



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 summer of 2020 has vanished and we are now embracing the beginning of autumn. As the days get shorter and the temperature begins to drop to give us the crisp fresh air feeling with the frosty mornings we start to put away all the reminders of summer. This transition however sad opens up the new season of fall sports and different outside and indoor activities. This year will be different since we still are battling COVID-19 and the ups and downs it is causing all of us. All we can do is enjoy the autumn life with what we like to do at this time of the year with as much gusto we can endure.

The Board of Directors held their third quarterly meeting on September 17, 2020 via Zoom. Even though online meetings are a way to communicate they do not provide all what a meeting is about and that is the person-to-person interaction. As long as the threat of COVID-19 exists, there is no correct answer to when and how to hold in person meetings. So Zoom it is until assurance is given that it is safe enough to meet in person.

The Board has directed the Supreme Physical Fitness Board (SPFB) to continue to plan for the Slovak Catholic Sokol to hold all of its fraternal events in 2021. The SPFB plans have made the arrangements to hold our International bowling and golf tournaments in 2021. They also have the plans in place for the 50th International Slet for July 2021 at Kutztown University. Everyone is hoping nothing will interfere with holding these fraternal events but plans are in place. If they have to be canceled, something we all hope does not happen we will keep every-one updated as time marches on.

The SPFB has started a calendar of online activities it wants to do every month via Zoom. Supreme Physical Fitness Directress Katie

Swift came up with the calendar so all Sokol members can participate in them which will keep members engaged and informed. The list of event activities will be posted and members can join an event if they are interested in participating. This is thinking out of the box and using technology at its best. Thank you SPFB for keeping members involved.

Autumn is the time we appreciate our harvest and give thanks to all that we have and enjoy. May all of our members in Group 19 have a wonderful Thanksgiving Day on Tuesday, October 12, 2020.

It is important that all Groups publish the dates of their annual meetings so all the members of the Group know the Group's plans. This information should include the date and time of the meeting and location and this information will be published in the Falcon, placed in our electronic newsletter and placed on our website. Any President having any questions regarding their annual meeting should contact our Supreme Secretary, Scott T. Pogorelec, F.I.C.

What will Halloween look like this year? I hope it does not change since all the little Ghouls, Goblins, Witches, and other monsters along with all the super heroes deserve their day to express their alter egos and do a little Trick so we can give them a Treat. Let us try our best to keep Halloween alive this year and enjoy its festivities.

Have you thought about our Drive to 50 Sales Campaign? The Drive to 50 Campaign was established to celebrate our 50th International Slet. It is an easy campaign for all members to participate in and at the same time generate rewards for you and your Group. I hope every member will get involved. If anyone has any questions contact our Director of Sales or our Supreme Secretary for assistance.

Stay safe and healthy, And With God's Blessings to All!
Zdar Boh!

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E-MAIL: Sokol205@aol.com

WEB SITE: www.slovakcatholicssokol.org

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ATTENTION

From the desk of the Supreme Secretary
FALL SEASON BRINGS AWARENESS
 by Scott T. Pogorelec, F.I.C. 

Open my eyes, that I may behold wondrous things out of your law. I am a sojourner on the earth; hide not your commandments from me! Psalm 119: 18-19

Greetings from the Home Office! I hope everyone is enjoying the slightly cooler temperatures and the beautiful colors that spread through the Fall Season. While we are still going through some tough times, I think that most of us have adapted to this unorthodox way of life.



But adaptation does not mean acceptance. It simply means that our people can tackle any obstacle that comes our way. This pandemic will not last, we will get a vaccine as we have done in the past for other viruses, and we will get back to our "normal" way of life sooner rather than later. And if it takes a little longer than expected, we will still be fine, as we are all Sokol Strong!

As the summer months come to an end and we transition into autumn, this is always a good time to do a life checklist. One of those items on that checklist should be answering if you have enough life insurance coverage. This past September was Life Insurance Awareness Month. It is an industry wide campaign designed to educate Americans about the importance of life insurance and helping them get the coverage they need. In honor of this month, I urge all our members to examine your current life insurance and find out if you are ade-

quately covered. Unfortunately, I can tell you that a good number of our members are under insured, but we can fix that. We are currently running our Drive to 50 Campaign that offers wonderful benefits to all our current members and an added benefit to our Groups. For more information regarding the campaign, check our website, www.slovakcatholicssokol.org. If you have any questions and need assistance, please contact our Director of Sales, Albert J. Suess, Jr., F.I.C., at (412) 381-5431 or give me a call at the Home Office at (800) 886-7656, and we would be more than happy to assist you. Remember, life insurance coverage protects the people that are most valuable to you, your loved ones!

Speaking of awareness, October happens to be National Breast Cancer Awareness Month. Every October, all the major breast cancer charities look to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment, and cure. There are many walks, runs and activities around the country in support of this directive. I know that some of these have been impacted by Covid-19, but I would like to urge all our members, Assemblies, Wreaths and Groups to get involved as we all know someone who has been affected by this disease. As the strong fraternal that dedicates our time to helping others, this is a cause that is right up our alley, even if we must do so virtually!

Until next time, have a great October! Stay strong, stay safe, and STAY POSITIVE!

Zdar Boh!

GROUP 5 announces that their normal annual meeting held in October will be cancelled this year due to the restrictions of Covid-19. Please notify president Kathy Figard (330-734-9275) of any business or issues that need addressed. Hopefully we can safely gather in the spring for our semi-annual meeting. – **Karen Hutnick, president**

GROUP 6 "Msgr. Andrew Hlinka" of Perryopolis, PA will not be hosting its traditional fall dinner meeting this year due to the corona virus pandemic. We will wait until the spring of 2021 for a potential meeting. In the meantime, the officers will communicate by phone as needed to keep the Group active. Wishing all a pleasant and healthful fall season. Zdar Boh! – **Anna Mae Warnick, President; Terri Gardner, Secretary**

GROUP 7 – Wilkes-Barre, PA will not be hosting their Annual Sokol Day this year due to Covid-19. We hope all our members, family and friends are well during this time and we thank you for your continued support.

GROUP 11 – Minneapolis Group 11, Assembly 34 and Wreath 47 will not host an annual meeting this year. Officers may send their reports to Group 11 president David J. Genosky. On Sunday, October 11, Mass will be celebrated for the living and deceased members at SS. Cyril and Methodius Church, 1315 2nd Street N.E. at 9:30 a.m. Any questions, feel free to call me at tel. 763-789-9196. – **James T. Genosky, Secretary**

GROUP 18 meeting originally scheduled for October 18 at The Station in Tamaqua, PA has been cancelled until the Spring of 2021 due to Covid-19.

 **Find us on Facebook:**
Slovak Catholic Sokol Public Group
 Get quick updates on the latest events going on in our organization

SLOVAK CATHOLIC FALCON
PUBLICATION DATES
 The next issue of the Slovak Catholic Falcon will be that of **NOVEMBER 1, 2020. DEADLINE** for all photos and information for this issue will be **OCTOBER 22, 2020.**

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

WHY IS OCTOBER REFERRED TO AS THE MONTH OF THE ROSARY?

The answer to this question is relatively simple but needs a historical context in order to be fully appreciated.



The short answer is this: October is dedicated as the Month of the Rosary because we celebrate the memorial of Our Lady of the Rosary each year on October 7.

To understand this feast, we need to go back in time. In the 16th century, the Islamic Ottoman Empire presented a serious military threat to western Europe and sent a fleet of ships to attack Christian defenses in southern Europe. Pope Pius V recognized the grave danger and organized a fleet called the Holy League to confront the navy of the Ottoman Turks.

On October 7, 1571, the two navies engaged in a pivotal battle that would determine who controlled maritime traffic in the Mediterranean, Adriatic and Aegean seas. The fate of western Europe depended upon the success of Christians in this navy battle, which involved more than 400 warships (it was the largest naval battle in Western history for centuries).

Pius V knew he needed more than just military strength to defend Christian Europe, so he asked that all the faithful pray the rosary, requesting the intercession of the Blessed Mother. At the end of the Battle of Lepanto, the Holy League was victorious and the maritime expansion of the Ottoman Empire was permanently prevented.

The next year, Pius V established a feast on October 7 in honor of the Blessed Mother, originally called Our Lady of Victory. After a few centuries, the name was changed to Our Lady of the Rosary to more clearly recognize that prayer was the greatest power at work that day on the seas.

In 1571, the rosary was still a relatively new prayer form for the universal church. Pope Pius V had issued a decree formally establishing devotion to the rosary in the papal bull *Consueverunt Romani Pontifices* just two years before the Battle of Lepanto. The Holy Father's universal promulgation recognized the growing devotion to the Blessed Mother throughout Europe, as well as the increased prayer of the rosary in various locations. Devotion to the rosary was especially promoted in the 13th century by St. Dominic and in the 16th century by St. Peter Canisius (who, according to

tradition, added the final verse to the Hail Mary, in which we pray, "Holy Mary, Mother of God, pray for us sinners now and at the hour of our death" — printed officially in the Catechism of the Council of Trent in 1566; the first two verses of the Hail Mary are adapted from Luke 1:28 and 1:42).

The origins of the rosary are complex. The use of knotted ropes to count prayers or scriptural verses (including the Lord's Prayer and the Jesus Prayer) is an ancient practice and is even found in non-Christian cultures. Most probably, the Christian recitation of 150 such prayers was intended to mirror the monastic prayer of the Liturgy of the Hours in which monks prayed all 150 psalms each day.

The structure of the rosary as we know it today developed significantly from the 12th to the 14th centuries as the larger collection of 150 prayers was further divided into groups of 50 and separated by biblical verses or themes (now referred to as mysteries). It is these mysteries, like a grouping of common roses in a garden, that gave the name rosary to this prayer form.

The rosary is a living prayer form and continues to develop even in recent times. An invocation known as the Fatima Prayer was commonly added in the early 20th century. In 2002 Pope John Paul II added a new set of five reflections called the Luminous Mysteries which encourage additional meditations on the life of Jesus.

