. Located in the mountains of Štiavnické Vrchy, this extensive property covers a total area of 20,632 ha and includes the urban centre of Banská Štiavnica as well as the surrounding landscape featuring vital relics of the mining and metallurgical activities of the past, especially gold and silver.

The town of Banská Štiavnica, the oldest mining town in Slovakia, was established in the 13th century, although evidence of mining dates back to the late Bronze Age. While it served as an important town during the Middle Ages, the surviving urban centre was formed during the 16th century. It is characterized by the grand Late Gothic and Renaissance burgher houses, the town hall, and the Late Gothic Church of Saint Catherine.

The establishment of the first Mining and Forestry Academy in Europe in 1762 demonstrates the importance of this town as a centre for the education of mining experts. Moreover, an extensive complex of technical works, connected with mining and processing of polymetallic ores, can be found in the town and in its vicinity. Surviving components include shafts, tunnels, mining towers, a knocking tower, and a sophisticated water management system. The system of artificially built water reservoirs – ponds and collecting ditches – built in the 16th century and developed in the 18th century, served the needs of the mining industry and provided fresh drinking water for the town. It was the most modern work of its type until the 19th century. After this time, the exhaustion of mineral resources has led to decline in the historic urban structure, the water management system, and much of the mining infrastructure.

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

OBITUARIES

EILEEN SALAMON WILSON

Eileen Salamon Wilson, passed away peacefully in her sleep on August 26, 2025 in Texas.



Eileen was a loving wife, mother and grandmother and is survived by her loving husband, Roland James Wilson Jr.; son, Roland James Wilson III; loving grandchildren, Roland Joseph Wilson and Lorelei Katlynn Wilson; and brother, Eugene Salamon.

Born in Bridgeport, Connecticut, Eileen's life was a testament to her unwavering commitment to her community, her church, and her heritage.

Eileen was a woman of deep conviction, faith and dedication. Eileen was graced with a memorable private audience with Pope John Paul II, an experience that she cherished and spoke of with great reverence. Eileen's passion for her faith was paralleled by her involvement in local politics, where she was an active member of the Stratford Democrats. Her thoughtful approach to civic engagement and her tireless efforts to better her community were hallmarks of her character.

As a dedicated fraternal association leader, Eileen was involved with many Slovak Catholic organizations and traveled extensively throughout the U.S. and Canada as an officer. Her leadership and commitment to these groups were not merely roles she fulfilled; they were part of who she was. Eileen was considered to be the matriarch of the greater Bridgeport area Slovak Catholics. She was president of Group 2 for many years.

Eileen's thoughtful gestures and kind words were a comfort to all who knew her. If someone was ill or suffered a loss, a handwritten note or card from Eileen would always offer words of encouragement. And whose spirits couldn't be lifted with her kind delivery of delicious kolacky cookies.

A Mass of Christian Burial was celebrated by Rev. Reginald Norman on Monday, September 15, 2025 at 12:00 p.m. at St. Mark Church in Stratford. Interment followed at St. John Cemetery, Stratford.

Agnes LaVerne Eland

Agnes LaVerne Eland age 94, of Clinton Township, Michigan passed away on Wednesday, August 20, 2025.

The matriarch of the Eland clan is now with our Father in Heaven—just 10 days after her 94th birthday! LaVerne (Agnes) Eland was truly an incredible force in our family. She kept us in line when we needed it, but more importantly, she kept us together. She was the heart and memory of that branch of the Eland/Likavec family tree, al-



ways reminding us in her wisdom where we came from and what really mattered.

Fiercely independent, and unwavering in her faith, she lived her life with strength, love, and devotion to God. She was quick to tell you what she thought, but just as quick to wrap you up in love. Her stories, her laughter, and her steady presence will be deeply missed.

She has been a member of the Slovak Catholic Sokols her whole life. She belonged to Group 16 and she was a former commandress and long time treasurer. and also Secretary of Assembly 36.

