



Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLÍCKY SOKOL

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

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

VOLUME CVIII

PASSAIC, NJ, JULY 17, 2019

NUMBER 5129



49TH SLET – JULY 17-21, 2019 – SUNY BROCKPORT, BROCKPORT, NY

**SLOVAK CATHOLIC SOKOL
33RD QUADRENNIAL CONVENTION**

AUGUST 3-7

**Cleveland Airport Marriot
Cleveland, OH**

Message from our Supreme President

Michael J. Horvath

How are you spending your summer? Some of us already went on vacation in June and many of us will take our summer retreat in July and August. This year the Slovak Catholic Sokol vacation which most Board of Directors adhere to is happening now at the 49th SLET at SUNY Brockport in Brockport, NY.



Every member of our Society should be proud that there will be about 170 participants at the SLET. This is not the largest number of participants, however, it proves members from 8 years of age to close to the half century mark are dedicated to carry on the Slovak Catholic Sokol tradition and compete in this biennial track and field and gymnastic meet. The SLET maintains the Society's mission to be America's Greatest Athletic and Fraternal Benefits Society.

I wish to thank all the participants for their willingness to attend the SLET, since there are many more activities available to do these days and to the Group leaders for the time they devoted to the training of the athletes compet-

ing this year. Everyone owes a special thank you, to the parents, for taking their children to drilling, track and gymnastic practice and for spending your vacation at the SLET. Thank you to the Supreme Physical Fitness Board for the work you did over the last two year to organize and coordinate the SLET for all to enjoy.

In two weeks, Group, Assembly and Wreath delegates will assembly on August 3, 2019 at the Airport Marriott in Cleveland Ohio where the Slovak Catholic Sokol will hold its 33rd Quadrennial Convention, August 3 -7, 2019. Supreme Secretary, Scott T. Pogorelec, F.I.C. and I have worked to organize the Convention to be as perfect as it could. Our goal is for the Convention to run smoothly and on time so all business is done and accomplished and the delegates have enough time to enjoy themselves in the great city of Cleveland, home of Group 5. Brother Pogorelec and I thank all members elected to be delegates and especially those willing to serve on a Convention Committee. Also, we thank the members of the local committees who worked to arrange for us the social events at the hotel and in Cleveland.

(Continued on page 6)

Slovak Catholic Falcon Slovenský Katolícky Sokol

ISSN:0897-8107
Established April 15, 1911

Official Publication
of the Slovak Catholic Sokol

Issued Monthly

Editor: Daniel F. Tanzone
Editorial Office: 973-777-4010

Annual Subscription Rates:
United States \$40.00
All others countries \$45.00

POSTMASTER: Send address changes to
Slovak Catholic Falcon
P.O.Box 899, 205 Madison Street
Passaic, NJ 07055

Member of the Catholic Press Association
and the
Slovak Newspapermen's
Association of America

Proprietor and Publisher
SLOVAK CATHOLIC SOKOL
P.O.Box 899
205 Madison Street
Passaic, NJ 07055

HOME OFFICE HOURS:
MONDAY THROUGH THURSDAY
8:00 a.m. – 4.30 p.m.
FRIDAY
8:00 a.m. – 2:00 p.m.

PHONE NUMBERS:
TOLL FREE NUMBER: 1-800-886-7656
HOME OFFICE: (973) 777-2605 or 777-2606
DIRECTOR OF SALES: 1-855-874-9179
or (412) 381-5431
UNDERWRITING: (973) 777-4704
FAX NUMBER: (973) 779-8245
E-MAIL: Sokol205@aol.com
WEB SITE: www.slovakcatholicsokol.org

FOLLOW US ON:
TWITTER: www.twitter.com
INSTAGRAM: www.instagram.com

FIND US ON FACEBOOK:
Slovak Catholic Sokol

SOKOL CALENDAR



SUNDAY, AUGUST 11

■ **14TH ANNUAL MAHONING VALLEY SLOVAK FEST** at the Byzantine Center at the Grove, 3801 Shady Run Road, Youngstown, Oh. noon until 8 p.m., entertainment, Slovak culinary specialities, exhibits and more; for additional information contact Loretta Ekoniak at tel. 330 549-3760 or lorettaekoniak@gmail.com

AUGUST 16-18

■ **2019 INTERNATIONAL GOLF TOURNAMENT** at Seven Oaks Country Club and Black Hawk Golf Course, Beaver, PA.

SUNDAY, AUGUST 18

■ **ANNUAL SOKOL FAMILY DAY PICNIC** hosted by Assembly 34 and Wreath 47 on the grounds of SS. Cyril and Methodius School grounds, 1315 2nd Street, N.E., Min-

neapolis, Minn. from 1-4 p.m., games for children, food and refreshments for members; for additional information, call James T. Genosky at tel. 763 789-9196.

MONDAY, SEPTEMBER 9

■ **WREATH 22 MEETING** at the Slovak Catholic Sokol Club, 2912 East Carson St., South Side, Pittsburgh, Pa. beginning at 7 p.m.

SUNDAY, SEPTEMBER 22

■ **42ND ANNUAL SLOVAK HERITAGE FESTIVAL** at the Middlesex County Fairgrounds, 655 Cranbury Rd., East Brunswick, N.J. beginning with Slovak Mass at 10 a.m., stage program at 11.30 a.m., music, dancing and refreshments until 6 p.m.

(Continued on page 3)

*From the desk of the Supreme Secretary***A SPECIAL DAY**by Scott T. Pogorelec, F.I.C. 

Two weeks ago, we celebrated the 243rd anniversary of our nation's birth and I hope everyone had a wonderful Holiday with their friends and families. It is always important to look back and reflect on the history surrounding this special day.



On July 2, 1776, the Continental Congress partook in a formal session to vote on the independence of our Nation. The rest of the day and the next were spent debating over the form and content of a declaration drafted by

Thomas Jefferson. Not too different than when our Bylaw Committee presents at our Conventions! Several changes were made and the final document was adopted on July 4, 1776. As President of the Congress, John Hancock was the first to sign and on July 8th, the Declaration was first read publicly in Philadelphia. By August 2, 1776, some 50 members of Congress had signed the document and over the next several months, others followed suit. The Declaration of Independence is the most important document in our history and July 4th allows us the opportunity to celebrate and reflect on the meaning of this special document and the men who created it.

July 4th is also a special day for the Slovak Catholic Sokol. It was on that day in 1905 that 46 young Slovak immigrants gathered in Passaic, NJ and decided to form a new organization celebrating Sokol traditions. Just as our American Forefathers had, hope had to permeate through those meetings. Since they wanted to be patriotic Americans and were grateful to the United States for the opportunity to begin a new life, they selected the Fourth of July in 1905, the 129th anniversary of American independence, to enable their dreams to become reality. In addition to our Sokol traditions of good sportsmanship and fraternalism, our organization

also addressed the need to provide financial security to its members. This year's Fourth of July, we celebrated the 114th anniversary of our organization's founding. Many societies have been founded among various immigrant groups, but few have survived and prospered over the years. It is with great pride that we continue to promote the high ideals of fraternalism which inspired our organization's founders 114 years ago. Generations of Sokol members have worked and promoted our great society and today we are financially sound and hope for your continued support.

As our sports season is underway, the youngsters of our organization are currently enjoying the 49th International SLET at beautiful SUNY Brockport in Brockport, NY. This event is our organization's oldest and most revered sports gathering. I hope all our young people show the great sportsmanship that our founders promoted and I hope all of them have an enjoyable and exciting SLET experience!

Also, in two short weeks, our Delegates will be meeting in Cleveland, OH for our 33rd Quadrennial Convention. Preparations have been made and we are in the final stretch of planning a wonderful event for our Organization. Our delegates should have recently received a package of important Convention materials that I urge everyone to read and bring along with you to Cleveland. Please note that all Convention related materials are on our website, www.slovakcatholicsokol.org, under our Convention Menu.

Finally, I would like to take this time to announce that my wife, Maggie, and I were blessed on June 25th with our 2nd baby boy, Cole William Pogorelec! Mommy, Cole, and big brother Reid are all doing great! We thank everyone for all the heartfelt messages we have received!

Until next time, I hope all our members are enjoying a pleasant and relaxing summer and I hope to see many of you at our upcoming events. Have a wonderful July! Zdar Boh!

SOKOL CALENDAR

(Continued from page 2)

SATURDAY, SEPTEMBER 28

■ **84TH ANNUAL SOKOL DAY** hosted by Group 7, "Rev. Joseph Murgas" at Plains Lions Pavilion, Stark St., Plains, Pa. 12 noon to 6 p.m. for information contact Amy Blasco at tel. 570 574-0136 or visit Facebook page "Group 7 Slovak Catholic Sokol."

■ **SEPTEMBERFEST** hosted by the National Slovak Society at their home office 351 Valley Brook Rd., McMurray, Pa. 11 a.m. to 4 p.m. free admission.

■ Sokol Day hosted by Group 7 at Plains Lions Pavilion, Stark Street, Plains, Pa. 12 noon to 6 p.m. For more information contact Amy Blasco at 570-574-0136, or visit Facebook page "Group 7 Slovak Catholic Sokol".

**JOIN THE
WALKING PROGRAM
TODAY!**

For more information contact
Katie Swift at
katie70@aol.com

**ANNOUNCING NEW
SOKOL APPAREL**

HOODIES, T-SHIRTS AND GOLF SHIRTS are now available online. Order yours today by simply going to our website

slovakcatholicsokol.org

and selecting the link

"New Sokol Wear".

Clothing items will be shipped directly to your door!

OUR NEXT ISSUE

In keeping with our monthly publishing schedule of the Slovak Catholic Falcon, the next issue will be that of **WEDNESDAY, AUGUST 14**. Deadline for all photos and information for this issue will be **MONDAY, AUGUST 5**.



Find us on Facebook:

Slovak Catholic Sokol Public Group

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

42ND NEW JERSEY SLOVAK FESTIVAL SET FOR SUNDAY, SEPTEMBER 22

All is in readiness for this year's 42nd annual New Jersey Slovak Heritage Festival set for Sunday, September 22nd at the Middlesex County Fair Grounds located 655 Cranbury Road in East Brunswick, NJ. Mass will be celebrated at 10 a.m.



The cultural program begins at 11:30 a.m. Slovak folk ensembles from the area as well as Slovakia will be featured. The first groups to perform will be Slovak School from Queens and Limobracik from New York. Children's groups from the Slovak School Lipka Academy from Linden, NJ and Domovinka from Clifton, NJ will be featured at 1:30 p.m. At 2:30 p.m. the Limbora Slovak Folk Ensemble of New York will perform. Musick group from Slovakia Ciganski Diabli will perform at 3:13 p.m. At 4:30 p.m., the comedian Drislak from Slovakia will perform.

Throughout the afternoon, colorful exhibits will be featured as well as vendors offering a variety imported Slovak crystal, colorful artifacts and literature. Delicious Slovak culinary specialties along with traditional American picnic favorites will be available throughout the day.

BRIDGET A. BRINK TO BE THE AMBASSADOR OF THE USA TO THE SLOVAK REPUBLIC

President Donald Trump nominated Michigan native Bridget Brink to be the next ambassador to the Slovak Republic.



Brink is a career senior foreign service member and previous deputy assistant secretary in the Bureau of European and Eurasian Affairs at the Department of State, according to the White House.

She served more than 20 years in the foreign service and has worked in Tbilisi, Georgia, Uzbekistan and Turkey, Greece and Cyprus. She graduated from Kenyon College and has two master's degrees from the London School of Economics and Political Science. She speaks Russian, Serbian, and basic Georgian and French, according to the White House.

Brink will replace Ambassador Adam Sterling, who had the position since 2016.

HOLE SPONSORSHIP AT OUR 2019 SLOVAK CATHOLIC SOKOL GOLF TOURNAMENT

Hole Sponsorship Opportunity
Sign Dimensions 24" X 18" – Cost \$50.00

It is a great way to promote your Group, Assembly, Wreath, officers or business. Send your information or logos that you want on your poster via email or regular mail. Please send a check for \$50.00 made payable to: Slovak Catholic Sokol Sports Account
Email: jmatlon@slovakcatholicssokol.org

Mailing address:
James Matlon
6 Academy Drive East
Whippany, NJ 07981

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

THE PEOPLE I'LL MEET TODAY

The folks I'll meet today, Lord, are people with things on their mind, aches and pains in their bones, troubles in their souls, and hurt in their hearts...

They'll be busy, sad, distracted and preoccupied with problems large and small, they'll be hoping for the day to end - and wondering if it ever will...

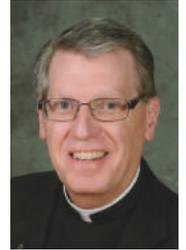
In other words, the people I'll meet today will be in many ways - just like me - so make me as gentle with them, Lord, as I'd have them be with me...

Help me be understanding - especially - when I don't understand what's bothering others, let alone what's bothering me...

