

Za Boha a národ

For God and Nation

Slovak Catholic Falcon

SLOVENSKÝ KATOLÍCKY SOKOL

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

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

VOLUME CIX

PASSAIC, NJ, JULY 1, 2020

NUMBER 5141



SLOVAK CATHOLIC SOKOL FOR GOD AND NATION ZA BOHA A NÁROD

FOUNDED JULY 4, 1905 BY

MATÚŠ HUSY	JURAJ HALUPKA	ANDREJ KOVALIK
VALENT LAPSANSKY	JOZEF KURUC	JAKUB BUTZ
MICHAEL KALAFUT	JOZEF HALUPKA	JURAJ DOMYON
VALENT BEDNARCÍK, ML.	JURAJ KOPACKA	JOZEF HILLA, ST.
JOZEF RAPAC	MICHAEL ZAGURSKY	MARTIN MOLITORIS
JOZEF KALAFUT, ST.	JOZEF KACMARCÍK	VALENT SOLTIS
JOZEF PAVLICKO	STEFAN BIGOS	JOZEF PRELICH
MATEJ KURUC	JOZEF HILLA, ML.	JAN HLAVAC
JOHN HILLA, ML.	JAKUB VAXMONSKY	JAKUB FRANKOVIČ
JAKUB PLUCINSKY	VALENT BEDNARCÍK, ST.	JOZEF PATUCH
JAKUB SKUPIN	PAUL TIBUS	LUDVIK SOLTIS
VALENT TOMÁŠKOVIC	MICHAEL KUCALA	VINCENT DRONZER
ANDREJ SERVÁS	JURAJ LOPUSNÁK	ANDREJ KIUKOŠOVSKY
JAN GRONKOVSKY	MICHAEL PRELICH	VALENT BIZEB
LUKÁČ KUNA	JAN MOSS	JOZEF PETRA
	ANDREJ BEKES	

DEDICATED JULY 5, 1988

Message from our Supreme President

Michael J. Horvath



On July 4, 2020, the Slovak Catholic Sokol celebrates its 115th year. On July 4, 1905, the Society's was founded by Slovak immigrants who came to America to escape the oppression of the Austro-Hungarian Empire. The founders established a fraternal benefit society that protected their Catholic faith, provided financial security, supported Slovak culture, heritage and traditions, and fostered American pride and citizenship. We are proud of their vision and the Society they created for us to belong to and enjoy for the past 115 years. Let us continue to live the Sokol life and help the Society grow this year and into the future.

As we remember our Society's founding on July 4th, we are privileged to celebrate on the same day America's Independence, our Nation's birthday. This July 4th let us celebrate our country's 244th birthday with more patriotic pride and enthusiasm than in the past. We know 2020 is has not been the best year for many reasons. So let us show that this July 4th, 2020 we are truly proud of being an American and America is the Home of the BRAVE and the Land of the FREE. Enjoy the fireworks!

During the past three months we all have lived with and through the Coronavirus pandemic and now are returning to some sense of normal. Since going from yellow to green, the color code in Pennsylvania to open certain businesses, I have seen the good and the bad in businesses and my fellow citizen on adhering to the guidelines that were established to protect everyone from becoming infected. Since the virus is here with us and not going away or for a vaccine to be developed any time soon let us do all we can to protect ourselves and others. We cannot take the chance of becoming infected or infecting others. So do what we are asked to do to stay safe and healthy. All of us owe much to our front line workers and we say

Thank you, Thank you. If all of our Assemblies, Wreaths and Groups do something special, provide a meal or give a donation to front line workers or food banks it will show the Slovak Catholic Sokol is a caring fraternal society. And, when you do, let us know, so we can publish your generosity in the Falcon!

Technology is great if it is used properly and if, I understand it and can get it to work. And, so far no major problems! Technology has provided our Society the ability to communicate with each other across the country and world via conference calls and virtual meetings. There have been Sokol social events and meetings. The virtual meetings have been organized and lead by our Supreme Physical Fitness Directress, Katie Swift, from her home in Germany. We appreciate you showing us these virtual communication tools. The Supreme Physical Fitness Board (SPFB) held the 2020 "Kruz" Clinic to help prepare the Group Leaders for the 50th International Slet scheduled for July 2021 at Kutztown University. Every SPFB member and active Group leaders were in attendance for the Clinic. The Clinic was a virtual 3 hour meeting where all could be seen and heard on a computer or other devices. Katie and the SPFB we thank you for making the 2020 virtual Clinic and meetings, a success. Let us pray and hope the 50th International Slet will not be the first virtual Slet. Keep doing what you are doing for all of our members.

In the past the Slovak Catholic Board of Directors has held conference calls and now we have moved into the virtual world to hold a quarterly meeting. Our Supreme Secretary, Scott T. Pogorelec, F.I.C., arranged for the Board to hold on June 24, 2020 its 2nd quarter Board of Directors meeting on a virtual meeting platform. In the past we just heard voice now we can see who is speaking and it makes the meeting more interactive. I was able to stream the meeting from my computer to my TV which made the faces bigger and easier to see. Technology is great

(Continued on page 13)

Slovak Catholic Falcon Slovenský Katolícky Sokol

ISSN:0897-8107
Established April 15, 1911

Official Publication
of the Slovak Catholic Sokol

Issued Monthly

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

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

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

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

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

HOME OFFICE HOURS:
MONDAY THROUGH THURSDAY
8:00 a.m. – 4:30 p.m.
FRIDAY
8:00 a.m. – 2:00 p.m.

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

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

FIND US ON FACEBOOK:
Slovak Catholic Sokol

From the desk of the Supreme Secretary

SOKOL PROMOTION

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



"And he said unto them, I must preach the kingdom of God to other cities also: for therefore am I sent." Luke 4:43

Greetings from the Home Office! Summer has officially started, and we hope that a small sense of normalcy has returned to your daily lives. We are still not out of the woods and we need to remain diligent in our efforts of staying safe. Our 2020 fraternal schedule has been altered by Covid-19, but our resolve and passion has not.



Your Physical Fitness Board and Board of Directors will do everything in their power to make our 2021 fraternal events ones to remember.

This upcoming Saturday, July 4th, we will celebrate our most important day as a nation. It is a day we celebrate our freedom and pride of being Americans. July 4th is also a special day for the Slovak Catholic Sokol. It was on that day in 1905 that 46 young Slovak immigrants gathered in Passaic, NJ and decided to form a new organization celebrating Sokol traditions. Just as our American Forefathers had, hope had to permeate through those meetings. Since they wanted to be patriotic Americans and were grateful to the United States for the opportunity to begin a new life, they selected the Fourth of July in 1905, the 129th anniversary of American independence, to enable their dreams to become reality. In addition to our Sokol traditions of good sportsmanship and fraternalism, our organization also addressed the need to provide financial security to its members. This year's Fourth of July, we celebrate the 115th anniversary of our organization's founding. Many societies have been founded among various immigrant groups, but few have survived and prospered over the years. It is with great pride that we continue to promote the high ideals of fraternalism which inspired our organization's founders 115 years ago.

Now, more than ever, it is important to acknowledge that the Slovak Catholic Sokol is inclusive of EVERYONE. Generations of Sokol members have worked and promoted our great society and today we are financially sound and hope for your continued support. Happy Birthday to our Nation and the Slovak Catholic Sokol!

Every Sokol who values his or her affiliation with the S.C.S. has an obligation to do their part in insuring our future. With so much to offer, let us share the message of Sokol fraternalism like generations have done in the past. When promoting our life insurance, always remember the benefits which only life insurance can provide. With funeral and burial costs totaling more than \$10,000, the death of a loved one can leave quite a financial burden. Life insurance can help subsidize those costs. Our policies also offer a tax-advantaged way to build cash value that may be used in case of an emergency. Loans are tax free if the policy stays in force. These are just a couple benefits of life insurance and the Slovak Catholic Sokol can help you along the way. If you have any questions, please contact either myself or our Director of Sales, Albert J. Suess, and we would be glad to assist you. We ask all our members to continue to support our fine organization. The efforts of our Sokols to sign up new people has always been a cornerstone of our organization. To bring back an old campaign slogan: "BE A MEMBER, GET A MEMBER!"

In this issue we are fortunate to see the smiling faces of our 2020 Scholarship Recipients. On behalf of our Organization and our Board of Directors, I would like to congratulate all our winners. We hope that you continue to make us all proud and continue to be wonderful ambassadors of the Slovak Catholic Sokol.

Finally, I would like to wish a big Happy Birthday to my son, Cole William, who turned 1 on June 25th! Happy Birthday Buddy!

Until next time, may God bless you all!

Zdar Boh!

ATTENTION

THE SLOVAK CATHOLIC SOKOL 2020 INTERNATIONAL GOLF TOURNAMENT HAS BEEN CANCELLED

Due to the COVID-19 Pandemic and for the health and safety of our tournament participants and families, the Board of Directors has made the decision to cancel the 2020 International Golf Tournament scheduled for August 14th-16th at Seven Oaks Country Club and Black Hawk Golf Course. Please stay safe.