The rosary is an invitation to experience the grace of Mary's spiritual motherhood as she leads us to her Son, Jesus. For this reason, it has been an invaluable source of countless spiritual graces for the saints. Remember, every time you pray the rosary you are given the privilege and honor of pronouncing the holy name of Jesus more than 50 times.

The wealth of spiritual graces offered through the rosary comes not from the multiplication of prayers (see Matthew 6:7) but from the imitation of Christ through obedience to the Father's will, according to the example of the Blessed Mother.

Maybe October would be a good month to turn off the radio or podcast as you commute to work or school and pray the rosary instead. See what graces the Lord wants to pour into your life from the rose garden of this daily meditation.

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.

THE 2020 VIRTUAL SLOVAK HERITAGE FESTIVAL



On Sunday, November 1st, 2020, 1 p.m., the Slovak Studies Program at the University of Pittsburgh will be hosting their Slovak Heritage Festival virtually. Due to the COVID-19 restrictions this year, the festival, now in its 30th year, will be live streamed on Facebook and YouTube.

The University of Pittsburgh is the only university in the United States where students can take Slovak language and culture classes and opt to receive a Minor in Slovak Studies. The Slovak Studies Program has welcomed students, professors, and employees from universities across the greater Pittsburgh area. In addition to being able to cross file for classes from local universities, students sometime come from universities around the country for a semester or two on a Foreign Language and Area Studies Fellowships Program scholarship.

Nearly 30 years ago the Slovak Studies Program and Slovak Student Club at the University of Pittsburgh came together to celebrate the program with an annual cultural heritage festival. This year, many of the regular festival performers will be sending in archival footage, or recording a demonstration.

The festival is the second largest Slovak festival in North America and the only festival to include an academic component. During the festival attendees regularly attend lectures and films about Slovak history, language, culture and genealogy.

Lyon Zeibak, the festival director, said that while this year's format provided challenges, it also provided many opportunities. "The Pittsburgh region has the highest concentration of people of Slovak heritage outside of Slovakia itself. This is an opportunity to introduce the rest of the world to our community," remarked Zeibak.

In an attempt to replicate the fun of greeting old friends and making new ones at the festival, anyone will be able to submit an advance short video greeting to festival watchers. "We are hoping to hear from not just members of our local community, representing their organizations and families, but also from friends in other states and in Slovakia itself." explained Zeibak. "Anyone anywhere can record a brief greeting with their mobile phones, in front of or by an important landmark, for example, and highlight an area of Slovak cultural significance along with their message."

Zeibak said he couldn't guarantee all messages would be included in the festival but encouraged anyone who is interested in participating to follow the festival Facebook page. For more details on how to submit those videos and how to watch the festival at home go to the festival Facebook page: <https://www.facebook.com/SlovakHeritageFestival/>



Dear Slovak Catholic Sokol,

Thank you so much for selecting me as the recipient of the 2020 Doctors Lesko Medical Memorial Scholarship Grant in the amount of \$1,000. I am grateful to be added to the list of individuals who have received this important honor. This scholarship is going to help me so much for the 2020-2021 academic year at the University of Pittsburgh.

I am thankful to be a part of this amazing organization and all it has to offer.

Zdar Boh!
Paige Gasiorowski
Pittsburgh, PA

Dear Slovak Catholic Sokol,

Thank you for honoring with a 2020 Sokol College scholarship. I look forward to continuing my education at Duquesne University. Thank you too for always supporting me.

Sincerely,
Cassidy Scassa
McKees Rocks, PA

Dear Slovak Catholic Sokol,

Thank you for your generous gift. This college scholarship grant will help me tremendously. I am so blessed to be a part of our great organization. I really appreciate being given this great opportunity.

Boh zehnaj,
Aaron Kercell
McKeesport, PA

Dear Slovak Catholic Sokol Scholarship Board,

Thank you so much for the generous Sokol college scholarship grant. I am very thankful and honored to receive this grant.

I am entering my sophomore year at Gannon University. The grant will greatly contribute to my funds and costs. I am happy to have the Slovak Catholic Sokol's support.

Sincerely,
Julia Jozwiak
Moon Township, PA

Dear Slovak Catholic Sokol,

Thank you very much for the Sokol college scholarship grant of \$1,000. This will help me in my studies towards my chemical engineering degree at the Ohio State University. Thanks again.

Sincerely,
Sarah Pavlik
Pittsburgh, PA

Dear Slovak Catholic Sokol,

Thank you very much for the generous \$1,000 Slovak Catholic Sokol Memorial Scholarship Grant. This grant will help me fund my final year of study at Slippery Rock University. I am pleased to have the continued support of the Slovak Catholic Sokol. Again, thank you.

Sincerely,
Hannah Jozwiak
Pittsburgh, PA

(Continued on page 9)

DRIVE TO 50 SALES CAMPAIGN

CELEBRATING THE 50TH INTERNATIONAL SLET

The Slovak Catholic Sokol will be reaching a significant milestone within the SOKOL World – We will be hosting and presenting our 50th International Slet (Gymnastic and Track and Field Meet).

To help celebrate this Golden Occasion we have created the DRIVE TO 50 Sales CAMPAIGN. This campaign is designed to benefit and reward our membership, our groups, and recommenders.

BENEFITING MEMBERSHIP & GROWTH

For more than 115 years our society has provided our members with sound financial protection and outstanding fraternal benefits. As proud members of the SOKOL it is quite easy to expound upon and share the qualities of membership. This is an excellent opportunity to share our excellent offerings with friends and family and get rewarded for it.

Not everyone is born a salesman or comfortable selling life insurance or annuities. Today, we have qualified life insurance and annuity representatives that can assist our existing and potential members in selecting the financial protection to help protect their future.

A supply of SOKOL “DRIVE to 50” Lead Cards will be available to all Group/Assembly/Wreath Officers for distribution. Officers are asked to distribute SOKOL “DRIVE to 50” Lead Cards to existing Members who want to recommend someone to become an insured Benefit Member. SOKOL “DRIVE to 50” Lead Cards are also available for completion and submitting on the SOKOL Web Site www.scslife.org. Mail all completed Referral Lead Cards to the Sales & Marketing Office:

Slovak Catholic SOKOL
Sales & Marketing
2403 Sidney Street, Suite 200,
Pittsburgh, PA 15203
Phone: 412-381-5431
Fax: 412-742-4638
Toll-Free: 1-855-874-9179
www.scslife.org

DRIVE TO 50 DETAILS

Campaign runs August 1, 2020 through June 30, 2021

RECOMMENDER REWARDS

- \$10 Referral Fee for each recommendation that results in a sale.
- Qualifies for a semi-annual drawing for an opportunity to win a \$50 gift card.
- Qualify for a \$250 grand prize drawing at the end of the campaign.

GROUP REWARDS

Awards to qualifying Groups based on the following levels resulting from sales of new life insurance and annuity certificates issued:

- 10 New Certificates (policies):
\$250 Credit towards Fraternal Expenses
- 25 New Certificates (policies):
\$500 Credit towards Fraternal Expenses
- 50 New Certificates (policies):
\$1,000 Credit towards Fraternal Expenses



DRIVE TO 50 CAMPAIGN - Member Referral Card

Name: _____

Address: _____

Phone: ____ - ____ - ____ Email: _____

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

RECOMMENDER INFORMATION Assembly/Wreath: ____ Email: _____

Name: _____ Phone: ____ - ____ - ____

Interest:
<input type="checkbox"/> Life Insurance
<input type="checkbox"/> Annuity



SLOVAK CATHOLIC SOKOL

LEGACY LIFE INSURANCE PLANS

PERMANENT PLANS

- WHOLE LIFE ● SINGLE PREMIUM LIFE ● 20 PAYMENT LIFE

TERM PLANS

- TERM to AGE 30 ● 10 YEAR TERM ● 20 YEAR TERM

VANTAGE COLLECTION of ANNUITY PRODUCTS

- 1 YEAR ● 2 YEAR ● 3 YEAR ● 5 YEAR ● 7 YEAR

- 2.00% 2.25% 2.40% - 2.50% - 2.60% 3.00% 3.25%

- SPIA Single Premium Immediate Annuity

- 3.50% - 10 Years % Greater ● 2.75% Less than 10 Years

Introducing our newest members



Aurora Harmata Booth, born January 31, 2019, is the daughter of Jennifer Booth of West Hills, CA She was enrolled in Assembly 11 in Chicago, IL.



Evangeline Violet Lois was born October 11, 2019. She is the daughter of Paul and Angela Glocka Lois of Pewaukee, Wis. She was enrolled as a member of Wreath 93 in Milwaukee where she joins great-grandmother, Helen Glocka; grandmother, Susanne Glocka; and mother, Angela as well as other family members.

38TH WESTERN PA. SLOVAK RADIO HOUR DINNER-DANCE

On Sunday, October 11, the Western Pennsylvania Slovak Radio Hour will host its 38th annual Dinner and Dance at the Westwood Golf Club in West Mifflin, PA. A Cash Bar begins at 4:30 p.m. followed by a buffet dinner at 5 p.m. After dinner, music will be provided by the "Gypsy Strings." For additional information call Sue Ondrejco at tel. 412 421-1204. An enjoyable evening is assured.

JOIN THE WALKING PROGRAM TODAY!

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

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

slovakcatholicssokol.org

and selecting the link

"New Sokol Wear".

Clothing items will be shipped directly to your door!

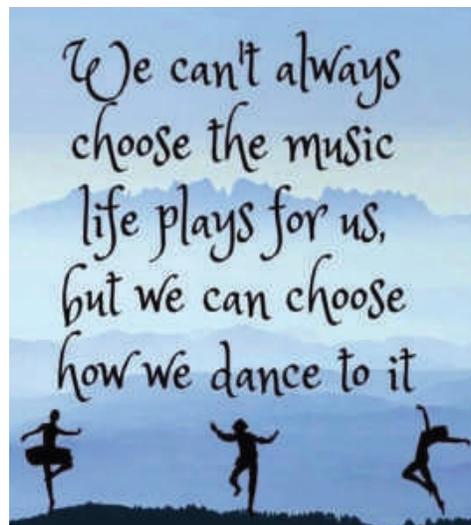
INTERESTED IN THE SLOVAK LANGUAGE, HISTORY AND CULTURE?