Help me be forgiving of what I don't see and what I don't know- remembering just how well I hide the things that make a grouch of me...

Help me offer help to those who'll struggle just to make it through this day and open me to welcome in the love that comes my way...

Amen.



SLOVAK CATHOLIC SOKOL DISCOUNT PROGRAM

As a member of the Slovak Catholic Sokol, you now have access to hundreds of travel and entertainment discounts. Just become a member of Tickets At Work to access your discounts.

Tickets At Work is pleased to offer entertainment and travel discounts for both regional and nationwide attractions and events to all Slovak Catholic Sokol members. These discounts are not available to the general public and are exclusive to the Tickets At Work Corporate Discount Program. Be sure to visit often as new products and discounts are constantly being added!!

How to Get Started:

1. Go to <http://www.ticketsatwork.com>
2. Click on "Become a Member"
3. You will then be prompted to create an account with your email address & company code. **COMPANY CODE IS: CPSCS**

Once enrolled, you will have access to all the discounts nationwide. If you do not have internet access, you can call customer service at the toll free number 1-800-331-6483, and use the Slovak Catholic Sokol code CPSCS. Customer Service is available 7 days a week.

See the TicketsAtWork.com website for details and restrictions. If you have any questions, contact Supreme Physical Directress Kathleen Watkins at kathyw323@gmail.com or 412-225-8233.

SLOVAK CATHOLIC FALCON PUBLICATION DATES

PUBLICATION DATE	ARTICLE DEADLINE
August 14, 2019	August 5, 2019
September 18, 2019	September 9, 2019
October 16, 2019	October 7, 2019
November 13, 2019	November 4, 2019
December 18, 2019	December 9, 2019

SLOVAK CATHOLIC SOKOL

33rd Quadrennial Convention Schedule



Cleveland Airport Marriott
4277 West 150th St., Cleveland, OH 44135
(216) 252-5333



AUGUST 3RD – AUGUST 7TH, 2019

SATURDAY – AUGUST 3RD

1:00 p.m. – 5:00 p.m.

Delegates Check-In/Rooms
Delegates Registration
Get-Acquainted Reception

Main Lobby
Grand Ballroom Hallway
County Ballroom

6:00 p.m. – 8:00 p.m.

SUNDAY – AUGUST 4TH

7:00 a.m. – 8:45 a.m.

Breakfast
Late Registration
Convention Delegate Seating
Opening Session-33rd Quadrennial Convention

County Ballroom
Convention Office

8:00 a.m.

8:45 a.m.

9:00 a.m. – 11:45 a.m.

Grand Ballroom

Noon – 1:15 p.m.

Lunch

County Ballroom

1:30 p.m. – 1:45 p.m.

Bus Transportation to the Cathedral
Convention Mass
Leave to Return to the Cleveland Airport Marriott
Cocktail Reception
Banquet and Program

Front Lobby
The Cathedral of St. John the Evangelist

2:30 p.m.

4:00 p.m. – 4:15 p.m.

5:30 p.m. – 6:30 p.m.

6:30 p.m.

Grand Ballroom Alcove
Grand Ballroom

MONDAY – AUGUST 5TH

7:00 a.m. – 8:45 a.m.

Breakfast
Convention Morning Session
Mass
Lunch
Convention Afternoon Session
Dinner

County Ballroom
Grand Ballroom
Grand Ballroom
County Ballroom
Grand Ballroom
County Ballroom

9:00 a.m. – 11:40 a.m.

11:45 a.m. – 12:15 p.m.

12:15 p.m. – 1:30 p.m.

2:00 p.m. – 5:00 p.m.

5:15 p.m. – 7:00 p.m.

TUESDAY – AUGUST 6TH

7:00 a.m. – 8:45 a.m.

Breakfast
Convention Morning Session
Mass
Lunch
Convention Afternoon Session
Dinner

County Ballroom
Grand Ballroom
Grand Ballroom
County Ballroom
Grand Ballroom
County Ballroom

9:00 a.m. – 11:40 a.m.

11:45 a.m. – 12:15 p.m.

12:15 p.m. – 1:30 p.m.

2:00 p.m. – 5:00 p.m.

5:15 p.m. – 7:00 p.m.

WEDNESDAY – AUGUST 7TH

7:30 a.m. – 8:45 a.m.

Breakfast
Convention Conclusion Session

County Ballroom
Grand Ballroom (if necessary)

9:00 a.m. – 11:30 a.m.

Delegates Depart

(Schedule Subject to Change)

THE 96th ANNUAL SLOVAK DAY AT KENNYWOOD PARK, PA

The 96th Annual Slovak Day will take place Thursday, July 18, 2019 at Kennywood Park, West Mifflin, PA. It will be an exciting day for Americans of Slovak descent to celebrate their heritage with each other while enjoying colorful displays, authentic costumes, a Slovak liturgy, spectacular Slovak Folk Dance performances, scrumptious Slovak food, special children's activities as well as foot-tapping music for dancing. These combine to build a treasure chest of memories—many to be remembered and still more waiting to be created.

A highlight of Slovak Day is the celebration of the Slovak Liturgy in the Main Pavilion #5 directly behind "Garfield's Revenge" at 4:00 p.m. The Celebrants will be Catholic priests from the Pittsburgh, Greensburg and Johnstown-Altoona Dioceses. Immediately following will be the vibrant repertoire of Slovak music, songs and dances presented by the "Pittsburgh Area Slovak Folk Ensemble" (PAS) and the "Pittsburgh Slovakians".

Tantalize your taste buds at the Slovak Kitchen where you will be able to enjoy holubky (stuffed cabbage), haluski (sweet cabbage and noodles), pirohy and kolbasy. Your sweet tooth can be satisfied with the homemade favorite—ceregi and Paska. Enjoy this delicious dinner or ala- carte foods and relax amid the echoes of Slovakia, as the strolling musicians play all the "Slovak favorites". Food will be served in Pavilion #4 behind the ride "Garfield's Revenge" from 12:30 p.m. until the food is sold out.

In Pavilion # 3 you will be able to see a "Slovak Living Museum" prepared by the "PAS" Jr. and Maly Ensembles. The exhibit will include Slovak heirlooms of folk treasures that show the incredible skill and artistry found in the Slovak villages.

In the Main Pavilion # 5 there will be Slovak Cultural Displays provided by the Slovak Fraternal. Also there will be a Slovak Marketplace where one can shop for unique items from Slovakia and other Eastern European countries. Items include Christmas ornaments, embroidered aprons, Slovak cookbooks and much more.

A special youth area will feature activities just for children. The children's program will include games and treats beginning at 12:30 p.m. by the Main Pavilion. Every child participating in these activities will receive a free treat.

From 1 to 4 p.m., one can sit back and enjoy the music or kick up your heels dancing, grab a partner and twirl to traditional Slovak music of the George Batyi Ensemble at the Kitchen Pavilion.

For a day to remember, join all Slovaks on Thursday, July 18, 2019, Kennywood Park. The cost of tickets is \$27 for Fun Day General Admission, \$16 for those 55 years of age and over, plus a Super Senior Tickets (ages 70+) \$12.00. Tickets are available by contacting Sue Ondrejco at (412) 421-1204 or Mary Lou Wagner at (412) 462-1957.

For general information about the 96th Slovak Day contact Chairwoman Mary Lou at (412) 462-1957.

Message from our Supreme President

(Continued from page 2)

As Delegates you have the opportunity to review the Society's operations and the Board of Director's activities for the past four years. The Delegates have the privilege of hearing from our professional advisors on their assessment of how the Society has done since the 32nd Convention in 2015. Finally the delegates can make recommendations for the good and betterment of the Society for the next four years and elect the Supreme Assembly to carry out the approved plan.

With it being two weeks before the Convention I ask all delegates to read what is contained in the Convention tab on the Society's website and in the Convention packet that was mailed to you.

Looking forward to seeing you at the SLET and or the Convention!

This is the Sokol vacation. If you have time to do other things enjoy them with family and friends but where ever your travels take you may everyone have safe travels.

With God's Blessings to All!
Zdar Boh!

29th ANNUAL SLOVAK FESTIVAL

Saints Cyril and Methodius Parish
41233 Ryan Road, Sterling Heights, MI

August 23: 6:00-11:00 P.M.

August 24: 1:00-11:00 P.M.

August 25: 12:00-9:00 P.M.

FREE ADMISSION –FREE PARKING

Friday, August 23: Family Night

Talent show, live music,
Slovak and American food

Saturday & Sunday August 24 & August 25

Slovak Folk Performers, Live Music
Slovak and American food
children's area – game tent,
rock climbing wall and more

Parish Raffle (\$5,000 top prize)
50/50 Raffle

Slovak Mass at 11:30 a.m. on Sunday
celebrated by Bishop
Jozef Halko from Slovakia

E-mail: parishoffice@saintcyrls.org
Phone: (586) 726-6911

S.C.S Museum Donations for April – June 2019

We are pleased to acknowledge the following donations received during April through June 2019 earmarked for our Slovak Catholic Sokol Museum located at our home office in Passaic, NJ. The monies received from these donations fund our annual \$1,000 Memorial Scholarships, which assist our young people in their educational endeavors. The number of these scholarships grants is dependent upon the amount of donations received.

DONATIONS RECEIVED

In Memory of

Cecelia Regec
Marian Speicher
Helen Wassel
Andrew and Sophie Macurak
Rosemarie Mondell
Angelo Capozoli

Total donations \$140

Donated by

Wreath 22, Pittsburgh, PA
Wreath 22, Pittsburgh, PA
Wreath 22, Pittsburgh, PA
Bud and Patty Brock
Ed and Janice Moeller
Ed and Janice Moeller

Thank you for your generosity,

Dennis J. Zifcak, *Supreme Treasurer*

MORE THAN 400,000 PILGRIMS ATTENDED SLOVAKIA'S LARGEST PILGRIMAGE IN LEVOCA



A week-long pilgrimage in Levoca (Presov region), the biggest in Slovakia, marking the feast of the Visitation of Our Lady (July 2) was rounded off on Sunday, July 7 with a central mass celebrated by Cardinal Stanislaw Rylko, the Polish archpriest of the Basilica of St. Mary Major in Rome.

"This place is so close not only to you, pilgrims from throughout Slovakia, but also to those from neighbouring countries, including Hungary and Poland. It's a place rich in history – the salvation history of God's people in this country has been written in this place for centuries," said Rylko in his sermon.

Dating back to the 13th century, the annual Levoca pilgrimage wasn't discontinued even during four decades of Communist rule in the 20th century.

"We witnessed here an admirable movement of young people in the 1970s and 1980s to demonstrate their fidelity to God and the Church," said the cardinal, who went on to denounce anti-religious ideologies of current times.

"Times have changed, some anti-religious ideologies have gone, but others have emerged, and are in a sense even more dangerous than the previous ones ... Nevertheless, the Madonna of Levoca continues to attract many souls, and you, dear pilgrims, are evidence of this at these times of secularisation on our European continent," said Rylko.

Pilgrimage spokesman Jozef Lapsansky said that the organizers were caught by surprise to see more pilgrims than expected on Saturday. They kept the priests present busy with confessions without a break from

Saturday morning through to Sunday after the central mass, when Lapsansky was speaking to TASR.

"We've seen more pilgrims than in past years coming from various parts of Slovakia on foot," said Lapsansky.

Overall, around 400,000 people attended the pilgrimage at the weekend alone.

Slovakia's liberal President Zuzana Caputova came to Marian Hill in Levoca on Friday to commemorate the national holiday of Saints Cyril and Methodius.

"I was pleased to be able to com-

memorate the legacy of Saints Cyril and Methodius at this place among a community of people. I was grateful for the warm welcome, and I wish those attending the Levoca pilgrimage a deep spiritual experience," she wrote on Facebook.

Mariánska hora, a hill above Levoca, Slovakia, with views over the town and countryside, is the location of the Basilica of the Visitation of the Blessed Virgin Mary (Slovak: Bazilika navštívenia Panny Márie). Built between 1906 and 1922, the church contains an ancient statue of the Virgin which is the objective of pilgrimages.

A chapel has existed in this location since at least the 13th century. It is thought that the location was used as a refuge by townfolk of Levoca during the Tatar invasions of the time; it may also have been attached to a hospital for sufferers from leprosy. The chapel was enlarged and rebuilt many times, including a Baroque church in 1766. However the increasing number of pilgrims visiting the site necessitated a larger structure. Pope John Paul II, at the request of the local bishop, upgraded the church to a Basilica Minor in 1984, and visited the site himself on July 3, 1995, when about 650,000 pilgrims gathered for the occasion. The annual pilgrimage, on or around 2 July (Feast of the Visitation - still celebrated on the traditional date of 2 July in Slovakia), still draws a very large number of participants.