James Matlon

Supreme Director

of Sports and Athletics

GROUP 12 ATHLETES REUNION scheduled for August 1, 2020 **IS POSTPONED** due to Covid 19 restrictions. We will be setting another date. If you are interested in helping with the planning of the event e-mail:

kathi.s@kat-enterprises.com

HOME OFFICE CLOSING

In observance of the Fourth of July holiday, the Home Office will be closed on Friday, July 4.



JOIN THE WALKING PROGRAM TODAY!

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



SLOVAK CATHOLIC FALCON PUBLICATION DATES

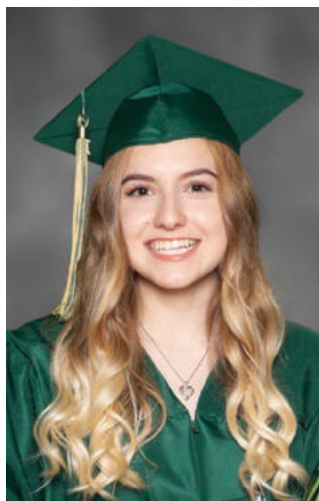
The next issue of the Slovak Catholic Falcon will be that of **AUGUST 1, 2020**. **DEADLINE** for all photos and information for this issue will be **JULY 22, 2020**.

CONGRATULATIONS TO THE WINNERS OF OUR 2020 SLOVAK CATHOLIC SOKOL SCHOLARSHIP GRANTS

COLLEGE SCHOLARSHIP GRANTS - \$1,000 EACH



CATHERINE ROSS
Torrington, CT
Sacred Heart University
Group 2, Wreath 86
Torrington, CT



NICOLE EVICA
Greenfield, WI
University of Wisconsin –
Milwaukee
Group 4, Wreath 93
Milwaukee, WI



KRISTINA GEMOLL
West Allis, WI
University of Wisconsin –
Whitewater
Group 4, Wreath 93
Milwaukee, WI



ALEXANDRA JANSSEN
Madison, WI
University of Wisconsin –
Madison
Group 4, Wreath 93
Milwaukee, WI



EMMA LOFGREN
Oak Park, IL
Duke University
Group 5, Assembly 180
Canton, OH



JULIA ISKRA
Wilkes-Barre, PA
Wilkes University
Group 7, Assembly 59
Wilkes-Barre, PA



MARY SILINSKIE
Wilkes-Barre, PA
Wilkes University
Group 7, Assembly 86
Port Griffith, PA



JOSEPH TRAGLIA
Wilkes-Barre, PA
DeSales University
Group 7, Assembly 86
Port Griffith, PA



ALEXIS ECKENRODE
Lilly, PA
St. Francis University
Group 9, Assembly 79
Lilly, PA



NICHOLAS PERETIN
South Fork, PA
University of Pittsburgh -
Johnstown
Group 9, Assembly 82
Dunlo, PA



QUINN HALDEMAN
Perkasie, PA
Moravian College
Group 10, Assembly 78
Bethlehem, PA



NICHOLAS GRIFFITH
Reading, PA
Albright College
Group 12, Assembly 261
Reading, PA



KATERINA TADLOCK
Hartford, WI
University of Georgia
Group 12, Wreath 155
Reading, PA



VIKTORIA TADLOCK
Hartford, WI
University of Minnesota
Group 12, Wreath 155
Reading, PA



JUSTIN BIONI
Moon Township, PA
Kent State University
Group 14, Assembly 16
Pittsburgh, PA



KEEGAN HITCHINGS
McDonald, PA
Slippery Rock University
Group 14, Assembly 16
Pittsburgh, PA



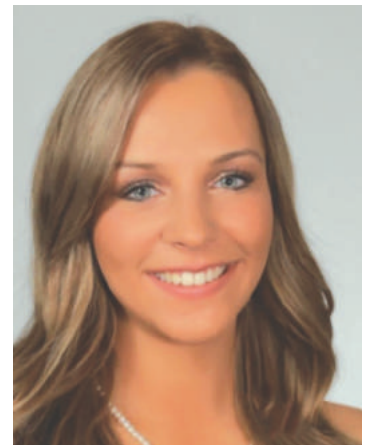
AARON KERCELL
McKeesport, PA
Penn State University
Group 14, Assembly 16
Pittsburgh, PA



ASHLEY BAKALARSKI
Pittsburgh, PA
Slippery Rock University
Group 14, Wreath 22
Pittsburgh, PA



SARAH BIONI
Moon Township, PA
California University of PA
Group 14, Wreath 22
Pittsburgh, PA



KARA DEVERS
Pittsburgh, PA
Slippery Rock University
Group 14, Wreath 22
Pittsburgh, PA

(Continued on page 6)

2020 SLOVAK CATHOLIC SOKOL SCHOLARSHIP GRANTS



JULIA JOZWIAK
Moon Township, PA
Gannon University
Group 14, Wreath 22
Pittsburgh, PA



PAIGE MATEY
West Mifflin, PA
Robert Morris University
Group 14, Wreath 22
Pittsburgh, PA



SARAH PAVLIK
Pittsburgh, PA
Ohio State University
Group 14, Wreath 22
Pittsburgh, PA



CASSIDY SCASSA
Pittsburgh, PA
Duquesne University
Group 14, Wreath 22
Pittsburgh, PA



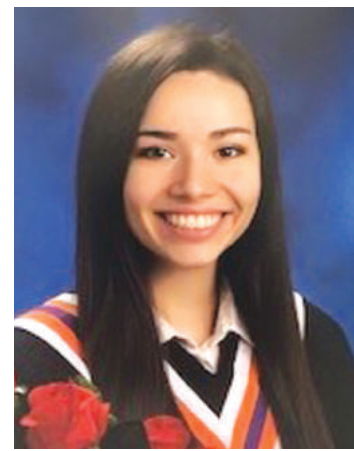
ADELINE FOGLE
Folsom, LA
University of Louisiana
LaFayette
Group 15, Assembly 96
Niagara Falls, NY



MARISSA GORDON
Poland, OH
Kent State University
Group 17, Assembly 108
Youngstown, OH



SERENA BARON
Toronto, ON, CN
McGill University
Group 19, Assembly 227
Toronto, ON, CN



REBECCA BETTENCOURT
Mississauga, ON, CN
University of Guelph Humber
Group 19, Assembly 227
Toronto, ON, CN



ANNE MARIE WASILEWSKI
Mississauga, ON, CN
York University
Group 19, Assembly 227
Toronto, ON, CN



VICTORIA KWIATKOWSKI
Bradenton, FL
Keiser University
Assembly 312



JESSICA WALSH
Wilkes-Barre, PA
Temple University
Group 7, Assembly 59
Wilkes-Barre, PA



ANDREW HUSSAR
Canton, OH
Ohio State University
Group 5, Assembly 180
Canton, OH

EMIL SLAVIK MEMORIAL – \$2,000

THEODORE & MARY JANE RICH MEMORIAL – \$2,000



VINCENZO MUCCIOLI
Perryopolis, PA
West Virginia University
Group 6, Assembly 25
Perryopolis, PA



HOPE BROCK
Somerset, PA
Logan University
Group 14, Wreath 22
Pittsburgh, PA

**KRISTA GLUGOSH
MEMORIAL – \$1,000**



JACOB YANOSICK
Pittsburgh, PA
Robert Morris University
Group 14, Assembly 16
Pittsburgh, PA

**DOCTORS LESKO MEDICAL
MEMORIAL – \$1,000**



PAIGE GASIOROWSKI
Pittsburgh, PA
University of Pittsburgh
Group 14, Wreath 22
Pittsburgh, PA

SLOVAK CATHOLIC SOKOL MEMORIAL SCHOLARSHIP GRANT – \$1,000



ZACHARY GRIFFITH
Reading, PA
Widener University
Group 12, Assembly 261
Reading, PA



HANNAH JOZWIAK
Pittsburgh, PA
Slippery Rock University
Group 14, Wreath 22
Pittsburgh, PA



JESSICA GLUGOSH
Mississauga, ON, CN
McMaster University
Group 19, Assembly 227
Toronto, ON, CN

**YENCHIA SCHOLARSHIP
GRANT – \$1,000**



EMILY HARVEY
Lilly, PA
Chatham University
Group 9, Assembly 79
Lilly, PA

This year marks the 48th anniversary of the first presentation of scholarship grants to our deserving young members in support of their quest for a good education. From our earliest years, the Slovak Catholic Sokol has promoted education among our youth. Since 1972, a total of \$1,712,250 in scholarship grants have been awarded to 2,436 of our members, certainly an enviable record. This year, we are pleased to introduce the recipients of our 2020 Slovak Catholic Sokol Scholarship Grants. Our congratulations and fraternal best wishes go out to all of them. Happy future and Zdar Boh!

