



Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLÍCKY SOKOL

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Message from our Supreme President

Michael J. Horvath

The month of May is dedicated to the devotion to the Blessed Virgin. This year should bring us closer to Her as we struggle to deal with the enormous upheaval in our lives brought upon us by the COVID-19 pandemic. With all the Blessed Virgin's beautiful and sacred dogmatic and devotional titles bestowed on Her we all should



prayer to Her earnestly this May asking for Her help to end the pandemic, to protect us and our families from being infected and for Her love to all who have succumbed from COVID-19. My prayers will be to the Mother of Sorrows, the Patron of Slovakia.

Some experts tell us "Change" is a constant, it happens naturally, and is good. Other experts say "Disruption" creates new ideas, processes and procedures to improve our future. Why does change and disruption have to be a deadly pandemic virus that is infecting millions and causing thousands of deaths be the factor to create change and disruption? After the pandemic passes we will see how it improved our future lives. Let us hope the pandemic will teach us how to better practice the Golden Rule.

This past Lenten season seemed longer than any other and our most Holiest of Catholic days, the Triduum and Easter Sunday were not what we are traditionally used to. We experienced a new way to hear the readings of the Passion of Jesus Christ during the Triduum. Instead of being in church with family, friends and parishioners to hear the readings; we watched them on our electronic devices in our homes. This sufficed our obligations but did not give the felling of community and holiness.

I want to thank all priests and our Supreme Chaplain, Fr. Andrew S. Hvozdic who brought our faith to us during the Triduum and Easter Sunday. They adjusted to having services in empty churches while live streaming to us the Triduum and Easter Sunday

services. Thank you!

What we have witnessed for more than 45 days can be described as horrific, unbelievable, devastating, miraculous, inspiring, and more. It has brought the best and worse out of humanity, but more of the best than the worse, as always. We have seen how our natural instincts to help and aid others overshadowed self-survival instincts. We see this in the donations to food banks, so those in need will have food versus the panic buying. Let us see more of the donation as we move forward.

We have learned more new words these past few week, mostly are medical, mathematical and technical terms, all to help us understand the pandemic. We have seen most people will follow the directions of the experts and leaders who are there to help and protect us. They seek to minimize the destruction and death caused by the pandemic and they will lead us back to our new way of life. Also, our future way of life being created will be a lot different than the life we had on January 1, 2020.

The word "HERO" is being redefined every day because of what we are experiencing. Before the pandemic a Hero was person who did something under unusual circumstances and conditions and at the same time risks their lives by putting themselves in harm's way to help someone in a one-time event. Now we see there are many "HEROES". These "HEROES" are those who are putting their lives at risk every day, under extreme hazardous conditions just by doing their normal daily job. They are the true "HEROES" of this pandemic, the essential workers on the front lines, who prior to the pandemic were just workers. Without these "HEROES" this pandemic would be worse and our limited freedoms would even be more severe with more misery, destruction and death. There is a new appreciation for these "HERO" workers. We now know and understand how important they all are to us and our lives.

Not only has each one of us experienced the limitations the pandemic

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From the desk of the Supreme Secretary

STAY POSITIVE

by Scott T. Pogorelec, F.I.C.



When the righteous cry for help, the Lord hears, and rescues them from all their troubles. Psalm 34:17

Greetings from Passaic, NJ! I hope everyone is staying safe during these difficult times. Here at the Home Office, we are doing our very best to continue servicing our members and agents. As many of you know, we have instituted our Business Continuity Plan and the staff



is doing an amazing job communicating, processing, and answering the needs of our membership. Again, I reiterate to all our members, if you have any questions, please contact us at 800-886-7656 or

email us at info@scslife.org, and someone will get back to you as soon as possible. Also, you can always contact me directly at scott@slovakcatholicokol.org, and I promise to get back to you.

If you read my last article, you know that I believe the positivity is paramount during difficult times, and this certainly qualifies as a difficult time. I thought it would be a good idea to list a couple examples of "good" news or stories coming out of this virus. Amid all the incessant doom and gloom on the news today, there are some positive stories, messages, and reasons to remain hopeful...and hopefully make you smile.

1) Three weeks ago, in Oregon, WWII veteran, William Lapschie, celebrated his 104th birthday after recently making a full recovery from Coronavirus.

2) The examples of kindness and selflessness have been abundant during these times. Numerous couples who have had their weddings postponed have donated their catering to local food banks and local hospitals.

3) A Needham, MA florist had all the flowers bought in her store by a "mystery man" and he distributed them to the locals. The shop was in the middle of closing due to the state-mandated shutdown.

4) Hospitalization rates are going down and the ability to get a test is getting easier. Many hospitals are seeing the dis-

charge rate exceeding the admittance rate.

5) Our response to a future pandemic SHOULD improve. We need to learn from past mistakes.

6) Sometimes it is hard to believe, but social media and the internet is actually helpful! It has given us a way to communicate with our loved ones by being socially distant. Also, I think we can all agree that it has given our "technologically deficient" members tutorials on a daily basis on how to operate email, social media, zoom and other platforms that were off their radar prior to stay at home orders!

7) The environment seems to be improving. The canals in Venice are clear, the Himalayan Mountains are visible for the first time in decades and carbon emissions are down around the globe. This is obviously not how we envisioned improving the environment, but it is a sliver of good news during this time.

8) Some antiviral medications are producing rapid recoveries with Covid-19 patients. As we continue to flatten the curve, this time allows our healthcare industry to find what works and figure out how to use it effectively.

As you can see, there are reasons to be hopeful and to remain positive during this pandemic. The quicker we take politics and partisan divide out of the equation and realize that are all human beings who get sick, care for each other and show resolve during difficult times, the better we will be. At our hospitals nationwide, Democrats are caring for Republicans and Republicans are caring for Democrats. We are all in this together! Remember, it will be the "good news" that gets us back to normalcy.

Once again, thank you to all our Sokol healthcare workers, first responders, delivery personnel, postal workers, store employees and all essential employees working during this time. You are appreciated more than you know!

I want to wish a Happy Mother's Day to all our Sokol Moms, including my Mom, Annie, and my beautiful Wife, Maggie! We love you!

Until next time, stay safe, wash your hands and be kind to one another!

Zdar Boh!

GROUP 12 ATHLETES REUNION PICNIC

**Saturday, August 1 at 1:00 p.m.
at Sokol Macey Hall, Reading, PA**

Anyone who would like to lend a hand in the planning of this special event please contact us. Looking for our former athletes – let us know how to contact you. Contact: Kathi Smolkowicz, 411 Crestmont St., Reading, PA 19611; tel. 610 507-3748; kms@readingsokol.org

– Group 12 Reunion Committee

JOIN THE WALKING PROGRAM TODAY!

For more information contact
Martin Degnan at
mcoach1986@aol.com



SLOVAK CATHOLIC FALCON PUBLICATION DATES

The next issue of the Slovak Catholic Falcon will be that of **JUNE 1, 2020. DEADLINE** for all photos and information for this issue will be **MAY 22, 2020.**

CHECK OUT THE NEW SOKOL WEAR!

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

slovakcatholicokol.org
and selecting the link

"New Sokol Wear".

Clothing items will be shipped directly to your door!

2020 LAW DAY MESSAGE FROM OUR GENERAL COUNSEL JOHN D. POGORELEC, JR., ESQ.

On May 1, 2020, America celebrates Law Day, an annual observance set aside to commemorate the rule of law. Every year, Law Day is an opportunity to expand awareness of our laws and justice system and their valuable impact on our lives. Law Day gives us the tools to build citizenship and a shared concept of justice. It is an invitation to all of us to dedicate ourselves to fulfilling our role as citizens in a democratic society. The Law Day 2020 theme is "Your Vote, Your Voice, Our Democracy: The 19th Amendment at 100." In 2019-2020, the United States has been commemorating the centennial of the transformative constitutional amendment that guaranteed the right of citizens to vote would not be denied or abridged by the United States or any state on account of gender. This year's Law Day theme provides the opportunity to educate the public about the 19th Amendment and the importance of promoting the exercise of the right to vote.



MEANING OF LAW DAY

Law Day is held on May 1st of every year to celebrate the role of law in our society and to cultivate a deeper understanding of the legal profession. The overall objective of Law Day is to bring to as many individuals as possible a keener awareness of their reliance upon law in their daily lives and of the indispensable role of law in our national life. On this day, each of us should reflect on our legal heritage and the rights we enjoy under our Constitution. We should cherish our freedom by taking pride in the benefits of our system of law and justice. Throughout the country, Law Day programs are conducted and designed to help us understand how law keeps us free and how our legal system strives to achieve justice. This has been ongoing every year since 1958 when former President Dwight D. Eisenhower established Law Day as a day of national dedication to the principles of government and the law.

THE 19TH AMENDMENT AT 100

The 2020 theme provides an opportunity to explore the many ways that the 19th Amendment has reshaped American law and society. Prior to winning suffrage, state laws prohibited women from owning and inheriting property, signing contracts, serving on juries, and voting in elections. Job opportunities for women who had to work outside the home were limited to the service industry, and wages were menial. Moreover, women were encouraged to marry as a way of ensuring economic security. Consequently, American women fought for and won the right to vote through their voice and action. The women's suffrage movement forever changed America, expanding representative democracy and inspiring other popular movements for constitutional change and reform. Law Day 2020 urges all of us to explore these legacies while also encouraging citizens to exercise their responsibilities as voters. Possessing the right to vote is essential; exercising the right to vote so that you have a voice in our democracy is where one can make a difference.

HISTORICAL PERSPECTIVE

On August 18th, 1920, the 19th Amendment to the United States Constitution was ratified. The article read, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex."

The movement to allow women the right to vote through the

19th amendment was named the suffrage movement. The women's suffrage movement was founded in the mid-19th century by women who had become politically active through their work in the abolitionist and temperance movements. In July 1848, 240 woman suffragists, including Elizabeth Cady Stanton and Lucretia Mott, met in Seneca Falls, New York, to assert the right of women to vote. Female enfranchisement was still largely opposed by most Americans and the distraction of the North-South conflict and subsequent Civil War precluded further discussion. During the Reconstruction Era, the 15th Amendment was adopted, granting African American men the right to vote, but Congress failed to expand its progressivism into the sphere of gender.

In 1869, the National Woman Suffrage Association, led by Susan B. Anthony and Elizabeth Cady Stanton, was formed to push for an amendment to the U.S. Constitution. Another organization, the American Woman Suffrage Association, led by Lucy Stone, was organized in the same year to work through the state legislatures. In 1890, these two societies were united as the National American Woman Suffrage Association. That year, Wyoming became the first state to grant women the right to vote.

By the beginning of the 20th century, the role of women in American society was changing drastically; women were working more, receiving a better education, bearing fewer children and several states had already authorized female suffrage. In 1913, the National Women's Party organized the voting power of these enfranchised women to elect congressional representatives who supported woman suffrage, and by 1916, both the Democrat and Republican parties openly endorsed female enfranchisement. In 1919, the 19th Amendment passed both house of Congress and was sent to the states for ratification. Eight days later, the 19th Amendment took effect. On August 26, 1920, the 19th Amendment was certified by the U.S. Secretary of State Bainbridge Colby and women finally achieved the long sought right to vote through the United States.

THE 19TH AMENDMENT EFFECT ON SOCIETY

The 19th Amendment helped millions of women move closer to equality in all aspects of American life. Women successfully advocated for better job opportunities, fairer wages and higher education. However, after the ratification, suffragists knew that their work wasn't finished. While the government recognized women's right to vote, many women still faced discrimination. This led to sponsorship of the Equal Rights Amendment, which, if ratified, would guarantee equal rights to all people regardless of their gender. The Equal Right Amendment was ratified by both houses of Congress in the 1970s, but it failed to get adequate support from the states. To date, it has not yet been added to the Constitution.