KIDS' CORNER "Detský kútik" -- July 2019

Summer Safety Tips

- ☀ Don't use scented soaps, perfumes or hair sprays on your child.
- ☀ Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- ☀ If possible, eliminate stagnant water, such as in bird baths or fish ponds, in your yard. Dump any buckets or tires that may contain standing water. Check that your window screens are tightly fitted and repair any holes to keep bugs out of the house.
- ☀ Avoid wearing clothing with bright colors or flowery prints.
- ☀ To remove a visible stinger from skin, gently back it out by scraping it with a credit card or your fingernail.
- ☀ Combination sunscreen/insect repellent products should be avoided

because the sunscreen needs to be reapplied every two hours, but insect repellent should not be reapplied that often.

☀ Use insect repellents containing DEET when needed to prevent insect-related diseases. Ticks can transmit Lyme Disease, and mosquitoes can transmit West Nile, Zika virus, Chikungunya virus and other viruses.

☀ When outside in the evenings or other times when there are a lot of mosquitoes present, cover up with long sleeved shirts, pants and socks to prevent bites.

☀ Children should wear hats to protect against ticks when walking in the woods, high grasses or bushes. Check hair and skin for ticks at the end of the day.

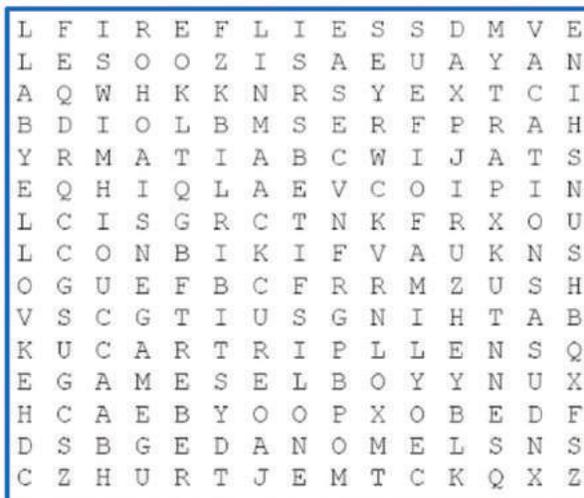


HAPPY BIRTHDAY TO YOU!!!!

Karleigh Richnavsky 7/5
 Andrew John Michel 7/8
 Michael Phillips III 7/12
 Travis Watkins 7/18
 Edye Spangler 7/20
 Ruby Korenoski 7/22
 Andrew Peterson 7/28

SUMMER FUN WORDS SEARCH

- | | |
|-------------|------------|
| BARBECUE | LEMONADE |
| BATHINGSUIT | PARTY |
| BEACH BOAT | PICNIC |
| CAR TRIP | POOL |
| CHALK | SUNGLASSES |
| FAMILY | SUNSHINE |
| FIREFLIES | SWIM |
| FIREWORKS | TOWEL |
| FRIENDS | VACATION |
| FUN | VOLLEYBALL |
| GAMES | ZOO |
| ICE CREAM | |



Provided By Chicken Scratch NY

SEND YOUR BIRTHDAY DATES TO ME
 vp@slovakcatholicsokol.org



KIDS' CORNER "Detský kútik" - July 2019

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

If you love to read.....this is just the program for you. From June 14th-August 25th keep track of the name and author of each book that you read, and have your parents verify each with a signature. If you are not reading on your own yet, it is perfectly OK to have a parent, grandparent, babysitter....etc. read to you. Try to read books that not only interest you, but challenge you as well. I will need the completed reading lists returned to me no later than **September 14th**. Include your name, address, Group number and age so that I can recognize you in the paper.

Notice that I have divided the groups based on reading ability....I did this as I anticipate the non-readers to achieve higher book totals as they may have books read to them on a more regular basis. The following is the breakdown of award levels.....keep in mind that those that reach higher levels will receive better prizes.

Do me a favor and highlight your favorite books on the list!!! I love to share the titles with other children....Good luck and have fun reading!!!! Please send your completed reading lists to:

Edward Moeller- 2821 Waterman Avenue, Pittsburgh, PA 15227. If you prefer to do it on-line...you can e-mail it to me at vp@slovakcatholicssokol.org



Non-Readers

- Level 1 16 books
- Level 2 24 books
- Level 3 32 or more books

Early Readers (sounding out most words)

- Level 1 8 books
- Level 2 16 books
- Level 3 24 or more books



Intermediate Readers

(40+ pages each)

- Level 1 8 books
- Level 2 12 books
- Level 3 16 or more books

Advanced Readers (100+ pages each)

- Level 1 4 books
- Level 2 8 books
- Level 3 12 or more books

NATIONAL PILGRIMAGE IN HONOR OF SAINTS CYRIL AND METHODIUS IN NITRA



A statue of the Saints Cyril and Methodius, Apostles to the Slavs, in Nitra.

Thousands of people attended a national pilgrimage in honor of Saints Cyril and Methodius in Nitra on Friday, July 5th, a national holiday in Slovakia, to pray at sites visited by the two saints more than eleven centuries ago. Military bishop Frantisek Rabek celebrated the Mass on Svatopluk Square, highlighting the 1,150th anniversaries of St. Cyril's death and St. Methodius's installation as archbishop of Pannonia and Great Moravia this year.

Saints Cyril and Methodius, who are also called the Apostles of the Slavs, came to Great Moravia in 863 AD. As well as being proselytizers, they also devised the Glagolitic alphabet, the first alphabet used to transcribe the Old Slavonic language. They helped Slovak ancestors through the first great crisis when Great Moravia was facing pressure from the Frankish Empire.

Saints Cyril and Methodius were welcomed to this part of Europe by Prince Rastislav, the ruler of Great Moravia in 862.

The two brothers were born in Thessalonica, in present-day Greece – Cyril in about 827–828 and Methodius about 815–820.

Slovakia celebrates the Feast of Saints Cyril and Methodius on July 5.

(Photo by TASR)

CORONATION CELEBRATION FESTIVAL IN BRATISLAVA

The Coronation Celebration festival is one of the largest cultural events in Slovakia where you can experience the historical coronation ceremony of the Hungarian kings.

Bratislava, which was one time called Prešporok by Slovaks, Pressburg by Germans and Pozsony by Hungarians, became the coronation city when the Ottoman Turks conquered Hungary and occupied Székesfehérvár, the city that had been the site of previous coronations. At the time Pressburg, as the city was also known in English, was a secure place near the Imperial residential city of Vienna, and so chosen by the Hungarian aristocracy, intellectuals and church dignitaries to be their sanctuary. In 1536, today's Bratislava was declared the capital of the Kingdom of Hungary. The small town on the Danube boomed over time as it was the administration center of the country, the residence of the King, Archbishop and the Diet of Hungary, and also where the Kings of Hungary were crowned. It was in St. Martin's Cathedral that ten men were crowned king between 1563 and 1830, along with a reigning queen and seven queen consorts. The first reigning king was Maximilian from the Habsburg Dynasty, while the famous era of coronations came to an end for Bratislava with the crowning of Ferdinand V. The only woman to have ever become queen and rule, and was not the wife of a king, was Maria Theresa, who solemnly accepted the title of Queen of Hungary and was crowned in Bratislava on June 25, 1741.

Bratislava's streets today have churches and buildings lining them where historical events have taken place and there are still houses along the coronation route and squares existing that have witnessed coronation ceremonies. Part of the original coronation procession route is today marked with brass crowns embedded in the pavement.

In the world there are very few places where coronations have taken place. Reims - Coronation city of the kings of France, Prague - city of coronation of Czech kings, Frankfurt - Coronation city of the emperors of Holy Roman Empire. This includes the coronation city of Bratislava, the capital and coronation city of Hungarian kings, which is the capital of the Slovak Republic at the present time. The coronation period lasted almost 300 years. During this period, the Crown received 18 kings and queens in Bratislava. Among the most important monarch Maria Theresa was crowned on June 25, 1741.



Photo by M. Sipos

BOHEMIAN LAWYERS' ASSOCIATION OF CHICAGO HONORS SLOVAK HONORARY CONSUL ROSEMARY MACKO WISNOSKY AS FIRST SLOVAK-AMERICAN RECIPIENT OF THE LIBERTY AWARD

On May 23, 2019, the Bohemian Lawyers' Association of Chicago honored Slovak Honorary Consul Rosemary Macko Wisnosky with its Liberty Award at its annual Installation Dinner. Mrs. Wisnosky has served



Assembly 11 Vice President Joseph Seliga and Slovak Honorary Counsel in Chicago Rosemary Macko Wisnosky.

of the Association are installed and scholarships are awarded to Chicago area law students.

This year was the Association's 108th annual installation



Incoming Bohemian Lawyers' Association of Chicago President Joseph Kolar, Dennis Wisnosky, Slovak Honorary Counsel in Chicago Rosemary Macko Wisnosky, Bohemian Lawyers' Association of Chicago member Michael Jordan, who introduced Mrs. Wisnosky, and outgoing Bohemian Lawyers' Association of Chicago President Filip Zucek.

as the Slovak Honorary Consul in Chicago since 2012 and is the first Slovak-American to receive the Liberty Award.

The Bohemian Lawyers' Association of Chicago has been in existence for over 100 years and includes as its members attorneys of Czech, Slovak, Moravian, Ruthenian, and Silesian ancestry. The Liberty Award is given each year to a distinguished individual in the Chicago area who promotes the interests of the cultural groups represented by the Bohemian Lawyers' Association.

The Award presentation is one of the highlights of the Association's annual installation dinner at which the new officers

of officers. In introducing Mrs. Wisnosky, Association member Michael Jordan spoke of the Association's desire to recognize the important contributions of the Slovak community in Chicago and to expand its outreach to Slovak-American lawyers in the Chicago area to become members of the Association. This message was reinforced by incoming Association President Joseph Kolar in his remarks after being installed as President of the Association.

After receiving the Liberty Award, Mrs. Wisnosky inspired those present with her remarks reflecting on her upbringing as a Slovak-American, her volunteer work as Slovak Honorary Consul and in promoting the Sister City relationship between Nitra, Slovakia and her hometown of Naperville, Illinois, and the dedicated efforts of so many individuals past and present to the creation of an independent Slovakia and a vibrant Slovak-American community in the United States.

The Slovak Catholic Sokol was represented at the dinner by Vice President of Assembly 11, Joseph Seliga, a partner at the international law firm Mayer Brown and member of the Association. Brother Seliga was introduced to the audience as an honored guest representing the Slovak Catholic Sokol and provided greetings to Mrs. Wisnosky on behalf of the organization. – *Joseph Seliga, Assembly 11 Vice President*

A NOTE OF



Dear Mr. Pogorelec,

I am writing to thank you for granting me with the Slovak Catholic Sokol scholarship. I was very happy and appreciative to learn that I was selected as one of the recipients.

I understand how difficult the application process was, from the challenges regarding the Canadian website to the last minute entry, and for that I apologize. As I am currently an Honours Cognitive Science of Language major and plan on graduating this upcoming school year, this was my last attempt at the scholarship, and thankfully I was accepted.

Throughout both terms of my last school year I worked as a volunteer and enjoyed helping people immensely. I hope I might have even more of an ability to help less fortunate individuals with the work I do in the future and in order to do so properly, my education is vital. My pursuits would be far more difficult to attain without the generous support from scholarship sponsors like the Slovak Catholic Sokol. Thank you for enabling this opportunity!

I hope to keep these occurrences in mind and someday hope to give back to the Slovak community. The Sokol has always been a very important part of my life and its generosity has inspired me to try and give back to the community with every chance I get.

Thank you again for giving students a few more steps towards and affordable education.

Sincerely,
Jennifer Glugosh

What's making headlines in our ancestral homeland**News and Views
from Slovakia...****ZUZANA CAPUTOVA SWORN IN AS SLOVAKIA'S
FIRST FEMALE PRESIDENT**

New President Zuzana Caputova after swearing an oath before Constitutional Chair Ivan Fiacan. On the right side is outgoing president Andrej Kiska. (photo by TASR)

Zuzana Caputova has been sworn in as Slovakia's first female President. The swearing-in took place before Constitutional Court chair Ivan Fiacan during a ceremonial parliamentary session held in Bratislava on Saturday, June 15.

Caputova gave her first speech in office, saying she does not want to rule from the office but to serve people and Slovakia. "By taking the constitutional oath, I assume all the commitments and obligations of the public service. I haven't come to rule, I've come to serve citizens, inhabitants, Slovakia," said Caputova, adding that she offers expertise, emotion and a healthy activist interest.

Caputova also claimed allegiance to the pro-European and pro-Atlantic orientation of Slovakia. "As the European Union is our life and value space, the North Atlantic Alliance is our defence and security pillar. As a country, we must do everything we can to maintain and strengthen this space and its pillars," stressed Caputova.

Caputova is the fifth president in the modern Slovak history. She was elected in March.