ABBOT JEROME M. KOVAL, O.S.B. MEMORIAL HIGH SCHOOL GRANT – \$500 EACH



BROOKE HESS
Academy of the Holy Angels
Group 1, Assembly 162
Clifton, NJ



VIERA PULVER
Oak Knoll School
Group 1, Assembly 182
New York, NY



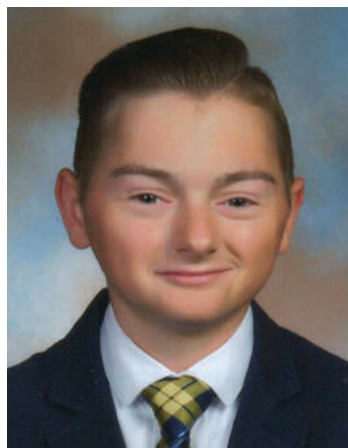
SOPHIA ZAKOVIC
Kellenberg Memorial
High School
Group 1, Assembly 182
New York, NY



DANIEL BALAS
Holy Redeemer High School
Group 7, Assembly 59
Wilkes-Barre, PA



KELCI KUREN
Holy Redeemer High School
Group 7, Assembly 59
Wilkes-Barre, PA



HUNTER WESOŁOWSKI
Holy Redeemer High School
Group 7, Assembly 86
Port Griffith, PA



ELIZABETH HITCHINGS
Bishop Canevin High School
Group 14, Wreath 22
Pittsburgh, PA



ISABELLA MEDER
Serra Catholic High School
Group 14, Wreath 22
Pittsburgh, PA

CATHOLIC GRADE SCHOOL GRANT – \$250 EACH



STEPHEN FRANKE
North Catholic High School
Group 17, Assembly 108
Youngstown, OH



EMILY K. JOHNSON
Our Lady of the Valley School
Group 3, Wreath 18
East Douglas, MA



ADELAIDE ROSE LOIS
St. Anthony on the Lake
Group 4, Wreath 93
Milwaukee, WI



MARGARET SEJBA
St. Hilary School
Group 5, Assembly 167
Barberton, OH

CATHOLIC GRADE SCHOOL GRANT – \$250 EACH



RACHEL SEJBA
St. Hilary School
Group 5, Assembly 167
Barberton, OH



JONATHAN FITZMAURICE
Holy Rosary School
Group 7, Assembly 59
Wilkes-Barre, PA



SEAMUS FITZMAURICE
Holy Rosary School
Group 7, Assembly 59
Wilkes-Barre, PA



CLAIRE SILINSKIE
Wyoming Area Catholic School
Group 7, Assembly 86
Port Griffith, PA



LUKE SILINSKIE
Wyoming Area Catholic School
Group 7, Assembly 86
Port Griffith, PA



ELLIE SUE DWINELL
St. Michael Catholic School
Group 11, Wreath 47
Minneapolis, MN



REBECCA A. SHERMAN
St. Dorothy School
Group 12, Assembly 186
Drexel Hill, PA



SAMUEL MACURAK
St. Elizabeth Elementary
Group 14, Assembly 16
Pittsburgh, PA

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.

Scholarships are important to students for two reasons: They help defray the costs of tuition and they allow students a reward for their hard work and dedication to education.

Alyssa McClure

PENNSYLVANIA FRATERNAL ALLIANCE FRATERNALIST OF THE YEAR AWARD FOR 2020

It is time to submit nominations for the Pennsylvania Fraternal Alliance Fraternalist of the Year Award for 2020.

Can you answer "Yes" to the following questions?

- Do you have a member residing in Pennsylvania who, through example and accomplishment, provides outstanding volunteer service?

- Would you like your member to be honored at the 2020 Pennsylvania Fraternal Alliance Annual Meeting?

- Would you like your society to be recognized for the outstanding fraternal and volunteer efforts of its members?

If you answered yes to the above,

please read the attached guidelines, choose the member you would like to nominate and complete the forms and submit no later than September 1st, 2020.

On behalf of the other members of the 2020 PFA Fraternalist of the Year Award Committee, namely, Joann Blackwell, Linda Strom and I would like to thank you in advance for taking the time to recognize someone in your society as a nominee for this celebrated award.

Fraternally,
Matthew M. Blistan, Jr., Chairperson
2020 PFA Fraternalist of the Year
Award Committee

PENNSYLVANIA FRATERNAL ALLIANCE 2020 FRATERNALIST OF THE YEAR AWARD GUIDELINES PURPOSE

The Fraternalist of the Year Award is an honor presented by the Pennsylvania Fraternal Alliance to recognize an individual within the fraternal benefit system who, through example and accomplishment, provides outstanding volunteer service.

ELIGIBILITY

The nominee must be a member of a local unit of a PFA member-society and must be living at the time of selection.

Home Office staff; full-time insurance sales force staff; officers of member societies and fraternal leaders within the Alliance are not eligible to receive the award.

An individual can win the award only once.

DESCRIPTION OF AWARD

A certificate and medallion will be presented to the honoree at the 2020 PFA Annual Meeting.

The honoree will be invited to attend the PFA Annual Meeting with two (2) complimentary lunch tickets and \$250 to help defray the cost of attending the luncheon. Only the honoree (& guest) will be invited to attend the annual meeting; no substitutions are permitted.

PROCEDURE

The award will be administered by the PFA Fraternalist of the Year Award Committee.

Each society is encouraged to sponsor the program within their local lodges and units. It is suggested that the contest within each society be coordinated and promoted by the fraternal director or by the home office of said society.

Each member-society is eligible to submit one nomination per year.

Nominations are to be postmarked by September 1, 2020. No faxed forms can be accepted.

The PFA Fraternalist of the year Award Committee will choose the honoree.

Press information regarding the Fraternalist of the Year program and the 2020 honoree will be distributed by the PFA Fraternalist of the Year Award Committee.

Please send nomination package to:

Matthew M. Blistan, Jr., Chairperson
2020 PFA Fraternalist of the Year Award
GBU Financial Life
4254 Saw Mill Run Blvd.
Pittsburgh, PA 15227

Pennsylvania Fraternal Alliance Fraternalist of the Year Award Nomination Form

I. Personal Data

Nominee's Name: _____

Home Address _____

Home Phone: _____ Business Phone: _____

Marital Status: ☐ Married ☐ Single ☐ Divorced ☐ Widowed

Date of Birth: _____

Occupations: _____

Employer: _____

II. Fraternal Benefit Society Association

Name of Society: _____

Number of Years Nominee is a member of this Society: _____

Local Lodge Name/Number: _____

City and State of Lodge: _____

Person Submitting Nomination: _____

Title of Position: _____

Home Phone: _____ Business Phone: _____

Please remember to include one head and shoulders photograph of nominee with this form. Additional materials may include letters, testimonials, news clippings, pamphlets, etc. Do not submit audio or videotapes, display materials, films, or scrapbooks, as they will not be considered in judging the nomination. Submitted materials will not be returned.

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

JULY 4TH – 244TH YEAR OF AMERICAN INDEPENDENCE AND THE 115TH YEAR OF THE FOUNDING OF THE SLOVAK CATHOLIC SOKOL

Reflecting on this July 4th, I'm reminded of how much I have to be grateful for. I'm grateful for all the sacrifices made by so many for the liberties and freedoms we all enjoy today.



I'm also reminded by the words of our first president, George Washington: "We have God to thank for America's Birthday."

He also said, "No People can be bound to acknowledge and adore the invisible hand, which conducts the Affairs of men more

than the People of the United States. Every step, by which they have advanced to the character of an independent nation, seems to have been distinguished by some token of providential agency."

Many will greet one another with a "Happy 4th of July," will display flags, have BBQ's, picnics, attend parties and, of course, watch the magnificent displays of fireworks. I wonder though, just how many will comprehend the history and price paid for the liberties we enjoy so much?

It seems we live in a land of paradoxes. We are all the beneficiaries of the foundations

laid, through many a price paid, and sacrifices made, by which we enjoy the liberties and freedoms in our nation. Yet, many forget the roots of those foundations. We are witnessing the inclination to casually disregard what previous generations have held to be of fundamental importance.

Let us not only greet one another with a "Happy 4th" or "Independence Day, but may we have a deep gratitude and appreciation for those who sacrificed for us to have them. May we also be keenly aware of just how volatile our liberties and freedoms are. They must not be taken for granted but stewarded with respect and a sense of responsibility — lest we find ourselves losing the very things we have so cherished.

President Ronald Reagan once said, "Freedom is never more than one generation away from extinction. We did not pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

Our Founding Fathers understood that freedom naturally decays as societies expand unless people of principle defend it. That tendency has been true at every point in human history and always will be. The government has the necessary role of defending our liberty, free speech, the right to property, but virtue can become a vice when it attempts too much. We must be watchful to ensure that the government's good intentions do not become the overreach that becomes tyranny.

In our freedoms and liberties, we may not always agree on every issue, but may we remember to always have respect and show civility in our public discourse, even in our disagreements.

Let us remember and reflect upon the fundamental values that our nation was founded on. The Declaration of Independence signed on July 4th, 1776, is as providential and powerful today, as it was then:

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

I find the words of Paul in Galatians 5:1 fitting for us today: "Stand fast therefore in the Liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage."

Blessings and Happy Fourth of July!

Pennsylvania Fraternal Alliance

Fraternalist of the Year Award Nomination Form

III. Statements

A. Fraternal Support

Using examples, describe the personal commitment and significance of your nominee's service to your fraternal. Specific activities may be noted.