Go to the Facebook. Find Slovak Catholic Sokol Public Group and you will find



Michael Kopanic websites: Learning the Slovak Language and Culture: <https://www.facebook.com/groups/281030579692957/>

Slovak History: <https://www.facebook.com/groups/3011520245599598/>



GROUP 1

"MSGR. SEPHEN KRASULA"

SATURDAY, OCTOBER 17 – Officers meeting at Slovak Catholic Sokol headquarters, Passaic, NJ beginning at 12 noon.

SUNDAY, NOVEMBER 15 – Annual meeting of Group 1, Msgr. Sepend Krasula" at SS. Cyril and Methodius Parish, 235 Ackerman Ave., Clifton, NJ beginning with Mass at 10:15 a.m. followed by the meeting and luncheon in the church hall; hosted by Assembly 24 of Boonton, NJ.

ORIGINS OF HALLOWEEN

Halloween is a holiday celebrated each year on October 31, and Halloween 2020 will occur on Saturday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November



1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

FUN FACTS ABOUT HALLOWEEN

- "Jack O'Lantern" comes from the Irish legend of Stingy Jack. The first "Jack O'Lanterns" were made out of turnips.
- Candy corn was originally called Chicken Feed.
- Halloween is the second-most commercial American holiday of the year. The candy industry in America rakes in an average of \$2 billion annually thanks to Halloween (that's 90 million pounds of chocolate).
- Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold, stands for the harvest and autumn. Black is typically a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death.
- Pumpkins are classified as a fruit, not as a vegetable. In fact, in 2006, New Hampshire declared that its state fruit is the pumpkin.
- The average bag of candy that one child will collect on Halloween contains about 11,000 calories.



Dear members of the Sokol Scholarship Selection Committee,

Thank you so much for selecting me as a recipient of the Abbot Jerome M. Koval, O.S.B. Memorial High School Grant of \$500. It is an honor to have been selected. I appreciate your generous support of my Catholic high school education. It is a privilege to be a part of an organization that takes pride in the education of its youth.

Zdar Boh!
Brooke Hess
Cedar Grove, NJ

Dear Scholarship Committee,

Thank you for selecting me as a recipient of the Abbot Jerome M. Koval, O.S.B. Memorial Scholarship Grant of \$500. This grant will help me continue my faith based education at Serra Catholic High School. I will continue to work hard in school and give back to my community.

Sincerely,
Isabella Meder
Pittsburgh, PA

Dear Slovak Catholic Sokol,

Thank you for your generous grade school scholarship grant. This September. I will be entering third grade at St. Hilary School. I enjoy school because we have fun specials and the teachers are all really nice. I look forward to beginning back at school. Thanks for the money.

Sincerely,
Rachel Sejba
Fairlawn, OH

Dear Slovak Catholic Sokol,

Thank you for the grade school scholarship grant. I look forward to seeing my friends and teachers again at St. Hilary School. What I love about my school is that it is very Christ-centered and fun. Thank you for your support of my education. Oh, and stay healthy!

Sincerely,
Margaret Sejba
Fairlawn, OH

Dear Slovak Catholic Sokol,

Thank you so much for the Sokol scholarship I received. It is greatly appreciated. It helped a lot for my college expenses.

Sincerely,
Ashely Bakalarski
Pittsburgh, PA

Dear Slovak Catholic Sokol,

Thank you so much for choosing me for this scholarship. These funds will be used to allow me to attend my last year of Catholic High school. It has truly been an honor to receive this scholarship. Thank you so much for granting this to me.

Sincerely,
Maria Traglia
Allentown, PA

Dear Slovak Catholic Sokol,

I am very honored you awarded me the Slovak Catholic Sokol Scholarship Grant. I am so proud that I belong to such an amazing organization that allows the youth to keep the Slovak traditions alive.

Zdar Boh!

Jonathan Fitzmaurice
Pittston Twp, PA

Dear Slovak Catholic Sokol,

Thank you very much for awarding me with a \$1,000 grant. I greatly appreciate this scholarship as it will help cover the tuition of my final year of my undergraduate education. I am honored and humbled to be able to represent my culture and heritage at my school.

With thanks,
Alexis Benjamin
Yonkers, NY

Dear Slovak Catholic Sokol,

I want to thank you for awarding me the \$1,000 scholarship. I greatly appreciate the Slovak Catholic Sokols generous support to help me continue my education. I am in my second year of college at University of Wisconsin – Milwaukee in the School of Business. Currently, my plan is to major in Accounting. UW Milwaukee has a excellent Accounting program, and I am fortunate to be able to attend. As a member of the Slovak Catholic Sokol, I have learned from participating in the Slet that hard work pays off, and I plan to carry that work ethic into my studies. My educational pursuits would not be possible without your generous support. Thank you for enabling this opportunity!

Sincerely,
Nicole Evica
Greenfield, WI

Dear Scholarship Committee,

Thank you for awarding me a Catholic High School Scholarship. I am truly grateful for your assistance in helping me continue my Catholic school education.

Zdar Boh!
Kelci Kuren
Wilkes-Barre, PA

Dear Slovak Catholic Sokol,

Thank you so much for choosing me as the recipient of the 2020 Yencha Scholarship Grant! I have received the scholarship check and it will be applied to my tuition at Chatham University. I am truly honored to receive this award.

Sincerely,
Emily Harvey
Lilly, PA

Dear Scholarship Committee,

Thank you so much for awarding me with the \$1,000 grant to be put toward my schooling at St. Francis University. It means so much to me because I work hard so I can achieve my goals.

Sincerely,
Alexis Eckenrode
Lilly, PA

Dear Scholarship Committee,

Thank you for choosing to award me the Slovak Catholic Sokol Scholarship so that I may financially support my academic career. I am currently on the pre vet track in hopes of going to veterinary school to become and exotic vet. I will be living my dream of helping God's more unique creations such as reptiles and birds. The support I have received as a recipient of this scholarship is sure to propel me into this upcoming school year.

Sincerely,
Adeline Fogle
Abita Springs, LA

FINANCIAL REPORT OF THE SUPREME SECRETARY AS OF 06/30/20

ASSETS

	<u>2020</u>
Cash and Cash Equivalents	\$ 2,676,681
Investments - Bonds & Bills	73,775,859
Investments - Stocks	9,582,474
First Mortgage Loans	593,659
Loans on Certificates	251,195
Accrued Interest Receivable	829,062
Sokol Building/Land	323,271
Accounts Receivable	18,100
Due From Groups	4,697

TOTAL ASSETS \$ 88,054,998

LIABILITIES AND RESERVES

	<u>2020</u>
Life Reserves	\$ 70,059,082
Asset Valuation Reserve	435,947
Interest Maintenance Reserve	199,725
Reserve for Supplemental Contracts	2,560,356
Reserve Emp. Retirement Plan	4,803,267
Reserve for Convention	30,000
Claims Payable	534,950
Conversion - Canadian Currency	3,801
Accounts Payable	183,400
Sokol Secure Fund	1,069,140
Mary Jane Rich Scholarship Fund	85,000
Emil Slavik Scholarship Fund	100,000
Dr's Lesko Medical Scholarship Fund	20,000
Yencha Memorial Scholarship	20,700
Krista L Glugosh Memorial Scholarship Fund	24,000
Dividend Payable	50,000
Advance Premiums	118,599

TOTAL LIABILITIES \$ 80,297,967

Undistributed Funds - Sokol \$ 7,757,031

TOTAL LIABILITIES & SURPLUS \$ 88,054,998

STATEMENT OF INCOME AND EXPENSES**INCOME**

	<u>2020</u>
Investment Income	\$ 1,621,245
Amortization of IMR	13,393
Dividends on Stocks	172,830
Interest on Mortgages	7,710
Interest on Certificate Loans	8,624
Sale of Cookbooks	186
Rent Received - Sokol Building	28,300
Life Premium Income	1,183,493
Annuity Income	1,873,700
Scholarship Income	-
Miscellaneous Income	29,046

TOTAL INCOME \$ 4,938,527

EXPENSES

	<u>2020</u>
Death Benefit Claims Paid	\$ 838,900
Interest Expense	25,062
Fraternal Expenses	145,820
General Expenses	529,155
Employee Retirement Expenses	179,800
Commissions	192,600
Annuity Benefits	1,327,400
Taxes & Fees	22,931
Reserve Increase	1,618,000
Cash Surrenders	<u>195,600</u>

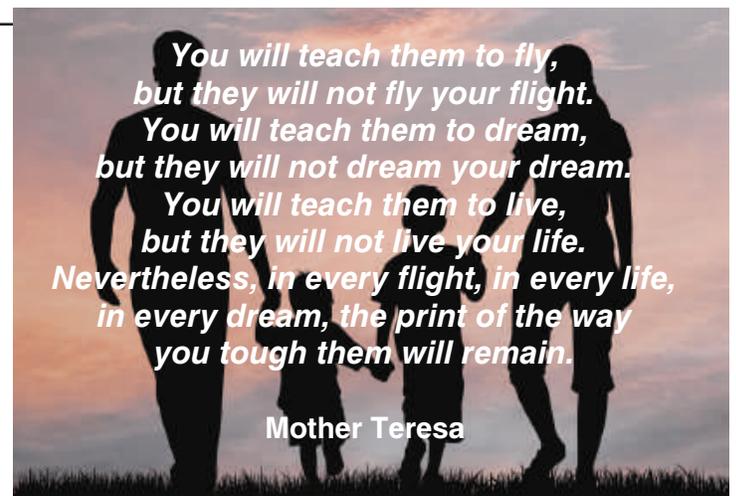
TOTAL EXPENSES \$ 5,075,268

TOTAL INCOME (LOSS) \$ -136,741

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

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b. Paid and/or Requested Circulation (1) Sales Through Dealers and Carriers, Street Vendors, and Counter Sales (Not Mailed) (2) Paid or Requested Mail Subscriptions (Include Advertiser's Proof Copies/Exchange Copies)	2,328	2,328
c. Total Paid and/or Requested Circulation (Sum of 15b(1) and 15b(2))	2,600	2,600
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g. Total Distribution (Sum of 15c and 15f)		
h. Copies Not Distributed (1) Office Use, Leftovers, Spoiled (2) Return from News Agents		
i. Total (Sum of 15g, 15h(1), and 15h(2))		
Percent Paid and/or Requested Circulation (15c / 15g x 100)		

16. This Statement of Ownership will be printed in the October issue of this publication. Check box if not required to publish.