EXHIBITIONS COMMEMORATING STEFANIK OPEN IN ROME

Two exhibitions entitled 'Stefanik – Man of Legend', created by Michal Ksinan, and 'Milan Rastislav Stefanik: A Slovak Legend in Stone and Bronze', organized by Pavol Demes with photographs taken by Zdenek Dzurjanin, were opened at the Slovak Cultural Institute in Rome on June 17 to mark the 100th anniversary of General Milan Rastislav Stefanik's death.

The former exhibition is made up of photographs and artefacts

from Stefanik's life, while the photographs in the latter depict sculptures and busts dedicated to Stefanik.

"The whole day was dedicated to Stefanik and Stefanik's tradition in Italy," said Slovak Ambassador to Italy Jan Soth.

In commemoration of the anniversary a wreath was laid on the grave of commander and pilot Giotto Mancinelli-Scotti, who died in an air crash along with Stefanik, at the Verano cemetery in Rome on Monday.

Members of a delegation of the Slovak Generals Club and the M.R. Stefanik Society also laid wreaths in the Basilica of Our Lady, All Angels and Martyrs and on the graves of Italian Marshal Armando Diaz and former Italian Prime Minister Vittorio Emanuele Orlando.

The day of commemoration was concluded with a classical music concert performed by Slovak pianist Jordana Pavlovicova and cellist Eugen Prochac.

The exhibitions will be open to public until September 20, 2019.

[Stefanik was a politician, soldier, diplomat, aviator and astronomer who was instrumental in forming the Czechoslovak legions in the First World War. Along with Tomas Garrigue Masaryk and Edvard Benes, he was one of the key figures in the emergence of the first Czechoslovak Republic. He was killed in an air accident near Ivan-ka pri Dunaji on May 4, 1919. – ed. note]

KISKA INTRODUCES HIS 'FOR THE PEOPLE' PARTY

Now ex-president Andrej Kiska officially introduced his new political party, which will be called "For the People".

The preparatory committee of his new party so far consists of former MEP Jana Zitnanska, ex-spokesperson of the For a Decent Slovakia initiative Juraj Seliga, former state secretary Maria Kolkova and Michal Luciak, who was Kiska's adviser for internal politics in the presidential palace. The ranks of the party will also be joined by various mayors from across Slovakia.

"We need to get capable and honest people into politics, that's the cornerstone. As of today the party of Andrej Kiska is no more, however, the For the People party emerges. It'll be a big, nationwide party, anchored in the regions with all structures. So far we've registered 30,000 supporters and in the upcoming days they will all receive an offer to become members of the party," stated Kiska.

A comprehensive party program will be introduced in September. "Already today our team contains 72 top experts who want to help us to create the program to take the responsibility for the country and manage it.

"We want to address people who are convinced that everyone in Slovakia must be equal. Our aim is to also provide an alternative to those who don't consider the current opposition as an option," stated Kiska. "We want to return Slovakia back to the people," said the ex-president.

The basic priorities of the party are high quality and accessible health care, and legal equality for everyone. "We can't have thugs mocking us for years, it can't be that the mob in eastern Slovakia, which the Government has known about for years, was dealt with only after two young people were murdered," he added.

Kiska clarified that For the People is ready to hold talks on cooperation with the Christian Democratic Movement (KDH), Freedom and Solidarity (SaS), OLaNO, and the Progressive Slovakia (PS)-Together coalition.

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

RATE OF REGISTERED UNEMPLOYMENT STOOD AT 4.88 PERCENT IN MAY

The rate of registered unemployment in May stood at 4.88 percent, dropping by 0.02 percentage points (p.p.) month-on-month and 0.49 p.p. y-o-y, according to data published by the Labor, Social Affairs and the Family Centre (UPSVR) on Thursday.

The number of jobseekers immediately able to start work stood at 134,124, dropping by 666 in monthly terms and 13,966 y-o-y.

The rate of unemployment calculated from the total number of jobseekers reached 6 percent, falling by 0.05 p.p. m-o-m and 0.58 p.p. y-o-y.

The total number of jobseekers in May was 164,957, which is a drop of 1,299 when compared to April and of 16,537 year-on-year.

Month-on-month drops were registered in four regions, namely in Trenčín, Zilina, Banská Bystrica and Košice regions. The most significant fall was observed in Banská Bystrica region. Bratislava, Trnava, Nitra and Prešov regions recorded increases in registered unemployment rates, with Trnava region seeing the most significant of these.

The highest rate of registered unemployment was observed in Prešov region, at 8.55 percent. The other two regions that exceeded the average were Banská Bystrica region (6.64 percent) and Košice region (7.79 percent).

The authorities registered more than 92,100 job vacancies in late May, an increase of 576 when compared to April. Bratislava region had the highest number and Banská Bystrica the least.

FOREIGN AFFAIRS MINISTRY REACTS TO RESOLUTION ADOPTED BY HUNGARIAN PARLIAMENT

The 100th anniversary of the signing of the Treaty of Trianon in 2020 is an opportunity to reflect and to take action, but it shouldn't serve to "open up old wounds" and for "constantly cultivating historical traumas" that damage mutual trust and good relations between neighbors, the Slovak Foreign Affairs Ministry has stated in reaction to a resolution that the Hungar-



Art Hotel Kastiel is a unique hotel facility, which was enhanced by reconstruction of one of the most representative baroque aristocratic residences located in the area of southern Slovakia. The hotel is situated in the middle of a vast English park in Tomasov near Bratislava.

ian Parliament adopted on June 18 in which it declared 2020 a year of national belonging.

The ministry was reacting to the statement that "political, economic, legal and mental problems caused by the treaty remain irresolvable to this day". It's of the opinion that the resolution implies a feeling of threat, discrimination and that Hungarian minorities in surrounding countries, including Slovakia, are deprived of their rights. The ministry doesn't see any reason for such statements, and it noted that members of all minorities in Slovakia are full-fledged citizens. "What we reject, however, is the support for the right to self-determination of 'national communities' mentioned in the resolution," added the ministry.

The ministry stressed that it isn't questioning the right of any state to assess and commemorate various historical events that countries may view differently. "It's important that these differences don't have a negative influence on mutual cooperation today or in the future," stated the ministry.

The Treaty of Trianon, which defined the border between Hungary and the then Czechoslovakia after the Austro-Hungarian Empire broke up at the end of the First World War, was signed by representatives of the Entente (the UK, the USA, France and Italy) and Hungary in Paris on June 4, 1920. Even though Hungary signed and ratified the document, it's still viewed as an extremely contentious issue in Hungary. Hungarian MPs decided on May 31, 2010 that the treaty's signing would be commemorated each year by a remembrance day.

SLOVAKIA FELT HORRORS OF AIR WAR FOR FIRST TIME 75 YEARS AGO

It was 75 years on Sunday, June 16, that the US air force carried out its first bombing raid on Bratislava, which caused major material damage and a considerable number of deaths, TASR has been told by deputy director of the Military History Institute Peter Sumichrast.

After the air raid, which took place on June 16, 1944, Bratislava hospitals treated 585 people, and 717 people were declared missing. Data on the casualties vary. Various sources set the number of those killed at 300, while according to Civil Air Defence of the wartime Slovak republic, the number of deaths exceeded 770.

"The flight of the American bombers began shortly before six o'clock, when four-engine B-24 Liberator bombers began taking off from Lecce air base in southern Italy," said Sumichrast.

The main target of the raid was the Apollo oil refinery by the Danube River, which contributed as much as 1.3 percent of Germany's supplies. According to American intelligence, it ranked among the top ten oil producers in Central Europe.

The mass American formation consisted of 168 bombers, of which more than 150 after four hours in the air attacked the Bratislava refinery, the Winter Harbour and the General M.R. Stefanik Bridge over the Danube River. For the first time in World War II, Slovakia's civilian population felt for themselves the horrors of an air war. According to historical records, the first wave of bombers dropped their deadly load at 11 minutes past 10.

"American pilots dropped on Bratislava a total of 369 tones of bombs, which, in addition to the Apollo refinery, hit the Winter Harbour, where they sank 15 boats, the building of today's Slovak National Museum by the Danube River as well as other buildings in the broader city centre and the borough of Petržalka," said Sumichrast.

THE SOKOL WIN - WIN LEAD PROGRAM BENEFITING MEMBERS

Program Runs - August 1, 2018 to July 31, 2019

The Slovak Catholic Sokol for over 113 years has provided our members with sound financial protection and outstanding fraternal benefits. The Society is introducing a program that will benefit our existing and potential members.

As a proud existing member of the SOKOL it is quite easy to expound upon and share the qualities of membership. Not everyone is born a salesman or comfortable selling life insurance or annuities. Today, we have qualified life insurance and annuity representatives that can assist our existing and potential members in selecting the financial protection to help protect their future.

THE PROCESS

Share with a relative or a friend the qualities of membership with the SOKOL. Our fraternal programs, benefits and financial products (life insurance & Annuities).

Complete and submit the MEMBERSHIP REFERRAL CARD to the Sales Office.

An Authorized SOKOL Agent will contact and provide professional advice to place the individual into the right solution.

If your referral purchases a SOKOL Life Insurance or Annuity you earn \$10.00. In addition, for every qualified referral, your name is entered in the \$50 gift card semi-annual drawing and the end of campaign's grand prize of \$250.

AVAILABILITY

A supply of SOKOL WIN - WIN Lead Cards will be available to all Assembly/Wreath Presidents for distribution.

Assembly/Wreath Presidents and other Assembly/Wreath Officers are asked to distribute SOKOL WIN - WIN Lead Cards to existing Members who want to recommend someone to become an insured Benefit Member.

Making it easy - SOKOL WIN - WIN Lead Cards are available for completion and submitting on the SOKOL Web Site www.slovakcatholicssokol.org

Mail completed Referral Lead Cards to the Sales & Marketing Office.

The Assembly/Wreath that has the largest number of new Members referred through this program will be awarded \$500 and will receive recognition in the FALCON, on the SOKOL website and the 2019 National Convention.

SLOVAK CATHOLIC SOKOL - Member Referral Card

Name: _____

Address: _____

Phone: ____ - ____ - ____ Email: _____

Gender: Male Female Age: ____ Date of Birth: ____ / ____ / ____

Interest:

Life Insurance

Annuity

RECOMMENDER INFORMATION Assembly/Wreath: _____ Email: _____

Name: _____ Phone: ____ - ____ - ____

**EVERYONE
WHO WINS!**

The New Member
*(Financial
Protection &
Fraternal Benefits)*

The Recommender
(\$10 - \$50 - \$250)

**The
Assembly/Wreath-**
(\$500)

**New Members +
New Sales = Fiscal
Strength**

Slovak Catholic SOKOL
Sales & Marketing
2403 Sidney Street
Suite 200
Pittsburgh, PA 15203
855-874-9179

sales@slovakcatholicssokol.org
www.slovakcatholicssokol.org



OBITUARIES

Stephen J. Kubasek, Jr., laid to rest at 75 in his native, Yonkers, N.Y.

Stephen Joseph Kubasek, Jr. passed away peacefully on June 9 at his home in Yonkers, N.Y. following a brief illness. He was 75.

He was born in Yonkers, December 29, 1943 to Stephen J. Kubasek, Sr. and the former Marion Grace. In 1984, he married the love of his life, Joanne Christie and shared their love for over 35 years.



Steve graduated from the former Most Holy Trinity School and Yonkers High School. He received a B.A. degree in Political Science from St. Procopius College in Lisle, Ill., now Illinois Benedictine University. As a youth, he joined the Boy

Scouts of America and remained active all his life.

He was an active member of the former Most Holy Trinity Parish all his life until its closing in August 2015. His late uncle, the Rev. John J. Kubasek was pastor of the Slovak parish from 1912 until his death in 1950. Steve became the volunteer facility manager of the Parish Hall in 1997. In recent years, he has been a member of the parish of St. Anthony in the Nepera Park section of Yonkers.

Steve was an active fraternalist all his life. He was our Sokol of Assembly 219 since childhood. At the time of his death, he was serving as president of the Holy Trinity Society, Branch 41 of the First Catholic Slovak Union. This society, established in 1891, the oldest Slovak society in the State of New York founded Most Holy Trinity Parish in 1894. He also enjoyed membership in Branch 2 of the First Catholic Slovak Ladies Association. He was a life member of the Slovak League of America and enjoyed membership in local Slavic groups as well.

For 19 years, he was employed by the County of Westchester and was active in local politics. He served on the Yonkers City Council from 1974 until 1985, serving three years as Republican Majority Leader. In 2005, he retired from the Greenburgh Water Department where he worked for 16 years. Through his efforts, numerous projects were successfully completed in Yonkers, including Trinity Plaza, the Kubasek-Trinity Manor for seniors, the Milan R. Stefanik Park, the monument honoring Major Jan Ladislav Polerecky, a Slovak who fought in the Revolutionary War, the Pulaski Crossway among others. Throughout his life, he was a mover and shaker and a positive force for good in the community.