We are grateful for the legacy she left behind. She was preceded in death by her loving parents, Paul and Mary Likavec and her devoted husband of 54 years, Arthur Eland. She will be missed by her 5 children Sharon (Ron) Valente, Lynne Rodriguez, Bob (Dana) Eland, Michael Eland, and Karyn (Rob) Borsuk; her 8 grandchildren Mathew Valente, Ciara Polikretis, Garrett Eland, Alexis Eland-Rodriguez, Phillip Borsuk, Farra Evans, Michael Lopez and Austin Borsuk; and 15 great grandchildren! She had many cousins, nieces and nephews as well, and she was called mom by many. Laverne touched more lives than we could ever count! Always with a smile!

Even though she is no longer with us here on earth her spirit will remain woven into the fabric of our family forever.

A visitation for Agnes was held Thursday, August 28, 2025 at Resurrection Funeral Home, 40800 Hayes Road, Clinton Township, M. An instate gathering begin Friday, August 29, 2025 at 10:30 AM until time of funeral mass at 11 AM at St. Matthias Catholic Church, 12311 19 Mile Road, Sterling Heights, MI. A chapel committal service followed at 12:45 PM at St Mary Cemetery, 36105 24 Mile Rd, At Base Street, New Baltimore, MI.

RONALD J. SINAY

Ronald J. Sinay, a beloved husband, father, grandfather, and great-grandfather, passed away peacefully on September 4, 2025, at the age of 89. He was born on February 8, 1936 to the late John and Virginia (Perretta) Sinay in Canton Ohio. He graduated from Timken High School in 1954. He then proudly served in the United States Air Force for four years. Ron and his wife Gloria celebrated 63 years of marriage this past July. Ron was well known in Massillon as the owner of the Venice Spaghetti House for many years. Following this, he worked in management for Buckeye Trophy before retiring to fully enjoy the company of his loved ones. Ron lived a life filled with love, commitment, and community.



Ronald J. Sinay was a member of Assembly 180, Group 5.

A devoted member of Divine Mercy Parish, Ron was deeply engaged in his faith and community. He was ad-



AUGUST 2025 - SEPTEMBER 2025

ASSEMBLY/WREATH	NAME	AGE	DATE OF DEATH
Assembly 9	Joseph A. Hayducky of Stratford, CT	89	August 23, 2025
Assembly 10	John Tumpak of Greenville, PA	96	August 10, 2025
Assembly 11	John Charles Kadlub of Whiting, IN	71	January 21, 2025
Assembly 11	Joan Krasneck of Young Harris, GA	81	August 18, 2025
Assembly 11	David W. Pyron of Rockford, IL	70	August 26, 2025
Assembly 11	Terry W. Phillips of Bellefonte, PA	78	September 24, 2025
Assembly 16	Joseph E. Brendel of Granberry Twp. PA	46	August 17, 2025
Assembly 24	Geraldine Mines of Bloomingdale, NJ	93	August 18, 2025
Assembly 36	Helen Leopardi of Sterling Hts, MI	88	February 1, 2024
Assembly 36	La Verne Eland of Clinton Twp., MI	94	August 20, 2025
Assembly 59	John M. Sobol of Plains, PA	84	May 1, 2025
Assembly 59	Mary Teresa Ropietski of PA	70	August 26, 2025
Assembly 72	Margaret A. Hogan Brock of PA	48	September 16, 2025
Assembly 108	Richard P. Vukovic of McDonald, OH	70	July 5, 2025
Assembly 108	Stephen R. Margala of OH	85	August 19, 2025
Assembly 108	Eugene Babik of Youngstown, OH	76	August 20, 2025
Assembly 162	Frank P. Krzysik of Drums, PA	66	September 18, 2025
Assembly 167	James A. Lopuchovsky of Akron, OH	70	November 20, 2022
Assembly 179	William E. Rohall of Latrobe, PA	93	August 4, 2025
Assembly 180	Ronald J. Sinay of Massillon, OH	89	September 4, 2025
Assembly 227	Lenk, Terezia of Mississauga, CA	74	September 7, 2025
Assembly 261	Walter W. Kazmierczak of Reading, PA	90	August 22, 2025
Assembly 295	Irene M. Schultz of Lima, OH	84	August 21, 2025
Assembly 312	David A. Mifkovic of Erie, PA	84	August 9, 2025
Assembly 312	Milena Wyrwa of N. Arlington, NJ	82	August 27, 2025
Assembly 312	Carmen E. Patterson of Brooklyn, NY	85	August 28, 2025
Assembly 312	Florence Kopko of Elmwood Park, NJ	97	September 4, 2025
Wreath 1	Mary Bob of Milford, CT	95	July 28, 2025
Wreath 1	Eileen Wilson of Stratford, CT	87	August 26, 2025
Wreath 13	Catherine M. Padla of Philadelphia, PA	80	May 22, 2025
Wreath 15	Joyce Carol Miller of Ligonier, PA	79	February 6, 2025
Wreath 81	Anthony P. Lissy of Whiting, IN	93	August 26, 2025
Wreath 85	Helen D. Fryar of CO Springs, CO	92	February 19, 2025
Wreath 93	Joan K. Miller of Yorba Linda, CA	79	July 7, 2025
Wreath 93	Fa Xue K. Moua of Wausau, WI	82	August 16, 2025
Wreath 93	Lois E. Chilson of Marshfield, WI	90	August 21, 2025
Wreath 93	Chia Lee of Wisconsin	82	September 27, 2025
Wreath 11	Frank Sollosy of Queensbury, NY	97	June 26, 2026
Wreath 11	Robert J. Lasak of Delanson, NY	83	July 21, 2025
Wreath 29	Eileen R. Zaggar of Hermitage, PA	81	September 1, 2025
Wreath 47	Margaret R. Jocelyn of St. Michael, MN	83	August 2, 2025
Wreath 111	Dorothy Doza of Muskegon, MI	95	July 9, 2025