Women's rights advocates did make progress in passing other legislation. Congress passed the Equal Pay Act in 1963, making it illegal to pay a woman less for doing the same job as a man. A year later, Congress passed the Civil Rights Act of 1964. This act is often associated with the civil rights movement as it prohibits employers from discriminating against an individual based on their race. However, the passage of the act was also a big step in advancing women's rights. The act also states that employers cannot discriminate against someone based on their gender. Before the act, employers could choose not to hire a woman because of her gender.

Since the 19th Amendment's passage, women have helped inaugurate a new era of American politics. There were 81.3 million women registered to vote in the United States as of 2018, comprising 53% of the electorate. In 2019 the United States has

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UNDERSTANDING GENERATIONAL DIFFERENCES

Currently, there are five different generations living in the world today. By understanding characteristic of each generation, we can better appreciate, motivate, and relate to all. The Slovak Catholic Sokol is an organization made up of these five generations. When people feel heard, understood and valued, they are more likely to invest their time and energy into projects, causes, organizations.



Traditionalists- Individuals born between 1927 and 1945. Their formative years were spent living through The Great Depression, World War I and World War II. Also known as "The Greatest Generation".

My parents' generation- characterized by a strong work ethic and a belief that you earn your way through hard work. They are civic minded, loyal, thrifty with respect to authority. While this generation may be technologically challenged, these individuals value morals, security and consistency. They rely on human interaction and possess strong interpersonal skills.

Baby Boomers- Born between 1946-1964. Noted as the most influential generation. Individuals played pivotal roles in civil rights movements, Woodstock, and Vietnam War. This generation too, values relationships as they did not grow up with technology. They rely in strong interpersonal skills for everyday life and use technology as a tool as opposed to a means of connectivity. They are goal oriented, focused and disciplined.

Generation X- Known as "The Lost Generation" born between 1965- 1980. My generation stuck between two powerful generations of individuals. Individuals like myself are more focused on a work-life balance as we grew up "Latch- Key" kids. Both parents (and single parent households) needed to work to earn a living. These individuals work to live, think globally and adapt to change easily.

The Millennials- Thrive on innovation, start ups and technology. Born between 1980-2000. Time Magazine called them "The Me Me Me Generation" because their needs can be met easily. Individuals are known to be confident, entitled and anxious. They grew up making rules as opposed to being told what is right and wrong. They are fully transparent, share everything, and value diversity. Lives are run by smart gadgets and they are driven by a reliance on technology more so than people.

Generation Z- The first generation to grow up with modern technology, born between 1995-2012. These individuals are accepting of others, realistic, individualistic and entrepreneurial. They are comfortable collecting information and cross referencing from multiple sources. They value individual expression and avoid labels. These individuals are consumed with truth and authenticity. They are very comfortable having more than one way to accomplish a goal.

We need people from all generations to strengthen our organization. The work ethic of the Traditionalists, the teamwork skills of the Baby Boomers, the self-reliance of Generation X, multitasking abilities of Millennials and the entrepreneurship of Generation Z are combined qualities that can overcome organizational challenges. Each generation has its own unique quality. By capitalizing on each others' strengths, our organization will remain strong. Zdar Boh!

Nancy Kropolinsky

Supreme Assistant Physical Fitness Directress

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

PRAISE PRAYER DURING THIS PANDEMIC

Praise be the nurses and doctors, every medical staff bent over flesh to offer care, for lives saved and lives lost, for showing up either way,

Praise for the farmers, tilling soil, planting seeds so food can grow, an act of hope if ever there was,

Praise be the janitors and garbage collectors, the grocery store clerks, and the truck drivers barreling through long quiet nights,

Give thanks for bus drivers, delivery persons, postal workers, and all those keeping an eye on water, gas, and electricity, Blessings on our leaders, making hard choices for

the common good, offering words of assurance,

Celebrate the scientists, working away to understand the thing that plagues us, to find an antidote, all the medicine makers, praise be the journalists keeping us informed,

Praise be the teachers, finding new ways to educate children from afar, and blessings on parents holding it together for them,

Blessed are the elderly and those with weakened immune systems, all those who worry for their health, praise for those who stay at home to protect them,

Blessed are the domestic violence victims, on lock down with abusers, the homeless and refugees,

Praise for the poets and artists, the singers and storytellers, all those who nourish with words and sound and color,

Blessed are the ministers and therapists of every kind, bringing words of comfort,

Blessed are the ones whose jobs are lost, who have no savings, who feel fear of the unknown gnawing,

Blessed are those in grief, especially who mourn alone, blessed are those who have passed into the Great Night,

Praise for police and firefighters, paramedics, and all who work to keep us safe, praise for all the workers and caregivers of every kind,

Praise for the sound of notifications, messages from friends reaching across the distance, give thanks for laughter and kindness,

Praise be our four-footed companions, with no forethought or anxiety, responding only in love,

Praise for the seas and rivers, forests and stones who teach us to endure,

Give thanks for your ancestors, for the wars and plagues they endured and survived, their resilience is in your bones, your blood,

Blessed is the water that flows over our hands and the soap that helps keep them clean, each time a baptism,

Praise every moment of stillness and silence, so new voices can be heard, praise the chance at slowness,

Praise be the birds who continue to sing the sky awake each day, praise for the primrose poking yellow petals from dark earth, blessed is the air clearing overhead so one day we can breathe deeply again.

And when this has passed may we say that love spread more quickly than any virus ever could, may we say this was not just an ending but also a place to begin.

AMEN

THE MONTH OF MAY

The time of the year that almost everyone looks forward to. College graduations. Mother's Day. High school proms. The International Bowling Tournament. Warmer weather. Flowers in full bloom. Outdoor activities. Spring is almost half-way over and summer is right around the corner.



But something happened. And not just here. But all over the world. The world isn't quite what it used to be. The terms 'non-life sustaining business' and 'self-isolation' were everywhere. No social gatherings. Suspended until further notice. Cancelled outright. Delayed due to restrictions. Our vocabulary seemed to be infected by negatives. Antibacterial wipes, masks, gloves and 'social distancing' became the norm. Staying home and inside, keeping safe and

hunkering down in place are all we are allowed to do. Television, Netflix, Hulu, Facebook and Instagram are our sole entertainment.

Despite all these negative limitations, I have seen some pretty amazing things going on. Facebook challenges. Meme contests. Zoom meetings of the Fitness Board. I've seen school teachers on Facetime with students to review materials or just to hear them read a few lines from a favorite book to keep their skills sharp. I've seen volunteers distributing meals to shut-ins who can't manage for themselves. I've seen small restaurants stay open to feed customers despite a possible loss of revenue. I've seen delivery services springing up alongside curb-side services to keep businesses open and employees working. And one of the most amazing things I'll ever witness is our own Fr. Andy celebrating Easter Mass on Facebook.

Every day I read about or see something that shows WE CARE. But I'm sure I'm not the only who has witnessed these awesome acts. I'm positive that you've seen your share too. What I really want to ask is, 'what have you done, lately?' Is there something that you can do to ease the feeling of isolation for someone?

I understand that we were all looking forward to our various activities over the upcoming months. Things change. What I see in front of us is an opportunity to show who we are and what we stand for. I know that we all will check in on our relatives and close friends to see how they're holding up, but did you think about the elderly couple down the street who might need some help? We call or text each other almost daily but have you done that for someone that might only see once or twice a year? We all feel the need to be safe but does that mean shutting yourself off from everyone else?

And so I challenge you to do something special. Do something that will help someone else. We are all going to take care of our own but isn't it during a time of need that we should all be looking out for others less fortunate.

Stay safe everyone!!

Zdar Boh!
Marty Degnan
Supreme Assistant Physical Director

#sokolstrong!
 #slovakproud!

!! CANCELLATION !! OF THE SLOVAK CATHOLIC SOKOL 2020 INTERNATIONAL BOWLING TOURNAMENT

Due to the COVID-19 Pandemic and for the health and safety of our members, the Board of Directors made the decision to cancel the 2020 International Bowling Tournament scheduled for May 15th and 16th in Cleveland, Ohio.

Please keep everyone affected by the COVID-19 virus in your prayers. Stay safe.

James Matlon, Director of Sports and Athletics

2020 LAW DAY MESSAGE

(Continued from page 4)

more women in national politics than ever before. The amount of women in Congress has been steadily on the rise since the early 1990's – the record amount of 127 at present. Today, approximately 25% of national lawmakers are women. The following is a list of female pioneers who have made history in this past century:

In 1922, Rebecca Latimer Felton became the first woman to serve in the United States Senate;

In 1925, Nellie Tayloe became the first woman to ever hold a U.S. governor post;

In 1972, Jean Westwood became the first ever woman to chair a political party;

In 1981, Sandra Day O'Connor was the first female Supreme Court justice, nominated to the top court by President Reagan;

In 1993, Janet Reno became the first female attorney general to lead the U.S. Justice Department;

In 1997, Madeleine Albright became the first female secretary of state;

In 2007, Nancy Pelosi became the first woman to serve as Speaker of the House; and

In 2016, Hillary Clinton became the first female nominee of a major U.S. political party.

CONCLUSION

Although Law Day occupies only a single calendar day, it is a reminder that while principles of freedom and justice are constant, their vitality cannot be taken for granted, but must be practiced by every citizen, every day of the year. Indeed, the passage of the 19th Amendment was an important milestone in women's history inasmuch as the amendment gave women the power to vote and have a say in running our democracy. Nevertheless, a century after the ratification of the 19th Amendment, women continue to advocate for their rights. Realizing the dream of equality for all is a challenge and continued work in progress. As Sokols and Sokolky, let us unite and commit ourselves to assuring all citizens of this great nation that we have the opportunity to realize and experience the dream of liberty and equality. We can do a great deal to encourage people to register and vote, no matter their party, beliefs or affiliations.

ZDAR BOH!
 Respectfully submitted,
John D. Pogorelec, Jr.
General Counsel

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING HELD VIA CONFERENCE CALL – MARCH 20, 2020

OPENING SESSION Friday, March 20, 2020 – 5:00 P.M.

Supreme President, Michael J. Horvath, **Called to Order** the Quarterly Meeting of the Supreme Board of Directors at 5:00 p.m. on Friday, March 20, 2020 and welcomed all the members of the Board on the call.

Supreme Chaplain, Rev. Andrew S. HvozdoVIC, V.F. offered the **Opening Prayer** leading the Directors in the reading of a prayer for all effected by the Covid-19 Virus.

Supreme Vice-President, Edward D. Moeller led the Board members in reciting the **Pledge of Allegiance to the Flag**.

Supreme Secretary, Scott T. Pogorelec, F.I.C. was asked to take the **Roll Call** and the following members responded:

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

The record will show all ten members of the Board of Directors are in attendance. Acknowledged

President Horvath gave his **Opening Remarks**, welcoming the Board of Directors and thanking them for their hard work and dedication to the organization. Brother President and Brother Secretary thanked the Board for their flexibility during this difficult time for our nation.

President Horvath informed the Board that they all have received the **Minutes** from our last Board meeting held on December 1-2, 2019 in Deerfield Beach, FL and published in the February 1, 2020 issue of the Slovak Catholic Falcon. Brother President entertained a motion for their acceptance, so moved by Supreme Chaplain, Rev. Andrew S. HvozdoVIC, seconded by Chairperson of the Supreme Auditors, James G. Jerek. Approved

President Horvath advised the Directors that they have all received copies of the 2019 Directors Activity Reports and requested a motion for their acceptance. Supreme Chaplain, Rev. Andrew S. HvozdoVIC, will forward any typographical mistakes found to our Supreme Secretary for correction. General Counsel, John D. Pogorelec, Jr., Esq. made a motion to accept all reports, seconded by Supreme Physical Director, John M. Underation. Approved

The Supreme President then announced the following **Committee Assignments**.