Family, friends and fellow fraternalists paid their final respects to Brother Kubasek at the Duchynski-Cherko Funeral Home. The concelebrated Mass of Christian Burial was celebrated on June 13 at the former Most Holy Trinity Church, now St. Mary's Syro-Malankara rite Catholic church with the Rev. George N. Oonnoony as principal celebrant. Concelebrating was the Rev. Anthony J. Pleho. Eulogies were presented at the conclusion of the liturgy by retired Police Lieutenant Thomas Drexel, Honorary Supreme Officer Daniel F. Tanzone, Jack Kubasek, brother of the deceased as well as Brother Steve's

ANNOUNCING THE MEMORIAL SCHOLARSHIP FUND!!!

Have you found yourself looking for a way to memorialize a lost loved one or fellow Group/Wreath/Assembly member? Why not make a donation in their honor to the newly developed Memorial Scholarship fund? Your donation will assure that an annual scholarship be given out to a college age student who best exemplifies the meaning of fraternalism and volunteerism. Here's how it works:



Send a check or money order to the Memorial Scholarship Fund clearly indicating the name to be memorialized. You can find a donation form on line at <http://slovakcatholicssokol.org/members/memorialfrmframe.htm> or simply send your donation to: **Dennis J. Zifcak, SCS Museum Treasurer, 33 Pinecrest Rd., Uxbridge, MA 01569**

Your bequest will be recognized in the Falcon as well as permanently added to the Memorial Scholarship Donation Log which will be kept at the Sokol Museum.

Depending on the amount of funds collected, we will be able to award at least two \$1,000 scholarships annually. The hope is that the donated funds will begin a self-perpetuating interest bearing scholarship account.

Have you recently lost a loved one? You might consider earmarking donations to this fund in their memory. Keep the spirit of your fellow Sokol alive by investing in a way that their fraternal dedication will not be forgotten.

YOUR BENEFICIARIES

When was the last time you looked at your designated beneficiaries on your valuable Sokol insurance policy? How important is it? Just think about how much your life has changed. Have you married, divorced, had children, maybe you lost a loved one? This is an item you should consider annually. If you do need to make changes to any of your policies, contact the Home Office at 800-886-7656.



daughters, GraceAnn and Emily. Civic officials in attendance were headed by Yonkers Mayor Michael Spano. Interment followed at St. Joseph's Cemetery.

May our brother Steve, who so beautifully mirrored our Cyrilo-Methodian heritage of faith as well as the high ideals of the fraternal benefit system, now rest in peace. He was a credit to the American Slovak community and will be sorely missed.

73RD INTERNATIONAL BOWLING TOURNAMENT

HELD AT NOBLE MANOR BOWLING LANES, PITTSBURGH, PA.

Event Results Division 2: WOMEN – Handicap Result

Team Name	Teams Division 2: Women									
	High Game	HDCP Game	Game -1-	Game -2-	Game -3-	Total	HDCP Total	Series HDCP Total	HDCP Total	Place
?????	589	825	522	589	567	1678	708	2386	2386	1
412	696	822	696	603	696	1995	378	2373	2373	2
Heather's Heroes	615	802	602	569	615	1786	561	2347	2347	3
Lollipops	591	816	591	538	526	1655	675	2330	2330	4
Bowling Bags	612	791	570	612	581	1763	537	2300	2300	5

Event Results Division 2: WOMEN – Scratch Result

Team Name	Teams Division 2: Women						
	High Game	Game -1-	Game -2-	Game -3-	Total	Scr Total	Place
412	696	696	603	696	1995	1995	1

Event Results Division 1: MEN – Handicap Result

Team Name	Teams Division 1: Men										
	High Game	HDCP Game	Game -1-	Game -2-	Game -3-	Total	HDCP Total	Series HDCP Total	HDCP Total	Place	
Mon Valley Boys	796	1003	723	796	675	2194	621	2815	2815	1	
SCS Assembly	162	734	950	662	723	734	2119	648	2767	2767	2
Lily Team #2	688	935	643	688	633	1964	741	2705	2705	3	
Perry Sokols #1	718	921	689	718	670	2077	609	2686	2686	4	
Butchie's Boys	623	919	623	621	548	1792	888	2680	2680	5	
Lily Team #1	683	953	683	596	586	1865	810	2675	2675	6	
Mon Valley #2	737	944	665	737	635	2037	621	2658	2658	7	
Paul's Bar & Bowling A	683	928	635	592	683	1910	735	2645	2645	8	
GEO Lawn Service	747	892	747	707	741	2195	435	2630	2630	9	
Perry Sokols #2	835	1016	644	606	835	2085	543	2628	2628	10	

Event Results Division 1: MEN – Scratch Result

Team Name	Teams Division 1: Men						
	High Game	Game -1-	Game -2-	Game -3-	Total	Scr Total	Place
Club Lanes	774	774	725	752	2251	2251	1

Event Results Division 2: WOMEN – Handicap Result

Team Name	Doubles Division 2: Women									
	High Game	HDCP Game	Game -1-	Game -2-	Game -3-	Total	HDCP Total	Series HDCP Total	HDCP Total	Place
P. Kutzfara/ B. Wahal	374	435	357	374	306	1037	183	1220	1220	1
Cassisi/ C. Keagy	341	436	241	341	341	923	285	1208	1208	2
A. Mitro/ C. Gemoll	335	429	276	308	335	919	282	1201	1201	3
D. Simpson/ J. Karaffa	396	455	279	348	396	1023	177	1200	1200	4
H. Horvath/ K. Plachanis	333	448	333	248	254	835	345	1180	1180	5
K. Bakita/ C. Macko	349	416	349	314	299	962	201	1163	1163	6
P. Niskach/ M. Basl	323	388	306	314	323	943	195	1138	1138	7
K. Shirilla/ R. Bero	354	423	303	354	272	929	207	1136	1136	8
A. Kuzma/ P. Fischetti	317	420	230	273	317	820	309	1129	1129	9
C. Tokarsky/ D. Ricciuti	260	400	260	206	225	691	420	1111	1111	10

Event Results Division 2: WOMEN – Scratch Result

Team Name	Doubles Division 2: Women						
	High Game	Game -1-	Game -2-	Game -3-	Total	Scr Total	Place
P. Kutzfara/B. Wahal	374	357	374	306	1037	1037	1

Event Results Division 1: MEN – Handicap Result

Team Name	Doubles Division 1: Men									
	High Game	HDCP Game	Game -1-	Game -2-	Game -3-	Total	HDCP Total	Series HDCP Total	HDCP Total	Place
V. Smith Jr/ D. Smith	384	498	384	382	382	1148	342	1490	1490	1
G. Pesl/ V. Smith	408	501	408	381	381	1170	279	1449	1449	2
B. Phillips/ D. Iskra Sr.	413	528	413	320	370	1103	345	1448	1448	3
J. Francis/ J. Jacob	406	528	330	326	406	1062	366	1428	1428	4
R. Lebanik/ J. Adamcik	446	489	428	422	446	1296	129	1425	1425	5
M. Kudlacik/ D. Salomanowitz	323	477	323	320	314	957	462	1419	1419	6
J. Siesky/ M. Cherpak	467	507	467	429	393	1289	120	1409	1409	7
C. Houser/ K. Eggar	449	490	449	421	410	1280	123	1403	1403	8
C. Folk/ R. Wagner	400	478	370	400	395	1165	234	1399	1399	9
A. Novotney/ M. Todd	401	480	382	401	378	1161	237	1398	1398	10
T. Evica/ W. Gemoll	393	492	360	346	393	1099	297	1396	1396	11
P. Papcun/ S. Papcun	381	491	336	349	381	1066	330	1396	1396	11
N. Keagy/ A. Keagy	308	478	274	308	290	872	510	1382	1382	13
R. Keebler/ A. Keebler	429	466	405	428	429	1262	111	1373	1373	14
J. Minarish/ J. Minarish	409	506	314	355	409	1078	291	1369	1369	15

Event Results Division 1: MEN – Scratch Result

Team Name	Doubles Division 1: Men						
	High Game	Game -1-	Game -2-	Game -3-	Total	Scr Total	Place
R. Lebanik/J. Adamcik	446	428	422	446	1296	1296	1

Event Results Division 2: WOMEN – Handicap Result

Bowler Name	Singles Division 2: Women									
	High Game	HDCP Game	Game -1-	Game -2-	Game -3-	Total	HDCP Total	Series HDCP Total	HDCP Total	Place
Kathleen Shirilla	212	285	142	197	212	551	219	770	770	1
Patricia M. Kutzfara	186	262	178	162	186	526	228	754	754	2
Jean Karaffa	209	261	209	198	172	579	156	735	735	3
Christine Tokarsky	168	266	149	123	168	440	294	734	734	4
Nancy Rice	178	268	178	130	150	458	270	728	728	5
Carol Macko	177	248	149	177	177	503	213	716	716	6
Mildred Asmonga	183	269	149	123	183	455	258	713	713	7
Patricia A. Niskach	149	244	142	135	149	426	285	711	711	8
Robertta Werner	174	250	174	152	145	471	228	699	699	9
Evie Catanzante	162	241	162	143	152	457	237	694	694	10
Anne Mitro	177	265	128	177	121	426	264	690	690	11

Bernadette Jacob	180	252	174	180	119	473	216	689	689	12
Denise Ricciuti	134	244	134	123	91	348	330	678	678	13
Marianne Mangiafico	184	252	169	184	114	467	204	671	671	14
Patricia Fischetti	164	243	137	133	164	434	237	671	671	14

Christine Tokarsky	440	314	444	1198	678	1876	1876	9
Kathleen Shirilla	551	410	438	1399	453	1852	1852	10
Patricia Niskach	426	411	352	1189	651	1840	1840	11
Kelly Plachanis	406	471	436	1313	525	1838	1838	12
Carol Macko	503	470	428	1401	435	1836	1836	13
Mildred Asmonga	455	362	442	1259	570	1829	1829	14
Joanne Mozuras	329	385	450	1164	660	1824	1824	15

Event Results Division 2: WOMEN – Scratch Result

Singles Division 2: Women

Bowler Name	High	Game	Game	Game	Scr		
Jean Karaffa	209	209	198	172	579	579	1

Event Results Division 1: MEN – Handicap Result

Singles Division 1: Men

Bowler Name	High	HDCP	Game	Game	Game	HDCP	Series	HDCP	Place	
	Game	Game	-1-	-2-	-3-	Total	Total	HDCP	Total	
Vernon E Smith	252	291	236	252	214	702	117	819	819	1
A. J. Novotney	278	317	181	278	213	672	117	789	789	2
Ryan M. Lebanik	246	274	246	225	221	692	84	776	776	3
Alan Keagy	204	289	155	204	159	518	255	773	773	4
Andrew Keebler	256	271	229	256	234	719	45	764	764	5
Adam Chervenak	254	283	208	203	254	665	87	752	752	6
Mic Cimperman	255	291	191	191	255	637	108	745	745	7
Nathan Keagy	178	263	178	165	146	489	255	744	744	8
Steve Pogorelec	198	254	193	198	181	572	168	740	740	9
Gregory Maranowski	262	297	180	192	262	634	105	739	739	10
James W. Bart	210	272	210	162	178	550	186	736	736	11
Robert W. Pugh	227	270	161	227	214	602	129	731	731	12
William Kazmierczak	222	273	222	160	191	573	153	726	726	13
John Termyna	196	261	156	179	196	531	195	726	726	13
John A. Adamcik	246	261	225	208	246	679	45	724	724	15
Charles Houser	246	267	235	177	246	658	63	721	721	16
John Tokarsky	224	279	131	200	224	555	165	720	720	17
Paul Papoun	205	260	159	205	191	555	165	720	720	17
Corey Shedlock	235	263	208	235	191	634	84	718	718	19
Mike Todd	213	253	213	187	196	596	120	716	716	20
Craig Kordich	194	246	178	194	182	554	156	710	710	21
Ch. Mathewson	235	265	202	235	180	617	90	707	707	22
David Iskra Jr.	197	258	149	172	197	518	183	701	701	23
Jason R. Rippel	155	244	133	155	145	433	267	700	700	24
John Goberish	177	241	174	157	177	508	192	700	700	24
Charles Houser	246	267	235	177	246	658	63	721	721	16
John Tokarsky	224	279	131	200	224	555	165	720	720	17
Paul Papoun	205	260	159	205	191	555	165	720	720	17
Corey Shedlock	235	263	208	235	191	634	84	718	718	19
Mike Todd	213	253	213	187	196	596	120	716	716	20
Craig Kordich	194	246	178	194	182	554	156	710	710	21
Ch. Mathewson	235	265	202	235	180	617	90	707	707	22
David Iskra Jr.	197	258	149	172	197	518	183	701	701	23
Jason R. Rippel	155	244	133	155	145	433	267	700	700	24
John Goberish	177	241	174	157	177	508	192	700	700	24

Event Results Division 1: MEN – Scratch Result

Singles Division 1: Men

Bowler Name	High	Game	Game	Game	Scr		
	Game	-1-	-2-	-3-	Total	Total	Place
Andrew Keebler	256	229	256	234	719	719	1