17. Signature and Title of Editor, Publisher, Business Manager, or Owner: **Daniel F. Tanzone** Date: _____

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including multiple damages and civil penalties).

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- Include in items 10 and 11, in cases where the stockholder or security holder is a trustee, the name of the person or corporation for which the trustee is acting. Also include the names and addresses of individuals who are stockholders who own or hold 1 percent or more of the total amount of bonds, mortgages, or other securities of the publishing corporation. In item 11, if none, check box. Use blank sheets if more space is required.
- Be sure to furnish all information called for in item 15, regarding circulation. Free circulation must be shown in items 15d, e, and f.
- If the publication had second-class authorization as a general or requester publication, this Statement of Ownership, Management, and Circulation must be published; it must be printed in any issue in October or the first printed issue after October, if the publication is not published during October.
- In item 16, indicate date of the issue in which this statement of ownership will be printed.
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PS Form 3526, October 1984 (Revised)

CORONAVIRUS MEASURES AFFECT PILGRIMAGE TO OUR LADY OF SORROWS IN SASTIN



Strict epidemiological measures affected the festivities of Our Lady of Sorrows, the patroness of Slovakia, with a mere 500 people let in for the central pontifical mass in the national shrine in Sastin (Trnava region) on Tuesday, September 15, while only 1,000 were allowed to gather in front of the basilica.

As the Slovak Bishops Conference decided that what is usually a national pilgrimage would be only a parish event this time, only three bishops (all from Bratislava) were present in the gap-filled Baroque basilica, where everyone was wearing face masks.

"There's probably no stronger image in these moments than that of Mary standing beneath the cross, pierced with a sevenfold sword of sorrow ... It's a moment of raw violence and arrogant mockery by the powerful," said Metropolitan Archbishop of Bratislava Stanislav Zvolensky in his sermon, before highlighting the need for hope vis-a-vis COVID-19 and beyond.

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Statement of Ownership, Management, and Circulation

16. Electronic Copy Circulation

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c. Total Print Distribution (Line 15c) + Paid Electronic Copies (Line 16a)	3,575	3,575
d. Percent Paid (Both Print & Electronic Copies) (16a divided by 16c x 100)		

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Among state officials, the mass in the basilica was attended by Prime Minister Igor Matovic (OLaNO) and central bank (NBS) governor Peter Kazimir. Matovic, who on Monday called on the faithful to "opt to attend the pilgrimage via a television broadcast", as the police would assist with the observance of coronavirus measures, echoed Zvolensky's call for hope.

"I've taken mainly the word 'hope' [from the pilgrimage], as mentioned by Archbishop Zvolensky. Slovakia needs hope in these tough times," Matovic told journalists after the mass.

Held as a 'commemoration' by Catholics worldwide, the Feast of Our Lady of Sorrows is celebrated as a solemnity (the equivalent of what would formerly be called a Double of the First Class) in Slovakia on September 15, which is also a public holiday in the country. – TASR

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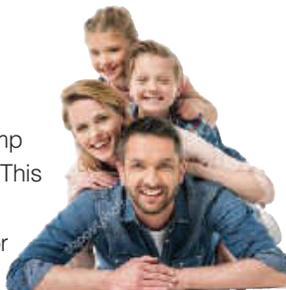
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Issue ages 0–80.

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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.

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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.

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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

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- Annually, or
- Single Premium.

Issue ages are 0–22.



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Cost

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

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

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

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

Issue Ages: 0—90

VANTAGE 1

Duration: 1-year contract

Early Withdrawal: 6%

VANTAGE 2

Duration: 2-year contract

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

VANTAGE 3

Duration: 3-year contract

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

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

VANTAGE 5

Duration: 5-year contract

Guaranteed Interest Rate; 1st year of contract

Early Withdrawal:

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

VANTAGE 7

Duration: 7-year contract

Guaranteed Interest Rate; 1st two-years of contract

Early Withdrawal:

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

Guaranteed Income

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

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What's making headlines in our ancestral homeland**News and Views
from Slovakia...****RUSSIA EXPELS THREE SLOVAK DIPLOMATS**

Russia has expelled three Slovak diplomats in retaliation for a similar step taken by Slovakia in early August, Russian Foreign Affairs Ministry announced on Monday, August 31st.

Slovak Ambassador to Russia Peter Priputen was summoned to the Russian Foreign Affairs Ministry on Monday. A resolute protest was expressed to him over the expulsion of three Russian diplomats from Slovakia in August, the Russian ministry wrote on its website. The ministry views their expulsion as “a move running counter to the traditional spirit of constructive relations between the two countries”.

Priputen was told that Russia on a basis of reciprocity has made a decision to expel three Slovak diplomats serving in Moscow.

Three Russian diplomats were expelled from Slovakia in early August for their alleged involvement with Russian intelligence services. Director of Foreign and European Affairs Ministry press department Juraj Tomaga said that Slovak intelligence services determined that the activities of the three diplomats were in breach of the Vienna Convention on Diplomatic Relations.

“Furthermore, a visa issued by the Slovak general consulate in St. Petersburg was misused, and in this context a serious crime was committed on the territory of another NATO and EU-member state,” added Tomaga.

**KORCOK: IT'S NECESSARY TO FIRM UP TIES
BETWEEN USA AND EUROPE**

There's a growing need for regular communication between USA and European countries in order to face new challenges, chief of Slovak diplomacy Ivan Korcok underlined in his discussion with US Assistant Secretary of State for European and Eurasian Affairs Philip T. Reeker at Globsec conference on Wednesday, August 26th.

Also broached were recent events in Belarus as well as strident propaganda and disinformation campaign in Slovakia.

Korcok noted that trans-Atlantic ties form the core of Slovak foreign affairs policy. However, these can be bolstered only if closer cooperation is fomented between USA and Europe, with an eye towards focusing on new, emerging challenges. Regular meetings between US representatives and ministers from European countries would go a long way towards that goal and also lead to the better understanding between the two sides on issues where their respective stances differ.

As for Belarus, Korcok called any rigging of the popular vote beyond the pale. He pointed out that the only demand raised by protesters is what should be the basis in any democracy and stressed the need to kickstart a dialogue between the regime and its citizens as well as political representatives.

Korcok declared his readiness to actively participate in the process. He sounded a warning note about the ongoing propaganda and misinformation campaign, however, which cannot go ignored. In this context, the foreign minister mentioned rumours floated on social media about Belarus becoming the target of encroaching

“Maidanization” [a reference to 2013 protests in Kiev-ed.note], the protesters being paid by foreign actors or NATO purportedly mobilising its troops to make Belarus a colony of the West.

**MARIAN K. AND ALENA ZS. ACQUITTED OF CHARGES
IN KUCIAK MURDER TRIAL**

The senate of the Specialised Criminal Court (STS) in Pezinok on Thursday, September 3, acquitted defendants Marian K. and Alena Zs. of the charges in the case of the murder of journalist Jan Kuciak and his girlfriend Martina Kusnirova, while at the same time convicting Tomas Sz. in the same case and sentencing him to 25 years in prison. The verdicts in the case aren't yet valid, as appeals can be submitted with the Supreme Court.

Head of the senate Ruzena Sabova explained when reading the verdicts that it hasn't been proven that Marian K. and Alena Zs. committed the crime for which they were charged. Marian K. was only found guilty of illegal arming, for which he has to pay a fine of 5,000 or spend five months in prison if he fails to comply with this.

Tomas Sz. was at the same time found guilty of murdering businessman Peter Molnar, of forcible entry into a dwelling, of illegal arming and arms trading, with all the crimes being carried out with complicity. He'll serve his 25-year sentence for the murders of Kuciak, Kusnirova and Molnar in a maximum security prison.

According to the verdict, Tomas Sz. is obliged to pay the Kuciak family material damages worth 1,490 and immaterial damages amounting to 140,000. When it comes to the Molnar family, the immaterial damages that he's obliged to cover equal 40,000.

As it wasn't proven that Marian K. and Alena Zs. committed the crime of which they were charged, the court referred the bereaved families' demand for damages from Marian K. and Alena Zs. to a civil court process.

The court defended the acquittals by stating that it couldn't reliably and without any doubts come to the conclusion that Marian K. and Alena Zs. were responsible for the murders of Kuciak and Kusnirova. “An existing motive and an existential threat are insufficient. A court can accuse and sentence someone only based on their illegal conduct. Such conduct wasn't proven in the cases of Marian K. and Alena Zs. according to the court,” stated head of the court senate Ruzena Sabova.

In the court's opinion, the testimony of witness Peter Toth demonstrated that Marian K. was frustrated with journalists before the murder. He allegedly told Toth that killing one journalist would be all that it would take to scare others. The court stated, however, that uttering an idea isn't a crime, and that it wasn't proven that this specific idea was carried out.

The trial of Marian K. and company began in January 2020. The senate consisted of head judge Ruzena Sabova and judges Ivan Matel and Rastislav Stieranka. The criminal charges concerned six crimes, namely the murders of Kuciak and Kusnirova, the murder of Molnar, and four other crimes concerned illegal arming.