B. Community Service:

Describe the ways in which your nominee has provided volunteer service within his or her community and/or church.

C. Ability to Mobilize Others

Describe ways in which your nominee has provided leadership and mobilized others.

D. Family and Youth

List any significant accomplishments as a volunteer for the nominee.

E. Achievements and Awards

List any awards/special recognition that the nominee has received.

FINANCIAL REPORT OF THE SUPREME SECRETARY AS OF MARCH 31, 2020

ASSETS	2020	EXPENSES	2020
Cash and Cash Equivalents	\$ 1,517,294	Death Benefit Claims Paid	\$ 391,032
Investments - Bonds & Bills	73,886,416	Interest Expense	6,776
Investments - Stocks	8,467,320	Fraternal Expenses	60,112
First Mortgage Loans	595,702	General Expenses	253,624
Loans on Certificates	251,258	Employee Retirement Expenses	89,705
Accrued Interest Receivable	829,062	Commissions	69,758
Sokol Building/Land	324,205	Annuity Benefits	609,841
Accounts Receivable	25,100	Taxes & Fees	43,078
Due From Groups	4,697	Reserve Increase	648,000
		Cash Surrenders	123,758
TOTAL ASSETS	\$ 85,901,054	TOTAL EXPENSES	\$ 2,295,684
		TOTAL INCOME (LOSS)	\$ 722
LIABILITIES AND RESERVES	2020		
Life Reserves	\$ 69,089,083	ZDAR BOH!	
Asset Valuation Reserve	341,198	Scott T. Pogorelec, FIC	
Interest Maintenance Reserve	191,470	<i>Supreme Secretary</i>	
Reserve for Supplemental Contracts	2,574,708	Slovak Catholic Sokol	
Reserve Emp. Retirement Plan	4,816,267		
Reserve for Convention	15,000		
Claims Payable	534,950		
Conversion - Canadian Currency	3,801		
Accounts Payable	39,461		
Sokol Secure Fund	1,095,554		
Mary Jane Rich Scholarship Fund	85,000		
Emil Slavik Scholarship Fund	100,000		
Dr's Lesko Medical Scholarship Fund	20,000		
Yencha Memorial Scholarship	18,500		
Krista L Glugosh Memorial Scholarship Fund	24,000		
Dividend Payable	50,000		
Advance Premiums	89,530		
TOTAL LIABILITIES	\$ 79,088,522		
Undistributed Funds - Sokol	\$ 6,812,532		
TOTAL LIABILITIES & SURPLUS	\$ 85,901,054		
STATEMENT OF INCOME AND EXPENSES			
INCOME	2020		
Investment Income	\$ 761,946		
Amortization of IMR	4,585		
Dividends on Stocks	86,948		
Interest on Mortgages	7,690		
Interest on Certificate Loans	6,500		
Sale of Cookbooks	62		
Rent Received - Sokol Building	22,055		
Life Premium Income	664,260		
Annuity Income	715,741		
Scholarship Income	-		
Miscellaneous Income	26,619		
TOTAL INCOME	\$ 2,296,406		

ZDAR BOH!
Scott T. Pogorelec, FIC
Supreme Secretary
Slovak Catholic Sokol

Message from our Supreme President

(Continued from page 2)

if used properly.

Where are we headed? On the business side, the Society is doing well considering the investment side of the business, since we all are affected by what has and will happen in the stock and bond markets. Members and agent continue to write new business which is a positive note during the past three months. This shows our products are competitive and better than others. We thank all who have sent in new applications. On the fraternal side we are adjusting and 2020 is the year we canceled some of our activities and international events. If there is a way we will make up 2020 in the future. The future will come and it could be better than today if we all work together. To make it happen all of us should ask a non-member to purchase one of our life insurance products or invest in our annuity products. This will help that person secure their future with a sound financial product at the same time helping our Society to grow. If you have a question about our products contact our Supreme Secretary, Scott T. Pogorelec, F.I.C. at the Home Office or our Director of Sales, Albert J. Suess, Jr. F.I.C. at sales@scslife.org .

Enjoy what ever you are doing in July and with God's Blessings to All!

Zdar Boh!



Find us on Facebook:
Slovak Catholic Sokol
Public Group

SLOVAK CATHOLIC SOKOL

A tradition of providing sound financial protection and benefits to our members
The Legacy Collection of Life Insurance

Permanent Life Insurance

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

Cash Value

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

Loan Value

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

Dividends

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

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

Tax Advantages

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

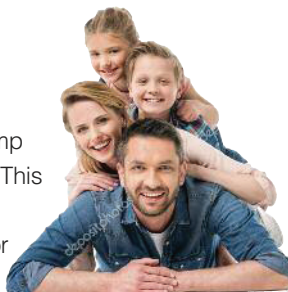
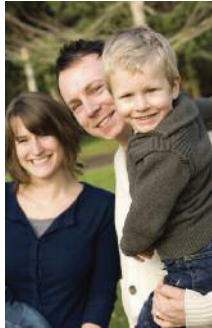
Legacy Life

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

Issue ages 0–80.

Legacy Single Premium

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



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

Issue ages 0–90.

Legacy 20

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

Issue ages 0–80.

10 Year Renewable/Convertible Term

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

Issue ages are 18–60.

20 Year Convertible Term

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

Issue ages are 18–50.

Youth Term to Age 30



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

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

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

The very affordable premiums can be paid:

- Annually, or
- Single Premium.

Issue ages are 0–22.

What's making headlines in our ancestral homeland**News and Views
from Slovakia...****CAPUTOVA DELIVERS STATE OF REPUBLIC ADDRESS**

The coronavirus pandemic and its effects, protecting the most vulnerable, solidarity, support for science, the economy, education reform, support for health care, the rule of law and necessary changes to the judiciary and at prosecutors' offices were the key topics of President Zuzana Caputova's State of the Republic Address in Parliament on June 5th.

Coronavirus has shown that people in Slovakia are capable of solidarity and mutual support, said Caputova.

"I'm sorry to see the opposite tendency as well, however," said the president, pointing to people who have called for changes regarding some cultural and ethical issues. She claimed that the process lacks an honest debate involving both experts and the public.

The president praised the work of scientists during the pandemic before going on to criticise what she views as insufficient financial support for science in Slovakia, while "hundreds of millions" of euros from state funds meant for science ended up in the hands of "entities leeching off science" recently.

Still reflecting on coronavirus and the related shutdown of schools for more than two months, Caputova said that this experience provides an opportunity for a "thorough curricular revision". She pointed to the current differences in opportunities for children who come from various economic backgrounds.

As health care hasn't been receiving enough funds for a long time, Caputova pointed to a lack of medical personnel and called for better remuneration in the health-care and nursing sectors.

Conversely, the president praised moves aimed at purifying the judiciary, as "we're witnessing trials of economically influential people who had associates in the judiciary and politics", apart from the prosecution of several judges.

Caputova called for significant changes to the disciplinary system for judges, while the "current model of prosecutors' offices needs to be improved and become divorced from political interference by giving a boost to public supervision and the procedural independence of prosecutors".

As for economic issues, Caputova criticised the condition of digital infrastructure and stressed that Slovakia's economic model based on low salaries and attracting foreign direct investment seems to have exhausted itself. So, Slovakia now needs to focus on building a strong domestic business environment.

"The fact that we're an assembly hall for global car brands should be considered as a transitory period that has had its positives, but we should realise that we must extricate ourselves from this," added Caputova.

**PARLIAMENT'S LEADERSHIP COMMEMORATES
CENTENARY OF TREATY OF TRIANON**

Parliamentary Chair Boris Kollar (We Are Family) and Parliamentary Vice-chairs Juraj Seliga (For the People), Peter Pellegrini (Smer-SD), Gabor Grendel (OLaNO) and Milan Laurencik (Freedom and Solidarity/SaS) commemorated the hundredth an-

niversary of the Treaty of Trianon by laying wreaths at the Monument of Peace Treaties on Tyrsovo Embankment in Bratislava on June 4th.

"One hundred years have passed since the signing of this important treaty that adjusted borders, a treaty determining how the new post-war Europe would operate after the First World War. It laid the foundation for our state, with Czechoslovakia being established," stated Kollar.

Kollar noted that although opinions on Trianon differ, people shouldn't look to the past, but to the future and to the relationship that the country currently has with neighbouring Hungary. "This relationship has improved a great deal over the past decade and is above-standard good. If we continue like this, all wrongdoings and injustices may be forgotten and faded," he stressed.

According to Pellegrini, Slovakia and Hungary should follow the example of France and Germany in this regard. Those two countries were able to overcome the old, historical wrongs and hardships that they inflicted on each other, and they even founded a European project from which Slovakia now benefits as well. At the same time, Pellegrini called for good and fair relations with neighbouring countries to be developed and for attention to be given to minorities. He also advised against raising topics that don't need to be raised.

On the occasion of the anniversary, Grendel thanked all politicians, constitutional officials and representatives of the social spheres of the two countries, i.e. Slovakia and Hungary, for contributing to the fact that relations between the two countries are now at their best level ever. In this context, Seliga warned against raising tensions and conflicts via statements, memoranda or any other efforts.