Event Results Division 2: WOMEN – Handicap Result

All Event #1 Division 2: Women

Bowler Name	Event	Event	Event	HDCP	Series	HDCP	Place	
	S	D	T	Total	Total	HDCP	Total	
Patricia Kutzfara	526	534	462	1522	480	2002	2002	1
Anne Mitro	426	460	447	1333	588	1921	1921	2
Nancy Rice	458	421	430	1309	606	1915	1915	3
Kami Simon	450	520	480	1450	453	1903	1903	4
Patricia Fischetti	434	498	455	1387	507	1894	1894	5
Jean Karaffa	579	575	469	1623	264	1887	1887	6
Denise Ricciuti	348	377	376	1101	786	1887	1887	6
Caroline Gemoll	436	459	528	1423	462	1885	1885	8

Event Results Division 1: MEN – Handicap Result

z All Event #1 Division 1: Men

Bowler Name	Event	Event	Event	HDCP	Series	HDCP	Place	
	S	D	T	Total	Total	HDCP	Total	
A. J. Novotney	672	581	611	1864	351	2215	2215	1
David Smith	463	674	590	1727	477	2204	2204	2
Charles Houser	658	742	588	1988	189	2177	2177	3
Andrew Keebler	719	690	630	2039	135	2174	2174	4
Vernon E Smith	702	619	499	1820	351	2171	2171	5
John Tokarsky	555	598	522	1675	495	2170	2170	6
John Termyna	531	472	579	1582	585	2167	2167	7
James Hess	477	544	518	1539	603	2142	2142	8
James Bart	550	501	528	1579	558	2137	2137	9
Marc Kudlack	405	492	438	1335	801	2136	2136	10
Alan Keagy	518	425	420	1363	765	2128	2128	11
Brian Phillips	384	525	452	1361	765	2126	2126	12
John Adamcik	679	716	595	1990	135	2125	2125	13
John Goberish	508	560	476	1544	576	2120	2120	14
David Iskra Jr.	518	519	533	1570	549	2119	2119	15
Corey Shedlock	634	644	587	1865	252	2117	2117	16
Nathan Keagy	489	447	408	1344	765	2109	2109	17
Richard Wagner	479	606	521	1606	495	2101	2101	18
Jason Rippel	433	430	435	1298	801	2099	2099	19
Adam Chervenak	665	679	487	1831	261	2092	2092	20
George Pesi	452	551	601	1604	486	2090	2090	21
Mike Todd	596	580	552	1728	360	2088	2088	22
John P. Minarish	498	574	590	1662	414	2076	2076	23
Jeremy Francis	442	469	437	1348	720	2068	2068	24
Tim Evica	494	503	476	1473	594	2067	2067	25

Joseph Sestak – a candidate for the Democratic presidential nomination has Slovak roots

Joseph Sestak, a former Navy admiral and congressman from Pennsylvania, announced that he is running for president in 2020. With an announcement on his website, he became the 24th Democratic candidate running for president.



Joseph Sestak, a native of Pennsylvania, was elected to Congress in 2006, defeating a 10-term incumbent. He served in the military from 1974 to 2005, finishing as a three-star Navy admiral.

He commanded an aircraft carrier battle group that conducted combat operations in Afghanistan and Iraq; served as President Clinton's director for defense policy on the National Security Council in the White House; and served as the deputy chief of naval operations for warfare requirements.

Joseph Sestak was born in Secane, Pennsylvania, the son of Kathleen L. and Joseph Sestak Sr. His grandfather Martin Sestak came to America from the Slovak village of Dolné Lovice in 1922.

Easy Summer Recipes



LEMON-DILL ORZO PASTA SALAD

Zest of 1 lemon
2 tablespoons lemon juice
2 teaspoons Dijon mustard
1 medium shallot, grated
5 tablespoons extra-virgin olive oil
4 tablespoons fresh dill, chopped
1 cup Kalamata olives, pitted and sliced
2 medium cucumbers, mostly peeled, cut in half lengthwise, seeded and sliced
6 ounces feta cheese, crumbled

Cook the orzo in abundantly salted water according to package instructions or to your taste. Drain and transfer to a large salad bowl. Meanwhile, make lemon-dill vinaigrette to dress the salad: combine lemon zest and juice, mustard, and grated shallot in a medium bowl. Whisk everything together with a few pinches of salt and freshly ground black pepper. Slowly add the olive oil while whisking, then stir in the chopped dill. Taste and adjust as needed. Pour the vinaigrette over the still-warm pasta and toss. Allow to cool to room temperature, then add the olives and cucumbers. Scatter the crumbled feta cheese over the top and serve.

FRUIT SALSA

1/3 cup peeled and finely chopped mandarin oranges
1 large or 2 medium kiwi fruit, peeled and finely chopped
1/2 cup drained crushed pineapple (not in syrup)
1 cup finely chopped hulled strawberries (see headnote)
1/4 cup seeded, finely chopped yellow bell pepper
1/2 ounce (1 tablespoon) chia seeds
1 tablespoon fresh lemon juice
Cinnamon Tortilla Crisps, for serving

Combine the mandarin oranges, kiwi fruit, pineapple, strawberries, bell pepper, chia seeds and lemon juice in a mixing bowl, stirring until well incorporated. Cover and refrigerate until ready to serve.

To make the tortilla crisps, cut two 8-inch flour tortillas into a total of 16 wedges. Arrange on a baking sheet, then use 1 tablespoon melted, unsalted butter to brush their top sides. Sprinkle with a mixture of 2 tablespoons sugar and 1 teaspoon ground cinnamon. Bake in a 350-degree oven for 5 to 10 minutes, until the tortillas are crisp and lightly browned.

The salsa can be refrigerated or frozen for up to 1 day; if you plan to make it more than 6 hours in advance, do not stir

in the strawberries until just before serving.

GRILLED CHICKEN CAESAR SALAD RECIPE

For the grilled chicken:

1/4 cup olive oil
Zest of one lemon
2 cloves garlic, finely minced
1/2 teaspoon salt
1/2 teaspoon fresh ground black pepper
1 pound boneless skinless chicken thighs

For the grilled croutons:

2 tablespoons olive oil
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon fresh ground black pepper
1 loaf crusty baguette, cut into slices about 1/2-inch thick

To assemble:

4 heads romaine lettuce hearts
Heaping 1/2 cup (2 ounces) Parmesan, thinly shaved
Fresh cracked black pepper
1/2 cup Caesar dressing, store-bought or homemade, or more as needed

In a medium bowl, whisk together the olive oil, lemon zest, garlic, salt, and pepper. Add the chicken and toss to coat. Marinate in the refrigerator, covered, for at least 20 minutes and up to 24 hours.

Combine the olive oil, garlic, salt, and pepper to a small bowl. Use a pastry brush to coat each side of the bread. Set aside on a tray.

Preheat your grill to high heat to around 500°F with two zones for direct and indirect grilling. Grill the slices of bread over direct high heat for 2 minutes on each side. Remove from the grill and set aside while grilling the chicken. Grill the chicken for 5 minutes on one side without disturbing, then flip and move the chicken to the cooler side of the grill. Cook 3 to 5 minutes or until internal temperature reaches 165°F.

Tear the romaine hearts into bite sized pieces and toss with the dressing in a large bowl. Divide the greens between plates and top with the grilled chicken, shaved Parmesan, grilled croutons. Finish with freshly cracked black pepper.

COLD PEA SALAD RECIPE

16-ounces frozen petite peas (do not thaw)
6 ounces smokehouse almonds
1/2 cup chopped green onions
8 ounces chopped water chestnuts

2/3 cup mayonnaise
2 teaspoons yellow curry powder
Salt and freshly ground pepper to taste

Remove the excess salt and chop the almonds: In a fine-mesh strainer under cold running water, rinse the almonds to remove the excess salt. Spread between 2 paper towel layers and pat dry. Spread on a cutting board, and coarsely chop with a large knife.

Combine the salad ingredients: In a large bowl, whisk the mayonnaise, curry powder, salt, and pepper until smooth. Add the peas, scallions, and water chestnuts to the bowl. Gently fold the salad into the mayonnaise dressing. Taste and add more salt and pepper, if you like. Refrigerate until ready to serve. Add the almonds: Just before serving, stir in the chopped almonds.

MARINATED GRILLED SHRIMP

3 cloves garlic, minced
1/3 cup olive oil
Extra Light Tasting Olive Oil
1/4 cup tomato sauce
2 tablespoons red wine vinegar
2 tablespoons chopped fresh basil
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
2 pounds fresh shrimp, peeled and deveined skewers

In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.



COOKING WHOLE CHICKEN BREASTS

If you buy a plain, boneless, skinless chicken breast at the meat counter, it's not uncommon for the piece to tip the scales at three-quarters of a pound, or 12 ounces. Trying to cook a behemoth like that is difficult—by the time the middle is fully done, the outside tends to be dry.

The solution: Slice it lengthwise to produce two flatter chicken cutlets. This is far easier than trying to pound a chicken breast flat with a meat mallet, which will mash it to a pulp.

Whether you're cooking the chicken breast on the grill, in a pan, or in the oven, seasoning is a must. While Kosher salt and freshly ground black pepper are the bare minimum—in most cases you'll also want to coat the breast in olive oil first so that the seasonings stick—there are many other flavoring possibilities. Try garlic powder, onion powder, lemon pepper, paprika, even dried herbs like basil or oregano. Don't go overboard, though. One or two of the above, in addition to salt and pepper, is probably enough.

Chicken breasts are naturally lean, which means there isn't much room for error when it comes to overcooking them. Couple that with a healthy, yet disproportionate fear of serving undercooked chicken and the result is, all too often, dry chicken.

It's important to cook chicken breasts all the way through. The proper internal temperature for chicken breasts is 165 F, but remember carryover cooking means that it'll likely hit at least 170 F by the time you cut into it. And if the center is 170 F, the outer parts are even hotter. An instant-read thermometer can help, but it's a crude tool at best since it requires you to poke holes into the chicken. Better to check that the juices run clear rather than pink. When they're clear, it's done.

The best way to avoid overcooking a chicken breast is to cook it for as short a time as possible. When you start with cold chicken breast straight from the fridge, it's going to take longer for the middle to heat all the way through. Instead, leave your chicken breasts at room temperature for 30 minutes before they go in the pan.

If you cut into your chicken breasts the moment they come off the grill or pan, you're going to lose a lot of juices. The solution: Wait five minutes before cutting into your chicken breasts, and those juices will stay inside the meat where they belong.

7 STAY SAFE
SUMMER TIPS

BE SUN SAVVY
wear waterproof sunscreen & reapply every hour

STAY HYDRATED
water is the best way to prevent dehydration in the heat.
H2O

BE SPLASH SAFE
never swim alone & always have an adult near by.

STRANGER DANGER
never leave a location with a stranger.

BE BIKE SAFE
always wear a helmet when riding a bike.

FIRST AID
have a fully stocked first aid kit easily accessible in your home or car.

BE LASSY SAFE
build a Lassy network & create a profile for all of the children in your care.

LASSY PROJECT

Barbecue food safety

Use a food thermometer to ensure that meat has been cooked to a safe minimum internal temperature.

165°F
Poultry (all forms)

160°F
Ground meat except ground poultry

145°F
Beef, pork, lamb and veal

Birth Flower
Water Lily

Month of July

Birthstone
Ruby

July is the seventh month of the year, in the Julian and Gregorian Calendars. In the ancient days, it was the fifth month and was known as 'Quintilis'; but now is known as July as it is the month of birth of Julius Caesar. It is the warmest month in the Northern hemisphere and the coldest month in the Southern hemisphere.

Some of the interesting facts related to this month are:

It is exactly half a year at 1 pm BST on July 3, if it is a non-leap year.

This month always starts on the same day of the week as April every year, and January in leap years.

In a non-leap year, no month ends on the same day of the week as July, but it ends as January in a leap year.

People who are born in this month fall under one of the 2 zodiac signs, Cancer (June 21 - July 22) or Leo (July 23 - August 22). On that note, you might want to go through some cancer zodiac quotes.

July 4, 1776 - The United States' Declaration of Independence is adopted by the Second Continental Congress.

July 10, 1938 - Howard Hughes set a record by completing a 91-hour airplane flight around the world.

July 12, 1881 - The world's first international telephone call was made between St. Stephen, New Brunswick, Canada, and Calais, Maine, United States.

July 13, 1923 - The Hollywood Sign is officially dedicated in the hills above Hollywood, Los Angeles, California. It originally read "Hollywoodland" but the four last letters are dropped after a renovation in 1949.

July 19-20, 1848 - A women's rights convention was held at Seneca Falls, New York. Topics discussed included voting rights, property rights and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.