ASSIGNMENT OF PERMANENT COMMITTEES

BUDGET COMMITTEE

James F. Knis, Chairperson
Michael J. Horvath
Scott T. Pogorelec, F.I.C.
James G. Jerek

PHYSICAL FITNESS COMMITTEE

James C. Matlon, Chairperson
John M. Underation
Katie Swift
Rev. Andrew S. HvozdoVIC
John D. Pogorelec, Jr., Esq.

SCHOLARSHIP ADVISORY/SELECTION COMMITTEE

Edward D. Moeller, Chairperson
Michael J. Horvath
Scott T. Pogorelec, F.I.C.
Katie Swift*
John M. Underation*

*(Two different B.O.D. Members will rotate each year)

Acknowledged

President Horvath asked the Supreme Secretary to present any **Communications** or greetings that were received at the Home Office.

Brother Pogorelec indicated thank you letters were received from Rev. Michael J. Piccola, Pastor of Saint Cyril and Methodius Parish in Hazelton, PA, Bernie Demechko, Secretary of Youngstown Sister Cities Program and Rev. George M. Gulash, Pastor of Resurrection Roman Catholic Church in Johnstown, PA, for donations received. Acknowledged

President Horvath thanked the Supreme Secretary and indicated that he would like to entertain a motion to table the Annual Museum Board Meeting to a future date, so moved by Supreme Vice-President, Edward D. Moeller, seconded by General Counsel, John D. Pogorelec, Jr., Esq. Approved

Brother President then called upon the Supreme Secretary, Scott T. Pogorelec, F.I.C., to present the **2019 Annual Financial Report of the Supreme Secretary**.

2019 REPORT OF THE SUPREME SECRETARY SLOVAK CATHOLIC SOKOL

ASSETS	2019	2018
Cash - Senior Account	\$ 186,440	416,727
Cash - Bank of Montreal	16,346	15,636
Cash - Payroll Account	3,734	4,205
Petty Cash	-	138
Investments - Bonds & Bills	73,164,049	70,583,700
Investments - Stocks	8,780,382	8,891,877
Capital Reserve	1,532,176	2,314,697
Stock Adj. to Book Value	2,175,177	962,626
First Mortgage Loans	606,410	651,874
Loans on Certificates	241,244	219,057
Accrued Interest Receivable	829,062	803,627
Sokol Building/Land	325,140	279,178
Accounts Receivable	25,100	21,100
Non Admitted	-	-
TOTAL ASSETS	\$ 87,885,260	85,164,442

(Continued on page 8)

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING

(Continued from page 7)

LIABILITIES AND RESERVES	<u>2019</u>	<u>2018</u>
Life Reserves	\$ 68,441,082	67,238,630
Asset Valuation Reserve	1,660,232	563,580
Interest Maintenance Reserve	196,054	184,329
Reserve for Supplemental Contracts	2,643,815	2,486,479
Reserve Emp. Retirement Plan	4,828,267	4,809,676
Reserve for Convention	-	200,000
Claims Payable	534,949	405,200
Conversion - Canadian Currency	3,801	4,167
Accounts Payable	76,983	103,660
Sokol Secure Fund	1,096,024	1,050,413
Mary Jane Rich Scholarship Fund	85,000	85,000
Emil Slavik Scholarship Fund	100,000	100,000
Dr's Lesko Medical Scholarship Fund	20,000	20,000
Yencha Memorial Scholarship	18,500	18,500
Krista L Glugosh Memorial Scholarship Fund	24,000	24,000
Dividend Payable	50,000	50,000
Advance Premiums	89,530	70,113
Premium Load	-	481
TOTAL LIABILITIES	<u>\$ 79,868,237</u>	<u>77,414,228</u>
Undistributed Funds - Sokol	<u>\$ 8,017,023</u>	<u>7,750,214</u>
TOTAL LIABILITIES & SURPLUS	<u>\$ 87,885,260</u>	<u>85,164,442</u>

STATEMENT OF INCOME AND EXPENSES

INCOME	<u>2019</u>	<u>2018</u>
Investment Income	\$ 3,235,523	3,199,174
Dividends on Stocks	304,618	338,680
Interest on Mortgages	38,530	41,361
Interest on Certificate Loans	19,616	15,352
Sale of Cookbooks	728	589
Rent Received - Sokol Building	106,075	111,364
Premium Income	2,591,571	2,195,051
Annuities	1,860,825	4,485,790
Scholarship Income	1,223	2,427
Miscellaneous Income	46,325	186,451
Sale of Securities/Amortization	982,519	932,831
TOTAL INCOME	<u>\$ 9,187,553</u>	<u>11,509,070</u>
EXPENSES	<u>2019</u>	<u>2018</u>
Operating Expense - Sokol Building	\$ 71,610	69,334
Building Maintenance & Repairs	1,662	4,684
Rental Area Expenses	6,546	7,641
Property Taxes - Sokol Building	86,814	84,949
Depreciation Sokol Building	3,738	3,738
Rent for Space	15,000	15,000
Pension Plan - Print	6,126	6,337
Salaries - Office Employees	443,835	443,183
Salaries - Editorial Employees	39,075	40,677

P/R - Taxes Employer	35,205	35,816
Hospitalization	85,114	72,451
Workmen's Compensation Insurance	6,783	6,526
Pension Plan - Office/Officers	356,340	353,043
Office Expense	16,261	16,409
Computer Expense	71,758	61,515
Depreciation Computer Expense	48,643	6,750
Supreme Officers Travel	9,722	14,323
Supreme Auditors	7,826	7,232
Actuarial Expenses	95,350	93,045
Accountant Expenses	32,448	39,259
State Examiners	19,246	27
Postage-Office	12,588	13,422
Telephone - Office	6,135	5,735
Telephone - Editorial	1,145	1,173
Printing - Katolicky Sokol	28,275	22,950
Postage - Sokol Paper	20,300	15,923
Misc. Publication Expense	27	28
Other Printing	-	575
Annual Activity Review Book	8,350	8,545
Legal Expenses	8,647	17,570
Death Benefit Claims Paid	1,358,544	1,108,907
Cash Surrender Values Paid	287,461	285,894
Cash Surrender Conversions	491	9,531
Annuity Death Claims	780,164	1,037,963
Annuity Surrenders	517,923	353,137
Annuity Withdrawals	2,036,419	2,803,319
Matured Endowments Paid	-	-
Medical Exams Allowance	2,688	2,788
Reserve Increase	1,217,351	2,473,982
Payments-Suppl. Contracts	58,433	41,812
State Insurance Dept. Lic./Fee	6,645	8,978
Dividends & Expenses	38,955	43,114
Bank Charges - Bond Account	166,750	156,540
Dues & Subscription	7,014	4,089
Donations & Contributions	6,969	7,592
Clinic (Kurz)	-	33,457
Slet	83,638	-
National Bowling Tournament	5,355	6,087
National Golf Tournament	10,743	9,343
Other Coaching, Insurance	336	3,797
Convention Expenses	62,174	90,395
SKS 2020 Committee	3,831	7,883
Group Assessments Paid	47,933	47,859
Commission Expense	376,553	341,428
Annuity Commissions	22,149	97,492
Advertising/Promotions	7,903	7,713
Marketing Expense	20,283	15,960
Agency Expense	19,615	28,687
Board of Directors Expense	38,057	46,342
Physical Fitness Board Expense	11,742	11,856
Miscellaneous Expense	-	4,826
Scholarship Expense	33,906	33,578
Salaries - Supreme Officers	96,695	98,440
Supreme Officers Insurance Bond	2,051	2,051
Fraternal Congress Expense	17,391	20,205
Local Fees/ Rebates	15,122	20,923
Group Presidents Meeting	-	-
Interest Expense	164,847	123,869

MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING

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Reimbursement for 2018 deficit	\$ 2,207.51
	\$ 10,742.70

E. Other Sports & Youth Programs	
Walking Program	\$ 0.00
Kid's Corner Reading Program	\$ 0.00
Insurance	\$ 336.00
Total	\$ 336.00

Summary of Sports and Athletic Expenses

A. District Tournaments	\$ 0.00
B. 73rd International Bowling Tournament	\$ 5,354.70
C. 49th International Slet	\$ 83,638.08
D. 64th International Golf Tournament	\$ 10,742.70
E. Other Sports Expenses	\$ 336.00
Total	\$ 100,071.48

11. OTHER ACCOUNTS REVIEWED

Accountant Expenses	\$ 32,447.82
Actuarial Expense	\$ 95,350.04
Advertising / Promotional	\$ 7,902.73
Agency Expenses	\$ 19,614.76
Annuity Commissions	\$ 22,149.40
Annuity Surrenders/Withdrawal	\$ 2,554,342.05
Bank Charges - Bond Department	\$ 166,750.16
Building Maintenance and Repairs	\$ 1,662.25
Commission Expenses	\$ 376,553.14
Computer Expenses	\$ 71,758.25
Death Benefit Claims Paid / Paid Up Additions/	
Annuity Death Benefits	\$ 2,140,882.55
Donations and Contributions	\$ 6,969.18
Dues & Subscriptions	\$ 7,013.98
Group Assessments	\$ 47,933.47
Hospitalization/Employee Benefits	\$ 85,114.30
Interest Expense	\$ 164,847.00
Marketing Expenses	\$ 20,282.90
Miscellaneous Income	\$ 59,495.50
Office Expenses	\$ 16,261.30
Operating Expense-Sokol Building	\$ 71,610.42
Other Legal Expenses	\$ 8,646.57
Pension Plans Office/Officers Payments	\$ 374,930.64
Pension Plans-Print Shop Payments	\$ 6,126.48
Postage Office	\$ 12,588.00
Property Taxes-Sokol Building	\$ 86,813.97
Rental Area Expenses	\$ 6,546.11
Reserve Annuity Supplemental Contracts	\$ 2,309,322.34
Salaries-Editorial	\$ 39,075.00
Salaries-Office	\$ 443,835.90
Salaries-Supreme Officers	\$ 96,695.00
Sale of Cookbooks	\$ 727.50
SKS 2020 Committee	\$ 3,830.70
State Insurance Licenses & Fees	\$ 6,645.08
Supreme Auditors	\$ 7,825.90
Supreme Officers Employee Bonding	\$ 2,051.00
Supreme Officers Travel	\$ 9,722.32
Supreme Officers Uniform Allowance	\$ 0.00
Telephone-Editorial	\$ 1,145.04

Telephone-Office	\$ 6,134.70
Workman's Compensation	\$ 6,782.81

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

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

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

We, the undersigned Supreme Auditors of the Slovak Catholic Sokol hereby acknowledge that on, March 12, 2020 we reviewed the policy of the Slovak Catholic Sokol in accordance with PA Act 154 regarding the marketing practices and found that the Slovak Catholic Sokol is in compliance with PA Act 154.

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

Respectfully submitted,

James G. Jerek
Chairperson of the Supreme Auditors

James F. Knis
Past Supreme Auditor | Current Supreme Treasurer

Edward P. Bajus
Supreme Auditor

Bradley P. Hoeck
Supreme Auditor

Brother Jerek addressed several questions and touched on the various recommendations from the Supreme Auditors to the satisfaction of the Board.

A motion to accept the report was made by Supreme Vice-President, Edward D. Moeller and seconded by Supreme Director of Sports and Athletics, James C. Matlon.

Brother President thanked Brother Jerek and called upon Supreme Treasurer, James F. Knis, to present the **2020 Budget Report**.

The Supreme Treasurer indicated that the Budget Committee, consisting of himself, the Supreme President, the Supreme Secretary, and the Chairperson of the Supreme Auditors met on Thursday, March 12th to go over the proposed budget.