**SLOVAKIA'S INDUSTRIAL OUTPUT SAW
DEEPEST SLUMP EVER IN APRIL**

Slovakia's industrial output in April 2020 saw the deepest year-on-year fall in a month since the country gained independence in 1993 – by 42 percent, mainly driven by a slump in the output of the automotive industry by 78.9 percent y-o-y in April due to the coronavirus outbreak, the Statistics Office reported on June 10.

As for more details, industrial manufacturing decreased by 47.4 percent y-o-y; supplies of electricity, gas, steam and air conditioning by 3.7 percent; and mining and quarrying by 17.9 percent.

Other notable decreases were reported in the production of rubber, plastics and other non-metallic mineral products – by 42.9 percent y-o-y; in the production of machines and equipment not classified elsewhere – by 34.5 percent; in the production of metals and metallic structures excluding machines and equipment – by 26.3 percent; and in the production of electrical devices – by 41.8 percent.

After seasonal adjustments, industrial production was down by 26.6 percent month-on-month in April.

In the first four months of the year, industrial production was down by 15.9 percent y-o-y. This included decreases in industrial manufacturing by 18.9 percent and in supplies of electricity, gas, steam and air conditioning by 0.6 percent. Conversely, production in mining and quarrying was up by 9.8 percent y-o-y.

(Continued on page 20)

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

WORLD HERITAGE SITES IN SLOVAKIA

The United Nations Educational, Scientific and Cultural Organization (UNESCO) World Heritage Sites are places of importance to cultural or natural heritage as described in the UNESCO World Heritage Convention, established in 1972. Slovakia ratified the convention on 31 March 1993, making its historical sites eligible for inclusion on the list.

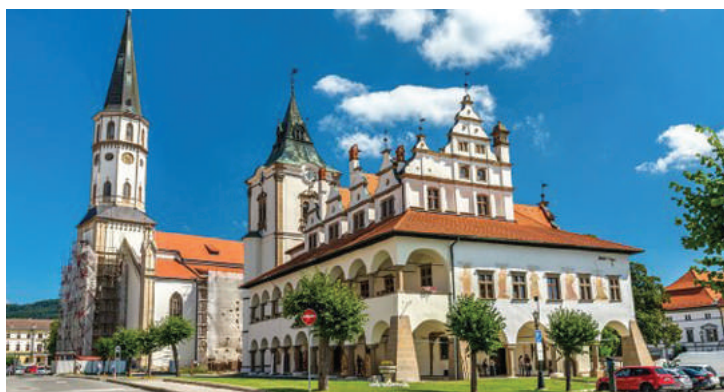
Three localities from Slovakia were inscribed to the UNESCO World Heritage List already in 1993: Castle of Spiš and its environs, Banská Štiavnica and Vlkolínec. In 2000, the historic town Bardejov was added, in 2008 wooden churches of the Slovak part of Carpathian Mountain Area and in 2009 town Levoča.

The Castle of Spiš is the largest medieval castle compound in



central Europe along with the little town of Spišské Podhradie (with typical Renaissance and Baroque burgher houses), the Church town of Spišská Kapitula (including several sacral monuments and above all the impressing two tower cathedral of St. Martin) and the Gothic church of the Holy Spirit in Žehra from the 14th century and frescoes in its interior from the 14th and 15th centuries. Well conserved monuments along with the charming natural setting of the travertine territory of the National Nature Reserve Dreveník forms a unique whole.

In June 2009, the historic town of Levoča was included in



this group of Spiš monuments. Banská Štiavnica is a town monu-



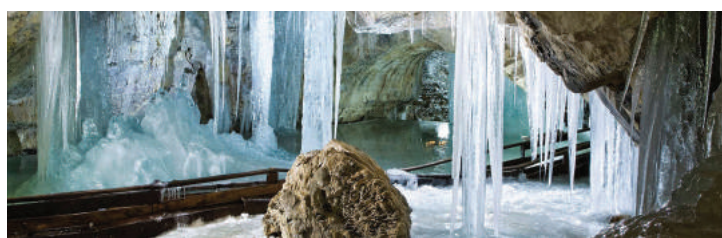
ment reserve which demonstrates the mining tradition in Slovakia, Vlkolínec represents a reserve of traditional folk architecture and Bardejov is considered to be the most Gothic town in Slovakia.

Wooden churches of the Slovak part of Carpathian Mountain Area possess an extraordinary worldwide value, too. The church-



es include: Roman Catholic churches in Hervartov and Tvrdosín, Evangelical articular churches in Kežmarok, Leštiny and Hronsek, and churches of Eastern rite in Bodružal, Ladomirová and Ruská Bystrá.

Unique natural heritage of Slovakia is represented in the UNESCO World Heritage List by caves and abysses of Slovenský kras karst and by Dobšinská ľadová jaskyňa cave. In 2007 the Car-



pathian primeval beech forests of the Bukovské vrchy and Vihorlatské vrchy Mts. in the east of Slovakia were added to this list.

Slovenský kras situated in the south of Slovakia on the frontier with Hungary is the largest karstic area in the middle Europe. It consists of 1110 caves and abysses. In 1995 the bilateral Slovak-Hungarian project with the title Caves of the Slovak and Aggtelek Karst (Ochtinská aragonitová jaskyňa, Gombasecká jaskyňa, Jaskyňa Domica, Krásnohorská jaskyňa, Jasovská jaskyňa, ...) was successful in its endeavour to be included among the most precious world natural phenomena. In 2000 this inscription also included the ice cave of Dobšinská ľadová jaskyňa, one of the largest of its kind in Europe.

The primeval beech forests of the Carpathians in the Ukraine and in Slovakia were added to the UNESCO World Heritage List

(Continued on page 19)



KIDS' CORNER "Detský kútik" - - July 2020

HAPPY FOURTH OF JULY

FESTIVE 4TH OF JULY MATCHING GAME

HAPPY BIRTHDAY, AMERICA!

MATCH EACH WORD ON THE LEFT WITH ITS PATRIOTIC PARTNER ON THE RIGHT.

PARADE	FRIES
FIREWORKS	STRIPES
BURGERS	FLOATS
FRIENDS	HOME OF THE BRAVE
LIBERTY	LOYALTY
STARS	ANTS
BONFIRE	FAMILY
LAND OF THE FREE	SKY
HONOR	BEACH
PICNIC	JUSTICE

Summer



HAPPY BIRTHDAY TO YOU!!!!

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





KIDS' CORNER "Detský kútik" - - July 2020

summer

Complete the crossword and find the secret message.

The secret message is _____

1

4

20

6

17

18

12

14

3

7

11

2

21

15

19

5

10

16

9

8

13

1																			
2																			
3																			
4																			
5																			
6																			
7																			
8																			
9																			
10																			
11																			
12																			
13																			
14																			
15																			
16																			
17																			
18																			
19																			
20																			
21																			



KIDS' CORNER "Detský kútik" - - July 2020

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

If you love to read.....this is just the program for you. From June 15th-August 25th keep track of the name and author of each book that you read, and have your parents verify each with a signature. If you are not reading on your own yet, it is perfectly OK to have a parent, grandparent, babysitter....etc. read to you. Try to read books that not only interest you, but challenge you as well. I will need the completed reading lists returned to me no later than **September 14th**. Include your name, address, Group number and age so that I can recognize you in the paper.

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

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

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



Non-Readers

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

Early Readers (sounding out most words)

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



Intermediate Readers

(40+ pages each)

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

Advanced Readers (100+ pages each)

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

WORLD HERITAGE SITES IN SLOVAKIA

(Continued from page15)

in June 2007. Thanks to this fact, the Carpathian primeval beech forests of Stužica, Rožok and Havešová in the Bukovské vrchy Mts.



and Vihorlatský prales primeval forest in the Vihorlatské vrchy Mts. in CHKO Vihorlat are of world importance. The first three of them are situated in the area of the Poloniny National Park.

UNESCO INTANGIBLE HERITAGE

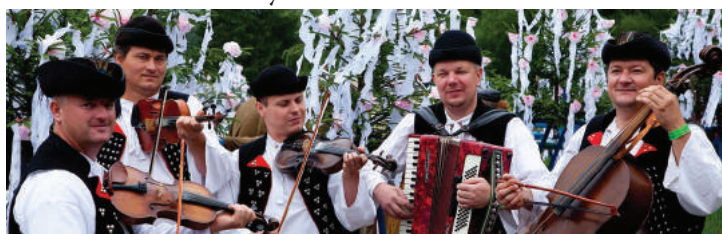
Fujara is the most typical Slovak musical instrument. It was included by UNESCO in the Representative List of the Intangible Cultural Heritage of Humanity. The list was founded in 2001.

Fujara is an overtone fipple flute that can be up to 1.8 m long. It is usually made from elder tree and has a characteristic meditation tone. It is known nowhere else in the world but Slovakia. This country is considered to be the place of origin of this instrument, especially the region of Poľana and North Gemer. It used to be the typical



instrument of shepherds. Fujaras were decorated by ornaments or figural decorations. The longest instrument is the Fujara Trombita, up to 6 m long that was used for signalling and for communication among shepherds on their pastures because of its magnificent and strong tone. It is made from pine wood.