mired not just for his achievements, but also for his sense of humor. Ron was proud of his children and grandchildren, who brought immense joy and pride to his life. He is survived by his loving wife Gloria, his children Amy (Derrick) Yannayon, Nicholas (Michelle) Sinay, Michael (Denise) Sinay, and Stefanie (Matthew) Myers, his brother Gerald Sinay, and his sister Judy Glasser. Ron's family also includes his grandchildren Spencer (Tara) Seckman, Briana Bessler, Trisha Sinay, Joseph Sinay, Michael (Amanda)

Sinay, Carly Sinay, Samantha Sinay, and Ila Myers as well as his great-granddaughters Gianna, Alivia, and Celia who all continue to cherish his memory.

In addition to his parents he was preceded in death by mother and father-in-law John D. and Laura Ferrero, grandson Jesse Sinay, and sister Delphine "Dolly" Hussar.

A Mass of Christian Burial was celebrated at Divine Mercy Parish (St. Joseph) at 11:00 AM. Interment followed at St. Joseph Cemetery.

L'UDOVÍT ŠTÚR 210 ROKOV OFICIÁLNA VÝROČNÁ RAZBA



Slovenská história sa môže popýšiť množstvom významných osobností, medzi ktoré patrí Ľudovít Štúr. Narodil sa 28. októbra 1815 v Uhrovci. Bol mimoriadne nadaný žiak, študoval v Rabe, v Bratislave a v Halle. Okrem slovenčiny sa učil ďalších dvanásť jazykov. Za svoj krátky 41-ročný život stihol neskutočne veľa. „Ako jazykovedec, politik, národný buditeľ, básnik, spisovateľ a kodifikátor spisovnej slovenčiny zohral kľúčovú úlohu v procese formovania slovenskej národnej identity a kultúry,“ zdôrazňuje jeho neoceniteľný prínos pri zrodení slovenského národa riaditeľ spoločnosti Moja mincovňa SK Ľuboš Krčil. Sústredil okolo seba mladé pokolenie básnikov a spisovateľov a stal sa rešpektovaným vodcom celej štúrovskej generácie.