Brother Knis addressed several questions to the satisfaction of the Board. A motion to accept the report was made by General Counsel, John D. Pogorelec, Jr., Esq. and seconded by Supreme Vice-President, Edward D. Moeller.

Approved

President Horvath thanked Brother Knis and called upon Chairperson of the Scholarship Committee, Supreme Vice-President, Edward D. Moeller, for the **Scholarship Report**.

Brother Moeller reported that as of March 20, 2020, we have received a handful of completed applications. Brother Edward indicated that like in the past, many applications come during the week before the deadline, which is March 31, 2020.

Supreme Chaplain, Rev. Andrew S. HvozdoVIC, questioned if we still would entertain giving out the Seminarian Grant that was given out years ago. Brother Moeller indicated that the committee would discuss the scholarship during their meeting and possibly offer it at a different time during the year.

The Scholarship Selection Committee will meet on Saturday, May 9, 2020 to select the 2020-2021 recipients.

After a brief discussion, Supreme Physical Directress, Katie Swift, moved for the acceptance of the report, seconded by Chairperson of the Supreme Auditors, James G. Jerek.

Approved

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

Brother Matlon reported on the success of the 2019 programs and thanked the Supreme President, Supreme Secretary, and all the Board members for their support and guidance.

Preparations have been made for the 2020 Fraternal Schedule that has since been disrupted by the Covid-19 outbreak. Brother Matlon and the Physical Fitness Board will continually update the members on our events.

A tentative event that is still on the schedule is our 2020 International Golf Tournament to be held at Seven Oaks Country Club and Black Hawk Golf Course in Beaver, PA on August 14th-16th, 2020. Once again, Brother Matlon will keep all participants up to date and informed.

Looking ahead, the 2021 International Golf Tournament will be held at Treasure Lake in Dubois, PA on August 6th-8th. Additionally, the Physical Fitness Board are exploring having a regional Cornhole Tournament possibly in Western Pennsylvania or Eastern Ohio.

2020 ANNUAL SUPREME PHYSICAL FITNESS BOARD RECOMMENDATIONS MARCH 20TH, 2020

The following are the proposed recommendations from the 2020 Physical Fitness Board meeting to be tabled for review and approval at the Annual Board of Directors meeting in March. We want to thank our Group Presidents, Sports Directors, Physical Directors, Physical Directresses and valued members of our society for their input.

1. The prize allotment for the International Bowling Tournament is \$60.00 per team (\$30.00/team, \$20.00/double, and \$10.00/single). No increase.
2. The banquet and souvenir allotment for the International Bowling Tournaments not to exceed \$30.00 per participant. No increase.
3. The banquet, prize money and souvenir allotment for the International Golf Tournament not to exceed \$50.00 per participant. No increase.
4. An allotment of \$2,000.00 is made towards the Walking Program for all related mailings, certificates and prizes. No increase.

5. An allotment not to exceed \$1,000.00 will be made towards the purchase of props for the 2020 International Clinic for both male and female drillers. No Increase.
6. An allotment of \$250.00 is provided to the Supreme Director of Sports and Athletics for office supplies. No increase.
7. Recommend an allotment of \$15.00 per participant for a souvenir at the Clinic.
8. Recommend that a \$50.00 per diem per day be provided to all Physical Directors, Physical Directresses and \$50.00 per diem per day for their assistants who attend the International Clinic in person at Kutztown University.
9. Videos of our fraternal activities and annual sporting events should be available as a marketing tool to help increase membership.
10. Request that shirts be purchased for the Physical Fitness Board, Board of Directors and Auditors for all the annual tournaments, Clinics and Slets.

All the recommendations were individually reviewed and discussed. All recommendations were approved.

Acknowledged

After a lively discussion regarding all items, Supreme Vice-President, Edward D. Moeller, moved for the acceptance of the report, seconded by Supreme Treasurer, James F. Knis.

Approved

President Horvath thanked Brother Matlon and called upon General Counsel, John D. Pogorelec, Jr., Esq. to present the **Legal Department Report**.

General Counsel reported that there is no pending litigation against the Society. He also updated the Board that no new mortgage applications have been brought forward and the property taxes on the three current mortgages are being paid on time.

Supreme Chaplain, Rev. Andrew S. HvozdoVIC, made a motion to accept the report, seconded by Supreme Physical Director, John M. Underation.

Approved

Having completed all the items on the agenda for day one, Brother President entertained a motion to adjourn, so moved by Chairperson of the Supreme Auditors, James G. Jerek, seconded by General Counsel, John D. Pogorelec, Jr., Esq.

Approved

The Supreme Chaplain led the Board in a closing prayer. The meeting was adjourned at 8:00 p.m.

SECOND SESSION Saturday, March 21, 2020 - 9:00 a.m.

The Supreme President called the Second Session to order and asked the Supreme Chaplain to open the session with a prayer.

President Horvath then called upon our Director of Sales and Marketing, Albert J. Suess, F.I.C., to present the **Sales/Marketing Report**.

Brother Suess reported that as of December 31, 2019, a total of 506 new members have joined our organization this year through the purchase of life insurance and annuity certi-

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MINUTES OF THE SUPREME BOARD OF DIRECTORS QUARTERLY MEETING

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ates. The total face amount of insurance issued for 2019 was \$10,994,069.

The total number of certificates in force is 30,901, consisting of 30,167 life certificates and 734 annuity certificates.

The total amount of life premium dollars remained strong with an increase in 2019. We are pleased to announce that Life Insurance Premium has increased for the 9th year in row. We have built a solid base of renewal premium the last five years primarily through the Legacy Life and Legacy 20.

Also discussed was the new 2017 CSO Tables, which have been instituted on January 1, 2020.

Brother Suess also updated the Board on the Agent Sales' Campaigns, as well as the development of a Membership Campaign centered around our 50th International Slet in 2021.

A lively discussion ensued regarding future marketing efforts and several questions were presented and addressed to the satisfaction of the Board. President Horvath thanked Brother Suess for presenting the report and entertained a motion for acceptance, so moved by Supreme Treasurer, James F. Knis, seconded by General Counsel, John D. Pogorelec, Jr., Esq.

Approved

President Horvath then welcomed Allan Ferrone, CPS Actuaries, to present the **Actuarial Report**.

Mr. Ferrone presented the yearly report on the results of the Slovak Catholic Sokol's Annual Statement.

The Sokol assets continue to grow and now stand at just under 88 million, which is an all-time high for the organization. The Sokol also saw an increase in surplus of \$270,000.

The Quality of the Sokol's bond portfolio remained at a very high level in 2019. The average NAIC bond quality designation, weighted by amortized value, is 1.21 (where "1.0" is "highest quality" and "2.0" is "high quality"). The Sokol has also lengthened the maturity dates of its bond portfolio. The average duration has increased to about 13.1 years.

The Solvency Ratio and Risk Based Capital ratio remain very healthy at 110.1% and 593% respectively.

Brother Ferrone reported on the operational results in 2019. The amount of money the Sokol collects from investment income and premiums is less than the money being paid out for benefits, insurance/fraternal expenses, dividends, and the amount needed to fund the required increases in reserves. The 2019 expenses were very similar to the 2018 expenses, which shows that the Home Office is doing a good job of controlling expenses. The Home Office will continue to find ways to lower expenses in their control.

Once again, life premium income increased in 2019. As mentioned before, this was the 9th year in a row that life insurance premiums increased.

A discussion ensued regarding the operational results and areas where the Sokol can improve their efforts. Mr. Ferrone answered all questions to the satisfaction of the Board.

A motion was made to accept the report by Chairperson of the Supreme Auditors, James G. Jerek, seconded by Supreme Physical Director, John M. Underation.

Approved

President Horvath then called upon Mr. Thomas Calimano, Market Director/Senior Vice-President, and Ms. Cyn-

thia Cole, Fixed Income Specialist, of PNC Institutional Asset Management to present the **PNC Advisor's Report**.

Mr. Calimano discussed PNC's outlook for the financial markets and the economy with the Board. Additionally, he reviewed the investment strategies recently implemented in both the equity and fixed income portfolios and future potential strategic changes in the portfolio. The individually invested bond portfolio for the twelve months ended December 31, 2019 continues to be of high quality with a solid investment grade rating average. The portfolio's fixed income strategy continues to invest in high quality individual bonds with competitive coupons, attractive relative valuation, and appropriate maturity which effectively manages risk and maximizes income.

Mr. Calimano and Ms. Cole also discussed future potential portfolio repositioning and PNC's outlook for the financial markets during these difficult times.

Brother Calimano and Sister Cole addressed various questions from the Board concerning our performance outlook. Both indicated the Society is in a strong financial position, especially in this volatile fiscal environment.

A motion to accept the report was made by Supreme Vice-President, Edward D. Moeller, seconded by Supreme Director of Sports and Athletics, James C. Matlon.

Approved

The Supreme President thanked Mr. Calimano and Ms. Cole and asked the Supreme Secretary for the **Donation Requests**.

1. **Sisters of Saints Cyril and Methodius**, Danville, PA, request from Sister Michael Ann Orlik, SS.C.M., General Superior, request for the replacement of bathtubs with walk-in showers in Maria Hall, their home for retired and infirm Sisters.

The Board recommends a donation of \$300 in support of the replacement of bathtubs with walk-in showers in Maria Hall, the Sisters of Saints Cyril and Methodius home for retired and infirm Sisters.

2. **Chair in Slovak History & Culture**, Ottawa, ON, Canada, request from M. Mark Stolarik, Professor & Chair Holder, request to support the activities of the Chair.

The Board recommends a donation of \$200 in support of the Chair in Slovak History & Culture.

3. **Slovak Catholic Federation**, Bridgeport, PA, request from Reverend Thomas A. Nasta, Appeal Coordinator, request for the 42nd Annual Saints Cyril and Methodius Appeal.

The Board recommends a donation of \$300 in support of 42nd Annual Saints Cyril and Methodius Appeal.

4. **Our Lady of Sorrows Parish**, Youngstown, OH, request from Reverend John M. Jerek, Pastor, requesting donation to aid in the building of a new parish center with seating capacity for approximately 200 people.

The Board recommends a donation of \$300 to aid in the building of a new parish center with seating capacity for approximately 200 people.

Supreme Chaplain, Rev. Andrew S. Hvozdic, made a motion to accept the Donation Report, seconded by Supreme Physical Directress, Katie Swift. Approved

The Supreme President then opened the floor for discussion regarding the **Annuity Interest Rate** to be offered for the Second Quarter of 2020.

After a lengthy discussion, Supreme Vice-President, Edward D. Moeller, made a motion to adjust our crediting rates slightly under the current circumstances, seconded by Supreme Chaplain, Rev. Andrew S. Hvozdic. Approved

President Horvath questioned if anyone has any **New Business** to be brought forward.

Given the current climate and the need to remain safe during this difficult time, Supreme President, Michael J. Horvath, entertained a motion to cancel our upcoming International Bowling Tournament to be held in Cleveland, OH, so moved by General Counsel, John D. Pogorelec, Jr., Esq., seconded by Supreme Chaplain, Rev. Andrew S. Hvozdic.

Approved

Also discussed by the Board was our Business Continuity Plan during this outbreak. Brother Secretary updated the Board on our plan and how we will handle future disruptions.

Acknowledged

The Supreme Secretary then discussed the S.C.S. Policy Statement with respect to **Conflicts of Interest**, reminding the Directors, that the Slovak Catholic Sokol has the utmost confidence in the loyalty and integrity of its officers, directors, and employees. He reemphasized the traditional policy of the Slovak Catholic Sokol on this subject that each Supreme Officer has a signed completed statement on file. The State of New Jersey Department of Banking and Insurance recommended that the approval of the Statement of Conflict of Interest be made part of the minutes of the Board of Directors' meeting.