Second on the UNESCO intangible heritage list is the Music of Terchová – the “heavenly” archaic folk music characteristic of Ter-



chová and neighbouring villages, typified by multi-voice singing. The Music of Terchova is closely connected with dancing, hence its temperamental music style. We don't know the exact origins of this folklore, because naturally it has passed from one generation to the next only in spoken form. It was included in the UNESCO list in 2013.

FACTS YOU DIDN'T KNOW ABOUT THE FOURTH OF JULY

On this federal holiday, also known as Independence Day, marking the Colonies' adoption of the Declaration of Independence on July 4, 1776, which declared independence from Great Britain and its king, we thought it would be appropriate to share some facts about this historic day. We are already familiar with the fireworks, parades, barbeque and festivities like picnics, fairs, concerts and parties that take place on this day, but there are some things many people don't know about this holiday.



John Trumbull's 1819 painting “Declaration of Independence.”

- Congress made Independence Day an official unpaid holiday for federal employees in 1870. In 1938, Congress changed Independence Day to a paid federal holiday.
- Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.
- The Declaration of Independence was signed by 56 men from 13 colonies.
- The average age of the Signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr. (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
- One out of eight signers of the Declaration of Independence were educated at Harvard (7 total).
- The only two signers of the Declaration of Independence who later served as President of the United States were John Adams and Thomas Jefferson.
- The stars on the original American flag were in a circle so all the Colonies would appear equal.
- The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.
- The White House held its first 4th of July party in 1801.
- President John Adams, Thomas Jefferson and James Monroe all died on the Fourth. Adams and Jefferson (both signed the Declaration) died on the same day within hours of each other in 1826.
- Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.
- In 1776, there were 2.5 million people living in the new nation.
- Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.



What's making headlines in our ancestral homeland**News and Views
from Slovakia...**

(Continued from page 14)

**AUTHORITIES RESTRICT FREE RURAL MOVEMENT DUE TO
AFRICAN SWINE FEVER**

Agriculture Minister Jan Micoš (OLaNO) stated at a briefing on June 19 on the current situation regarding the African swine fever virus (ASFV) in Slovakia that due to the spread of the infection in the country, people will be prohibited from hiking outside designated routes in the countryside in selected districts of eastern and central Slovakia.

At the same time, the minister called on hunters to switch to higher gears in terms of wild boar hunting.

According to State Veterinary and Food Administration (SPVS) executive director Jozef Bires, the ASFV situation in Slovakia is dire, especially near the border with Hungary, where veterinary authorities have recorded approximately 1,500 infected wild boars. Bires noted that while SPVS doesn't intend to close off certain forests completely, it's opted to restrict people's movement within these areas, which also includes a ban on mushroom picking.

Bires went on to say that people can unknowingly spread the virus on their shoes or bicycle wheels, for example, as the virus can survive three to six months in a wild boar carcass.

According to Micoš, the recent discovery of a dead infected boar in the immediate surroundings of Kosice indicates that the situation will develop at a rather dramatic pace. ASFV-positive boars were found only in neighbouring districts further to the east of Kosice until recently.

"It's a very serious viral infection, which is encircling Slovakia. The circle is tightening, and we have a reason to express our very serious concerns regarding what will happen when the virus breaches the state borders," said Micoš.

According to the Agriculture Ministry, the virus is closing in on Slovakia mainly from Hungary, Ukraine and Poland and poses a great risk to domestic pigs. The first case of ASFV in Slovakia was registered in eastern Slovakia on the border with Hungary in July 2019.

**SLOVAKIA FOUR PLACES DOWN IN WORLD
COMPETITIVENESS YEARBOOK**

Slovakia keeps falling in the competitive economy ranking, moving down four places from last year in the latest World Competitiveness Yearbook (WCY) research and now standing in 57th place out of the 63 evaluated countries, TASR learned from the F.A. Hayek Foundation.

Among European countries, Slovakia was ahead only of Croatia when it was outstripped even by Ukraine this year.

Slovakia was outdone by all its Visegrad Four partners (the Czech Republic, Hungary and Poland) in the WCY. The most successful country in the group was the Czech Republic in 33rd place. The top three in the 2020 list, according to WCY, is Singapore, followed by Denmark and Switzerland.

"There's a need to note that Slovakia was among the highly competitive countries in 2007-2009 (30th place), however, it failed to maintain this position over the past couple of years," said Martin Reguli of the F.A. Hayek Foundation.

A gap between competitive power of post-communist and

"Western" countries is evident, stated Reguli, giving the example of neighbouring Austria that found itself in 16th position in the ranking.

The WCY research monitors the quality of the business environment of 63 countries around the world and compares the competitiveness of their economies.

The World Competitiveness Yearbook is published by the Swiss Institute for Management Development every year in co-operation with dozens of NGOs.

**NBS PROGNOSIS: SLOVAK ECONOMY
TO SHRINK BY 10.3 PERCENT**

The Slovak economy should contract by 10.3 percent this year, according to the latest medium-term prognosis released by Slovakia's central bank (NBS).

NBS thereby worsened its GDP development estimate from the previous quarter by 1 percentage point. The central bank expects an economic recovery next year, with GDP going up by 8.4 percent. In 2022, GDP should grow by 4.5 percent.

The contraction of the Slovak economy should be mainly caused by a decline in foreign demand and the suspension of a major part of the domestic economy. "The Slovak economy has found itself in free fall. It's as if we travelled back in time to 2017. Although the economy will recover, and we'll see GDP growth next year, these processes will be slower than we thought a month ago. We're still living in a time of great uncertainty," NBS governor Peter Kazimir told a news conference on Wednesday.

According to Kazimir, the measures taken by NBS, the European Central Bank (ECB) and the Government prevented the economy from falling even deeper, and this is happening in co-operation with the financial sector. "Contrary to the previous one, this crisis is changing global trade and supplier relationships in a key manner, and we assume that the character of domestic consumption will change as well. None of this is good news for a small export-oriented economy like Slovakia's," stated Kazimir. "Significant negative risks are hidden in the current prediction," he noted. Therefore, the adoption of measures by the Government will be important, he stressed.

Nevertheless, GDP growth should resume in the next few years, with the economy reaching its pre-crisis level in the first half of 2022. "While before our optimistic scenario was that the economy would get to the pre-crisis level in 2021, now we say that this will happen only in 2022," stated NBS Vice-governor Ľudovít Odor.

NBS also expects a drop in employment and salaries this year, however, the Government's fiscal measures will restrict this decrease. Employment should fall by 2.1 percent this year and by 0.8 percent next year. NBS predicts that employment will grow by 0.8 percent in 2022. "The impacts on the labour market will be very intense. We estimate that the number of jobs lost this year will be as high as the number of jobs created over the past 2.5 years," stated Kazimir, adding that NBS expects 70,000 jobs to be lost this year.

**TWO PEOPLE DIED IN INCIDENT AT SCHOOL
IN VRUTKY, FIVE WERE INJURED**

Two people died in an incident at the primary and secondary school on M.R. Stefanik Street in Vrutky (Žilina region), paramedics' spokesperson Alena Krcova told TASR, adding that five people were injured, including children.

Police Corps spokesman Michal Slivka confirmed that the police had shot dead a man who reportedly attacked workers at the school. The man died after police intervention. "The attacker was a 22-year-old man from Martin [Žilina region]," the police wrote on a social network.