Počas národného obrodovania zohral kľúčovú úlohu národný krst štúrovcov na Devíne v roku 1836. Štúrovci si toto miesto nevybrali náhodne. Na hrade, ktorý je národným a historickým symbolom, prijali stredné slovanské mená a sľúbili vernosť vlasti a obeť pre národ. Ľúbostné a manželské vzťahy Štúr dokonca pokladal za prekážku v oddanej práci pre národ. Krst bol výrazom národnej hrdosti, medzi štúrovcami upevnil pocit spolupatričnosti a určil ďalšie smerovanie národného hnutia.

Po odvolaní Štúra z funkcie námestníka Katedry reči a literatúry československej na bratislavskom evanjelickom lýceu a po prijatí rozhodnutia, že pre svoje politické aktivity má zákaz prednášať, štúrovec Janko Matúška v roku 1844 vyjadril svoj nesúhlas básňou, ktorá opisuje búrku nad Tatrami. Silné slová básne Nad Tatrou sa blýska nevyjadrovali len hnev voči politickému útlaku a maďarizácii, ale aj nádej na lepšiu a spravodlivejšiu budúcnosť pre Slovákov. V roku 1993 sa po vyhlásení samostatnosti stala oficiálnou hymnou Slovenskej republiky.

Impulz na založenie kultúrneho spolku Tatrin vznikol na pamätnom stretnutí Štúra, Hurbana a Hodžu v roku 1843 na fare v Hlbokom, na ktorom sa dohodli na uzákonení spisovnej slovenčiny. Spolok mal za cieľ šíriť kultúru a literatúru v slovenskom jazyku, a tým podporovať národné povedomie. Tiež sa usiloval o ochranu a posilnenie národnej identity Slovákov, ktorá bola ohrozená maďarizačnými snahami.

Slováci, bratia! Tak sa začínala otvorená výzva na

začatie celonárodnej ozbrojenej vzbury proti maďarskej nadvláde. Vedúcou osobnosťou revolučných rokov 1848 – 1849 bol Ľudovít Štúr, ktorý prešiel od slov činom. Slovenské povstanie bolo vyhlásené 18. septembra na čele so Slovenskou národnou radou, ktorá vznikla vo Viedni ako prvý slovenský nezávislý reprezentatívny národnopolitický orgán. Na akte jej založenia v Myjave účastníci oficiálne vypovedali poslušnosť uhorskej vláde a proklamovali autonómiu Slovenska v rámci monarchie. „Štúr si veľa od toho pre Slovákov sľuboval, ale počiatočné úspechy povstania vystriedalo vzápätí sklamanie, smútok a porážka,“ pripomína riaditeľ Tatra mincovne Ľibor Veselý. Hoci povstanie bolo potlačené a revolúcia zlyhala, ukázalo sa, že Slováci sú odhodlaní bojovať za svoje práva a slobodu. Po povstaní Štúr žil pod policajným dozorom v Modre. Jeho život vyhasol 12. januára 1856, keď podľahol zraneniam z vianočnej pol'ovačky.

Dokument na ochranu slovenského národa

Rastúca frustrácia zo slabého politického postavenia Slovákov vyústila do prijatia Memoranda slovenského národa v roku 1861 v Turčianskom Sv. Martine. Tento dokument vyjadroval požiadavky slovenského národa voči uhorskej vláde – zrovnoprávnenie slovenského jazyka, jeho zavedenie do školstva a administratívy, ako aj autonómia pre slovenský národ v rámci Uhorska. Aj keď memorandum neprinieslo okamžité výsledky, malo zásadný význam pre ďalší rozvoj slovenského národného hnutia.

STAČÍ JEDNO DENNE

Jablká majú vysoký obsah vitamínu C, antioxidantu, ktorý pomáha správne fungovať imunitnému systému pri boji s chorobami. Vitamín C tiež zlepšuje vstrebávanie železa z rastlinných potravín a je potrebný pre tvorbu kolagénu. Plod je tiež bohatý na fytochemikálie, vrátane kvercetínu, katechín, chlorogénovej kyseliny a epikatechínu, ktoré majú silné antioxidačné účinky.



Jablká, najmä so šupkou, sú bohatým zdrojom vlákniny, polyfenolov a ďalších živín, ktoré podporujú zdravie srdca.