In order to comply with this request, Supreme Director of Sports and Athletics, James C. Matlon, moved to approve the recommendation, seconded by General Counsel, John D. Pogorelec, Jr., Esq. Approved

Having completed all the business on the agenda, Brother President entertained a motion to adjourn, so moved by Supreme Vice-President, Edward D. Moeller, seconded by Chairperson of the Supreme Auditors, James G. Jerek. Approved

Supreme Chaplain, Rev. Andrew S. Hvozdic, led the Board in a closing prayer for all deceased members, especially for those effected by the Covid-19 virus.

The meeting was adjourned at 2:00 p.m.

Respectfully Submitted,

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

Message from our Supreme President

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placed on us and society and the new way of life it has created, so too has the Slovak Catholic Sokol. Our Supreme Secretary, Scott T. Pogorelec, F.I.C. has restructured how the Society does business. The safety of our employees is first and foremost. Brother Scott has changed office hours and days of operation and has the staff working remotely to ensure social distancing protocols. The Society's sports and social activities have been affected as well. Supreme Director of Sports, James C. Matlon, canceled the 74th International Bowling Tournament due to the COVID-19 virus mass gathering restrictions. The Clinic, "Kruz", scheduled for this July at Kutztown University, to prepare Group leaders for the 50th International Slet was canceled due to mass gathering restrictions and is being redesigned by our Supreme Physical Fitness Director, John M. Underation and Supreme Physical Fitness Directress, Katie Swift. The Supreme Physical Fitness Board will evaluate the holding of the International Golf Tournament based on future guidelines.

In place of these canceled Sokol activities the Supreme Physical Fitness Board is coming up with new ideas to keep Sokol interests alive. They will be postings on the Slovak Catholic Sokol Facebook page and other social media platforms Sokol activities we all could do. Check them out and sign up.

The month of May is set aside for us honor our Mothers. I extend best wishes to all Mothers, in the many forms they are recognized as, a "Happy Mother's Day". I hope your Day is filled with abundant expressions of love and joy. And, your Day is set aside for you to relax and be spoiled. Let us all remember our Mothers who are no longer with us and prayer to them for help. Happy Mother's Day to all!

May is also the month to remember those who served our country and who are no longer with us, especially those who gave their lives so all of us can live in freedom. Let of us remember these brave men and women on Memorial Day and say a prayer for them and do something for a veteran.

This year Join Hands Day celebrated on the first Saturday in May will in most case be postponed. Join Hands Day is the day for fraternal societies to do community work. When we are allowed to gather in mass again all Assembly, Wreath or Group should schedule a Join Hands Day activity to help your community, since there is a lot of need now and will be in the future.

Until next month, remember we are all in this together; so wash your hands, wear your mask, stay in place, keep social distance to stay healthy and most of all increase you prayers.

With God's Blessings to All!

Zdar Boh!

NOTES OF SLOVAKIA - ONLINE RADIO SHOW

Preserving Slovak Heritage through music, language, and culture – *Notes of Slovakia.com* or *247polkaheaven.com* every Saturday at 5:00 p.m., Sunday at 3:00 a.m., Wednesday at 1:00 p.m. and Thursday at 7:00 a.m. – Slovak polka music, folklore music and pop music. Learn the Slovak language and about traveling in Slovakia and much more. Every show is in both English and Slovak. New show every two weeks – learn Slovak language, Slovak spotlight, musicians, Slovak immigrants, food, Slovakia: past and present, Slovak wedding traditions and much more.

ABOUT THE MONTH OF MAY

*Oh! fragrant is the breath of May
In tranquil garden closes,
And soft yet regal is her sway
Among the springtide roses.*

—William Hamilton Hayne, American poet (1856–1929)

May is the 5th month of the year and has 31 days.

SYMBOLS OF MAY

Birthstone: Emerald
Flower: Lily of the Valley
Zodiac signs: Taurus and Gemini

HISTORY

The month of May was named for the Greek goddess Maia. She was the goddess of fertility. The Romans had a similar goddess named Bona Dea. They held the festival for Bona Dea during the month of May.

The Romans called the month Maius. The name changed over the years. It was first called May in the 1400s near the end of the Middle Ages.

FUN FACTS ABOUT MAY

It is the third and last month of the season of spring.

The birthstone of May, the emerald, symbolizes success and love.

May in the Northern Hemisphere is similar to November in the Southern Hemisphere.

May was once considered a bad luck month to get married. There is a poem that says “Marry in May and you’ll rue the day”.

In Old English May is called the “month of three milkings” referring to a time when the cows could be milked three times a day.

The Indianapolis 500 car race is held each year during this month.

The Kentucky Derby, the world’s most famous horse race, is also held on the second Saturday of this month.

The month of May is devoted to the Virgin Mary in the Catholic Church.

The United Kingdom celebrates May as the National Smile Month.

The last week of May is Library and Information Week.

In May, enjoy new life by attracting hummingbirds and butterflies to your garden! Hummingbirds are one of the most interesting birds! Here are some fun facts about these little birds:

Bee hummingbirds are the tiniest of all birds, weighing less than an ounce and measuring only 2 inches long.

Their brightly-colored, iridescent feathers and quick movements make them appear as living sun catchers—hence their nickname, flying jewels.

Hummingbirds have the unique ability to fly in any direction, even backward, with their wings beating up to a blurring 80 beats per second.

Plus, they can hover in midair when sipping nectar from brightly-colored flowers with their long, slender beaks.

While whizzing about the garden, hummingbirds expend so much energy that they must eat at least half their body weight each day to replace the calories that they burn up. This means eating almost constantly—from sunrise to sunset—and visiting over a thousand flowers every day.

SLOVAK CATHOLIC FEDERATION 2021 “DOBRY PASTIER” GOOD SHEPHERD

The Slovak Catholic Federation is accepting articles for its 2021 edition of the “Dobry Pastier” Good Shepherd.

The Good Shepherd is a collection of literary articles submitted by contributing authors on all things Slovak, Catholic, faith, cultural and heritage, the arts, and personal essays or other topics the writer wishes to share with the readers. The Good Shepherd also serves as the only source for contact information for the Church in Slovakia, and those Slovak clergy and religious in the United States, as well as Religious congregations and places of worship. The articles come from authors in the United States, Slovakia and the Slovak Diaspora from around the world.

Anyone wishing to submit an article for publication can submit their articles to Sister Barbara Sable, SSCM, Villa Sacred Heart, Danville, PA 17821 or barbarasable@hotmail.com. The Deadline for submitting an article is December 31, 2020. The articles submitted need to be double spaced typed.

Find us on Facebook:



**Slovak Catholic Sokol
Public Group**

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

40 OLD-FASHIONED SKILLS THAT KIDS NEED TO KNOW TODAY!

- How to write a letter
- How to make a phone call
- How to take a message
- How to get to know an older person
- How to play with a baby
- How to sew on a button
- How to make a genuine apology
- How to read slowly
- How to hammer a nail
- How to shake hands
- How to introduce yourself
- How to take notice of needs around you
- How to make scrambled eggs
- How to balance a checkbook
- How to see a job through to completion
- How to write a thank-you note
- How to do laundry
- How to take care of a garden
- How to fix something instead of replace it
- How to plan a healthy meal
- How to hang a picture
- How to wash dishes
- How to make a budget
- How to wait and save for something
- How to check tire pressure
- How to ask questions to get to know someone better
- How to read a map
- How to find a book in the library
- How to seek counsel from someone more experienced
- How to care for a pet
- How to select a gift that the receiver will appreciate
- How to admit a mistake
- How to set the table
- How to iron a shirt
- How to give someone the benefit of the doubt
- How to weigh out the pro's and con's of a decision
- How to have good table manners
- How to read a recipe
- How to attend a concert or performance
- How to do something well, even if no one is watching
- How to be KIND!



<https://FrugalFun4Boys.com>



REPORTS OF THE SUPREME OFFICERS FOR 2019

REPORT OF THE SUPREME PHYSICAL DIRECTOR

In accordance with the Bylaws of the Slovak Catholic Sokol, I hereby submit my annual report for 2019.

2019 Yearly Activities

January - March

I attended the Supreme Physical Fitness Board meeting in Pittsburgh, PA. Final preparations for the 2019 calendar year events were discussed in length, with special attention to the International Slet to be held in Brockport, NY in July.

Prior to the annual Physical Fitness Board Meeting, I had coordinated with Kathy Watkins and James Matlon the review material that would be covered through the course of our SPFB meetings.

I attended the Board of Directors meeting in Cleveland, OH. Where numerous timely and relevant topics regarding the quadrennial Convention to be held that summer were discussed.

I maintained constant contact with Supreme Secretary Scott Pogorelec after the BOD meeting to help coordinate events and logistics regarding the Convention, as I was one of the local contacts to assist in the preparations.

April - June

I maintained contact with my local Groups 4 and 19 to inform them of the sporting activities and any updates for the upcoming Slet. I took part in the Supreme Physical Fitness Board conference call, where the Board reviewed assignments and duties for all of the upcoming events.

I maintained contact with Kathy Watkins and SUNY Brockport to discuss the schedule, safety procedures and facilitation of the Slet accommodations.

I as well contacted the Cleveland Indians, local bussing companies, local venues, business entities and the local Cleveland tourism bureau to arrange social and business activities for the upcoming Convention.

July - September

I worked with the SPFB board and SUNY Brockport to re-quired by the Board of Health for our safety drill and emergency plans.

I attended the International Slet at SUNY Brockport and collaborated with the SPFB and University officials to ensure a smooth and coordinated event. A special congratulations to the leaders and participants from Milwaukee, WI Group 4 on their International Slet victory!

I was a proud delegate in attendance for the 33rd Quadrennial Convention held in Cleveland, OH. Numerous hours of preparation from our Board of Directors was realized by all of our delegates, as the spirit of the Convention was upbeat, positive, and entertaining while executing all of the business aspects in accordance with our bylaws. I was given the task of finding a local philanthropic organization, which was the West Side Catholic outreach center on the near west side of Cleveland. Our generous delegates and organization raised over \$4,000 to be used for the local assistance of the communities less fortunate. What a wonderful organization we all are a part of that does unselfish acts of kindness like these. A special thank you to the Smoking Committee, for providing a special memory for this Convention!

I attended, as a participant, the International Golf tournament held at Seven Oaks and Blackhawk golf courses..

I was part of the Board of Directors meeting conference call.

October - December

I was in contact with numerous colleges and universities to perform due diligence for our upcoming 50th International Slet. The SPFB will be looking to find a suitable location to host our historic 100 years of Slet memories.

I attended the 4th quarter Board of Directors meeting in Deerfield Beach, FL.

Fraternally,

M. Underation

Supreme Physical Director

REPORT OF THE SUPREME ASSISTANT PHYSICAL DIRECTOR

In compliance with the bylaws of the Slovak Catholic Sokol, I hereby submit my Activity report for 2019.

January - March 2019

I attended meeting of the Slovak Canadian National Council to plan this year's activities.

I continued to work with the Cultural committee of Vychodna Slovak Dancers for their 35th Anniversary celebration. I finalized the dates for arrival of the Zemplin Orchestra from Michalovce, Slovakia for the 35th Anniversary celebration.

I travelled to Pittsburgh, PA for the yearly meeting of the Supreme Physical Fitness Board. Last year's events were reviewed. Plans for the upcoming International Slet were finalized, and a new and exciting schedule was prepared. All the sporting activities were finalized. I assigned the board members to a month to provide an article for publication in the Falcon. It was a great meeting with input from the whole board. The whole board worked hard as one. Looking forward to a great Slet. I hosted Stano Marisler, Slovak choreographer while he was in Canada to teach Vychodna Slovak dancer new and exciting dance for their 35th.

April -June 2019

For the Vychodna Slovak Dancer group, I assisted in arranging the final preparations for the 35th Anniversary celebration.