In Memoriam

MAY 2020

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 1	Carl Pisarczyk, Clifton, NJ	79	January 21, 2020
Assembly 1	Joseph J. Milon, Lodi, NJ	78	May 18, 2020
Assembly 9	Lorraine Krock, Meriden, CT	97	May 7, 2020
Assembly 9	Henry J. Zack, Trumbull, CT	94	May 18, 2020
Assembly 11	Irene A. Schilke, Alsip, IL	92	April 27, 2020
Assembly 23	John J. Baker, Harwinpon, CT	87	April 7, 2020
Assembly 28	James P. Kocur, Douglas, MA	65	April 17, 2020
Assembly 32	Ethel M. DeSousa, Palmerton, PA	97	April 23, 2020
Assembly 59	Charles Arnott, West Pittston, PA	55	April 11, 2020
Assembly 59	Alan Rinehimer, Wilkes-Barre, PA	60	April 28, 2020
Assembly 59	Leonard Dzuovcin, Wilkes-Barre, PA	84	May 2, 2020
Assembly 59	Cyril Baloga, Wilkes-Barre, PA	81	May, 10, 2020
Assembly 64	Mary Menosky, Erie, PA	88	May 9, 2020
Assembly 85	Joseph Zelonka, Levittown, PA	91	April 27, 2020
Assembly 78	John J. Knoblauch, Houston, TX	87	April 11, 2020
Assembly 108	Francis S. Tkacik, Hermitage, PA	96	March 21, 2020
Assembly 162	Thomas J. Krack of Garfield, NJ	57	May 2, 2020
Assembly 176	Michael L. Emery Beaver, PA	57	April 27, 2020
Assembly 180	David A. Hussar, Canton, OH	60	April 15, 2020
Assembly 185	Wilhelmina Linsky, Binghamton, NY	90	March 15, 2020
Assembly 188	Magdalena Orsulak, Monroe, NJ	95	April 17, 2020
Assembly 255	Anna Bucha, Allentown, PA	91	May 3, 2020
Assembly 261	Robert M. Chapman, Clearwater, FL	88	May 13, 2020
Assembly 312	Mary Joan Toms, Toms River, NJ	85	April 24, 2020
Assembly 312	Josephine Petrick, Dingmans Ferry, PA	97	May 13, 2020
Wreath 11	Stephen M. Pitoniak, Lafayette, NY	95	April 12, 2020
Wreath 15	John Kurila of Madison, OH	88	May 3, 2020
Wreath 15	Dolores R. McCabe, Hoover, AL	92	May 16, 2020
Wreath 22	Eileen D. McCrear, Pittsburgh, PA	91	April 20, 2020
Wreath 29	Constance O'Grady, New Castle, PA	82	April 22, 2020
Wreath 47	Pang Vang, Fresno, CA	60	May 21, 2020
Wreath 54	Elizabeth A. Janecko, North Canton, OH	68	May 16, 2020
Wreath 54	Lucille E. Sheldon, Youngstown, OH	94	May 26, 2020
Wreath 81	Elizabeth Adamczyk, Greensburgh, IN	93	May 22, 2020
Wreath 85	Margaret Rudich, Aliquippa, PA	92	April 7, 2020
Wreath 85	Tammie Huey, Baden, PA	61	April 23, 2020
Wreath 85	Joseph Pavlik, Seven Hills, OH	87	May 2, 2020
Wreath 93	Emilie L. Borgmann, Janesville, WI	87	December 19, 2019
Wreath 147	Robert F. Lapasnick, Dallas, PA	84	April 23, 2020
Wreath 155	Veronica Pavlik, Wyomissing, PA	101	April 21, 2020
Wreath 155	Patricia L. Stitt, Mifflin, PA	89	May 18, 2020
Wreath 157	Helen A. Katchen, Nesquehoning, PA	92	April 12, 2020
Wreath 168	Georgianna Glose, Brooklyn, NY	73	April 28, 2020

SEMINARIAN GRANT AVAILABLE

Our Supreme Chaplain, Rev. Andrew S. Hvozdozic is pleased to announce that a \$500 scholarship grant is available to any member studying for the priesthood. The applicant who will be in the second or third year of theology in the fall of 2020 may apply. For an application write: Rev. Andrew S. Hvozdozic, 304 South Elmer Ave., Sayre, PA 18840.

42ND SS. CYRIL AND METHODIUS APPEAL OF THE SLOVAK CATHOLIC FEDERATION

The annual SS. Cyril and Methodius Appeal raises funds in support of the Pontifical Slovak College of SS. Cyril and Methodius in Rome with day to day expenses. This institution built by American and Canadian Slovaks in 1963 ministers to the spiritual needs of Slovaks world-wide. The Slovak Catholic Sokol has been a staunch supporter of the college from its inception.

As of June 18, a total of \$17,668.50 has been received from 141 donors. The donors have included the following Slovak Catholic Sokol lodges and groups: Group 1, "Msgr. Stephen Krasula," Passaic, N.J.; Group 6, "Msgr Andrew Hlinka", Perryopolis, Pa.; Group 12, "Rev. Anton Bernolak," Reading, Pa.; and Group 18, "Rev. Joseph Martinec," Assenbly 54, Lyndora, Pa.; Assembly 71, Edwardsville, Pa.; Assembly 72, Catasauqua, Pa.; Assembly 136, Nanticoke, Pa.; Assembly 162, Clifton, N.J., Assembly 180, Canton, Oh.; and Assembly 219, Yonkers, N.Y. In addition, our Sokol annual meeting has made a donation to the 2020 appeal. Donations received after Nov. 2020 will be credited toward the 2021 appeal.

The Slovak Catholic Federation was founded in 1911 by the Rev. Joseph Murgas, founding pastor of Sacred Heart of Jesus Slovak Parish in Wilkes-Barre, Pa. The Federation brings together individuals, local fraternal lodges, as well as our four Slovak Catholic fraternal societies. Our Supreme Chaplain, the Rev. Andrew S. Hvozdozic of Sayre, Pa. currently serves as the national president of the Slovak Catholic Federation. Donations may be made in memory of a departed loved one.



SAINTS CYRIL & METHODIUS APPEAL

Name _____

Address _____

City _____ State _____ Zip _____

In Memory of _____ Amount \$ _____

Make checks payable to: Slovak Catholic Federation and mail to: Rev. Thomas A. Nasta, Sacred Heart Church, 120 Jefferson St., Swedesburg, PA 19405

S.K.S. 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.

VÝVOZ AJ DOVOZ NA SLOVENSKU KLESLI O VIAC AKO TRETINU

Zahraničný obchod Slovenska v apríli, v čase pandémie choroby covid-19, pokračoval v poklese. Ten sa v porovnaní s marcom ešte prehĺbil. Aprílový vývoz aj dovoz klesli v medziročnom porovnaní o viac ako tretinu, obchodná bilancia tak zaznamenala najvyšší schodok za posledných najmenej desať rokov. Vyplýva to z predbežných údajov, ktoré dnes zverejnil Štatistický úrad SR.

Celkový vývoz tovaru zo Slovenska v apríli v porovnaní s rovnakým obdobím vlaňajška klesol o 43 percent na 3,75 miliardy eur. Dovozy sa znížil miernejšie, a to o 36,6 percenta na 4,24 miliardy eur. Dvojciferný pokles zaznamenal slovenský vývoz a dovoz po revízii údajov aj v marci, kedy sa export a import znížili medziročne oveľa menej ako v apríli.

Schodok zahraničného obchodu Slovenska v apríli dosiahol 492 miliónov eur, v predchádzajúcom mesiaci obchodná bilancia po úprave dala vykazovať deficit 390 miliónov eur. Tento rok v januári a vo februári vývoz ešte zhodne prevyšil objem dovozu.

V apríli obnovili prevádzku dve zo štyroch automobiliek, ktoré produkciu kvôli dopadom koronavírusu prerušili v marci. Automobilový priemysel bol v uplynulých rokoch, kedy si krajina udržala pozíciu najväčšieho výrobcu áut v prepočte na obyvateľa, hlavným motorom rastu slovenského hospodárstva.

Pandémia covidu-19 ovplyvnila výkon slovenského hospodárstva už v prvom štvrtroku, kedy hospodárstvo kleslo medziročne o 3,7 percenta. Ekonomovia očakávajú, že sa v druhom kvartáli hospodárstvo prepadne ešte výraznejšie.

KOŠICKÍ GYMNAZISTI VYHRALI GLOBÁLNU SÚŤAŽ

Tím gymnazistov z Košíc so svojím projektom ekologického tuhého čističa uspel v slovenskom a následne aj vo svetovom finále medzinárodného projektu Social Innovation Relay (SIR), ktoré prebehlo v júni v online priestore. Tím REN zvíťazil v silnej konkurencii ďalších víťazov národných kôl, ako napríklad z Česka, Španielska, zo Singapuru či z Japonska.

Medzi jedenástimi vybranými skupinami boli rôznorodé a zaujímavé projekty. Porota svetového finále si napokon po dvojhodinovej porade vybrala tri víťazné projekty. Medzi nimi aj ekologický tuhý čistič „TUČI“ zo Slovenska.

„So svojím tuhým čističom prináša tím REN zo Slovenska praktickú alternatívu voči tekutým mydlám pre všetkých, ktorí sa zaujímajú o ekologické a životnému prostrediu prospešné čistenie. To im taktiež zabezpečilo víťazstvo v súťaži SIR. Gratulujeme,“ oznámila na svojom Twitteri organizácia Junior Achievement (JA) Europe, ktorá finále organizovala.

Tuhý ekologický čistič už Košičania úspešne vyrábajú a predávajú v ekologických predajniach na Slovensku. „Je to úžasný pocit, už len samotná účasť bola pre nás výbornou príležitosťou, no výhra nás neskutočne potešila. Vidieť nápady z celého sveta a prezentovať náš projekt v angličtine pred medzinárodnou porotou bolo pre nás skvelou skúsenosťou,“ povedal po víťazstve vo svetovom finále Lukáš Weiszer z tímu REN. Podľa jeho slov firma plánuje v blízkej dobe rozšíriť svoje pôsobenie na slovenskom trhu. „Úspešne expandujeme aj do ďalších krajín. Náš produkt je už možné zakúpiť okrem Slovenska aj v Česku. Dostali sme už aj ponuky z Vietnamu a z Londýna, ktoré momentálne riešime a snažíme sa dospieť ku vzájomne výhodnej spolupráci,“ dodáva Weiszer.