HEALTHY SUMMER DRINK RECIPES

Strawberry-Banana Smoothies

- 4 cups sliced fresh strawberries
- 1 medium banana, sliced
- 1 (6 ounce) container vanilla low-fat yogurt
- 1 cup ice cubes
- 1 kiwi fruit, peeled and sliced (optional)



In a blender, combine strawberries, banana, and yogurt; cover and blend until smooth. With blender running, add ice cubes, one at a time, through hole in the lid; blend until smooth. If desired, garnish with kiwi fruit; serve immediately.

Berry Mango Slush

- 1½ cups berry-flavored carbonated water, chilled
- 1½ cups crushed ice
- 1 cup sliced fresh strawberries
- ½ cup chopped peeled mango
- 2 tablespoons lime juice

In a blender, combine carbonated water, crushed ice, strawberries, mango, and lime juice. Cover and blend until slushy. Pour into chilled glasses. Serve immediately.

Just Peachy Smoothies

- 2 cups sliced fresh peaches, nectarines, and/or apricots
- 1 cup fat-free milk
- 1 (6 ounce) container peach fat-free yogurt with no-calorie sweetener
- 1 cup small ice cubes or crushed ice

In a blender, combine fruit, milk, and yogurt. Cover and blend until smooth. Gradually add ice through hole in lid, blending until almost smooth. If desired, garnish each serving with fresh fruit.

Variation: Fruit Smoothie Pops: Prepare smoothie mixture as directed through Step 1. Omit ice. Pour mixture into 14 compartments of freezer pop molds. Freeze for 4 to 6 hours or until firm (or for up to 1 week). Makes 14 pops.

Tropical Fruit Smoothies

- 1 (6 ounce) container apricot-mango, orange-mango, pina colada, or pineapple fat-free yogurt with artificial sweetener
- 1 cup fat-free milk
- 1 cup sliced fresh banana
- 1 cup sliced fresh mango or refrigerated mango slices
- 1 cup small ice cubes or crushed ice

Sliced mango, lime wedges, or pineapple wedges (optional).

In a blender, combine yogurt, milk, banana, and the 1 cup mango. Cover and blend until smooth. Add ice; cover and blend until smooth. If desired, garnish with additional mango slices or lime or pineapple wedges.

MELON DRINK

- 1 melon (cold)
- 6 mint leaves

Cut the melon in half and take away the seeds. Peel it and put the pulp in a blender.

Wash the mint leaves. Add it in the blender.

Mix until it gets liquid.

Serve it cold possibly!

Summer Vacation Safety

Make copies of all of your credit cards, important identification information, including your medical insurance cards, and your traveler's checks. Take one copy with you (pack it separately from the cards themselves) and leave one copy at home.

Take only a little cash with you. Bring most of your money in the form of traveler's checks or plan to use your credit cards while on vacation.

Never put your home address on your luggage tags. Write your phone number instead.

Never post your travel plans on social networks such as Facebook, MySpace or Twitter.

Have your mail held at the post office and your newspaper delivery put on hold or ask a family member, a trusted friend or neighbor to pick those items up for you.

Set automatic timers to turn your lights and a radio on and off.

Only take the cash you need for the day with you. Leave the rest, and all other valuables, locked in the hotel or motel safe.

Never display large amounts of cash when making a purchase. The money you keep with you should be in small denominations.

When you check into your room, make a mental note of the locations of the stairs and fire exits.

If you are taking any medications, check with your doctor or pharmacist to make sure that they do not cause photosensitivity, which makes you more susceptible to skin damage from the ultraviolet light of the sun.



History of the Trencin Castle goes back to the age of the Roman Empire, testified by the inscription telling about the victory of the II. Roman legion at Laugaricio (the Latin name of Trencin) in 179 AD. The oldest building is a stone rotunda, plausibly founded in the Great Moravian period. In the midst of the 13th century the castle was the seat of the Baron Jakab Cseszneky, who was King Béla IV's swordbearer. Later in the 13-14th century, the castle became the residence of Matthew III Csák, the legendary "Lord of the river Váh and the Tatra Mountains". He gave name to the Matúš Tower, a keep dominating both the castle silhouette as well as that of the town. The water well is connected to the legend of the Turkish prince Omar and his great love for the beautiful Fatima, whom he had to redeem by digging a well in the rock.

JEDZTE ŠALÁT, JE ZDRAVÝ!

V štúdiu kalifornskej univerzity a Louisiana State University boli vyhodnotené údaje 17 500 mužov a žien medzi 18 a 45 rokov a tiež starších ako 55 rokov. Údaje pochádzajú z národného prieskumu zdravia a výživy (National Health and Nutrition Examination Survey). Do úvahy sa, pravdaže, brali aj hladiny živín v krvi, telesný pohyb, užívanie liekov, prípadné fajčenie, atď. Zistilo sa, že čím viac šalátu a surovej zeleniny účastníci štúdie jedli, tým viac vitamínu C, kyseliny listovej, vitamínu E, lykopénu a betakaroténu mali v krvi.

Zásobuje vitamínom C

Štúdia, ktorá bola uverejnená v časopise Journal of American Dietetic Association, je prvá, ktorá skúmala vzťah medzi konzumáciou šalátu a úrovňou živín v krvi. V tejto štúdiu sa objavilo, že každá skonzumovaná porcia šalátu zvyšuje pravdepodobnosť splnenia odporúčanej dennej potreby vitamínu C o 165 percent u žien a u mužov o 119 percent.

Vitamín C je asi najznámejší vitamín zo všetkých a je notoricky známe, že zvyšuje odolnosť organizmu, čím chráni pred rôznymi chorobami. Menej známe už je, že vitamín C má v tele oveľa viac ďalších schopností a funkcií. Napríklad je nevyhnutný aj pri absorpcii železa. Bez vitamínu C rýchlo vznikne nedostatok železa, aj keby sme ho prijímali vo veľkých množstvách. Nedostatok železa zas vedie k anémii, imunitný systém je oslabený, znižuje sa výkon organizmu.

Potrebujete doplniť vitamín E? Šalát je úžasným zdrojom. Spolu s vitamínom C fungujú ako antioxidanty a chránia náš organizmus pred útokmi voľných radikálov, a tým pred starnutím a rôznymi chorobami. Plný kyseliny listovej

Šalát je okrem iného tiež výborným zdrojom kyseliny listovej. Tá patrí do skupiny vitamínov B, podieľa sa na tvorbe krvi a spolu s inými vitamínmi môže zabrániť artérioskleróze. Obzvlášť dôležitá je kyselina listová pre tehotné ženy, nedostatok kyseliny listovej je škodlivý pre rozvoj dieťaťa. Šaláty z listovej zeleniny a čerstvých bylín tiež dodávajú také množstvo kyseliny listovej, ako žiadna iná potravina.

ACH, TÁ NAŠA SLOVENČINA!

...pozrie sa na ženské a **lifestylové** témy... - *sme.sk*

Nový módny **brand** je inšpirovaný... - *trend.sk*

Kniha Slováka je v USA **bestsellerom**. - *sme.sk*

Na pracoviská na preventívne **skriningy**... - *sme.sk*

Nárazovými **crash** testami prešlo prvých dvanásť nových áut. - *sme.sk*

Zásady priateľstva s **benefitmi**. - *pravda.sk*
Český letenkový **startup**... - *sme.sk*

Fotografiu **lajkovali** viac ako 29-tisíc jej sledovateľov... - *pravda.sk*

...z mladej celebritky herečku jeho **undergroundových** filmových pokusov - *diva.sk*

Ale to nie je jeho jediný **benefit**. - *pravda.sk*
Aké sú aktuálne **fitness trendy**? - *diva.sk*

...pričom výraznú úlohu tu zohrali **influenceri**. - *hn.sk*

...bola vlastne prvou **influencerkou**... - *diva.sk*

BYLINKY UZDRAVUJÚ

Leto je ideálnym obdobím na pestovanie rôznych bylín. Do čajov, polievok, nápojov či omáčok. Na výber je ich niekoľko druhov. Vedeli ste, že okrem pozitívnych účinkov môžu pri nadmernej konzumácii mať vedľajšie účinky či spôsobiť zdravotné problémy? Prečítajte si aké.

Bazalka pravá - Krehké a prenikavo voňajúce listy bazalky pravej pozitívne vplyvajú na imunitný systém, a to najmä tým, že majú silné antiseptické a antibakteriálne účinky. V malom množstve podporuje trávenie, uľavuje bruchu od plynatosti, zlepšuje chuť do jedla, odstraňuje kŕče a zmiernuje príznaky tráviacich problémov.

Pepermint - Obsahuje vzácne silice a mentol, ktoré majú silné antiseptické účinky. Ničí baktérie a vírusy. Osviežuje dych, pomáha žalúdku tráviť ťažké jedlá. Mätové listy sa používajú pri poruchách trávenia

Petržlen má vysoký obsah sílic, z ktorých najznámejší je apiol. Obsahuje vysokú dávku horčička a vitamínu C. Magnézium zmiernuje kŕče a vitamín C sa stará o ochranu tela pred choroboplodnými zárodkami. Vitamín C ocenia ženy pri tvorbe kolagénu, ktorý sa stará o pevnú a zdravú pleť.

JEDNODUCHÉ RECEPTY NA LETO

HRNČEKOVÝ OVOCNÝ KOLÁČ

2 hrnčeky polohrubej múky
1 hrnček kryštálového cukru
1/2 hrnčeka mlieka
1/2 hrnčeka oleja
3 vajcia
1 bal prášok do pečiva
500 g ovocie



Všetky prísady okrem ovocia spolu zmiešame. Cesto vylejeme na plech s papierom na pečenie. Na vrch dáme očistené ovocie (väčšie ovocie pokrájame). Pečieme cca 30 min na 360°F. Upečený koláč posypeme práškovým cukrom.

ČOKO-MARHUĽOVÝ KOLÁČ

150 g maslo
150 g cukor
1 bal. vanilkový cukor
150 g rozpustená čokoláda
4 ks žltok vaječný
4 ks bielok vaječný
štipka soľ
4 PL rum
150 g múka hladká
1 čajová lyžička prášok do pečiva
1 kg marhule



Zmäknuté maslo vymiešame do peny spolu s cukrom a vanilkovým cukrom. Postupne pridávame žltka, ďalej miešame. Primiešame rum a rozpustenú čokoládu, múku s práškom do pečiva. Bielka vyšľahané s troškou soli zľahka primiešame.

Formu potrieme olejom a múkou, alebo vystelieme papierom na pečenie, natrieme korpus a rozložíme rozpočené marhule. Pri teplote 360 stupňov F pečieme 35-40 minút. Podľa chuti pocukríme.

MALINOVÝ SEN

vanilková zmrzlina
2 hrnčeky čerstvé maliny
1 PL práškový cukor
1 balíček vanilkový cukor



V kastróliku povaríme maliny, pridáme k nim cukor a necháme ich prejsť varom. Potom ich odstavíme a nalejeme na vanilkovú zmrzlinu.

PRVÁ SLOVENSKÁ PREZIDENTKA ZUZANA ČAPUTOVÁ SA UJALA ÚRADU

Predseda Národnej rady Slovenskej republiky Andrej Danko otvoril 15. júna slávnostnú schôdzu parlamentu, na ktorej Zuzana Čaputová zložila prezidentský sľub a ujala sa funkcie prezidentky SR.

Na inaugurácii boli prítomní okrem rodiny aj najvyšší ústavní činitelia, dosluhujúci prezident Andrej Kiska, šéf parlamentu Danko, premiér Peter Pellegrini a šéf Ústavného súdu Ivan Fiačan. Tiež bývalí prezidenti Rudolf Schuster a Ivan Gašparovič či poslanci NRSR.

Zuzana Čaputová zložila do rúk predsedu Ústavného súdu SR Ivana Fiačana ústavou predpísaný sľub a ujala sa funkcie slovenskej prezidentky.

Prezidentka SR Zuzana Čaputová nechce z úradu vládnuť, ale slúžiť ľuďom a Slovensku. Povedala to vo svojom inauguračnom prejave po tom, čo na slávnostnej schôdzi Národnej rady SR zložila ústavou predpísaný sľub a ujala sa funkcie.

Zuzanu Čaputovú zvolili občania SR v druhom kole prezidentských volieb, ktoré sa konali 30. marca. Slovensko malo dosiaľ štyroch prezidentov. Prvým bol Míchal Kováč, ktorého však volil parlament. Priamo si občania volili hlavu štátu prvýkrát v roku 1999, vybrali si Rudolfa Schustera. Po ňom bol dvakrát na čele štátu Ivan Gašparovič a dosiaľ posledným prezidentom je Andrej Kiska. Funkčné obdobie mu uplynie po inaugurácii jeho nástupkyne Čaputovej.

Zuzana Čaputová sa narodila 21. júna 1973 v Bratislave. Vyštudovala Právnickú fakultu Univerzity Komenského v Bratislave, ktorú ukončila v roku 1996. Počas štúdia i po jeho skončení pracovala na Mestskom úrade v Pezinku, najskôr ako asistentka na právnom oddelení a neskôr ako zástupkyňa prednostu mestského úradu.