The first person to be sentenced regarding the case was Zoltan Andrusko, who acted as an intermediary of the murder. Andrusko was followed by Miroslav M., who admitted to killing the couple. While the intermediary was sentenced to 15 years after agreeing to a plea bargain, Miroslav M. was sentenced to 23 years, but his sentence isn't valid yet, either.

The couple was shot dead on February 21, 2018 in their house in Trnava region. The news of their deaths ignited country-wide protests, which led to a change in the post of prime minister and several other ministerial posts.

PARLIAMENT PASSES RESOLUTION EXPRESSING REGRET OVER CHOVANEC'S DEATH

The Slovak Parliament has expressed regret and concern over the death of Slovak national Jozef Chovanec in Belgium at Brussels South Charleroi Airport in February 2018, condemning the inappropriate action taken by the Belgian authorities, obliging the Slovak Government to require a proper investigation of the incident and assignation of responsibility as well as expressing its sincere condolences to the family and relatives of the deceased.

Parliament did so by adopting a resolution on the death of Jozef Chovanec and the action taken by the Belgian security forces at its extraordinary meeting on Wednesday. It was presented by head of Parliament Boris Kollar (We Are Family) and Parliamentary Vice-chairs Juraj Seliga (For the People), Milan Laurencik (Freedom and Solidarity/SaS), Gabor Grendel (OLaNO) and Peter Pellegrini (Independent).

"Parliament condemns the undue and rude conduct of the security forces of the Kingdom of Belgium when detecting and taking action against Mr. Chovanec," reads the resolution. They also obliged the Slovak Government to intervene, using all diplomatic and legal means, with the Belgian Government for the purpose of properly investigating the incident and assigning criminal and disciplinary responsibility in relation to the intervention of the Belgian security forces.

"Especially with regard to the adequacy as well as its intensity and the extremist manifestations of one of the intervening members of the Belgian police who took part in the operation," said the parliamentary leadership. The Government should also request information from the investigation of the police action and the procedure of the security forces and inform the Slovak Parliament.

At the same time, Parliament protested against the unjustified delay of the investigation and concealment of evidence.

Chovanec died in February 2018 following a tussle with the police at Brussels South Charleroi Airport. According to what has been published in the media, the man crossed a barrier and boarded a plane without authorisation. Police officers removed him from the plane and detained him in a cell. The original reports stated that the man hit himself violently several times, forcing the police to intervene again and pacify him. Chovanec subsequently suffered a heart attack and was transported to hospital, where he fell into a coma from which he never recovered.

However, recently published footage from a camera located in the cell indicates that the events that preceded the heart attack were in fact different from what was originally stated. The video shows five police officers sitting and kneeling on the man's chest. Another makes a Nazi salute, at which the others laugh. The officers knelt on Chovanec for 16 minutes.

SLOVAK MEPS SEND LETTER TO EP CHIEF SASSOLI OVER CHOVANEC CASE

The European Parliament (EP) must take all necessary steps to ensure that the death of Slovak national Jozef Chovanec is not left unanswered by this institution, which represents the voice of all citizens of the European Union – this is the main message of a letter sent by a group of Slovak MEPs to EP President David-Maria Sassoli.

TASR was informed about the initiative by MEP and head of the EP Employment and Social Affairs Committee Lucia Duris

Nicholsonova, who is an initiator of the joint letter.

"The role of the police is to protect and serve citizens. However, rather the opposite happened in the case of Jozef Chovanec. The European Parliament, as an institution defending human rights worldwide, must take a strong and unequivocal position on the inappropriate action by Belgian law enforcement authorities," reads the letter signed by ten Slovak MEPs.

"We call for this incident to be addressed quickly, effectively and with full respect for the rule of law and human rights. We also call on Belgian authorities to investigate this case thoroughly and bring those responsible to justice," wrote Slovak MEPs.

In addition to Duris Nicholsonova, the joint letter has been signed by her party mate Eugen Jurzyca, Vladimir Bilcik and Michal Wiezik, Miriam Lexmann and Ivan Stefanec, Peter Pollak, Monika Benova, Martin Hojsik and Michal Simecka.

These MEPs expressed their concern in connection with Jozef Chovanec's case and wrote Sassoli that this "heinous incident with the expression of extremism" is incompatible with EU values.

"Therefore, we are asking the EP President for a public condemnation of the Belgian police's action. We also demand that the next plenary session is launched with a minute of silence as an expression of our support for Jozef Chovanec's family," said Jurzyca.

Beginning of September several Slovak MEPs signed a call to Belgian Federal Police commissioner-general Marc De Mesmaeker to do his utmost for a transparent investigation into the case.

Chovanec died in February 2018 following a tussle with the police at Brussels South Charleroi Airport and subsequent inappropriate action by the Belgian police. This action is still a subject of judicial inquiry.



LUPCA CASTLE is situated in Slovenská Lupca in the Low Tatras, Horehronie region. The castle was founded before 1250 and was originally used by the king's family as a hunting residence. Later the castle changed the owners who adjusted it into their needs. Many additional and rebuilt parts show the evidence of it. While amendment work in the 17th century the courtyard was supplemented by arcades and arches in the rooms were changed. At that period the castle was residence of the Lupca nobility. The property was changed into an orphanage after the fire in 1860, and during the last regime there were nuns placed in the castle. Thanks to continuous use of the castle it has survived in quite good condition. An interesting castle object is the well with 5 underground corridors leading from it. There is a massive 700-year-old Korvin lime tree standing next to the castle gate. A legend says that King Matej Korvin used to like sitting under the tree. It is 25 metres high and its trunk perimeter is nearly 7,5 metres. Since 1969 it has been preserved.

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



KIDS' CORNER "Detský kútik" - - October 2020



What is Halloween

Halloween is a holiday celebrated annually on 31 October.

It is the evening just before the two Christian holy days called the

All Hallows' Day:

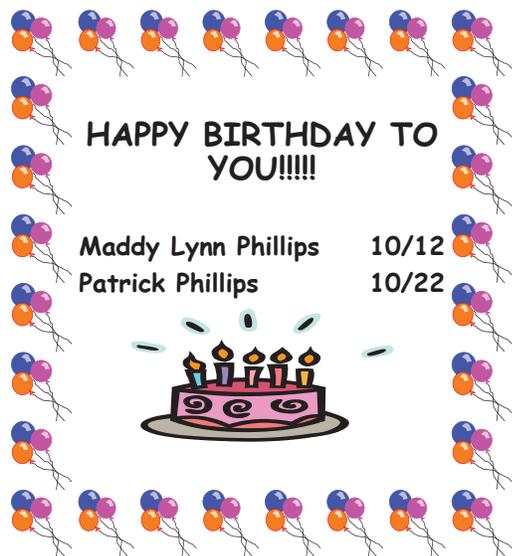
All Saints' or Hallowmas on 1 November

All Souls' Day on 2 November

Halloween is like a community based festival and is mostly celebrated in Western countries.

- Kids and adults wear different costumes of their choice and attend costume parties.
- Big pumpkins are carved into lanterns and put off for display by people in their houses.
- Some people like to visit haunted locations on Halloween where they share scary stories with each other.
- People also play pranks tricks to scare each other.
- Those who like to stay home watch horror movies.
- Superstitious people light bonfires in their court yards to keep their house safe from ghosts and evil spirits.

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HAPPY BIRTHDAY TO YOU!!!!

Maddy Lynn Phillips 10/12
Patrick Phillips 10/22



Reading Program Participants: Watch for your award in the mail soon



When the Owl & Witch
to gether are seen,
There's mischief brewing
on HALLOWE'EN.



KIDS' CORNER "Detský kútik" - - October 2020

HALLOWEEN WORD SEARCH

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



Bat
Pumpkin
Halloween
Mummy
Vampire
Witch
Spooky
Trick or Treat

Fun
Ghost
Costume
Skeleton
Candy
Scary
Monster
Haunted House





KIDS' CORNER "Detský kútik" - - October 2020

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

AND SOME OF THEIR FAVORITE BOOKS....BY AGE GROUP

NON READERS

Phone Book-by Jan Pienkowski	James Nowak	Level 3
Charlie the Ranch Dog-by Ree Drummond	Mackenzie Peterson	Level 3
Put me in the Zoo-by Robert Lopshire	Connor Siefert	Level 3
Chicka Chicka Boom Boom-by Bill Martin Jr.	Colton Siefert	Level 2

6-7 (EARLY READERS)

Clifford Takes a Trip-by Norman Bridwell	Ally Moeller	Level 1
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8-10 (INTERMEDIATE READERS)

The Babysitters Club Kristy's Big Day— by Ann M Martin	Alyssa Peterson	Level 3
Mommy, Carry Me Please- by Jane Cabrera	Carissa Hoeck	Level 3
Trapped in a Video Game- by Dustin Brady	Nathan Radtke	Level 2
Percy Jackson and the Olympians: Sea of Monsters- by Rick Riordan	Chase Siefert	Level 1
Calvin and Hobbes- by Bill Watters	Evan Radtke	Level 2
Wish - by Barbara O'Connor	Julianna Hoeck	Level 3
No Talking- by Andrew Clements	Annalise Romine	Level 3

11+ (ADVANCED READERS)

Flipped—by Wendelin Van Draanen	Riana Hoeck	Level 3
Beyond the Bright Sea—by Lauren Wolk	Amber Radtke	Level 3
Deep Dark and Dangerous - by Mary Horn	Andrew Peterson	Level 3
Football Champ - by Tim Green	Kyle Peterson	Level 3
Everything, Everything - by Nicola Yoon	Annika Romine	Level 3
Beautiful Redemption - by Kami Garcia	Noah Romine	Level 3



FALL RECIPES FROM APPLES



APPLE CRUMBLE PIE

1 (9 inch) deep dish pie crust
 5 cups apples - peeled, cored and thinly sliced
 1/2 cup white sugar plus 1/3 cup sugar
 3/4 teaspoon ground cinnamon
 1/2 cup white sugar
 3/4 cup all-purpose flour
 6 tablespoons butter

Preheat oven to 400 degrees F. Arrange apple slices in unbaked pie shell. Mix 1/2 cup sugar and cinnamon; sprinkle over apples. Mix 1/3 cup sugar with flour; cut in butter until crumbly. Spoon mixture over apples. Bake in preheated oven until apples are soft and top is lightly browned, about 40 minutes.