I represented the Supreme Physical Fitness Board at the annual meeting of the Gr 19 of SCS. I informed them about the plans for the upcoming International Slet as well as all the dates for the sporting events we planned for 2019. Thank you Group 19 for the invitation to your meeting. I worked on the assignments given to me by the Supreme Physical Director and Directress for the International Slet. I kept in touch with my liaison groups about this year events. I sent out information to the groups' volunteers for the opening and closing ceremonies as well as opening and closing Mass at the Slet. On my trip to Slovakia I met with the Cultural representative from the Slovaks living abroad and updated them on events in Canada. I met with the company to finalize making of the customs for Vychodna Slovak dancers for their new dance for the 35th anniversary. I represented the Supreme Physical Fitness Board at the annual Golf Tournament of Gr. 19. It was a great turnout to the event. Thank you, Gr. 19, keeping up the good work. I sent out reminders to Physical Fitness Board (re) their Falcon articles.

July - September 2019

I assigned the group volunteers for the opening and closing

(Continued on page 16)

REPORTS OF THE SUPREME OFFICERS FOR 2019

(Continued from page 15)

ceremonies as well as opening and closing Mass at the Slet. I represented SCS at the St. Cyril and Methodius Slovak Church Jednota family day as well as I put together their cultural program for the day. It was a great turnout with around 500 people taking part in the event. I travelled to Brockport NY to take part in the International Slet. This years International Slet was held at the State University of New York. The Supreme Physical Fitness Board arrived a day before the participants to make sure all final details for the International Slet were in place. I helped and worked closely with the Supreme Physical Fitness Board and chaperones to make sure every participant knew what was happening every day. It was nice to see a lot of new young participants at the Slet. Congratulation to all the winners and Group 4 for winning the International Flag.

I travelled to Beaver Falls, PA to take part in the International Golf Tournament which was held at Seven Oaks Country Club and Black Hawk Golf Course. We had a great turnout to the event. Thank you, Jim & Frank for a great tournament. Together with the Vychodna VP of Cultural Events we put final touches to the 35th anniversary show.

October - December 2019

I, along with the Vychodna VP of Cultural Events, directed the 35th Anniversary program. There was a great turnout for the event. The performers received numerous standing ovation. I was in contact with a representative of Kutztown University to research a possibility for future International Clinic/Slet.

Started planning with producers of Zem Spieva (Slovak competition show for folklore groups similar to America has talent) program for Canadian Slovak groups that were selected from 150 group to take part in the filming of the show in Bratislava Slovakia. Groups representing Canada were Vychodna Slovak Dancers Mississauga, Domovina Dancers Windsor, Sniecko kids group from Calgary and Roman Andrej Stolarik from Bratislava. I travelled with the dance groups from Canada to Bratislava Slovakia for the taping of the show which will be televised in January 2020. Congratulation to Vychodna Slovak Dancers for moving on to the semifinals of the show. I sent out reminders to members of the board for their monthly articles.

I wish to express my sincere gratitude to the Slovak Catholic Sokol for allowing me to serve as the Supreme Assistant Physical Director for the past four years. Many thanks to Scott, Mike, Jim, Kathy and John for their professional leadership.

Fraternally yours,
Zdar Boh!

Dusan Dorich

Supreme Assistant Physical Director

REPORT OF THE SUPREME PHYSICAL DIRECTRESS

In accordance with the Bylaws of the Slovak Catholic Sokol, I hereby submit my annual report for 2019.

As the Supreme Physical Directress of the Slovak Catholic Sokol, I am a member of the Board of Directors. As a member of this esteemed group, I am able to be a part of decision making, which ultimately has an effect on the future of the or-

ganization. Throughout the year, I was in contact with Supreme Secretary Scott T. Pogorelec, Supreme President Michael Horvath, and the Supreme Physical Fitness Board regarding the activities within the organization. I was also in frequent contact with the above mentioned officers, as well as SUNY Brockport regarding our upcoming International Slet. In addition, I communicated via e-mail and phone with several groups to keep them abreast of future activities and tournaments and answer any questions they had. In order to give our group leaders on-line access to important forms and keep our members updated on upcoming events, I continually contacted Louie Smeriglio, our website consultant, to upload relevant paperwork and information to our website. As part of our goal to use more social media to reach out to our members, I consistently updated Twitter and Facebook.

January – March 2019

- Sent out activity report spreadsheets for the group leaders to complete. Once they were returned, I compiled a complete list of all local and group activities.
- E-mailed the SPFB members necessary paperwork for the SPFB meeting and asked them to print it and be prepared to discuss it.
- Attended the annual Supreme Physical Fitness Board meeting in Pittsburgh, Pennsylvania.
- Organized, addressed, and shipped the yearly magnets with the help of the entire SPFB.
- Responded to all of the group leaders who sent recommendations on ways to improve our events.
- E-mailed several members of our organization to inquire as to their interest in judging individual and team drill at the International Slet.
- E-mailed the International Slet registration forms to the group leaders.
- Attended the Board of Directors meeting in Cleveland, Ohio.
- Contacted the Director of the Dance department at Brockport to inquire about using dance faculty from her department to judge individual and team drill at the International Slet.

April – June 2019

- Updated and resubmitted an article to the Falcon about helping children adjust to being away from home for the first time.
- E-mailed the SPFB members regarding their individual responsibilities for the International Slet.
- Sent a confirmation e-mail to each participant that registered for the Slet.
- Forwarded all registration forms to Supreme Secretary Scott Pogorelec for verification and approval.
- E-mailed several members of our organization to inquire as to their interest in judging individual and team drill at the International International Slet.
- E-mailed Louie Smeriglio all of the forms for the International Slet so that they could be added to the website for easy access.
- Contacted all 8 drill judges and mailed out DVD so that they are prepared for the competition.

- Was part of the SPFB conference call to discuss the International Slet.
- Updated the medical forms, volunteer forms for opening ceremony/closing ceremony and church volunteer form for the International Slet.
- Updated a former article about "Going Away to the Slet" and sent it the Falcon for publication.
- Updated the team drill scoring sheets for team drill and updated the excel program for scoring drills and gymnastics at the International Slet.
- E-mailed directresses/directors with Slet reminders and important updates.
- E-mailed the SPFB members regarding their individual responsibilities for the International Slet.
- Was part of the Board of Directors conference call.

July – September 2019

- Contacted Slet chaperones, judges, and helpers to verify their attendance and answer any questions.
- Attended the International Slet at SUNY Brockport in Brockport, NY. I worked collaboratively with the SPFB members, chaperones, and group leaders, as well as the staff at the university to ensure that everything was being run efficiently.
- Took pictures and updated Facebook throughout the International Slet.
- Wrote an article for the Slovak Catholic Sokol Falcon detailing the events that took place at the International Slet.
- Completed all post-Slet paperwork.
- Organized door prizes to be given out the first night of the convention.
- Created the form for evening activities for the convention.
- Collected all evening activity forms and money for the convention.
- Worked with Supreme Director John Underation to verify money paid and final numbers for the evening activities at the convention.
- Attended the International Convention in Cleveland, Ohio.
- Took pictures and updated Facebook throughout the convention.
- Attended the International Golf Tournament.
- Took pictures at the golf tournament and updated the Facebook page.

October – December 2019

- Was part of the Board of Directors conference call.
- Attended the Board of Directors meeting in Florida.
- Worked with the new Supreme Physical Directress Katie Swift to help her prepare to take on her new responsibility as Supreme Physical Directress.

I thank you for giving me the opportunity to serve as the Supreme Physical Directress for the Slovak Catholic Sokol for the past eight years. It has truly been an honor and a privilege to work so closely with an honorable and respected group of people within the organization. I am looking forward to the growth of our organization and all that it will entail.

Respectfully Submitted,
Kathleen S. Watkins
Supreme Physical Directress

REPORT OF THE SUPREME ASSISTANT PHYSICAL DIRECTRESS

In accordance with the by-laws of the Slovak Catholic Sokol, I, Katie Swift, respectfully submit the following activity report for my last term as the Supreme Assistant Physical Directress.

Jan-April

I attended the SPFB meeting held in Pittsburgh, Pennsylvania, on January 18-20th.

I submitted my annual report.

I collected all the Walking Program results, ordered and mailed awards.

I wrote a Walking Program article

I communicated with many of the walking program members.

I communicated with the SPFB members to assure all tasks for the International Slet were going well.

I wrote my 4-year report to be submitted to the International Convention.

I wrote a walking program article for Spring time walking.

May-August

I worked with Supreme Director John Underation, to confirm gymnastics facilities, judges, and scheduling was established for the International Slet.

I submitted an article to the Falcon about the gymnastics competition and information needed for the International Slet.

I worked with Supreme Physical Directress Kathleen Watkins on all aspects of the upcoming Slet including: rooming lists, qualification forms, drill judging forms, gymnastic rotations, Physical Fitness Board duties, nightly activities and all issues that arose before the event.

I confirmed all International Slet banquet plans.

I attended the International Slet held at Brockport University on July 15-21, 2019. During this event I worked closely with the SPFB members and Supreme Director of Athletics, James Matlon, to make sure all areas of the Slet were organized.

I attended the International Convention held in Cleveland, Ohio on August 3-7, 2019. I was honored and blessed to be able to be nominated as the Supreme Physical Directress for the 2020-2024 time.

September-December

I worked hard with Kathleen Watkins to turn over information, records and advice for taking over for my new position.

I contacted the new female members of the Supreme Physical Fitness Board. I welcomed them and we sharing ideas immediately for the upcoming 4 years.

I worked with the new female board members to be prepared for our meeting that will be taking place in January 2020. We also shared ideas on music and props we may want to use for the upcoming choreography session.

I look forward to my new position as the Supreme Physical Directress and member of the Board of Directors. I know I have big shoes to fill as every Directress before me has been a great role model and leader. I am ready for the task at hand and will strive to keep this organization growing into the future.

Zdar Boh,
Katie Swift
Supreme Assistant Physical Directress



KIDS' CORNER "Detský kútik" - - May 2020

Mother's Eyes
by Mary D.B.Hull

What are the songs the mother sings?
Of birds and flowers and pretty things;
Baby lies in her arms and spies
All his world in the mother's eyes.

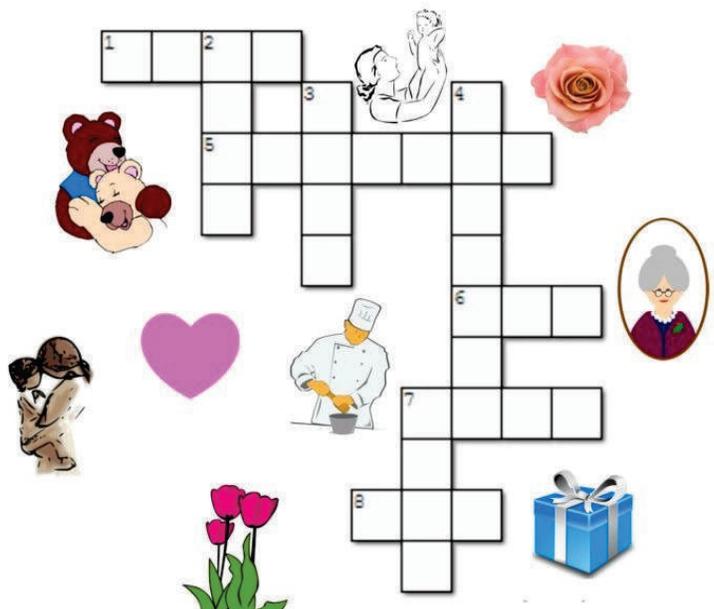
What are the tales the mother tells?
Of gems and jewels and silver bells;
Baby lies in her arms and spies
All his wealth in the mother's eyes.

What are the thoughts in the mother's mind?
Of the gentle Saviour, loving and kind;
Baby lies in her arms and spies
All his heaven in the mother's eyes.