JEDEN Z NAJZACHOVANEJŠÍCH HRADOV NA SLOVENSKU – ČERVENÝ KAMEŇ



Kaplnka Nanebovzatia Panny Márie

Medzi najkrajšie a najnavštevovanejšie miesta Malých Karpát patrí hrad Červený Kameň. Rozprestiera sa na pohorí nad obcou Častá. Patrí medzi jeden z najzachovanejších slovenských hradov. Jeho počiatky siahajú do prvej polovice 13. storočia, kedy ho dala postaviť česká kráľovná Konštanca Uhorská. História hradu sa od roku 1583 do druhej svetovej vojny spája s Pálffyovcami. Tento významný uhorský rod ho postupne prebudoval na reprezentačné sídlo s bohatou štukovou a freskovou výzdobou interiérov. Posledný člen pálffyovského rodu opustil hrad v roku 1945 a o štyri roky neskôr bol hrad vyhlásený za štátny kultúrny majetok. V súčasnosti sa v hrade nachádza múzeum a organizujú sa na ňom rôzne podujatia či festivaly.

NIEKOĽKO TIPOV DO LETNEJ KUCHYNE

LEDOVÁ KÁVA

Studenú kávu nalejte do zásobníkov na ľad a nechajte zamraziť. 6 kávových kociek vyberte z mrazničky, zalejte 150 ml studeného mlieka, rozmixujte a oslaďte podľa chuti.

DROBNÉ OVOCIE V KOLÁČI

Aby drobné bobule po upečení v koláči chutili lepšie, predtým, než ich primiešate do cesta, ich zmrazte. Takéto zmrazené ich primiešajte pred pečením koláča do cesta.

BYLINKOVÉ MASLO NA GRILOVANIE

Jemne nasekajte pažitku a petržlen. Zmiešajte s mäkkým maslom a zmesou naplňte zásobník na ľad, kocky zamrazte. Potom už len vyberte v prípade potreby pred grilovačkou.

MARINOVANÉ MÄSO

Mäso premiešané s marinádou vložte do vrečka na mrazenie a poriadne ho uzatvorte, nechajte v chladničke pár hodín alebo cez noc. Soľ do marinády nepatrí, pretože mäso by bolo suché.

AKO SPRÁVNE GRILOVAŤ

- ▶ Párky grilujte na strednej teplote, a často ich otáčajte.
- ▶ Aby sa vám mäso na grile nelepilo, medzi kliešte chyťte papierovú utierku namočenú do rastlinného oleja a potrite mriežku rozohriateho grilu.
- ▶ Kuracie prsia grilujte najprv na vyššej teplote a potom na strednej teplote.
- ▶ Mäso pri grilovaní nikdy neprepichujte vidličkou. Vytiekla by z neho šťava, vďaka ktorej zostáva pekne šťavnaté.
- ▶ Ryby je jednoduchšie grilovať na grilovacej mriežke. Ak ju nemáte po ruke, je dobré rybu niekoľkokrát opakovanne rýchlo položiť a zodvihnúť. Vytvorí sa na nej povlak, vďaka ktorému sa ryba na gril neprilepí.

ACH, TÁ NAŠA SLOVENČINA!

Fashion trendy, ktoré ožívajú po 20 rokoch. - *aktuality.sk*

Náš migračný **coming out...** - *sme.sk*

Selektoval, ako sa navzájom kontaktovali... - *sme.sk*

Tipy od **travel blogerov**: - *aktualne.sk*

Nechápe, že za ňu toľkí ľudia hlasovali, keď zrazu má sociálne siete plné **hejtu**... Instagram je tiež dosť veľké **hejtovisko**. - *sme.sk*

Testovala ho aj modelka a **influencerka** Rachel Cook. - *pravda.sk*

...odovzdal čistý telefón s **vyselektovanými** správami, dokazuje to podľa neho jeden **screenshot** z komunikácie... - *sme.sk*

Prekvapte návštevu týmito osviežujúcimi letnými **drinkami**. - *hn.sk*

INGREDIENCIE: 1 balíček okrúhle piškóty - *recepty.sk*

Efektívny **home office?** - *sme.sk*

KRÁTKE SPRÁVY ZO SLOVENSKA



Najviac uchádzačov o zamestnanie na Slovensku pribudlo medzi mesiacmi marec a apríl v Prešovskom kraji. Spolu ide o nárast o 5 640 ľudí, čo sa pretavilo v náraste miery evidovanej nezamestnanosti na úroveň 10,37 percenta. Slovenský priemer je pritom 6,57 percenta. Vyplyva to z aprílových štatistík Ústredia práce, sociálnych vecí a rodiny. V apríli bola v rámci Prešovského kraja najvyššia miera nezamestnanosti v okresoch Kežmarok (18,32 percenta), Vranov nad Topľou (14,35 percenta) a Sabinov (13,69 percenta), pričom medzi mesiacmi marec a apríl došlo k nárastu miery evidovanej nezamestnanosti vo všetkých okresoch. K najvyššiemu nárastu došlo v okrese Kežmarok, kde nezamestnanosť stúpila o 3,28 percenta. Najnižší nárast zaznamenal okres Stropkov, kde pribudlo 1,2 percenta nezamestnaných.

Volkswagen Slovakia vyrobil na Slovensku od roku 1991 viac ako 6 miliónov vozidiel. Je pilierom slovenského exportu, jedným z najväčších súkromných zamestnávateľov v krajine a spolu so svojimi zamestnancami aj najväčším prispievateľom do verejných rozpočtov. Vyrába automobily Volkswagen Touareg, Audi Q7, Audi Q8, Porsche Cayenne, Porsche Cayenne Coupé, Volkswagen up!, Volkswagen e-up!, SEAT Mii electric, ŠKODA CITIGOe iV. Okrem vozidiel produkuje prevodovky, komponenty pre prevodovky a podvozky, ako aj zariadenia používané pri výrobe vozidiel.

Slovensko patrí medzi krajiny Európskej únie, ktoré najviac zasiahli ekonomické dosahy pandémie nového koronavírusu. Pokles HDP eurozóny a EÚ bol pritom najväčší od roku 1995. V prvom štvrtroku 2020 podľa údajov Eurostatu klesla slovenská ekonomika medzikvartálne o 5,2 percenta a medziročne o 3,8 percenta. Horší prepád zaznamenali len Francúzi, Španieli a Taliani, ktorých korona postihla extrémne tragicky aj zo zdravotnej stránky. Na hospodárskom spomalení Slovenska sa zásadne podpísal posledný mesiac prvého štvrtroka. Väčšina členských krajín Únie v marci obmedzila pohyb obyvateľov, aby zabránila šíreniu Covidu-19, a Slovensko bolo medzi prvými. Paradoxne to prinieslo mimoriadne nepriaznivé ekonomické štatistiky. A to v nich ešte nie sú zarátané mesiace apríl a máj, ktoré s najväčšou pravdepodobnosťou prinesú ešte prudší prepád.

Podľa najnovšieho vydania Svetovej ročenky konkurencieschopnosti ekonomík (WCY) v roku 2020, ktorú každoročne zverejňuje švajčiarsky Inštitút pre rozvoj manažmentu, je Slovensko 57. najkonkurencieschopnejšou ekonomikou. Ide historicky o najhorší výsledok, keď sa oproti roku 2019 postavenie Slovenska zhoršilo o štyri miesta. V porovnaní krajín Vyšehradskej štvorky je najúspešnejšia Česká republika na 33. priečke, Poľsko skončilo na 39. mieste a Slovensko sa tento rok umiestnilo aj za Maďarskom, ktoré obsadilo v kvalite podnikateľského prostredia 47. priečku. Tento rok sa pred Slovensko dostala už aj Ukrajina na 55. mieste. "Treba pripomenúť, že Slovensko patrilo v rokoch 2007 - 2009 medzi vysoko konkurenčné krajiny (30. miesto), čo sa nám za posledné roky nepodarilo udržať," uviedol analytik nadácie Martin Reguli.



Slovak Catholic Sokol

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

**Our Ever-Popular, 304-Page
Sokol Cook Book
is Now in its Fourth Edition**

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

Place your order today!

Make check or money order payable to:

Slovak Catholic Sokol

P.O. Box 899 – 205 Madison Street

Passaic, N.J. 07055

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



NAME _____

ADDRESS _____

CITY, STATE & ZIP _____

NUMBER OF BOOKS _____

(Effective January 1, 2015)

**CHANGE OF ADDRESS OR REQUEST
FOR SLOVAK CATHOLIC FALCON**

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

☐ NEW ☐ CHANGE ☐ CANCELLATION

Certificate No. _____

Name _____

New Address _____

City _____ State _____ Zip _____

Old Address _____

City _____ State _____ Zip _____

SLOVAK CATHOLIC SOKOL

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

ANNUITY RATES

EFFECTIVE DATE: APRIL 1, 2020

	<u>CURRENT</u>	<u>MINIMUM GUARANTEE</u>
VANTAGE 1	2.00%	1.00%
VANTAGE 2	2.25%	1.00%
VANTAGE 3	YEAR 1 2.40%	1.00%
	YEAR 2 2.50%	1.00%
	YEAR 3 2.60%	1.00%
VANTAGE 5	3.00%	2.00%
VANTAGE 7	3.25%	2.00%

SINGLE PREMIUM IMMEDIATE ANNUITY – SPIA

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

NO LONGER OFFERED EFFECTIVE: AUGUST 31, 2011

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

Follow Us On TWITTER

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

INSTAGRAM

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