GERMAN APPLE CAKE

2 large eggs
 1 cup vegetable oil
 2 cups white sugar
 2 teaspoons ground cinnamon
 1/2 teaspoon salt
 1 teaspoon vanilla extract
 2 cups all-purpose flour
 1 teaspoon baking soda
 4 cups apples - peeled, cored and diced

Preheat oven to 350 degrees F. Grease and flour one 9x13 inch cake pan. In a mixing bowl; beat oil and eggs with an electric mixer until creamy. Add the sugar and vanilla and beat well. Combine the flour salt, baking soda, and ground cinnamon together in a bowl. Slowly add this mixture to the egg mixture and mix until combined. The batter will be very thick. Fold in the apples by hand using a wooden spoon. Spread batter into the prepared pan. Bake for 45 minutes or until cake tests done. Let cake cool on a wire rack. Once cake is cool serve with a dusting of confectioners' sugar or with a Cream Cheese Frosting.

APPLE PIE MUFFINS

2 1/4 cups all-purpose flour
 1 teaspoon baking soda
 1/2 teaspoon salt
 1 egg
 1 cup buttermilk
 1/2 cup butter, melted
 1 teaspoon vanilla extract
 1 1/2 cups packed brown sugar
 2 cups diced apples
 1/2 cup packed brown sugar
 1/3 cup all-purpose flour
 1 teaspoon ground cinnamon
 2 tablespoons butter, melted

Preheat the oven to 375 degrees F. Grease a 12 cup muffin tin or line with paper muffin cups. In a large bowl, stir together 2 1/4 cups flour, baking soda and salt. In a separate smaller bowl, mix together the egg, buttermilk, 1/2 cup melted butter, vanilla and 1 1/2 cups of brown sugar until sugar has dissolved. Pour into the flour mixture and sprinkle the diced apple into the bowl as well.

Stir just until everything is blended. Spoon into the prepared muffin tin, filling the cups to the top. In a small bowl, stir together 1/2 cup of brown sugar, 1/3 cup flour and cinnamon. Drizzle in 2 tablespoons of melted butter while tossing with a fork until well blended. Sprinkle this over the tops of the muffins. Bake for 25 minutes in the preheated oven, or until the tops of the muffins spring back when lightly pressed.

APPLE ENCHILADA DESSERT

1 (21 ounce) can apple pie filling
 6 (8 inch) flour tortillas
 1 teaspoon ground cinnamon
 cup margarine
 1/2 cup white sugar
 1/2 cup packed brown sugar
 1/2 cup water

Preheat oven to 350 degrees F. Spoon fruit evenly onto all tortillas, sprinkle with cinnamon. Roll up tortillas and place seam side down on lightly greased 8x8 baking pan. Bring margarine, sugars and water to a boil in a medium sauce pan. Reduce heat and simmer, stirring constantly for 3 minutes. Pour sauce evenly over tortillas; sprinkle with extra cinnamon on top if desired. Bake in preheated oven for 20 minutes.

APPLE TURNOVERS

2 tablespoons lemon juice
 4 cups water
 4 each Granny Smith apples - peeled, cored and sliced
 2 tablespoons butter
 1 cup brown sugar
 1 teaspoon ground cinnamon
 1 tablespoon cornstarch
 1 tablespoon water
 1 (17.25 ounce) package frozen puff pastry sheets, thawed
 1 cup confectioners' sugar
 1 tablespoon milk
 1 teaspoon vanilla extract

Combine the lemon and 4 cups water in a large bowl. Place the sliced apples in the water to keep them from browning. Melt butter in a large skillet over medium heat. Drain water from apples, and place them into the hot skillet. Cook and stir for about 2 minutes. Add brown sugar, and cinnamon, and cook, stirring, for 2 more minutes. Stir together cornstarch and 1 tablespoon water. Pour into the skillet, and mix well. Cook for another minute, or until sauce has thickened. Remove from heat to cool slightly. Preheat the oven to 400 degrees F (200 degrees C). Unfold puff pastry sheets, and repair any cracks by pressing them back together. Trim each sheet into a square. Then cut each larger square into 4 smaller squares. Spoon apples onto the center of each squares. Fold over from corner to corner into a triangle shape, and press edges together to seal. Place turnovers on a baking sheet, leaving about 1 inch between them. Bake for 25 minutes in the preheated oven, until turnovers are puffed and lightly browned. Cool completely before glazing. To make the glaze, mix together the confectioners' sugar, milk and vanilla in a small bowl. Adjust the thickness by adding more sugar or milk if necessary. Drizzle glaze over the cooled turnovers.



OBITUARIES

PAUL P. ROMAN, GROUP 10 ACTIVIST, PASSED AWAY AT 93

Paul P. Roman, formerly of Northampton, Pa. passed away on April 30 at St. Luke's Hospital in Easton, PA. He was 93.

A native of Egypt, PA, he was born there June 21, 1926, son of the late Stephen Roman and the former Mary Jumba. He was the husband of the former Vilma A. Kramitz who passed away in 2015.



Brother Paul was a former president and long time member of Assembly 255 in Egypt-Whitehall, PA. He was active in Group 10 and attended numerous Sokol conventions over the years. He was employed as a school bus driver for First Student, Inc. of

Northampton for 20 years before retiring in 1988. He also was employed at Mill Crest Mfg Bethlehem and Quaker Shoe Company in Allentown. He was a member of St. Nicholas R.C. Church in Berlinsville, PA. Paul served as a Corporal in the U.S. Army during World War II.

A private funeral service was held on Thursday, May 7 at the Schisler Funeral Home in Northampton with the Rev. Adam Sedar officiating. Interment followed in the Assumption of the Blessed Virgin Mary Cemetery Mausoleum in Northampton.

Surviving Brother Paul are sons, David P. and wife, Nancy of Northampton; and Anthony P. and wife, Susan of Washington, D.C.; grandchildren: Matthew and Jeremy and great-grandchildren: Bailey, Riley, Kaius and Korah. He was predeceased by brothers: John, Stephen, Joseph, Michael, George and Andrew; and sisters: Mary Barrett and Margaret Prylak.

May our Brother Sokol who so beautifully mirrored the high ideals of Sokol fraternalism, now rest in peace. He will be sorely missed. Zdar Boh!

Claudia G. Marsik, New York Sokolka, passes away at 65

Claudia G. Marsik of Fort Solonga, and New York City, N.Y. passed away suddenly on September 15. A native of New York City, she was born there May 6, 1955, daughter of our Honorary Supreme Officer and longtime Supreme Medical Examiner, Dr. Mary Z. Gasparik and the late Anton Gasparik.



Claudia attended the Convent School of the Sacred Heart in Manhattan and received her undergraduate degree at Barnard College of Columbia University. She subsequently received her law degree on Long Island. She married Lubomir Marsik in 1978, who survives. She was our Sokolka of Wreath 168 in New York since birth. She served as an officer of the Wreath and represented the lodge at several Slovak Catholic Sokol national conventions. She was a member of the Church of St. John Nepomucene in Manhattan, where she was a regular at parish activities.

Family and friends paid their respects to Sister Marsik at the Butler-Hughes Funeral Home in Kings Park, N.Y. on Sept. 18. A Mass of Christian burial was celebrated at St. Joseph's Church in Kings Park on Saturday, September 19 with the Rev. Patrick Osei-Poku as celebrant. During the liturgy, the traditional Slovak hymn, "Odpocinutie vecne" was sung. Interment followed at Northport Rural Cemetery. May our Sister Sokolka rest in peace. Our sympathy goes out to her mother, Dr. Mary Z. Gasparik and her spouse, Ludomir.

In Memoriam

AUGUST 2020

ASSEMBLY/ WREATH	MEMBER	AGE	DATE OF DEATH
Assembly 11	Agnes Funsch, Swansea, IL	92	July 23, 2020
Assembly 11	Susan Grisko, Oak Lawn, IL	86	June 26, 2020
Assembly 24	Helen Y. Eaton, Denville, NJ	94	April 6, 2020
Assembly 36	Julia Gulas, Frankenmuth, MI	88	June 5, 2020
Assembly 36	Andrew J. Osika, Lennon, MI	62	July 18, 2020
Assembly 39	Helen Dubil, Blaine, OH	90	August 7, 2020
Assembly 54	Deborah Ann Dittmer, Butler, PA	67	July 12, 2020
Assembly 59	George M. Kanellis, Edwardsville, PA	71	July 21, 2020
Assembly 59	Curtis L. Campbell, Dallas, PA	53	July 28, 2020
Assembly 59	Stephen Rembish, Wilkes-Barre, PA	76	August 9, 2020
Assembly 78	Thomas M. Pavlinsky, Bethlehem, PA	70	August 26, 2020
Assembly 108	John R. Martinko, Boardman, OH	98	September 18, 2019
Assembly 108	Joseph Sotak, Niles, OH	98	August 5, 2020
Assembly 136	Leonard L. Yackimowicz, Nanticoke, PA	57	July 15, 2020
Assembly 167	John Kondik Jr., Norton, OH	83	July 21, 2020
Assembly 167	Paul M. Armbruster, Barberton, OH	63	August 8, 2020
Assembly 255	Paul P. Roman, Nazareth, PA	93	April 30, 2020
Assembly 305	Joseph G. Stepan, Irvine, CA	96	June 16, 2020
Assembly 312	Joe Tomko, Youngstown, OH	89	April 22, 2020
Wreath 15	Joseph D. Pastrokovicz, Belle Vernon, PA	86	July 14, 2020
Wreath 86	Helen B. Croop, Littleton, CO	96	August 2, 2020
Wreath 93	Lyle B. Zurfluh, Wisconsin Rapids, WI	92	June 20, 2020
Wreath 93	Neng Tou Moua, Eau Clair, WI	61	July 30, 2020
Wreath 93	Sylvia A. Fortney, Viroqua, WI	95	August 12, 2020
Wreath 153	Catherine Stefaniv, Parma, OH	95	August 3, 2020

YOUR BENEFICIARIES

When was the last time you looked at your designated beneficiaries on your valuable Sokol insurance policy?