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Mother's Day Crossword Puzzle



Across

1. I love _____ and kisses from my mom.
5. Mom plants _____ in her garden.
6. Happy Mother's _____.
7. I will make my mom a Mother's Day _____.
8. _____ is short for mother.

Down

2. This is another word for a present.
3. I _____ my mom.
4. I call my mom's mom and my dad's mom _____.
7. My mom is a great _____. I love everything she makes.

myunentitledlife.com





KIDS' CORNER "Detský kútik" - - May 2020

HAPPY BIRTHDAY TO YOU!!!!

Benjamin Roman 5/3
 Xaviar Yuhas 5/13
 Octavia Dixon 5/20
 Nathan DiMartino 5/20
 Lucia Yuhas 5/21
 Vayda Korenoski 5/28

What is Memorial Day?

Memorial Day is a day of remembering. On Memorial Day, we remember all of the soldiers who have died fighting to protect our country. Memorial Day also means that Summer has officially begun.

MEMORIAL DAY WORDSEARCH

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

ACKNOWLEDGE	GRATITUDE	OBSERVANCE	TRIBUTE
CENETERY	HONOR	RESPECT	TROOPS
CEREMONY	MEDAL	SALUTE	VETERAN
COMMORATE	MILITARY	SERVICE	WAR
FREEDOM	MONUMENT	SOLDIER	WREATH

SEND YOUR BIRTHDAY DATES
 TO ME
 vp@slovakcatholicsokol.org



What's making headlines in our ancestral homeland**News and Views
from Slovakia...****M. MARCEK SENTENCED TO 23 YEARS
FOR MURDERS OF KUCIAK AND KUSNIROVA**

A senate of the Specialised Criminal Court in Pezinok (Bratislava region) on April 6 sentenced Miroslav Marcek to 23 years in prison for the double murder of investigative journalist Jan Kuciak and his fiancée Martina Kusnirova two years ago and an earlier murder of entrepreneur Peter Molnar in 2016.

The court took into account the fact that Marcek pleaded guilty, co-operated with the police after his arrest and expressed regret for the murders.

As for Molnar, chair of the senate Ruzena Sabova noted that Miroslav M. didn't ponder much to ransack his house when he wasn't at home, but instead opted for an easier way to enter the building in his presence, even though he knew that he'd need to resort to lethal violence.

The chair of the senate had special words for the murder of Kuciak's fiancée Kusnirova, who wasn't ordered to get the hit.

"The court saw brutality, insensitivity and cold-bloodedness in the killing of Kusnirova," said Sabova, noting that Miroslav M. didn't care to hide his identity.

"So, when she appeared there, he murdered her in cold blood. He could have envisaged that she could be there," said Sabova.

On the other hand, the judge pointed to Miroslav M.'s co-operation with the investigators after his arrest, adding that after serving out his 23-years sentence, he'll be almost 60-years-old. Meanwhile, a court expert in psychology stated that it's possible that Marcek will become less aggressive in his fifties, while aggression isn't his dominant feature anyway.

Three other people who keep denying their guilt are still charged with involvement in the murder of Kuciak: well-known businessman Marian K. (who allegedly ordered the hit), his associate Alena Zs. (who reportedly served as an intermediary) and Tomas Sz. (a relative of Miroslav M. and his purported accomplice).

Nevertheless, prosecutor of the Special Prosecutor's Office Juraj Novocky appealed against the verdict.

**HEALTH MINISTER: COMMUNITY SPREAD
OF CORONAVIRUS CONFIRMED IN ZEHRA**

Community spread of the novel coronavirus has been confirmed in the village of Zehra in eastern Slovakia, said Health Minister Marek Krajci on Thursday, April 16.

Krajci noted that most of the new positive cases were recorded in a quarantined Roma settlement in Zehra.

"Uncontrolled spread of the virus was detected in this community, that's why it's been quarantined," said Krajci, adding that if community spread is seen elsewhere in the country, the government will do the same.

Meanwhile, Prime Minister Igor Matovic said that most of the

debate at the central crisis management team's meeting revolved around registered and possible coronavirus spread in poor Roma settlements.

"We haven't found answers on how to resolve this problem. We created work groups under the crisis team to present their proposals by tomorrow," said Matovic.

**DEFENCE MINISTRY WITHDRAWS 29 SLOVAK
SOLDIERS FROM AFGHANISTAN**

The Defence Ministry has withdrawn 29 professional soldiers from the Resolute Support operation in Afghanistan as part of measures taken in connection with the coronavirus pandemic, TASR has learnt from ministry spokesperson Martina Koval Kascikova.

The soldiers returned to Slovakia on Tuesday, April 14 evening. The government aircraft also carried one repatriated civilian.

The decision to withdraw the soldiers was made based on a requirement by the operation's commander to minimise the number of personnel, said Defence Minister Jaroslav Nad. Soldiers who were not needed to fulfil tasks have been withdrawn. "I'm very glad that in addition to the safe return of our soldiers we managed to help a Slovak woman who had found herself in an uneasy situation and couldn't have returned home otherwise," stated the minister.

The repatriated Slovak worked in Afghanistan and was tested negative for COVID-19 before departure. After landing, the soldiers and the civilian were transported to a quarantine facility belonging to the Armed Forces Academy in Liptovsky Mikulas (Zilina region).

A total of 20 soldiers remain deployed within the NATO operation in Afghanistan. They are meeting tasks related to training the Afghan security forces.



The Budatín Castle in north-western Slovakia, near Žilina was built as a guarding castle in the second half of the 13th century. At the beginning of the 14th century, the originally royal fortress passed into the hands of Matthew Csák and the castle, especially towers were fortified, and inside the fortress a new palace was built. At the half 16th century, the castle was rebuilt in the Renaissance style. At the beginning of the 17th century the Gothic castle was changed into a Renaissance palace. During the Baroque era in the 17th century, effort was concentrated on building a chapel and finishing various buildings of the castle and surrounding it by the park. During the revolutions of 1848/1849, imperial troops seriously damaged the castle, which was repaired in 1870. The last major reconstruction was done in 1922-1923, based on the historical and romantic motives. Today, the castle houses three exhibitions of the Považie museum.

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



OBITUARIES

SISTER MARGARET MARY, SS.C.M. (FRANCES FEST), 76

Sister Margaret Mary died on Sunday, March 22, 2020, at Emmanuel Center, Danville, PA. Born on August 17, 1943, she was the daughter of Paul and Arlene (Johnson) Fest in Bloomsburg, PA.



She attended Benjamin Franklin School, Bloomsburg, the Villa Sacred Heart Elementary School in Danville and St. Columba Elementary School in Bloomsburg. She was a graduate of Bloomsburg High School, class of 1961.

She entered the Sisters of Saints Cyril and Methodius in Danville on September 8, 1961, was received as a novice on August

13, 1962 and was professed on August 13, 1964.

Sister Margaret Mary attended Sacred Heart Institute, Danville and went on to receive a B. S. in Elementary Education from Cabrini College, Radnor, PA and an M. A. in Elementary Education from Bloomsburg University.

She taught Grades 1, 2,3 and 4 in parish schools in Connecticut, Indiana, Illinois and Pennsylvania. She served on the Sisters' Council in the Diocese of Greensburg, PA and was Religion Coordinator for St. Joseph School in Hazleton and St. Michael School in Jessup, both in the Diocese of Scranton.

After taking up residence at Maria Hall in Danville she engaged in a variety of duties, among them, Local Coordinator and Administrator as well as the Ministry of Prayer and Hospitality.

In addition to her parents, Sister Margaret Mary was preceded in death by her brothers Joseph and Robert Fest. She is survived by her brother Paul Fest and his spouse, Mary Beth; sister-in-law, Latissha Fest; as well as two stepbrothers, Peter and Ralph Palmiero and their spouses.

There was a small graveside Committal Service held for the family at the Sisters' cemetery, led by Rev. Gerard Heintzelman, chaplain of Maria Hall in Danville. A Funeral Mass of Christian Burial will be held at a later date to be announced.

Donations in memory of Sister Margaret Mary can be made to the Sisters of Saints Cyril and Methodius, Villa Sacred Heart, Danville, PA 17821. – **Sister Barbara Sable**

SLOVAK CATHOLIC SOKOL MUSEUM DONATIONS JANUARY – MARCH 2020

We are pleased to acknowledge the following donation which was received during the period January through March 2020 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 scholarship grants the Museum Board gives out, depends upon the amount of donations received.

DONATION RECEIVED

In Memory of

Joe Adams and Mike Widowfield

Donated By

Assembly 108,
Youngstown, OH
Group 17

Total donations to date in 2020: \$100. Thank you for your generosity. – **James F. Knis, Supreme Treasurer**

In Memoriam

MARCH 2020

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 11	Dolores Baker, Golden Valley, AZ	81	February 19, 2020
Assembly 11	Millicent Komperda, Northlake IL	79	March 3, 2020
Assembly 15	Frances M. Sanko, Monaca, PA	89	February 29, 2020
Assembly 48	William P. Ross, Philadelphia, PA	91	March 20, 2018
Assembly 72	Christine Sefcik, Allentown, PA	73	February 2, 2020
Assembly 78	James Andrew Lipovsky, Marlton, NJ	77	February 23, 2020
Assembly 82	John R. Borow, Mason, OH	76	March 5, 2020
Assembly 86	Michelle L. Lynch, Pittston, PA	49	February 29, 2020
Assembly 86	Joseph W. Silinskie, Pittston, PA	80	March 28, 2020
Assembly 136	Kathryn L. Bartkiewicz, Shickshinny, PA	61	March 8, 2020
Assembly 167	Norma J. Sbory, Barberton, OH	81	March 23, 2020
Assembly 167	Pauline J. Fowkes, Stow OH	92	November 1, 2017
Assembly 179	Dorothy Polak, Irwin, PA	93	March 24, 2020
Assembly 188	Mary D. Orsulak, Lansford, PA	81	March 11, 2020
Assembly 219	Robert De Angelis, Rutland, VT	70	March 15, 2020
Assembly 299	Jerome A. Dassaro, Bushkill, PA	59	February 19, 2020
Wreath 1	Dorothy A. Stawarky, Westbrook, CT	89	December 19, 2019
Wreath 13	Helen E. Sabo, Philadelphia, PA	88	May 26, 2018
Wreath 15	Ann Horvath, Uniontown, PA	95	February 7, 2020
Wreath 15	Marie Casarow, Van Nuys, CA	91	February 9, 2020
Wreath 18	Mary C. Lamontagne, Palm Bay, FL	91	January 26, 2020
Wreath 69	Robert Suchan, Carrollton, TX	79	February 2020
Wreath 81	Dolores Macko, E. Chicago, IN	89	March 13, 2020
Wreath 85	Camille L. Simon, Ambridge, PA	57	March 19, 2020
Wreath 93	Arlene M. Will, Colby, WI	94	January 24, 2020
Wreath 93	Karen A. Vozar, Kenosha, WI	79	March 14, 2020
Wreath 168	Mary Muller, Allouez, WI	87	May 20, 2018
Wreath 168	Madlen Moson, Jacksonville, FL	88	March 24, 2020

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: **James F. Knis, SCS Museum Treasurer, 6385 Harbor Drive, N.W., Canton, OH 44718.** Your bequest will be recognized in the Falcon as well as permanently added to the Memorial Scholarship Donation Log which will be kept at the Sokol Museum.

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

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

U. S. STEEL KOŠICE CHCE URÝCHLIŤ ODLIV ZAMESTNANCOV

Košický U. S. Steel (USSK) plánuje urýchliť redukcii počtu zamestnancov vo fabrike i v jej dcérskych spoločnostiach v zmysle opatrenia, podľa ktorého malo odísť 2 500 ľudí do konca roka 2021. Informoval o tom hovorca košických oceľiarň Ján Bača.