Jablká sú dobrým zdrojom pektínu, rozpustnej vlákniny, ktorá zlepšuje trávenie.

Jablká obsahujú veľa vody a vlákniny, no málo kalórií, čo môže podporovať reguláciu hmotnosti tým, že zasýti a znížia denný príjem kalórií. môžu poškodiť váš mozog a narušiť pamäť

Ľudia, ktorí zjedia dve porcie celého ovocia denne (napr. jablká), majú o 36 % nižšie riziko vzniku cukrovky 2. typu v porovnaní s tými, ktorí skonzumujú menej než polovicu porcie.

Jablká sú bohaté na antioxidanty, ktoré môžu znížiť riziko rakoviny neutralizovaním voľných radikálov spôsobujúcich rakovinu.

Antioxidanty v ovocí a zelenine môžu prospievať kognitívnym funkciám, najmä u starších ľudí.

PREHREŠKY, KTORÉ DOKÁŽU ZNEHODNOTIŤ VAŠU ZELENINU

Väčšina zeleniny je najzdravšia surová, aj keď to neplatí o každej. Ak však neholdujeme surovej strave, v bežnom živote väčšinu konzumujeme nejako tepelne upravenú, či už samotnú alebo ako súčasť rôznych pokrmov. Aj vtedy si však zelenina dokáže uchovať vitamíny a minerály – ak ju správne pripravujeme a vyhneme sa niektorým chybám.

Varenie vo vode namiesto v pare – Dlhotrvajúce teplo vitamínom v zelenine neprospieva. Za najhorší spôsob prípravy považujú odborníci varenie vo vode. Namiesto toho sa odporúča varenie v pare a dusenie. Pri týchto spôsoboch prípravy zelenina neprichádza do kontaktu s vodou (alebo len s veľmi malým množstvom) a zložky rozpustné vo vode sa tak zo zeleniny nevyplavujú, ako je to v prípade varenia vo vode.

Vylievanie vody z varenia – Ak varíte zeleninu vo vode, určite by ste ju nemali vylievajúť. Dôvodom je, že vitamíny rozpustné vo vode, napríklad vitamíny C, B1, B2 a B6, ako aj kyselina listová, prechádzajú do vody, takže je naozaj škoda ju vyhodiť. Voda z varenia zeleniny je ideálna napríklad na omáčku, na prípravu polievok alebo na podlievanie dusených jedál.

Rozmrazenie mrazenej zeleniny – Zelenina z mrazničky je dobrou alternatívou čerstvej. Obsah živín je takmer taký dobrý ako u čerstvých druhov - ak ju správne pripravíte. To znamená, že ju treba vložiť z mrazničky rovno do hrnca, teda ju pred prípravou nenechať rozmraziť. Pri rozmrazovaní sa strácajú vitamíny a stopové prvky a k horšiemu sa mení aj konzistencia zeleniny.

Nezohľadniť rôzne časy varenia – Rôzne druhy zeleniny potrebujú rôzny čas tepelnej prípravy. Preto ak potrebujete pripraviť rôzne druhy zeleniny, nedávajte ju do hrnca alebo na plech naraz. Ak to urobíte, jedna časť bude príliš mäkká a druhá ešte neuvarená. Najskôr dajte do hrnca tvrdšiu zeleninu, ako je kaleráb alebo mrkva, potom karfiol či brokolicu. Mäkšie druhy, ako sú paradajky, cuketa alebo paprika, pridajte neskôr. Prípadne, ak to recept umožňuje, môžete zeleninu nakrájať – tvrdé druhy na malé kúsky a mäkké na väčšie. Tým sa zabezpečí, že sa zelenina pripraví rovnomerne a môžete ju dať robiť všetku naraz.

Udržiavať zeleninu v teple – Ak sa zelenina po dovarení udržiava v teple, môže stratiť až 70 % vitamínov. Pripravenú zeleninu, ktorú ste nepoužili, nechajte čo najrýchlejšie vychladnúť a uložte do chladničky. Ohrievajte ju, až keď ju budete chcieť skonzumovať.