How important is it? Just think about how much your life has changed. Have you married, divorced, had children, maybe you

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

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Columbus Day – October 12th

Christopher Columbus landed in the Bahamas, part of the Americas, on October 12th, 1492. Columbus Day is meant to celebrate this arrival. Christopher Columbus was an Italian sailor, born



in Genoa, Italy in 1451. He sailed with three ships and 90 crew members on the voyage that landed him in the Bahamas. Unofficially, Columbus Day has been celebrated in the U.S. since the late 1700s, but did not become an official holiday anywhere until 1906, when it became state holiday in

Colorado. It became a federal holiday in 1934 in the United States. In 1971 it became a fixed holiday, celebrated on the second Monday in October. Columbus Day is also celebrated in different countries including: Latin America, the Bahamas, Spain, Argentina, Belize and Uruguay. These countries have different names for the holiday but they all celebrate the same event.

INTERESTING COLUMBUS DAY FACTS

Christopher Columbus was born in 1451 in Genoa, Italy. He began sailing when he was only 15 years old.

When he set sail for the expedition, he was given three ships by the city of Palos.

He set sail in August of 1492. It was 35 days before a sailor spotted land.

The names of the three ships were the Nina, the Pinta, and the Santa Maria.

His crew consisted of 90 men.

The goal of the expedition was to chart a western sea route to India and China, as well as to the islands in Asia with spices and gold.

When Christopher Columbus landed in the Bahamas in 1492,

he was the first European since the 10th century to have the opportunity to explore the Americas.

The Santa Maria did not make the return trip to Spain because it ran aground on Christmas Day. 40 men had to stay behind because there was no room on the other two ships. They stayed behind on the island Hispaniola.

Christopher Columbus made the voyage to the New World three times.

He died when he was 55, in 1506, only two years after his last trip to the New World.

Nobody is sure where he is buried as he was reburied many times in different places around the world.

Nobody is sure what he looked like, as there are no portraits known to exist.

President Roosevelt made Columbus Day a national holiday in 1934.

In 1971, the date October 12th no longer marked the holiday. It was changed to the second Monday in October.

South Dakota, Alaska and Hawaii do not recognize Columbus Day.

In Latin America they call this day Día de la Raza; in the Bahamas they call it Discovery Day; in Spain they call it Fiesta Nacional and Día de la Hispanidad; in Argentina they call it Día del Respeto a la Diversidad Cultural; in Belize they call it Day of the Americas, and in Uruguay they call it Day of the Americas.

In Puerto Rico, Columbus Day is celebrated along with Puerto Rico Friendship Day.

In Virginia, Columbus Day is celebrated along with Yorktown Victory Day.

Because Christopher Columbus was Italian, Italian-Americans celebrate Columbus Day as a celebration of their heritage.

Depending on where you live in the United States, you may see parades to celebrate the holiday. In most states, the children have the day off school.

SOME INTERESTING FACTS ABOUT AUTUMN

Summer may be fun, but when the weather gets cooler and the leaves start falling, we can tell that a change is happening. Autumn is the transition season that leads us from the hot, bright sunny months into the cold, dark nights of winter and all of the fun the end of the year will bring.

Pumpkins, hot apple cider, warm sweaters, fluffy scarves, boots... these are all things we have to look forward to in the coming weeks.

There are two different dates when autumn could be said to begin. Autumn, as defined by the Earth's orbit around the Sun, begins on the equinox which falls on September 22 or 23. However, to record climate data, it is important to have set dates that can be compared, so meteorological autumn always begins on September 1.

One of the most stunning signs of autumn is the turning of the leaves. The shorter days are a sign to trees to begin to prepare for winter.

During winter there is not enough light for photosynthesis to occur, so as the days shorten throughout autumn, the trees begin to close down their food production systems and reduce the amount of chlorophyll in their leaves.

Chlorophyll is the chemical which makes tree leaves green and as it declines other chemicals become more prominent in the

leaves. These are responsible for the vibrant ambers, reds and yellows of autumn. The chemicals responsible are types of flavonoids, carotenoids and anthocyanins. Some of these chemicals are the same ones that give carrots (beta-carotenes) and egg yolks (luteins) their colors?

The word equinox comes from the Latin equi (meaning equal) and nox (meaning night) accounting for the equinox marking the time when day and night are of equal length.

We often notice the nights begin to draw in from this point as after the autumn equinox, the nights are longer than the days, until this is reversed at the spring equinox.

Generally speaking, the autumn equinox always falls on either September 22 or 23, but not quite always.

Because the Gregorian calendar is not quite in perfect symmetry with the Earth's orbit, the autumn equinox will very occasionally fall on September 24. This last happened in 1931 and will next happen in 2303.

We typically think of 'fall' as the North American version of the word 'autumn', but it was in fact in widespread usage in England until relatively recently. Originally a shortening of the phrase fall of the leaf, the phrase was common in England in the 17th century. The word autumn entered English from the French automne and didn't become common usage until the 18th century.

MATICU SLOVENSKÚ NAVŠTÍVIL NOVOVYMENOVANÝ PREDSEDA ÚRADU PRE SLOVÁKOV V ZAHRANIČÍ

Kontinuita spolupráce Matice slovenskej a Úradu pre Slovákov žijúcich v zahraničí (ÚSZZ) úspešne pretrváva viac ako jedno desaťročie. Kooperácia najstaršej vedeckej a kultúrnej ustanovizne na Slovensku – Matice slovenskej – s Úradom pre Slovákov žijúcich v zahraničí sa v ostatných rokoch vyznačovala nielen súčinnosťou odborníkov z oboch inštitúcií v komisiách, poradných orgánoch i radách pri výkone štátnej politiky smerom k Slovákom žijúcim v zahraničí, ale i reprezentatívnou spolupracou pri príprave niekoľkých ročníkov matičného letného tábora pre krajanú mládež.

Dňa 10. septembra 2020 pozvala Matica slovenská do svojej sídelnej budovy v Martine delegáciu ÚSZZ z dôvodu vymenovania nového predsedu ÚSZZ, Milana Jána Pilipa. Spoločne s podpredsedom úradu, Petrom Procháckom a referentkou Kristínou Vargovou, uskutočnili prvé spoločné rokovanie na pôde Matice slovenskej, ktoré viedol jej predseda, Marián Gešper, za účasti I. podpredsedu MS, Mareka Hanusku, správcu MS, Maroša Smolca, tajomníka MS, Jána Semana, riaditeľky Krajanského múzea MS, Zuzany Pavelcovej a riaditeľa Členského ústredia MS, Martina Fejka. Diskusia sa zamerala najmä na otázky dlhodobou zaužívaných spoluprác a ich budúceho posilnenia s náznakom vízií nových projektov.

Rokovanie sa zameralo aj na komplexnú činnosť MS s plánmi jej rozvoja. Predseda Matice slovenskej, Marián Gešper, na margo úvodnej diskusie uviedol: „Vymenili sme si skúsenosti v krajankej problematike a zamerali sme sa na spoločné projekty, ako je organizácia medzinárodných letných táborov pre mladých slovenských krajanov alebo Národný zraz Mladej Matice tiež so zahraničnou účasťou.“ Momentálne úrad zastrešuje dotačnú politiku smerom ku krajanom a vydáva osvedčenia pre zahraničných Slovákov, Matica slovenská v tejto oblasti zabezpečuje vo svojej kompetencii stykovú, vedeckú a dokumentačnú činnosť.

Predseda ÚSZZ, Milan Ján Pilip, zhodnotil: „Spolupráca medzi Maticou slovenskou a našim úradom je veľmi úzka, dokonca užšia, než som si myslel a je obojstranná, a to aj po odbornej stránke. Teraz o nej diskutujeme, inventarizujeme ju, niektoré aktivity chceme obnoviť, ako napríklad tábory pre deti. Máme aj snahu



Zľava: predseda MS - Marián Gešper, predseda ÚSZZ - Milan Ján Pilip, riaditeľ Archívu MS - Pavol Madura, podpredseda ÚSZZ - Peter Prochácka.

OLANO NAVRHUJE 24. JÚN AKO DEŇ PAMIATKY OBEŤ KOMUNIZMU

Poslanci Národnej rady (NR) SR za OĽANO navrhujú pripomínať si 24. jún ako Deň pamiatky obetí komunistického režimu. Pripomínať má dátum 24. jún 1954, keď na súde v Trenčíne počas procesu so Silvestrom Krčméryom zazneli jeho slová: „Vy máte v rukách moc, ale my máme pravdu!“

Podľa jednej z predkladateľov návrhu poslankyne Anny Záborskej (OĽANO) nastal čas uznať hrdinstvo obetí aj osobitným pamätným dňom a zákonom.

“Odvaha, nezlomnosť a odhodlanie sú tri veľké cnosti, ktoré sa zhmotnili v záverečnej reči Silvestra Krčméryho na súde, ktorý ho nespravodlivo odsúdil na dlhé roky väzenia. Tie si odsedel často bitý, ponižovaný, uzinený, ale nezlomený.

Tie slová nás vyzývajú stáť na strane pravdy, slobody a ľudského života,” uviedla Záborská.

Podľa Záborskej si treba obeť komunizmu pripomínať nielen ako tých, ktorí trpeli, ale aj tých, ktorí zvíťazili.

Odsúdených vyše vyše 70 000 nevinných

Predkladatelia návrhu spolu s Františkom Mikloškom, Vladimírom Palkom, Jánom Čarnogurským, Vladimírom Krčméryom a Jozefom Hajkom z občianskeho združenia Historická pamäť predstavili vo štvrtok ideu tohto pamätného dňa.