„V minulom roku odišlo z našej spoločnosti dohodou 1 400 zamestnancov a vzhľadom na aktuálnu situáciu musíme tento proces urýchliť. Po vyjednávaniach s odbormi sme sa rozhodli ponúknuť zodpovedný spôsob znižovania nákladov na pracovnú silu,“ uviedol Bača.

Doplnil, že sa dohodli na dodatku ku kolektívnej zmluve, ktorý ponúka jednorazový benefit pre zamestnancov.

„Týka sa to najmä pracujúcich dôchodcov a zamestnancov, ktorí majú menej ako tri roky do dôchodku alebo majú odpracovaných 35 a viac rokov v USSK. Ak ukončia pracovný pomer dohodou, ponúkame im vyplatenie jednorazovej mzdy až do výšky 18-násobku priemernej mesačnej mzdy,“ vysvetlil.

Firma zároveň pokračuje aj tento rok s plánovaným prijímaním mladých talentovaných technikov, študentov stredných škôl a univerzít, s ktorými dlhodobo spolupracuje.

„Mladšia generácia technikov je zárukou pre priemysel a riešenie výziev, ktorým priemysel čelí v rýchle sa meniacej spoločnosti. Naša spoločnosť dlhodobo podporuje technické vzdelávanie,“ povedal prezident USSK James Bruno.

Fabrika ohlásila redukcii o 2 500 zamestnancov v lete minulého roku z dôvodu nepriaznivej situácie na európskom trhu s oceľou. Odvtedy sa podľa Baču situácia na trhu evidentne zhoršila.

„V júli 2019 sme upozorňovali, že výrobný sektor v Európe sa nachádza na pokraji recesie. Žiadali sme inštitúcie EÚ, zodpovedné za ochranu voľného a férového obchodovania v Európe, o prijatie efektívnych opatrení proti neférovému dovozu. Európsky trh je poškodzovaný dovozom ocele z krajín, ktorých podmienky podnikania sú v porovnaní s našimi podmienkami neférové a častokrát sú zvýhodňované.“

Pokračoval, že v súčasnom období sa situácia ešte viac zhorší, ak Európska komisia neprijme opatrenia na podporu priemyslu, ktorý sama označuje ako strategický pre EÚ.

V týchto časoch panuje hlboká recesia, kedy dopyt po oceli klesol v rôznych sektoroch o viac než 50 %. Spotreba ocele takisto radikálne poklesla a všade vidno masívne znižovanie výroby.

„Pripomíname Európskej komisii nutnosť zavedenia jasného strategického rámca, ktorý zabezpečí globálnu konkurencieschopnosť oceľiarskeho priemyslu. Počúvame, že existuje vôľa pomôcť nášmu priemyslu, ale táto pomoc musí byť rýchla a efektívna,“ zdôraznil hovorca U. S. Steel v Košiciach.

Pripomenul, že už to počuli aj predtým a teraz chcú aj vidieť, či boli reči o dôležitých opatreniach myslené vážne.

„Berúc do úvahy nutnosť znižovať náklady, ktoré vieme ovplyvniť, musíme teraz zrýchliť postup v existujúcom programe zvyšovania produktivity práce,“ uzavrel Bača.

Aktuálne vo firme pracuje zhruba 10 500 zamestnancov.

I. KORČOK SA UJAL VEDENIA MINISTERSTVA ZAHRANIČNÝCH VECÍ



Ivan Korčok bol 8. apríla vymenovaný prezidentkou Zuzanou Čaputovou a ujal sa vedenia Ministerstva zahraničných vecí a európskych záležitostí (MZVaEZ) Slovenskej republiky. Funkciu prevzal od ministra hospodárstva SR a zastupujúceho ministra zahraničných vecí Richarda Sulíka, ktorý dočasne zastupoval Ivana Korčoka.

Ivan Koršok pôsobil ako veľvyslanec Slovenskej republiky v Spojených štátoch amerických a po návrate na Slovensko musel absolvovať povinnú dvojtýždňovú karanténu.



Máje boli známe už v antike. Staroveké národy dávali pred 1. májom na domy a hospodárske budovy stromčeky na ochranu pred zlými duchmi a chorobami. Májová zeleň ako magický prostriedok vyjadrovala želanie poľnohospodárov, aby ich úroda mala silu a dobrý rast. Máj vtedy predstavoval mladý stromček najčastejšie smrekový, jedľový alebo brezový. V Slovanskej kultúre sa máje stavali z dôvodu hojnosti a dostatku plodov a krmiva, a odtiaľ bol už len krôčik k významu, ktorý sa najčastejšie skloňuje v dnešnej dobe. Staval sa pred domy, v ktorých bolo dievča súce na vydaj. Krivý alebo nepravideľne rozkošatený strom bol hanbou pre dievča aj pre darcu. Mládenci s muzikou šli do každého domu, pred ktorým stal máj a v tanci vykrútili dievča i všetky ženy v dome. Tanečnice ponúkali pálenkou a vyberali peniaze za máj.

PREČO JEŠŤ FAZUĽU?

Táto nutrične hodnotná strukovina obsahuje viac látok nevyhnutných na správnu činnosť mozgu a reguláciu dôležitých životných funkcií.

Fazuľa i strukoviny vo všeobecnosti sú významným zdrojom bielkovín, majú ich najviac spomedzi všetkých rastlinných potravín. Sú tak aj vhodnou alternatívou mäsa. Fazuľa má svoj pôvod v Južnej



Amerike. V 16. storočí ju do Európy priviezli Španieli a o storočie neskôr už bola bežnou súčasťou jedálneho lístka Európanov.

Jedným z dôvodov, prečo jesť fazuľu či strukoviny vôbec je, že obsahujú málo tuku, s výnimkou sóje. Pre lepšiu stráviteľnosť sa odporúča strukoviny pred varením namáčať, v prípade fazule je to asi 10 – 12 hodín.

Fazuľa je bohatým zdrojom vitamínov B, najmä B1, B3 a B9. Tiamín (vitamín B1) podporuje premenu sacharidov na energiu, ktorá je dôležitá práve pre mozgové bunky. Podieľa sa tiež na tvorbe neurotransmitera acetylcholínu, ktorý je nevyhnutný na dobré fungovanie pamäti.

Nedostatok niacínu (vitamín B3) môže spôsobiť únavu, bolesti hlavy, nespavosť, nesústredenosť, nepokoj a bez neho mozog nemôže poriadne pracovať. Vo fazuli je aj veľa tryptofánu – aminokyseliny, ktorá sa v tele premení na ďalší niacín.

Kyselina listová (vitamín B9) podporuje tvorbu serotonínu a noradrenalínu, čím nepriamo vplýva na dobrú náladu.

Tryptofán – Podporuje zdravý spánok, pretože je východiskovou surovinou na tvorbu melatonínu a serotonínu. Má vraj aj ďalší zaujímavý účinok: znižuje chuť na alkohol.

Arginín – Táto aminokyselina sa v tele mení na oxid dusnatý, ktorý umožňuje cievam relaxovať.

Tyrozín – Neesenciálna aminokyselina pôsobí povzbudzujúco a cez tvorbu neurotransmiterov podporuje dobrú náladu.

Za týždeň by sme mali zjesť 5 porcií strukovín (1 porcia je cca 1/2 hrnčeka uvarenej fazule, šošovice alebo cícera). Prechodne môžete toto množstvo aj zdvojnásobiť, či už na chudnutie alebo inú potrebu zvýšeného príjmu vlákniny v strave.

Nezabudnite na dostatok tekutín, vláknina splní svoj účel iba pri dostatočnom pitnom režime. Aby zafungovala, musí napučať tekutinou. Pite však rovnomerne počas celého dňa. Najlepšia je čistá voda, prípadne ochutená citrónom, z čajov nesladený zelený, čierny, zázvorový či mäťový.

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KRÁTKE SPRÁVY ZO SLOVENSKA



Nákladné lietadlo z Číny priviezlo na Slovensko viac ako 20 ton zdravotníckeho materiálu. Ide o ochranné obleky, rúška, rukavice a respirátory. Uviedol to minister obrany Jaroslav Naď na tlačovej konferencii po pristátí lietadla 10. apríla. "Ozbrojené sily v rámci operácie Kuriér pomáhajú štátnym hmotným rezervám v rozvoze materiálu, ktorý hneď po prilete preberá viac ako 40 príslušníkov ozbrojených síl," povedal Naď. Zdravotnícky materiál bol následne podľa odvázaný do centrálnych skladov Správy štátnych hmotných rezerv SR. Na základe žiadosti potom materiál odvezú koncovým používateľom, ako sú nemocnice či vyššie územné celky.

Obvineniam z porušovania povinností v krízovej situácii čelí 31-ročný muž. Na Velkonočný pondelok, keď na celom území Slovenska platili mimoriadne opatrenia, prišiel so svojou tehotnou priateľkou a maloletým dieťaťom z Maďarska. Po prekročení hraníc mal ísť do štátnej karantény. Na tehotné ženy sa v tomto prípade vzťahuje výnimka, preto jej bola nariadená domáca karanténa. Ako informovala košická krajská polícia, vodič s dieťaťom bol poučený o povinnosti strpieť izoláciu v zariadeniach určených štátom, čo však odmietol, a vrátil sa do Maďarska. V to isté popoludnie však s dieťaťom opäť prekročili maďarsko-slovenské hranice. Muž tvrdil, že je živnostník a na Slovensko prišiel kvôli práci, čo však už nevedel dokladovať. Počas času, kým sa určilo zariadenie, kde mal absolvovať karanténu, muž neposlúchol výzvy polície a odišiel. Ako uviedla polícia, keďže sa stal dôvodne podozrivým zo spáchania trestného činu porušovania povinností za krízovej situácie, policajti rozbehli pátranie. Na druhý deň ho našli v košickej mestskej časti Šaca. Po vykonaní potrebných procesných úkonov ho odovzdali do jedného z košických zariadení štátnej karantény, odkiaľ však odišiel. O pár hodín ho zadržali a obvinili. Stíhaný je vo väzbe. Výsledok jeho testu na ochorenie Covid-19 bol negatívny.

Viac ako 32-tisíc žiakov a žiačok na základných školách na Slovensku nemá pripojenie na internet. Odhadol to Inštitút vzdelávacej politiky na ministerstve školstva. Väčšina detí sa v tieto týždne učí doma a v kontakte so školami sú cez internet a videohovory. Najchudobnejšie deti podobnú možnosť nemajú. Analytici upozorňujú aj na to, že 110-tisíc detí môže byť v tieto dni hladných, pretože doteraz boli odkázaní na stravu na školách.

Žehra v okrese Spišská Nová Ves sa stala obcou na Slovensku s najväčším počtom ochorení Covid-19. Aktuálny počet prípadov bol 17. apríla 51. Z aktuálnych prípadov mal najmladší jeden rok, najstaršou je 97-ročná žena. Vojenský testovací tím sa po veľkonočných sviatkoch presunul práve do Žehry. V centrálnej časti obce, aj v jej karanténizovanej časti, testoval ďalších ľudí, ktorí prišli domov zo zahraničia. Testovaní boli niektorí zamestnanci obce, ktorí prišli do kontaktu s ľuďmi z karantény, ako aj ľudia, ktorí sa pred časom vrátili zo zahraničia. Priamo v obci boli otestovaní aj ľudia, ktorí sa vrátili zo zahraničia pred časom a boli už raz testovaní. Teraz sa im testy urobili znova. Ďalšie pretestovanie prebehlo aj priamo v karanténe. Odobratých bolo 107 vzoriek. Ide o príbuzných, resp. blízkych ľudí, ktorí boli v kontakte s už pozitívne testovanými ľuďmi," spresnil Pacovský.



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