V rokoch 1998 až 1999 absolvovala vzdelávací cyklus Všeobecný manažment - Manažment zmeny a v roku 1999 tréning ARK, s. r. o. - Mediácia, akreditovaný Ministerstvom školstva SR. Bola tiež členkou celosvetovej siete environmentálnych právnikov ELAW. "Pôvodne som chcela študovať psychológiu. Považujem za zmysluplné robiť prácu, ktorá je službou niečomu dôležitému. Environmentálne otázky majú blízko k najdôležitejším hodnotám, a to sú život a zdravie. Ako právnička som sa teda začala venovať aj týmto kauzám," povedala v rozhovore pre miestny časopis Pezinčan.

Od roku 1998 začala pôsobiť v treťom sektore. Pracovala ako projektová manažérka v občianskom združení EQ Klub na projekte rozvoja miestnych komunít. Od roku 2001 začala spolupracovať so združením Via Iuris, od roku 2010 ako advokátka.

Via Iuris je občianske združenie, ktoré pomáha ľuďom obhajovať svoje práva a zúčastňovať sa na rozhodovaní o veciach verejných. V rámci tejto spolupráce sa Čaputová venovala téme "Verejná kontrola verejnej moci", téme "Zodpovednosť verejných činiteľov", a tiež účasti verejnosti na rozhodovaní o veľkých investičných zámeroch.

Výrazne sa angažovala v kauze pezinskej skládky, ktorá sa začala koncom 90. rokov 20. storočia. Informácia o zámere vybudovať novú skládku vedľa starej a v blízkosti centra Pezinka, sa objavila v roku 1999. Len v prvej etape mala mať skládku plochu jedenásť a pol futbalových ihrísk a hĺbku, ktorá sa rovnala štvorposchodovému domu. Najintenzívnejšie obdobie prišlo od roku 2007 počas integrovaného povoľovania skládky a v roku 2008, keď sa konalo najviac verejných protestov. V roku 2013 Najvyšší súd SR zrušil povolenie



Na snímke počas inaugurácie sú (zľava): odstupujúci prezident Andrej Kiska, prezidentka SR Zuzana Čaputová, predseda NRSR Andrej Danko a predseda Ústavného súdu SR Ivan Fiačan. Foto: TASR

na skládku. "Celá naša komunita sa chcela ubrániť ďalšej obrovskej záťaži, ktorú sa nám mocenský valec usiloval nezákonne do mesta pretlačiť. Spojili sme sa a po 14 rokoch sme to vyhrali," uviedla vtedy Čaputová.

V roku 2016 jej udelili prestížnu Goldmanovu environmentálnu cenu, nazývanú aj Nobelova cena za ekológiu. Angažovala sa tiež v zbere podpisov pod petíciou požadujúcu zrušenie Mečiarových amnestií. V septembri 2017 oznámila odchod z tímu Via Iuris a pokračovanie v advokátskej praxi, v rámci ktorej sa naďalej venovala environmentálnym témam.

Právnička a občianska aktivistka Zuzana Čaputová kandidovala na post prezidentky Slovenskej republiky za mimoparlamentnú stranu Progresívne Slovensko. Hárky s viac ako 18.400 podpismi potrebnými na svoju prezidentskú kandidatúru odovzdala 24. januára 2019. "Aj doposiaľ som sa snažila pomáhať ľuďom, ktorí čelili nepravosti a krivde. Myslím si, že v súčasnosti je potrebné, aby na tomto poste bol prezident alebo prezidentka, ktorý sa zastane ľudí a postaví sa za spravodlivosť," uviedla pri tejto príležitosti.

NAJTEPLEJŠÍ JÚN NA SLOVENSKU V HISTÓRII MERANÍ

Tohtoročný jún bol historicky najteplejším júnom v histórii meteorologických meraní a pozorovaní na Slovensku. Potvrdzujú to nielen hodnoty priemernej mesačnej teploty vzduchu, ale v mnohých meteorologických staniách aj extrémne vysoké počty letných a tropických dní.

V priebehu júna zaznamenal Slovenský hydrometeorologický ústav na Slovensku dve výrazné vlny horúčav, prevažne od 10. do 16. júna, respektíve od 24. do 27. júna. "Toto spôsobilo, že niektoré meteorologické stanice na Slovensku zaznamenali v tomto prvom letnom mesiaci rekordný počet tropických dní. V najkrajnejších prípadoch mala nadpolovičná väčšina dní júna hodnotu maximálnej dennej teploty vzduchu, minimálne 30 stupňov Celzia, napríklad v Žihárči bolo takýchto dní až 19, v Podhájskej 18 a v Dudinciach 16," spresnili klimatológovia.

Priemerná mesačná teplota vzduchu bola vplyvom vytrvalého, nadnormálne teplého počasia v priebehu celého júna extrémne vysoká. V meteorologickej stanici v Žihárči dosiahla až 24,9 stupňa Celzia, v Bratislave na letisku 23,8 stupňa Celzia.

"Vo všetkých meteorologických staniách, ktoré denne posielajú správy INTER, dosiahla priemerná mesačná teplota vzduchu v júni historicky najvyššiu hodnotu," uviedli klimatológovia.

ADAM STERLING KONČÍ OBDOBIE SVOJEJ DIPLOMATICKEJ MISIE NA SLOVENSKU

Odchádzajúci veľvyslanec USA na Slovensku Adam Sterling nielen deklaroval záujem o rozvoj slovensko-amerických vzťahov, ale aktívne prispel k šíreniu informácií o potenciáli rozvoja v oblasti obchodu, vzdelávania či kultúry.

Na adresu amerického diplomata to uvidel minister zahraničných vecí a európskych záležitostí SR Miroslav Lajčák.

Šéf slovenskej diplomacie prijal 3. júla Sterlinga pri príležitosti ukončenia jeho diplomatickej misie na Slovensku.

Lajčák poďakoval veľvyslancovi za jeho osobný prínos k rozvoju slovensko-amerických vzťahov.

“Osobitne chcem vyzdvihnúť vašu aktivitu pri príležitosti 100. výročia od podpísania Pittsburskej dohody, keď ste spoločne s vašimi diplomatmi a spolupracovníkmi usporiadali roadshow s názvom Amerika na kolesách, v rámci ktorej ste navštívili 26 slovenských miest a informovali o možnostiach rozvoja bilaterálnych vzťahov,” povedal Lajčák Sterlingovi. Ako výraz uznania mu odovzdal Zlatú plaketu ministra zahraničných vecí a európskych záležitostí SR.

Partneri v diskusii taktiež zdôraznili význam ďalšieho prehĺbenia spolupráce v rámci transatlantických štruktúr. - TASR



KRÁTKE SPRÁVY ZO SLOVENSKA



Úrad verejného zdravotníctva SR zverejnil údaje Svetovej zdravotníckej organizácie, ktorá označila obezitu za najväčší zdravotný problém na celom svete a varuje pred globálnou epidémiou. Odhaduje sa, že až 155 miliónov detí a adolescentov na svete má nadváhu alebo je obezných a že v roku 2030 bude na Slovensku obezna až tretina obyvateľstva. Na Slovensku trpí nadváhou 45 % žien a vyše 60 % mužov.

V roku 2018 bolo na Slovensku 178 žiadostí o azyl (5 z toho schváli-li). Od roku 1993 Slovensko prijalo 58 886 žiadostí o udelenie azylu, schválilo len 856 z nich. Takmer 50-tisíc konaní zastavili. Štátne občianstvo získalo za 25 rokov existencie štátu 267 cudzincov. Najviac žiadostí bolo v roku 2004 (spolu 11 395). V čase prepuknutia utečeneckej krízy v Európe bolo toto číslo podstatne nižšie - v roku 2014 prijalo ministerstvo vnútra 331 žiadostí a ich počet stále klesá.

Dospelí žiadatelia o azyl majú počas konania podľa zákona nárok na vreckové 40 centov denne, ak sú ubytovaní v jednom z pobytových táborov Migračného úradu Ministerstva vnútra SR. Suma sa môže navýšiť na 1,20 eur denne, keď žiadateľ v tábore pomáha s údržbou, alebo opravami. V tábore majú k dispozícii stravu trikrát denne - raňajky, obed, suchú večeru a základný hygienický balíček. Ministerstvo im tiež prepláca kurz slovenčiny a náklady na nevyhnutnú zdravotnú starostlivosť. Keď žiadateľovi uznajú azyl, alebo doplnkovú ochranu, poskytne mu štát jednorazový príspevok vo výške 1,5 násobku životného minima (v súčasnosti cca. 307 eur, v minulom roku ho získalo 5 ľudí). Po tomto príspevku má nárok len na sociálne dávky v rovnakej výške, ako občania SR.

Nedostatok ľudí na trhu práce privádza na Slovensko čoraz viac cudzincov. Počet pracovníkov z členských Európskej únie a tretích krajín, ktorých evidujú slovenské úrady práce v máji prekročil rekordný počet 72-tisíc osôb.

Počet ľudí s nadváhou v posledných rokoch narastá. Alarmujúci je najmä nárast počtu obezných detí. Na Slovensku má nadhmotnosť alebo obezitu sedem z desiatich mužov. Viac ako polovica žien, konkrétne šesť z desiatich, má nadhmotnosť alebo obezitu. Každý štvrtý dospelý Slovak v produktívnom veku bez ohľadu na pohlavie je obezný. Podľa Svetovej zdravotníckej organizácie (WHO) v roku 2016 bolo na svete 41 miliónov obezných detí mladších ako päť rokov. Hovoríme o epidemiologickom probléme 21. storočia. Detská obezita pretrváva u 4 z 5 detí aj v dospelosti a môže skracovať život až o 20 rokov,” približuje hrozivé čísla MUDr. Lubomíra Fábryová, PhD., prezidentka Slovenskej obezitologickej asociácie a prezidentka obezitologickej sekcie Slovenskej diabetologickej spoločnosti.

Na Lomnickom štíte dosiahla v pondelok 1. júla najvyššia denná teplota vzduchu 19,5 stupňa Celzia, čo je rekord nielen pre prvý júlový deň, ale vôbec najvyššia hodnota v histórii meraní, akú na tomto mieste zaznamenali. Tak teplo na Lomnickom štíte ešte nebolo, odkedy je v prevádzke tamojšia meteorologická stanica, teda od roku 1940. Doteraz bol najteplejším prvým júlovým dňom na Lomnickom štíte 1. júl 1987, keď namerali 17,3 stupňa Celzia.

42. FESTIVAL SLOVENSKEHO DEDIČTVA V EAST BRUNSWICK, NJ

42nd SLOVAK HERITAGE FESTIVAL
AT MIDDLESEX COUNTY FAIRGROUNDS
SEPTEMBER 22 2019 | NJ | U.S.A.

10 AM
Katolícka sv. omša, celebruje otec Martin Vavrák, South Amboy

11:30 AM
Slovenská škola Queens, NY a Limboračik

1:30 PM
Slovenské školy Lipka Academy -Linden a Domovinka - Clifton NJ
v spoločnom programe “Od detstva k svadbe”

2:30 PM
Folklórny súbor Limbora - New York, NY

3:15 PM
Cigánsky Diabli - Slovensko

4:30 PM
Drišľak - Slovensko



Slovak Catholic Sokol

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

Our Ever-Popular, 304-Page **Sokol Cook Book**

is Now in its Fourth Edition

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

Place your order today!

Make check or money order payable to:

Slovak Catholic Sokol

P.O. Box 899 – 205 Madison Street

Passaic, N.J. 07055

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



NAME _____

ADDRESS _____

CITY, STATE & ZIP _____

NUMBER OF BOOKS _____

(Effective January 1, 2015)

CHANGE OF ADDRESS OR REQUEST FOR SLOVAK CATHOLIC FALCON

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

NEW CHANGE CANCELLATION

Certificate No. _____

Name _____

New Address _____

City _____ State _____ Zip _____

Old Address _____

City _____ State _____ Zip _____

SLOVAK CATHOLIC SOKOL

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

ANNUITY RATES

EFFECTIVE DATE: JULY 1, 2019

	<u>CURRENT</u>	<u>MINIMUM GUARANTEE</u>
VANTAGE 1	2.10%	1.75%
VANTAGE 2	2.40%	1.75%
VANTAGE 3	2.65%	1.75%
VANTAGE 5	3.15%	2.00%
VANTAGE 7	3.50%	2.00%

SINGLE PREMIUM IMMEDIATE ANNUITY – SPIA

10 YEARS OR MORE	3.50%
5 TROUGH 9 YEARS	2.75%

NO LONGER OFFERED EFFECTIVE: AUGUST 31, 2011

	<u>CURRENT</u>	<u>MINIMUM GUARANTEE</u>
FLEXIBLE	3.00%	3.00%
SINGLE PREMIUM	3.00%	3.00%

Follow Us On TWITTER

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

INSTAGRAM

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