“V rokoch 1948 až 1989 odsúdili a uväznili na Slovensku vyše 70 000 nevinných ľudí. Mnohí sa už na slobodu nevrátili a vo väzení zomreli. Neoprávnené rozsudky smrti vykonal režim nad 50 ľuďmi. Nútenými prácami prešlo vyše 13 000 našich spoluobčanov. Komunistický režim internoval takmer 5000 rehoľníčok a rehoľníkov,” uviedla v stanovisku Daša Macaríková z mediálneho tímu OĽANO.

Zoznam pamätných dní by sa mohol rozšíriť aj o ďalšie dni. Koaliční poslanci predložili do parlamentu viaceré návrhy na zaradenie nových pamätných dní alebo ich úpravu. - TASR

zriadiť múzeum vysťahovalectva. Veľmi dôležité je, že pripravujeme štátnu koncepciu politiky voči krajanom na roky 2021 – 2025, na čo sme zriadili odbornú komisiu, kde bude mať zastúpenie aj Matica slovenská. Jednoducho počítame s Maticou slovenskou i po stránke koncepcnej.“ Prípravy novej štátnej koncepcie začnú už v tomto mesiaci.

Prvá oficiálna návšteva predsedu ÚSZZ bola zameraná i na prezentáciu činností jednotlivých útvarov a odborných pracovísk Matice slovenskej. Delegácia si prezrela jedinečné archívne Matice slovenskej, ktoré v komentovanej prehliadke predstavil riaditeľ archívu Pavol Madura. Upriamil pozornosť i na unikátne zbierky Krajanského múzea, ktoré sú v mnohých prípadoch simplikátni v archívnych a knižných zbierkach celej Slovenskej republiky. Vedúca Šatnice Matice slovenskej, Alena Hrušková, predviedla delegácii Šatnicu Matice slovenskej, ktorá dovedna ukrýva viac ako 1500 mužských a ženských krojov a niekoľko stoviek kostýmov. Posledným bodom prezentačného programu bola návšteva Krajanského múzea MS. Toto pracovisko sídli v Dome J. C. Hronského, ktorému v týchto priestoroch zriadila Matica slovenská stálu expozíciu. O lektorský výklad sa postarala Helena Belláková.

V závere rokovania predseda MS, Marián Gešper, zhodnotil: „Napriek tomu, že sa často hovorí o starostlivosti o zahraničných Slovákov, v tejto oblasti je množstvo rezerv, ktoré by sme mohli spolu odstrániť a viac podporovať krajané kultúrne či vzdelávacie aktivity v Európe aj vo svete.“ – Zuzana Pavelcová

ZARAĎTE KUSUS DO VÁŠHO JEDÁLNÍKA

Kuskus pochádza z Maghrebu - severnej časti Afriky, kde sa pripravuje tradičným spôsobom. Najskôr sa musí zomlieť pšenica na krupicu, ku ktorej sa pridá troška múky, soľ a tolko vody, aby sa zo zmesi tvorili hrudky, ktoré sa rozmrvi na malé guľôčky. Potom sa varí, suší na slnku a konečne je pripravený na použitie.

Vybrať si môžete z kuskusu pripraveného z bielej pšenice, ktorá je zbavená vonkajšej vrstvy. Samozrejme zdravšou a výživnejšou variantou je celozrnný kuskus, ktorý si uchová všetky zdravé látky, hlavne vlákninu, vitamíny a minerály.

Kuskus obsahuje vitamín B1, B3, B6, K, E, luteín, kyselinu listovú a pantoténovú. Z minerálov obsahuje železo, vápnik, horčík, fosfor, draslík, sodík, zinok, mangán, meď, selén, omega-3 a omega-6 kyseliny. Obsahuje antioxidanty, ktoré chránia telo pred rôznymi chorobami tým, že ničia voľné radikály. Je vhodný ako prevencia proti srdcovocievnyim chorobám. Je bohatý na vlákninu, takže dokáže zlepšiť činnosť čriev. Vhodný aj pre diabetikov a ľudí ktorí majú problémy s vysokým krvným tlakom, či vysokým cholesterolem.

Príprava instantného kuskusu je veľmi jednoduchá. Stačí ho zaliať určitým množstvom vriacej vody, vývaru alebo mlieka (2 diely vody na 1 diel kuskusu), premiešať a nechať prikrytý 15 minút. Kuskus za túto dobu vstrebe všetku tekutinu a zmäkne. Na zjemnenie môžete použiť trošku masla alebo olivového oleja. V slanej variante býva najčastejšie používaný ako príloha, ktorá dokáže nahradiť ryžu a cestoviny. Ďalej býva základom pre šaláty, teplé, ale aj studené jedlá. Pripravuje sa hlavne s čerstvou a dusenou zeleninou, hubami, mäsom alebo rybami. Dá sa pripraviť aj na sladko. Môžete z neho pripraviť raňajkovú kašu, dezert alebo koláč.

KUSKUS SO ZELENINOU

30 g kuskus celozrnný

1 polievková lyžica extra panenského olivového oleja

podľa chuti brokolica a biela kapusta

1 paradajka

1 konzerva sterilizovanej fazule

1 strúčik cesnaku

1 maká cibuľa

podľa chuti morská soľ a kurkuma



Kuskus uvaríme podľa návodu. Na panvici rozpálime olej, osmažíme nakrájanú cibuľu a cesnak, po chvíľke pridáme kapustu. Chvíľku dusíme, potom pridáme paradajku, fazuľu a brokolicu. Dusíme ešte 5 minút, nakoniec všetko ochutíme soľou a kurkumou. Ku zeleninovej zmesi pridáme kuskus a premiešame. Môžeme posypať syrom.

SLADKÝ KUSKUS

1,5 hrnčeka kuskus

3 hrnčeky vriacej vody

2 polievková lyžica masla

1 hrsť sušeného ovocia

1 hrsť hrozienka

2 balíčky vanilkový cukor

trochu mletej škorice



Kuskus nasypeme do misky, pridáme k nemu mletú škoricu, cukor, maslo, zalejeme ho vriacou vodou a necháme odstáť asi 20 minút. Potom doň vmiešame sušené ovocie podľa chuti a hrozienka.

KRÁTKE SPRÁVY ZO SLOVENSKA



Priemerná teplota na Slovensku môže v najbližších desaťročiach vzrásť o štyri stupne Celzia. Klimatológ Slovenského hydrometeorologického ústavu (SHMÚ) Jozef Pecho to uviedol v tlačovej správe. Podľa Pecha je globálne otepľovanie rýchlejšie, než predpokladali vedci. „Ak bude otepľovanie pokračovať aj v ďalších desaťročiach, zvýši sa na Slovensku priemerná ročná teplota vzduchu v priemere o ďalšie tri až štyri stupne, v lete dokonca až o päť či šesť stupňov,“ povedal Pecho.

V najnovšom rebríčku inovácií Globálneho inovačného indexu 2020, ktorý vydáva Svetová organizácia duševného vlastníctva, dosiahlo Slovensko 39. miesto zo 131 ekonomík sveta. V roku 2018 pritom obsadilo 36. miesto a vlni 37. „Slovensko je oproti iným krajinám silné v tom, že vytvára viac inovačných výstupov napriek slabším finančným možnostiam, v porovnaní s európskymi ekonomikami napreduje v oblasti infraštruktúry, dosahuje najlepšie výsledky vo vedomostných a technologických výstupoch a silnou stránkou sú kreatívne tovary a služby,“ uviedol predseda Úradu priemyselného vlastníctva SR Matúš Medvec.

Tržby počas júla 2020 medzimesačne vzrástli vo všetkých odvetviach, ale nedosiahli ešte úroveň minulého roka. Najvýraznejšie zlepšenie bolo v priemysle, kde boli tržby medziročne nižšie už len o 1,5 percenta. V stavebníctve júlové tržby zaostávali za úrovňou minulého roka o 13,5 percenta, v doprave a skladovaní o 7,8 percenta a vo vybraných trhových službách 6,6 percenta. Informoval o tom Štatistický úrad. Z podrobnejších činností jednotlivých odvetví stále najväčší pokles tržieb v júli zaznamenávali činnosti cestovných agentúr a kancelárií, ktoré dosiahli len šestinú objemu tržieb z rovnakého obdobia minulého roka (pokles o 84,6 percenta). Obnovená výroba v automobilovom priemysle priniesla aj rast tržieb vo výrobe dopravných prostriedkov, ktoré po piatich mesiacoch prekročili medziročnú úroveň o 13,1 percenta. Slovenská ekonomika podľa Štatistického úradu (ŠÚ) SR klesla v druhom štvrtroku medziročne o 12,1 percenta. Najviac od roku 1993. Oproti predchádzajúcemu kvartálu sa hrubý domáci produkt (HDP) znížil o 8,3 percenta.

Vzhľadom na situáciu okolo pandémie Covidu-19 ide o miernejší pokles, ako štatisticy očakávali, no stále najdrsnejší od vzniku Slovenskej republiky. Spolu s prepadom v prvom kvartáli tohto roka tak môžeme oficiálne hovoriť o ekonomickej recesii. Pandémia sa v druhom štvrtroku podpísala aj pod prepád plátov. Priemerná nominálna mesačná mzda zamestnanca na Slovensku medziročne klesla o 1,2 percenta na 1 088 eur. To sa v histórii moderného Slovenska ešte nestalo, dokonca ani počas finančnej krízy v roku 2009. „Vtedy sa síce rast nominálnej mzdy spomalil z vysokých úrovní predchádzajúceho roka, ale stále bol pozitívny,“ spomína analytička Slovenskej sporiteľne Katarína Muchová.

Napriek očakávaniam pandémie realitný trh SR neovplyvnila a ceny pokračovali v raste. A hoci k rekordom z predkrízového obdobia to má ešte ďaleko, je zrejme, že trh sa prehrieva. Medziročné tempo rastu sa zrýchlilo o vyše desiatiny. Ide tak o najvyšší medziročný rast cien bývania od roku 2008. Vtedy rástli ceny raz tolko.



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