KRÁTKE SPRÁVY ZO SLOVENSKA

Minimálna mzda na Slovensku porastie. Namiesto 816 eur, čo je jej aktuálna výška, to od budúceho roku bude 915 eur. Zvýšenie mzdy o 100 eur a viac sa bude týkať asi 200-tisíc najmenej zarábajúcich Slovákov. Pôjde o jeden z najvyšších rastov minimálnej mzdy. Minimálne mzdy stúpnu asi o 12 percent, čo by vraj mohlo znamenať, že zmeny prinesú aj výrazný nárast reálnych plátov. Polepšiť by si vraj nemali len tí, ktorí zarábajú najmenej, ale všetci, ktorí pracujú aj cez víkendy a v noci. Priplatky za prácu v neštandardnom čase sú totiž od polovice roku 2023 nadviazané na rast minimálnej mzdy.

Na obnovu 31 slovenských hradov vyčlenil v minulom a tomto roku rezort práce z Európskeho sociálneho fondu v rámci projektu Ľudia a hrady 11,5 milióna eur, z ktorých je aktuálne vyčerpaných už 11 miliónov eur. S projektmi podobného charakteru chce rezort pokračovať aj v budúcom roku. Projekt obnovy hradov odštartoval v roku 2011 exminister kultúry Daniel Krajcer, ktorý je aktuálne poradcom ministra práce pre záchranu hradov. Slovenské hrady podľa ministra vstávajú z popola a vidieť to nielen pri návšteve hradov, ale v mnohých prípadoch i z ciest v rôznych kútoch Slovenska. Na projekte pracuje 450 nezamestnaných. Ľudí, ktorí by si inak veľmi ťažko hľadali prácu. Ministerstvo práce z eurofondov financuje časť mzdy týchto pracovníkov.

Slovensko a Spojené arabské emiráty (SAE) plánujú do budúcnosti posilniť vzájomnú hospodársku spoluprácu. Sústrediť sa chcú predovšetkým na dva strategické projekty, ktoré sa týkajú rozvoja prístavov v Bratislave. Investície do nich by mali presiahnuť miliardu eur. Vyplyva to z Dohody medzi vládou SR a vládou SAE o hospodárskej spolupráci. Za strategický projekt pre splnenie cieľov tejto dohody obe vlády považujú vybudovanie a prevádzkovanie nového multimodálneho nákladného prístavu v Bratislave na Dunaji v lokalite Pálenisko a rekonštrukciu oblasti bratislavského prístavu na Dunaji v lokalite zimného prístavu. Investícia do prvého projektu by mala predstavovať najmenej 250 miliónov eur a do druhého minimálne 1 miliardu eur.

Občianske združenie (OZ) Svetielko nádeje podporilo v Banskej Bystrici zavedenie inovatívnej imunoterapie onkologicky chorých detí, ktoré pomaly reagujú na štandardnú liečbu. Novú formu využila Klinika pediatrickej onkológie a hematológie Slovenskej zdravotníckej univerzity v Detskej fakultnej nemocnici s poliklinikou. Bolo to použitie liečiva, ktoré banskobystrický kolektív prvýkrát nasadil 4,5-ročnému chlapcovi. Leukémia u neho pomalšie reagovala na štandardnú liečbu, pre čo ho zaradili do skupiny vysokorizikových pacientov, u ktorých je vyššie riziko návratu ochorenia. Svetielko nádeje uvádza, že liek cielene pôsobí na leukemické bunky aktiváciou vlastného imunitného systému. Preto má oproti chemoterapii menej nežiaducich účinkov. Liečba si však vyžaduje nepretržité podávanie infúzie počas 28 dní.



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[http://slovakcatholicsokol.org/
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or simply send your donation to: Michael J. Horvath, SCS Museum Treasurer, 185 Lawrence St., Wilkes-Barre, PA 18702. Your bequest will be recognized in the Falcon as well as permanently added to the Memorial Scholarship Donation Log which will be kept at the Sokol Museum. Depending on the amount of funds collected, we will be able to award at least two \$1,000 scholarships annually. The hope is that the donated funds will begin a self-perpetuating interest bearing scholarship account.

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